



**FITNESS PROFESSIONAL TRACK**

**Practicum Site Listing**  
Updated 9/2008

## UNC – Chapel Hill

### **Meadowmont Wellness Center**

REQUIRES 3.2 grade point average (overall **and** major)

Healthy and/or clinical cardiac rehab populations (depending on experience).

#### CONTACTS:

Undergrad Internship Coordinator: Kathy Kelly DeBlasio, M.A., [kkelly@unch.unc.edu](mailto:kkelly@unch.unc.edu)

Title: Director, Lifestyle Enhancement, 966-5500

Cardiac Rehabilitation Coordinator: Betty Matteson, M.A., [EMatteson@unch.unc.edu](mailto:EMatteson@unch.unc.edu)

### **DEPT. of ATHLETICS: Olympic Training Center      **NEW!****

Strength & Conditioning

#### CONTACT:

Melissa Glypti

[mglyptis21@uncaa.unc.edu](mailto:mglyptis21@uncaa.unc.edu)

Asst Strength & Conditioning Coach

962-1402

571-435-1084

#### Description:

3-4 interns; national searches; wants to reserve at least 1 spot for a UNC student

Assist with day-to-day maintenance/duties, implementation of strength programs for all Olympic sports, various meetings, recruitment

Will help with prep for CSCS exam; research an aspect of strength & conditioning. Periodical testing to evaluate demonstration & teaching abilities

After 1 semester, based upon performance/need, potential to work with football & basketball.

### **Carolina Fitness (Carolina Campus Recreation, CCR)**

Recreational needs of students, faculty and staff via wide range of fitness programs/services at both the SRC and Ramshead facilities.

#### CONTACT:

Lauren Mangeli, M.S. Assistant Director, Campus Recreation, [lmangili@email.unc.edu](mailto:lmangili@email.unc.edu)

Office Phone: 962-7348

## UNC RESEARCH:

### **Get Real & Heal Breast Cancer Research Exercise Program**

<http://www.unc.edu/depts/exercise/RTB/index.htm>

#### CONTACT:

Dr. Claudio Battaglini [claudio@email.unc.edu](mailto:claudio@email.unc.edu), 843-6045

Dr. Diane Groff [groff@email.unc.edu](mailto:groff@email.unc.edu), 962-0534

## **DUKE:**

### **Duke Faculty Club**

Recreational facilities including a fitness room, fitness programming for Duke faculty, staff, and families plus outdoor tennis facilities. Requires 8 hrs/wk.

#### **Contact:**

Meg Pomerantz, M.A., Director  
Duke Faculty Club  
West Campus Box 90978  
Durham, NC 27708  
Ph: (919) 684-6672  
Email: [meg.pomerantz@duke.edu](mailto:meg.pomerantz@duke.edu)

### **Duke Center for Living, Durham**

REQUIRES 3.2 grade point average (overall **and** major)

Employee and Clinical Research Fitness Facilities. Similar to Meadowmont Wellness.

#### **CONTACT:**

919-660-6610. Ask for the Internship Coordinator  
3475 Erwin Road  
Durham, NC 27705

[http://www.dukehealth.org/locations/center\\_for\\_living](http://www.dukehealth.org/locations/center_for_living)

### **Duke Center for Living, Fearington Post **NEW!****

REQUIRES 3.2 grade point average (overall **and** major)

Employee and Clinical Research Fitness Facilities. Similar to Meadowmont Wellness.

#### **CONTACT:**

919-545-2133. Ask for the Internship Coordinator  
100 Clynelish Close ,Pittsboro, NC 27312

<http://www.dukefitnessfearington.com/>

### **The FOREST at Duke **NEW****

Small residential fitness facility servicing healthy and clinical older adult populations.

