



THE MICHELI CENTER FOR SPORTS INJURY PREVENTION

Injury Prevention Internship

The Micheli Center for Sports Injury Prevention is dedicated to encouraging sports and exercise, especially among children and young adults, while simultaneously preventing sports injuries. We offer our trainees evidence-based strategies to help reduce their personal risk of injury while enhancing their sports performance. We are located in both Waltham and Norwood, Massachusetts.

The injury prevention intern will work with The Micheli Center staff to assess trainees at the center by following a strict evaluation protocol involving range of motion, flexibility, movement patterns, body composition, aerobic and anaerobic endurance, agility, speed, and strength tests. They will also assist in developing and leading injury prevention classes and will have the opportunity to work on research projects as they arise, participating in all aspects of the research process from design, to data collection and entry, and analysis as appropriate.

Learning Goals, Objectives & Responsibilities

- Evaluate/identify risk factors for injury through a variety of means
- Perform basic fitness assessment tests proficiently, safely, and professionally on both the youth and adult population
- Be able to organize and present educational information for the general member population (e.g. bulletin board, handouts, lectures, and presentations)
- Learn how to demonstrate and teach all pertinent exercises to trainees of the center
- Learn about industry standards and trends from a variety of sources
- Help facilitate an ongoing research project in at least one phase, and become familiar with IRB processes and standards
- Assist in other projects (past projects include populating all historical sports injury prevention articles into a bibliography, marketing research, and creating a physician's data base)

Qualifications of Interns

- Must be receiving academic credit and approved by school advisor prior to applying
- Must have completed sophomore year of college prior to beginning internship
- Must have a minimum GPA of 3.0
- Must be working towards a degree in an exercise science, athletic training, or a sport science-related program
- Must have outstanding communication and service skills, and basic computer skills
- Must be CPR and AED certified (adult & child)
- Must be available for a minimum of 10 hours per week

Evaluation Criteria

- Formal (30-day, mid-term, end-of-term) – depending on length of Internship
- Informal (daily observation with an appointed mentor)
- Other (as required or requested by home institution)

**ALL INTERNSHIPS OF THE MICHELI CENTER FOR SPORTS INJURY PREVENTION ARE UNPAID & VOLUNTARY*