

Internship Program & Schedule



Week1

Education	Learning & Skill Outcomes	Roles & responsibilities
<p>Introduction - Recording - KM</p> <p>Soft Skills - Recording - KM</p> <p>Breathing workshop - recording - KM</p> <p>Data & testing</p> <p>Vald Testing @ SOF - BM</p> <p>SOF testing week - recording - BM</p> <p>Building a program on TeamBuildr - RT</p> <p>Breathing, abdominal recruitment & spine movement - prac</p>	<p>Use all Vald testing equipment</p> <p>Execute Biomechanics Assessment</p> <p>Understand Testing week process</p> <p>Understand fundamentals of breathing practice</p> <p>Know how to write a program on Teambuildr (off template provided)</p>	<p>Learning biomechanics testing</p> <p>Execute at least one "test" on client</p> <p>Introduce yourself to members</p> <p>Participate in at least one class</p> <p>Write at least one program on TeamBuildr</p>

Week 2

Education	Learning & Skill Outcomes	Roles & responsibilities
<p>Programming Warm Up - recording - KM</p> <p>Programming exercise selection/ordering - recording - KM</p> <p>Programming Excel - recording - KM</p> <p>Skill of Data collection - Prac with BM</p>	<p>Know how to write a basic strength program on excel</p> <p>Understand rep ranges and exercise selection</p> <p>Understand breathing mechanics & pelvic floor/deep abdominal fundamentals</p>	<p>Design your personal strength program</p> <p>Consider rationale of testing results = program development</p>

Week 3

Education	Learning & Skill Outcomes	Roles & responsibilities
<p>Delivering GF Sessions - recording - KM</p> <p>Connective tissue basics - recording - KM</p> <p>Lifting mechanics basics - prac</p> <p>Squat</p> <p>Dead</p> <p>Chin</p> <p>Bench</p>	<p>Understand rationale behind quality group fitness session delivery.</p> <p>Understand/consider connective tissue basics and application to exercise selection.</p> <p>Ability to consider high quality mechanical execution of big 4 lifts.</p>	<p>Confidently assist with the delivery of services from small group to group fitness.</p>

Week 4

Education	Learning & Skill Outcomes	Roles & responsibilities
Programming Athletic Populations - Recording - RT Shoulder movement & protocol - Recording - KM Shoulder movement video examples - Recording - KM Finance chat - Recording - JA Shoulder movement & protocol - prac	Understand shoulder movement mechanics Identify deficits in shoulder movement Program preventative shoulder protocol Understand financial structure of Exercise & Physio based business.	Continue to develop program development skill Facilitate a phase of a group fitness class/group session (warm up, A series, B Series)

Week 5

Education	Learning & Skill Outcomes	Roles & responsibilities
Ex Phys Initial & Regular Assessment - Recording - FS Healthy hips recording - JL Healthy hip movement video - recording - KM Healthy hips - prac	Understand the place and process of EP Understand hip mechanics & identify deficits in movements Program rehabilitative/preventative hip exercises	Continue to develop program development skill Facilitate a phase of a group fitness class/group session (warm up, A series, B Series)

Week 6

Education	Learning & Skill Outcomes	Roles & responsibilities
Group fitness data Collection @ SOF - Recording - BM Back pain - recording - FS Programming - Prac KM	Understand all testing criteria for group fitness testing Understand handstand training protocol	Continue to develop program development skill Facilitate a phase of a group fitness class/group session (warm up, A series, B Series) Attend Core Class

Week 7

Education	Learning & Skill Outcomes	Roles & responsibilities
Creating and selling a client journey - Recording - KM Gymnastics 1 Handstands - prac	The skill of authentic selling in relation to health. Understanding fundamentals of gymnastic rings programming & execution.	Understanding the client journey & onboarding process. "Trial onboarding" session

Week 8

Education	Learning & Skill Outcomes	Roles & responsibilities
Olympic lifting - recording (AP) Psych Considerations of an Exercise Professional - (ES) Running mechanics - recording (KM) Gymnastics 2 Gymnastics rings - prac	Understand the fundamentals of olympic weightlifting Understand psychological considerations as a health practitioner. Understand scope of practice when it comes to being a health practitioner.	Program development Facility setup and management Multiclient relationship & program facilitation Rehabilitation contribution

Week 9

Education	Learning & Skill Outcomes	Roles & responsibilities
How to sell in the exercise industry - recording (KM) Psychological variations of clients (practitioner vs researcher) - recording (JL) High speed running, drilling & programming field based - prac	How to sell health Psychological variations: good and bad patients/clients. Oly lifting phase 2	Program development Facility setup and management Multiclient relationship & program facilitation Rehabilitation contribution

Week 10

Education	Learning & Skill Outcomes	Roles & responsibilities
Recovery options - Recording (RT) The neural science of recovery - Recording (KM) Olympic lifting - 1 Prac (AP)	Understanding recovery (post training physiological & neurologically). Weightlifting - Snatch positions.	Program development Facility setup and management Multiclient relationship & program facilitation Rehabilitation contribution

Week 11

Education	Learning & Skill Outcomes	Roles & responsibilities
Field based running programming - recording (BR) Running RTP loading management - recording (JL) Olympic lifting - 2 Prac (AP)	Field based facilitation (both injury & performance) Running return to play loading plan.	Program development Facility setup and management Multiclient relationship & program facilitation Rehabilitation contribution

Week 12

Education	Learning & Skill Outcomes	Roles & responsibilities
Q & A - Prac (km) Financial Considerations Framework (how much value do we offer as professionals)	3 year professional plan	Full independence