**Fitness Facility**

**Residential Retirement Facility**

<http://www.forestduke.com/inside.php?set=4wel>

CONTACT: Becky Binney, M.Ed., 2701 Pickett Road, Durham NC 27705

Voice mail: (919) 419-4017, FAX (919) 490-0887, email: [bbinney@forestduke.com](mailto:bbinney@forestduke.com)

# **RTP CORPORATE FITNESS FACILITIES:**

**CREE**     <http://www.cree.com/About/RTP.htm>

CONTACT:

Sodexo Fitness Manager:

Cara Heard

919-313-5764

email: [Cara\\_Heard@cree.com](mailto:Cara_Heard@cree.com)

## **CISCO**

CONTACT:

**Shaun Lynch, [shlynch@cisco.com](mailto:shlynch@cisco.com) or Alicia Smith 919-392-3481, [alismith@cisco.com](mailto:alismith@cisco.com)**

**Cisco Systems, Inc**

**TimeOut Health & Fitness Center, 7025 Kit Creek Rd., Research Triangle Park, NC 27709  
919-392-3484 (office); 919-392-3168 (fax)**

Health Fitness Corporation at Cisco Systems, Inc. is seeking undergraduate or graduate students desiring practical experience in a corporate fitness setting. **Positions available every semester!**

Cisco Systems, Inc. and its TimeOut Health and Fitness facility, is located in Research Triangle Park, North Carolina, between Raleigh and Durham. Cisco Systems, Inc. has an employee population of approximately 3400. The services offered to the employees include:

- exercise testing
- personalized programs
- health promotion programs
- health/fitness fairs
- ergonomic assessments
- recreational leagues
- group exercise classes
- personal training
- massage therapy
- nutrition consultations

Applicants field of study should include the areas of exercise science, health promotion, health education, recreation or other health related fields. Students will gain knowledge in the areas of fitness center management and operation, recreation and/or health and wellness program planning and development, exercise orientation and prescription, data management and customer service.

An internship with Health Fitness Corporation affords a student a multitude of professional opportunities that will enrich the learning experience.

Health Fitness Corporation asks that the intern commit to 10-15 weeks, 30-40 hours per week.

Junior/Senior Standing in health-related curriculum. Excellent customer service skills, computer skills, CPR/FA certification are necessary. **There is a maximum stipend of \$500.**

[www.hfit.com](http://www.hfit.com)

**Please send or fax:**

1. Resume
2. Cover Letter
3. Three Letters of recommendations
4. Copy of UN-Official Transcript

**GSK MEDFIT** <https://careers.medifit.com>

**CONTACT:**

Amy Novak, [amy.a.novak@gsk.com](mailto:amy.a.novak@gsk.com).

Health and Fitness Specialist

GlaxoSmithKline, P. O. Box 13398, Durham, NC 27709

The Bide Fitness Center at GlaxoSmithKline is located in the Research Triangle Park. The GlaxoSmithKline, or GSK, Fitness Centers are managed by Medifit Corporate Services, Inc. Each semester we choose up to six interns to work in our Fitness Center and Health Enhancement programs. We are also looking for fitness center temp staff and group exercise subs. Medifit's internship program offers opportunities to experience all aspects of a fitness or health promotion specialist's job as well as your special area of interest.

In addition to "on-the-job" training, our interns receive specific training in:

- Fitness assessments and consultation
- Equipment maintenance
- Health promotion
- Customer service
- Special event planning
- Risk management
- Group exercise class instruction
- Personal Training

**IBM**

Well-established corporate fitness internship program with competitive placements from all over North Carolina and beyond.

**CONTACT:**

**Lee Schimmelfing, M.S., Director, [leesch@us.ibm.com](mailto:leesch@us.ibm.com) (teaches EXSS 159)**

3039 Cornwallis Rd, Bldg. 400, RTP NC 27709

919-606-2598

## **NORTEL NEW!**

### **CONTACT:**

Rebecca Raum, [rraum@nortel.com](mailto:rraum@nortel.com)  
Wellness/Fitness Prime  
ProFitness Health Solutions at Nortel  
919-905-3425

Health & wellness programming for Nortel employees in RTP. Recreational sports, intramurals, (tennis, basketball, volleyball, softball, soccer). Fitness center w/array of aerobic fitness & Cybex strength training equipment. Intern will: work 1-on1 w/fitness center members, organize intramural teams, games, tournaments, assist with overall facility maintenance, work 5-10 hr/wk.

