

Sports Performance Coach/Trainer Internship

Job Description

Classification:	Full Time/Part Time -Non-Exempt
Department/Division:	IBJI Rehabilitation
Reports To:	General Manager
Supervises:	None
Location:	Highland Park/ Health Performance Institute
Pay Grade:	Unpaid (School Credit) or Stipend

Job Summary

Under general supervision, performs a variety of tasks to support the growing needs and demands of the Health Performance Institute. Provides training programs to Health Performance Institute clients ranging from youth, adolescents, adults, athletes, teams, and elite professionals.

Essential Duties

1. Producing personalized training programs
2. Planning and conducting programs of activities for groups and/or individuals.
3. Maintaining records of participant performance.
4. Evaluating performance and providing suitable feedback, balancing criticism with positive, and motivating
5. Assessing strengths and weaknesses in a participant's performance and identifying areas for further development.
6. Demonstrating and communicating activities to clients.
7. Encouraging participants to gain and develop skills, knowledge, and techniques
8. Ensuring that participants train and perform to a high standard of health and safety at all times
9. Developing knowledge and understanding of fitness, injury prevention, sports psychology, nutrition, and sports science
10. Acting as a role model, gaining the respect and trust of co-workers
11. Liaising with other partners in performance management, such as physical therapists, doctors and athletic trainers
12. Working to a high legal and ethical standard at all times, particularly in relation to issues such as child safeguarding and health and safety requirements
13. Fostering relationships with schools and athletic organizations

Job Qualifications

1. Currently working towards a Bachelors Degree in either of the following fields: Kinesiology, Exercise Science, Pre-Physical Therapy Studies, Athletic Training, and/or Biology
2. Working towards NSCA, ACSM, ACE, EXOS, ISSA and/or NASM certification(s) (preferred)
3. CPR/AED certification (preferred)

Physical Requirements

1. Willingness to work with all ages including sports performance and personal training
2. Ability to physically demonstrate an activity by breaking the task down into a sequence
3. Ability to adapt to the needs and interests of the group or individual participant
4. Ability to make decisions based upon current developments and science-based research in athletic training, nutrition, fitness, and sports psychology
5. While performing the essential functions of this job, the employee is regularly required to stand, walk, run, jump, use hands and fingers to handle and/or feel, arms to reach, climb or balance, stoop, kneel, crawl, crouch, or lift and/or move up to 25 pounds, speak, and hear

6. While performing the essential functions of this job, the employee is occasionally required to lift and/or move up to 100 pounds.

The indicated duties are not to be considered a complete list of duties and responsibilities assigned to this position. This job description is subject to change at any time.

My signature indicates that I have read and understand the job description above.

Intern Signature

Date