Colorado State University

Adult Fitness Program Internship Application

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_

Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ College Attending: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Major: \_\_\_\_\_\_\_\_\_\_\_ Minor:\_\_\_\_\_\_\_\_\_\_\_\_\_

Expected Graduation Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GPA:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Previous Practicum or Work Experience:

Company Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Type of Business:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Position:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Supervisor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Number:

Please briefly describe your responsibilities:

Company Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Type of Business:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Position:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Supervisor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Number:

Please briefly describe your responsibilities:

Related Skills:

Rate your comfort level with the following tasks where 1: least comfortable and 5: most comfortable.

* Creating a wellness program for a client

1 2 3 4 5

* Developing a group fitness routine

1 2 3 4 5

* Taking blood pressures

1 2 3 4 5

* Teaching group exercise classes

1 2 3 4 5

* Public speaking

1 2 3 4 5

* Correcting a client’s lifting form

1 2 3 4 5

* Mentoring and tutoring undergraduate students

1 2 3 4 5

* Using Microsoft Office (Excel, publisher, word)

1 2 3 4 5

Answer the following questions to the best of your ability.

What previous experience qualifies you for this position?

What are your strengths and weaknesses? Explain.

What is your ultimate professional goal?