

Welborn Foundation Wellness & Fitness Center
Ivy Tech Community College
Providing Opportunities for Students

Overview for Welborn Foundation Wellness & Fitness Center Internship:

The internship program at the Welborn Foundation Wellness & Fitness Center provides students with an opportunity to enhance their knowledge of health, fitness, and leadership skills while working within our fitness/wellness areas.

The internship is divided into different categories: Fitness Center, Wellness Promotion and Nutrition, although we prefer that you do a combination of all of these as they are all important components of living a healthy lifestyle. The program is designed so that each intern can experience serving the health and wellness needs of the Ivy Tech students, faculty/staff, and the community.

Practical experience in both the Fitness Center/Health Promotion/Nutrition areas include, but are not limited to the following:

- Daily administration of the Welborn Foundation Wellness & Fitness Center including all fitness and wellness programming
- The WFWFC wellness program health risk assessments, nutrition consultations, and personal health coaching
- Disease management programming
- Fitness assessments and exercise prescription
- Development of incentive programs
- Development of projects for and participation in semi-annual wellness fairs at Ivy Tech and off-campus wellness fairs and other health and wellness-related events
- Corporate wellness experience
- Education provided in the areas of wellness and fitness

Interns are required to have completed at least their freshman year of college prior to enrolling in this internship program. The internship program can be completed during the fall and spring semesters. The hours for the internship program are negotiable, but usually prefer 3-4 hour time slots on the days you work.

The internship at the Ivy Tech Welborn Foundation Wellness & Fitness Center requires that each intern is responsible for keeping a log of hours, a schedule visible and approved by staff, a journal of activities, and a summary paper on experiences due by end of internship. Each intern is also responsible for developing & implementing one major project that is approved by the Wellness & Fitness Coordinator and completed by the end of the internship.

All applications must include:

- Student intern application
- Resume
- One recent written recommendation
- Copies of applicable certifications

For information about our internship program or to apply, please contact:

Amy Lutzel, Wellness & Fitness Coordinator
Welborn Foundation Wellness & Fitness Center
Ivy Tech Community College
3501 N. First Ave
Evansville, IN 47710
Phone: (812) 429-0582
Fax: (812) 429-1398
E-mail: alutzel@ivytech.edu