



Sports Performance Internship

Position Description: Rehab United Physical Therapy and Sports Performance Center (SPC) provides an unparalleled atmosphere for functional physical therapy and strength & conditioning. Rehab United is designed to provide the San Diego athletic community with a purely functional, sports-specific training facility and encompass all forms of pediatric and adult physical therapy. This is an exciting time for Rehab United as we will open a brand new facility this summer.

We are currently accepting applications for two interns to start mid-late April. The program will vary in length (8-12 weeks) and interns will be expected to contribute approximately 100 total hours. Successful interns will have the knowledge, skills, and ability to excel in speed & agility development, endurance training, Olympic lifting, sports nutrition, injury prevention and rehabilitation.

Responsibilities/Duties: This is a comprehensive, hands-on internship encompassing all elements of sports performance enhancement including strength & conditioning, sport nutrition, and injury rehabilitation. The intern is responsible for contributing to every aspect of Rehab United Physical Therapy and Sports Performance Center including implementing training programs, developing proper speed and plyometric skills, disseminating nutrition information, administering comprehensive assessments, and working with the Physical Therapy staff, in addition to completing other administrative tasks.

Required Qualifications: A reputable fitness certification and current CPR/First Aid are required. Other prerequisites include a strong desire to pursue a career in sports performance, experience in strength & conditioning, and an understanding of periodization, functional resistance training, and sport nutrition. Applicants must also possess basic computer skills, the ability to motivate athletes, the capability to lift 50 pounds, and the availability to work early mornings, evenings, and some weekends.

Preferred Qualifications: Bachelors or Masters degree in Kinesiology, Nutrition, or related field, CSCS and/or USAW certification, and prior experience at the collegiate level.

Compensation: The internship is non-paid, however, interns may receive college course credit. We may also consider successful interns for employment.

Application: Please submit your resume and cover letter by mail or e-mail (please no phone calls) to:

Justin Robinson – Director of Strength & Conditioning
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Deadline: April 14, 2007.