



Special Olympics Michigan Health and Wellness Intern

Description

Special Olympics Michigan Health and Wellness interns will be a vital part of organizing and implementing health and fitness programming throughout the state of Michigan. Internships will consist of planning, organizing, and conducting programming both in person and virtually in order to improve the health of Special Olympics Michigan athletes. Job duties consist of, but are not limited to:

Responsibilities

- Plan and implement the SOMIfit Health and Wellness Program, virtual and in person sessions
- Collect, analyze and input program data through pre and post test collections
- Create at home assignments/workouts for athletes to complete
- Oversee in-person health and wellness screenings
- Plan and implement virtual fitness challenges
- Create virtual content for use on social media accounts, newsletters and other program needs
- Create health and wellness resources to be used in conjunction with programs
- Coordinate health and wellness themed booths and activities for Regional and State level competitions
- Develop sustainable resources for future program use
- Maintain and inventory program equipment
- Communicate program information to participants
- Other duties as assigned.

Qualifications

- Must be current student of an exercise science, health education, or physical education program, or a related field
- Experience leading individuals or groups through exercises or lessons
- Working knowledge of the health, wellness and fitness field
- Ability to meet both in person and virtually
- Ability to work both individually and as a part of a team
- Must be reliable
- Must be at least 18 years old
- Must have own transportation
- Must be able to lift up to 25 pounds