



## Adaptive Fitness and Neurological Exercise Internship Program

### **About Movement Revolution**

Movement Revolution was founded in 2013 to provide a community that empowers people with Neurological conditions to live better through a comprehensive wellness model centered around evidence-based exercise, education, research, and social support. Movement Revolution is the destination for customized exercise, education, and wellness services for people with Parkinson's disease, Parkinson's-like conditions, stroke, multiple sclerosis, spinal cord injury, traumatic brain injury, and other complex medical conditions.

Movement Revolution's unique environment allows students to engage with clients in a community-based wellness setting while working collaboratively with some of the world's best clinicians. Movement Revolution maintains strong working relationships with local hospitals, therapy clinics, research institutions, and condition-specific awareness and fundraising organizations.

### **Who will be considered for an internship?**

Junior and senior students from undergraduate and graduate programs with a minimum of 2.75 GPA are accepted from a variety of majors, such as:

- Exercise Physiology
- Exercise Science
- Kinesiology
- Other health related fields

### **Intern Responsibilities**

- Cover the front desk, main gym floor, and assist members with machines and equipment during sessions and all classes.
- Performing new client assessments and current client re-evaluations that entail a comprehensive set of physical measures along with quality of life questionnaires. (Students will perform assessments alongside site supervisor)
- Leading large and small group exercise classes.
- Observing personal training and functional fitness sessions and assisting coaches in creating and implementing exercise programs.
- Attend meetings and educational sessions.
- Attend special events (races, educational seminars, awareness walks etc.)
- Representing Movement Revolution in the community and all clinical affiliations.

All interns are required to develop, implement if appropriate, and complete an Internship Project. Projects can encompass a range of topics as they relate to people living better with neurological conditions. Ideas may include new programs, educational event(s), community event(s), participant improvement initiatives, video projects, and marketing. Projects ideas will be formulated jointly with staff and intern and must be approved by the intern supervisor. Interns may have opportunities to assist with research, data collection, analysis, and advanced exercise testing.

Interns will be assigned a supervisor that will work closely with them in addition to being an integral part of the Movement Revolution team!

In addition to these responsibilities, interns are required to:

- Attend one PD, Stroke, TBI, SCI, or MS related community event and conduct a short presentation summarizing the event for MR staff and possibly participants if applicable.
- Independently arrange a visit and report on a physical therapy/adaptive exercise/hospital department in another facility.
- Prepare and present a case study on one participant that includes video, picture, and testimonial presentation.

Interns are expected to attend all staff meetings, meet with their supervisor weekly, and represent MR at community events which may include weekend hours.

## General Internship Information

### All Internships:

Require a commitment to:

- A minimum 12-week placement for Summer internships and 16-week placement for Fall and Spring internships.
- Working 25- 40 hours per week
- Weekend hours may be included for special events

### All Interns:

- Are required to attend orientation prior to starting an internship (one day 3-hrs)
- Are required to obtain the following documentation from their student health department or personal physician prior to the start of internship:
  - Documented history of vaccination or disease from a physician or healthcare facility, or laboratory titer report for Measles, Mumps, Rubella, Varicella, Hepatitis B, (or medical documentation indicating that vaccination is contraindicated).
- Are required to hold current certifications in first aid and CPR
- Are required to secure their own housing. Please note that Movement Revolution does not provide housing for interns. Movement Revolution does not reimburse for travel expenses.

### Applying for an Internship

To apply for an internship with any one of the three programs, you must:

- Submit a letter of interest either in writing or by email to the manager of your preferred program, and
- Submit a completed Internship Application along with a current resume.
- EMAIL Applications to: Daisy Asimakopoulous
  - <mailto:daisy@movement-revolution.com>

Following a review of the Internship Application and resume, selected candidates will be contacted to schedule an interview. Interviews may be conducted over the phone if an in-person interview cannot be arranged. Once interviews with all potential candidates are completed, successful candidates will be contacted. This process usually takes place two to six months prior to the start of an individual's desired internship.

If the student has been accepted and has agreed to take the internship, the necessary paperwork will be completed between Movement Revolution and the college/university. The student will be responsible for participating in the facilitation of this process.

### Deadlines for Applications

**Fall—October 1 . Spring—December 1. Summer—April 1.**

Internships are competitive and openings are limited. Only applications received by the deadline are reviewed.

### Contacts

If you have additional questions, please address them to the program lead:

- Daisy Askimakopoulous : [Daisy@movement-revolution.com](mailto:Daisy@movement-revolution.com) Call: 312-465-3921

