Position Title: Fitness and Wellness Intern

Center/Department: Student Affairs

Reports: Associate Director for Programming

Date: Semesterly

Overview:

An internship within the Fitness department at NSU will assist students in learning and experiencing multiple programs services with the department. NSU offers a comprehensive fitness and wellness program to include group exercise, personal training, wellness, special events, and beyond.

Fall Internship – Mid August to early December
Winter/Spring Internship – Early January to late April

1. Assist in the planning, marketing, promotions, and execution of the annual Shark Shuffle 5k Walk/Run. This event typically occurs the second week of October and attracts 500-800 participants.

2. Plan, organize, and implement monthly thematic wellness programs for the students of NSU, working with our student organization “FitWell”. Programs should be reflective of one or more of the five major wellness dimensions (Social, Physical, Intellectual, Spiritual, or Emotional).

3. Assist in the planning, marketing, promotions, and execution of two annual employee health fairs. These events typically occur in late September and attract 300-500 participants each.

4. Assist in the creation and delivery of the annual “Wellness Made Simple” magazine. This magazine has a distribution of more than 5,000 copies.

5. Develop, create, and implement marketing plans for all fitness related programs designed to attract students and underserved populations.

6. Assist in the promotion and delivery of fitness assessment evaluation exams to students and staff of NSU.

7. Conduct assessments of NSU students, faculty, and staff regarding fitness and wellness needs for the purpose of program creation and development.

8. Observe/attend group exercise classes and conduct relevant assessment of participants for feedback on program satisfaction.

9. Observe/shadow personal training sessions and conduct relevant assessment of participants for feedback on program satisfaction.
10. Develop and implement programs surrounding **final exam week** to help student with stress reduction and relaxation.

11. Assist with **trainings/meetings** with fitness staff members.

12. Other guided programs/opportunities relevant to the outcomes of the internship.

**Winter/Spring Internship:** Early January to late April

1. Assist in the planning, marketing, promotions, and execution of the annual **Wellness Day**. This event typically occurs in February and attracts 600-700 participants.

2. Plan, organize, and implement **monthly thematic wellness programs** for the students of NSU, working with our student organization “**FitWell**”. Programs should be reflective of one or more of the five major wellness dimensions (Social, Physical, Intellectual, Spiritual, or Emotional).

3. Assist in the creation and delivery of the annual **“Wellness Made Simple”** magazine. This magazine has a distribution of more than 5,000 copies.

4. Develop, create, and implement marketing plans for all fitness related programs designed to attract students and underserved populations.

5. Assist in the promotion and delivery of **fitness assessment evaluation** exams to students and staff of NSU.

6. Conduct assessments of NSU students, faculty, and staff regarding fitness and wellness needs for the purpose of program creation and development.

7. Observe/attend **group exercise classes** and conduct relevant assessment of participants for feedback on program satisfaction.

8. Observe/shadow **personal training sessions** and conduct relevant assessment of participants for feedback on program satisfaction.

9. Develop and implement programs surrounding **final exam week** to help student with stress reduction and relaxation

10. Assist with **trainings/meetings** with fitness staff members.

11. Other guided programs/opportunities relevant to the outcomes of the internship.

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