

**A few of the most popular
FITNESS & HEALTH placements available
through The Philadelphia Center:**

Jefferson University Hospital Wellness Center; Corporate Fitness Intern:

The Thomas Jefferson University Activities Office coordinates social, cultural, and recreational programs for the entire Jefferson community, including movie nights, entertainment programs, co-curricular programs and workshops, and showcase performances. The Activities Office is responsible for managing the Jefferson-Independence Blue Cross Wellness Center, Jefferson's multipurpose recreation and fitness facility and its many programs and services. The Jeff-IBC Wellness Center offers fitness and wellness program, intramural sports, group fitness classes, massage and Reiki services and much more. Corporate Fitness Internship is a challenging and diverse experience encompassing all areas of a university/corporate fitness program. With exposure to a professional setting with opportunity for growth and development, this position is suited for undergraduates in their junior or senior year. CPR certification and a GPA of 3.0 or above is preferred. This position is a good fit for students interested in recreation, wellness, exercise and sports science, physical or health education, or a health-related field.

Jefferson University; Physical Therapy Intern: Thomas Jefferson University Hospital is a large Center City teaching hospital for nursing, medical and allied health professions dedicated to excellence in patient care, providing quality clinical settings and positive role models to health professional students, and developing improved methods of healthcare and healthcare delivery in a cost effective manner. This mission is achieved through the shared values of: excellence and innovation; integrity and respect; teamwork and communication. Physical Therapy Aide will have the opportunity to assist with a variety of treatments. Responsibilities include assisting with exercise programs, transfers, and transports; observation of patient care conferences and family trainings; taking vital signs; also some housekeeping and clerical tasks. Opportunity for additional observation in other program areas of the hospital, such as Acute Care, Outpatient, and Pediatrics.

Mazzoni Center; Smoking Cessation Intern: Mazzoni Center provides competent, compassionate and nonjudgmental primary medical care, mental health counseling, and a full range of HIV / AIDS testing & social services to the region's historically underserved sexual minority and HIV-affected communities. The Smoking Cessation Intern will be responsible for assisting the Smoking Cessation Specialist in creating a safe place for LGBT individuals whom have quit or are in contemplation/in the process of quitting smoking by increasing motivation and eliminating roadblocks to quitting smoking. Support groups will offer ex-smokers relapse prevention support, and will be a great setting to meet people in all stages of the quit process. The intern may have the opportunity to: participate in introductory and ongoing facilitator training;

facilitate groups; arrange for guest speakers for group when appropriate; relay information and items of interest provided by Smoking Cessation Specialist to support group participants (i.e. free tickets, upcoming events, etc.); conduct a support group evaluation with group participants at the end of each group meeting; other tasks as offered by the Smoking Cessation Specialist (i.e., writing articles on groups, assisting with training, contacting other program volunteers with event information, etc.); facilitate ongoing weekly groups for LGBT smokers and ex-smokers; assist in the development of support group programming initiatives; submit reports to Smoking Cessation Specialist; actively participate in bi-weekly supervisions with Smoking Cessation Specialist; attend and take minutes for Smoking Cessation Program Collaborative; and provide other related duties as necessary.

Sayre High School; Peer Health Education Intern: The Center for Community Partnerships is the University of Pennsylvania's primary vehicle for bringing to bear the broad range of human knowledge needed to solve the complex, interconnected problems of the American city -- so that West Philadelphia, Philadelphia, and the University itself benefit. Sayre High School is a hub of activities and program connecting University-School-Community to address health, economic, and education disparities. The student will have direct program development and implementation including school day and after school on a variety of topic/issues (nutrition, sexual health, violence, neuroscience, health careers, arts and culture, etc...); research funding for youth development programs; catalogue research outreach sites for peer health education activities; shadow meeting in the community and at Penn. This is a concrete hands-on experience with issues related to urban health and education. The intern will bridge theory and practice (especially social sciences, education, community development, women's studies, African American studies, health services, public health).

St. Joseph's University; Athletic Training Intern: St. Joseph's is a Catholic University. The role of the sports medicine department is to supervise the prevention and care of injuries related to athletics. An intern's duties may include but are not limited to prevention, care, treatment, and rehabilitation of athletic injuries, use of therapeutic modalities and exercise equipment, general athletic training room duties. Each student will be assigned a team for which he or she will be responsible; game coverage, practice, travel, record keeping. Interns will have the opportunity to make connections with athletic trainers from all of the south eastern PA area as well as the Atlantic 10 conference. Requirements: must be certified in CPR and First Aid.

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