Fitness/Wellness Un-Paid Internship Description

Coles County Council on Aging LifeSpan Center

**Education and Qualifications**

* Good standings in the BS program in Kinesiology and Sports Studies
* Current Adult CPR certification, Adult First Aid, and BP training
* Full or part-time student in good academic standing

**Duties and Responsibilities – All under the guidance of the LSVP Volunteer Coordinator**

* Instruct balance and exercise group fitness classes for community adults
* Plan, implement and develop a program of Strength and Balance clinics for those identified at risk of fall with proper physical abilities and without medical issues
* Be able to create light, moderate, and advanced balance exercise classes for older adults to help with ADL (activity of daily living)
* Be able to explain the importance of each balancing exercise or how it relate with daily life activities with modifications as needed
* Instruct special fitness programs as needed
* Motivate, support and reassure clients, while being considerate and understand that barriers change
* Establish and maintain health and safety standards within all programs, ensuring that all activities are risk assessed and undertaken with due regard to health and safety regulations
* Assist with equipment inventory, routine maintenance and help promote a safe and fair environment for a diverse population
* Good communication/interpersonal skills with the ability to motivate and interact effectively with individuals with risk factors
* Knowledge of behavior change theory and exercise adherence
* Observing clients during exercise and reacting appropriately
* Keep accurate volunteers time records and report to LSVP Coordinator as needed

**Skills, Abilities and Knowledge**

* Experience and interest in the fitness/wellness field
* Exceptional written and verbal communication skills, including ability to deliver presentations
* Ability to work independently and in a group setting
* Ability to work in a dynamic, changing, and diverse environment
* Ability to collect data and assist with monitoring and evaluation
* Ability to adhere to scheduled program days and scheduled times
* Provide 2 letters of recommendations (1 community member)

**Contact information**

LSVP Volunteer Coordinator

* **Name:** Laura A Severson MA **Email:** lauras@colescouncilonaging.org
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