



Special Olympics Michigan Health and Wellness Intern

Responsibilities

- Plan and implement the SOMIfit Health and Wellness Program
- Oversee in-person health and wellness programs as well as offer virtual programming
- Execute a pre and post test to evaluate participant's progress.
- Create take home assignments/workouts for athletes to complete
- Encourage participants to maintain a healthy lifestyle outside of the program
- Plan and implement virtual fitness challenges
- Create health and wellness resources
- Assist with recruitment of Clinical Directors for the Healthy Athlete Program
- Assist with growing the follow up care network throughout the state
- Secure in-kind donations of facilities and equipment
- Other duties as assigned.

Qualifications

- Must be current student of an exercise science, health education, physical education or in another health-related field
- Experience running programs or teaching classes
- Must be reliable
- Must be at least 18 years old
- Ability to meet once a week and three other meetings outside of this required class time
- Must have own transportation
- Be knowledgeable about health and wellness.