



**Intern Title: Fitness Intern
Boys & Girls Club of Corvallis**

Info on BGCC:

The Boys & Girls Club of Corvallis is a local non-profit looking to inspire and enable all young people, especially those who need us most, to reach their full potential as productive, responsible and caring citizens. We look to interns to help bring new and exciting programming to the members we serve and provide an educational and professional internship experience.

The Boys & Girls Club of Corvallis understands that physical activity plays a crucial role in the development of children. We also understand that childhood obesity has been on the rise and we need to instill the ideals of an active lifestyle at a young age.

Intern Description:

We are looking for an enthusiastic and motivated Intern to work with BGCC's Clubhouse Director, Athletic Director and STARS Program Sites to develop and implement fitness programs for individual's age K-12th grade.

A key component of this Internship would be to create fitness programs as well as training programs for respective sports. A measurement of a successful project/internship would be an increase in physical activity amongst members and increase in sports training amongst athletic programs.

Tasks involved in this internship but not limited to are: doing group exercise instruction for members age K-12, doing sport specific training with respective sports programs, creating off-season training workouts to promote new member programming, assisting in training of coaches and referees.

Intern Requirements:

- Individual would have a background in Sports or Fitness
- Individual would be able to devote 5-10 hours a week (for a term)
- Individual be able to work various hours between 2:45-8:00pm

Contact:

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Please specify this position.