



Campus Recreation Center Fitness and Wellness Internship/Practicum

The **Fitness and Wellness Internship/Practicum** program is designed to enhance your classroom instruction with practical experience that will round out your education. While we encourage students from all programs of study to apply, the Fitness and Wellness position may correlate best with exercise or health related programs, (such as exercise physiology, community health education, kinesiology, and nutrition). In order to meet the needs of the intern/practicum students, UML Campus Recreation experiences are flexible. Positions are available year-round and for credit hours, (time commitment and credit hours depend on your program requirements).

Intern/Practicum students are expected to demonstrate initiative, dependability, openness and a positive attitude. All intern/practicum students are representatives of the Department of Campus Recreation and report directly to the Coordinator of Fitness and Wellness Programs and to the Director of Campus Recreation. At the beginning of the internship or practicum, a learning contract will be established between the Fitness Coordinator and the student.

Students will have the opportunities to gain experience in the following areas:

- Fitness center operation
- Nutritional analysis consultation
- Equipment orientation
- Personal training
- Educational programming
- Special events
- Group fitness instruction
- Fitness and wellness program development
- Weight loss programming
- Marketing
- Personal Training

Basic Qualifications

- Be a full or part-time matriculated university student in good academic standing, with a minimum cumulative GPA of 2.0 or above.
- Demonstrate knowledge of CRC policies and procedures, and the ability to work effectively with the UMass Lowell campus community.

We are excited that are you interested in joining the UML Campus Recreation team and are anxious to help you grow as a professional. If you have any additional questions about our **Fitness and Wellness Internship/ Practicum**, please don't hesitate to call or visit, (978-934-2327).

Application Procedure

Please complete the application and send it, along with your resume via e-mail attachment to Peter Murray at Peter.Murray@uml.edu or return to the Campus Recreation Office, Attention: Peter Murray, 100 Pawtucket Street, Lowell, MA 01854.

Campus Recreation Center Internship/Practicum Application

Please fill out the following information completely and accurately. Please type your responses. Include your current resume along with this application. Return with resume via e-mail attachment to Peter.Murray@uml.edu or mail to the Campus Recreation Office, Attention: Peter Murray, 100 Pawtucket Street, Lowell, MA 01854.

Personal Information:

Last Name

First Name

Address

Phone

Email Address

Academic Information:

Anticipated Semester of Graduation

Major

University/College

GPA

Academic Status (i.e. Jr, Sr, Grad)

Dates/Semester to Complete Practicum/Internship

Required hours/credits

Questions: (Please attach responses if sending by mail.)

1. Please state 3-5 goals and objectives that you have for your internship/practicum.
 2. Why do you want to do your internship/practicum at UML-CRC (as opposed to another site)?
 3. What core classes have you completed in school that would assist you in your experience at the CRC?
 4. What past experiences have you had that would assist you in your experience at the CRC?
 5. What type of supervisory style best suits your learning needs?
 6. Please list two references and their contact (phone/e-mail required) information.
 7. Please list your academic coordinator/advisor and their contact information.
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Signature

Date



For more information or if you have questions, please contact Peter Murray, Director of Campus Recreation: 978-934-2327, Peter_Murray@uml.edu