

Wellness Center Internship

Paul H. Broyhill Wellness Center

232 Boone Heights Drive

Boone, NC 28607

Phone: (828) 266-1060

Fax: (828) 266-1065

wellness@apprhs.org

APPLICATION PROCESS:

Contact Jaco Gerbrands - jgerbrands@apprhs.org - 828-266-1060 or Apply online

Complete application form and send electronically with resume to Jaco Gerbrands

Wait for interview time/day

Gather relevant material – immunizations & CPR certification

If accepted

Wait for contact from Mrs. Woodring

Complete Online TED's and immunizations

Receive Flu shot if applying for Fall and Spring Semesters

Complete online portion of American Heart Assoc. BLS CPR Certification

Re-send Available hours for internship

Orientation and CPR Practicum

Complete Internship

INTERN REQUIREMENTS:

Complete Application Form

Resume

Need to be enrolled for college credit to qualify for internship or practicum hours

Immunizations need to be up to date

Open to receiving flu shot

Need to be CPR certified – before internship starts

*****VOLUNTEER OPPORTUNITIES ARE ALSO AVAILABLE*****

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Thank you for considering an internship at the Wellness Center. Please know that we offer two different internships that focus on a broad spectrum of opportunities at the Wellness Center.

General Wellness Center Internship:

Interns will be exposed to a variety of classes and programs offered at the Wellness Center. Interns will be introduced to basic facility operations and maintain a positive exercise environment for our members and staff. Interns will be expected to attend, participate and even lead classes with the intent to learn how to engage members as well as teach different fitness classes. Interns will be held accountable for quality of work and attendance. All interns will have the opportunity to learn hands on skills related to strength and conditioning in addition to apply what they have learned in the classroom. This internship is competitive and we are looking for individuals who are confident in themselves, their knowledge of exercise science and are willing to work in a dynamic working environment. This internship is recommended for strength and conditioning, pre-professional, exercise science and health administration majors. *American Heart Assoc. BLS CPR certification is required.

Clinical and Non-Clinical Thrive Internship:

Interns will be exposed to a clinical rehabilitation setting, who will engage with cardiac, oncology as well as diabetic and pulmonary patients. Interns will have the opportunity to take blood pressure, measure heart rate and monitor patients as they follow their exercise programs. Under the supervision of the staff, interns will learn about cardiac ECG and have the opportunity to design, implement and monitor a patient's progress of an exercise regimen. This internship is even more competitive due to the fact that it is a very hands on internship where you get to work with a variety of patients that have different health issues. Interns will also have the opportunity to work in the non-clinical Thrive program that focuses on weight loss. Interns will be expected to engage patients, lead fitness programs as well as follow staff specifications, some interns will be required to create a brochure and present on certain topics as well. This internship is recommended for clinical, exercise science, public health and pre-professional majors.* American Heart Assoc. CPR certification is required.

If you are interested in interning at the Wellness Center, please contact

Jaco Gerbrands

jgerbrands@apprhs.org

828-266-1060

IMMUNIZATION AND HEALTH REQUIREMENTS

THE FOLLOWING ITEMS ARE REQUIRED REGARDING IMMUNIZATION RECORDS FOR STUDENTS PARTICIPATING IN AN EDUCATIONAL EXPERIENCE IN AN ARHS FACILITY. IF YOU DO NOT HAVE ALL OF THE IMMUNIZATIONS ON THIS LIST, YOU MUST ATTAIN THEM AT YOUR OWN EXPENSE TO BE CLEARED FOR YOUR EDUCATIONAL EXPERIENCE:

- 1) Rubella – One vaccine or proof of immunity (MMR)
- 2) Rubeola (Measles) – Two vaccines or proof of immunity (MMR)
- 3) Varicella (Chicken Pox) – Two vaccines or proof of immunity. Please note that even if you had the varicella/chicken pox virus, you must still provide proof of immunity by a positive blood titer. History of the disease is **not accepted**. If you have received two varivax vaccinations, you must provide proof of having received the vaccinations.
- 4) Hepatitis B – vaccination or informed refusal required for departments within the facility that require this vaccine or Positive titer
- 5) TB – screening for tuberculosis (i.e, by PPD) and proper evaluation of positive results (i.e., by chest X-ray) is required of all students. Tuberculin Skin Tests *(TST) must have been administered within the last 12 months.
** A TB test can be attained at campus infirmaries that offer this service, at your physician's office or at an area health department.*
- 6) Proof of the influenza vaccine will be required during the months of October through March. All flu exemption requests must state the specific reason for the exemption and be signed by the student's attending physician or religious leader. A request for medical exemption will be subject to approval by a team of Infection Control professionals. Religious exemption request will be subject to approval from Human Resources in consult with Pastoral Care.
- 7) Infection Control training – for TB and Bloodborne Pathogens required when student will be in patient care areas or have exposure to blood or other potentially infectious materials (OPIM).**

**** This is offered through each department that mandates these requirements.**

Infection Control training for TB and Bloodborne Pathogens will be required when student will be in patient care areas or have exposure to blood or other potentially infectious materials (OPIM). Please discuss this item with your instructor.