## **OTHER:**

### **CARRBORO YMCA NEW!**

Fitness Attendants, Group Exercise Instructors  
Hands on experience using classwork and education working with employees who know and understand human anatomy and safety. Employment applications can be found on our website [www.chcymca.org](http://www.chcymca.org) <<http://www.chcymca.org>> . **Ask about potential practicum/internship opportunities.**

### **CONTACT:**

Abby Dennis, Health Enhancement Director  
> Chapel Hill-Carrboro YMCA  
> 919.442.9622  
> [adennis@chcymca.org](mailto:adennis@chcymca.org) <<mailto:adennis@chcymca.org>>

### **HIGHPOINT REHAB FITNESS CENTER NEW!**



### **The Fitness Center/Heartstrides Internship Program**

We feel that students need a quality internship that will teach them more than just "general" fitness. At the Fitness Center, we pride ourselves in going above and beyond general fitness. By using the Medical Model approach to fitness, our interns expand their knowledge base pass the norm. As a result, the interns become more knowledgeable and more marketable.

The internship aids undergraduate and graduate students in developing skills and proficiencies needed for employment in a medically directed fitness center and/or cardiac/pulmonary rehabilitation. Interns will be responsible for completing this program in a timely manner while meeting or exceeding all proficiencies and skills of the program and of the college/university. Also, interns must know how to take blood pressures and palpate heart rates before starting, as this will aid in the progression of knowledge during the internship. All skills and proficiencies will follow ACSM guidelines. **A student may apply for a Heartstrides internship or The Fitness Center internship.**

### **Requirements**

Applicants must have:

- **declared Exercise and Sport Science as a major**
- **completed coursework in: Exercise Physiology, Measurement and Evaluation of Exercise, Exercise Evaluation and Prescription or equivalents (copy of transcript)**
- **a minimum GPA of 3.25 in core courses (copy of transcript)**
- **a current CPR certification (bring to facility tour or fax copy)**
- **a letter of recommendation from a member of the faculty in Exercise and Sport Science department**

Interns will be instructed on the following and will be expected to be proficient in:

- **basic EKG recognition, blood glucose readings**
- **recognizing risk factors, signs and symptoms for CAD, CHF and other known diseases**
- **exercise prescriptions for medically directed members and cardiac/pulmonary rehab patients as well as general fitness members**
- **appropriate utilization and response of cardiovascular and strength training equipment**

It is recommended that applicants come tour the facility in order to get a feel for this type of work environment. We suggest that applicants bring the required information listed above, with them or fax it prior to their tour date.

**Business number: (336) 878-6221**

**FAX number: (336) 878-6026**

## **OUT OF STATE INTERNSHIPS: NEW!**

**MUST HAVE 3.8 GPA, overall and in major (A average), approved at least a semester in advance. HIGHLY competitive nationally and locally.**

### **MEDX of ESTES**

Private physical rehab facility. Requires a full-time commitment. Housing provided; transportation student must provide. Located near in the Rocky Mt. Nat. Park, Colorado.

Spring Semester: Apply by Nov. 1

Summer Semester: Apply by Mar. 1 - currently not an option for UNC FP Track, but may be considered depending on extenuating circumstances and UNC summer rules for course offerings.

Fall Semester: Apply by May 1.

Send: Resume, 2 letters recommendation, 1 must be academic, CPR/First Aid certification copy, UNC's Practicum Program requirements.

### **CONTACT: (no email address provided)**

Andy Collingwood, B.S., Internship Supv.

158 First St., Estes Park, CO. 80517

Phone: 970-577-0174

### **COOPER AEROBIC CENTER at CRAIG RANCH**

Fitness and Day Spa. Observe & participate in functional fitness assessments, consultations, shadow personal trainers, learn all aspects of facility operations. [www.CooperCraigRanch.com](http://www.CooperCraigRanch.com)  
Application materials on that site.

### **CONTACT:**

Program Director

7910 Collin McKinney Parkay, McKinney Texas 75070

Phone: 800-849-0373