

PENN STATE PERFORMANCE ENHANCEMENT INTERNSHIP OPPORTUNITIES

The Pennsylvania State University Performance Enhancement Department is seeking highly motivated candidates to fill VOLUNTARY-UNPAID internships for our Football, Basketball, and Olympic sport teams. These positions are designed for individuals who are passionate about a career in sports performance and run anywhere from 16 weeks to 12-month opportunities. Individuals chosen will gain knowledge and experience in a Division I sports performance setting for their respective assignments.

10-12 Month Opportunities

Football Volunteer Interns

- May – December (all applications must be received by March 31st)

Basketball Volunteer Interns

- Men: May – April (all applications must be received by March 31st)
- Women: July– April (all applications must be received by May 31st)

Olympic Sports Volunteer Interns

- August – May (all applications must be received by June 30th)

16-Week Course Credit Opportunities

- Fall/Spring must be in final internship for bachelor's degree and actively seeking certification from NSCA, CSCCa or USAW.

Responsibilities:

Responsibilities will include but are not limited to: assisting with, warm ups and cool downs, implementation of proper lifting techniques, daily operation/maintenance of the weight room, daily operations of fueling station, record keeping, and helping create a positive training environment.

Qualifications:

Ideal candidates will be certified or actively pursuing certification from CSCCa and/or NSCA. CSCCa mentorship program will be available for candidates seeking to obtain the SCCC certification, pending mutual agreement between the candidate and the Director of Performance Enhancement. Interns must be able to work a variety of times including days, nights, weekends, and holidays, if necessary.

Compensation:

This is a non-paid volunteer position. You will gain experience as well as the opportunity to learn and grow in the field of sports performance.

All interested candidates are encouraged to submit a resume, a letter detailing which position you are applying for, your interest in that position and your goals for the internship experience.

All applications must emailed in PDF format to:

Rhian Davis

Assistant Director of Performance Enhancement

rld31@psu.edu

