



# **TRUEAP**

## **INTERNSHIP PROGRAM**

### **LOCATIONS:**

- NORTHERN VIRGINIA
- WESTERN MARYLAND

**PAID  
INTERNSHIP!**



## **12 Week Program**

### ***LEARN THE TRAINING***

(Speed, Agility, Quickness, Power, Strength, Injury Rehab,  
Flexibility, Core & Joint Stabilization)

### ***LEARN THE BUSINESS***

(Customer Management, Public Relations, Sales & Marketing)

**APPLY ONLINE NOW AT:  
[www.TRUEAP.com](http://www.TRUEAP.com)**



## True AP Internship Program

### Company Overview

Every athlete has the desire to be the best. With True Athlete Performance, they can improve their maximum potential through hard work, dedication, and a focus on proper form and technique. True AP boasts a management team with over 25 years of experience and an exceptional staff of trainers with degrees and experience in the field of sports performance enhancement. No matter what sport an athlete plays, True Athlete Performance specializes in teaching them how to move efficiently with power and precision, skills needed in any sport. Our programs have been specifically designed to work with athletes of all ages and skill levels to improve performance and ability.



### Internship Summary

The purpose of this position is to provide an educational, hands-on experience to students pursuing careers in the health and fitness industry focusing primarily on speed, strength and conditioning.

### Accountabilities

- \* Assist in design, implementation, promotion, evaluation and participation of athletic programming and related special events to ensure the needs of the athletes are met.
- \* Provide a high level of personalized attention to members during training through personal service, motivation, conversation and exercise program review.
- \* Provide a professional environment during exercise assessments and prescriptions.
- \* Assist with the cleanliness and maintenance of speed/ strength training equipment.
- \* Adhere to department and club policies and procedures.

### Required Skills and Characteristics

- \* Organized and creative.
- \* Energetic, enthusiastic and motivational.
- \* Excellent physical condition, professional manner, discretion and appearance.
- \* Excellent verbal, written communication and promotional skills.
- \* Basic knowledge of human anatomy, physiology and kinesiology.
- \* Basic knowledge of standard fitness screening procedures.
- \* Working knowledge of machine, free weights and cardiovascular equipment.
- \* Current CPR and First Aid certifications.
- \* Current Personal training certification (preferably).

### Compensation

- \* \$6/hour during training activities

### Accommodations

- \* True AP will assist interns in securing a place to stay during term if needed.

## **Training Plan**

### **Educational**

- \* Become proficient with all club equipment, fitness assessment and exercise prescription operation, emergency procedures and club policies.
- \* Introduction to all staff policies and procedures.
- \* Club orientation (*Basics*).
- \* Skill development and enhancement.
- \* Observation of daily routine of full-time staff.
- \* Assisting True AP staff as needed.

### **Application of Skills**

- \* Conducting fitness assessments and exercise prescriptions, independently.
- \* Assisting with development and implementation of True AP programs
- \* Creating and planning internship project.
- \* Midterm evaluation with internship supervisor.
- \* Assist in the development of schedule.
- \* Know all club policies and procedure

### **Project Development**

- \* Determine major project with Internship Coordinator.
- \* Prepare all educational materials.
- \* Implement Program

### **Cross Training**

- \* Experience all True AP areas:
  - Marketing
  - Sales
  - Operations
  - Accounting/ Billings
  - Program Design

*For more information, please contact Matt Diener at 703-996-3500 or  
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