

### University of Florida Department of Recreational Sports

The Department of Recreational Sports offers experiences that enrich the lives of University of Florida students through excellence in facilities, fitness, sport, adventure, and play. We are committed to fostering leaders, encouraging life-long healthy lifestyles, and developing meaningful relationships.

### Professional Skill Development Opportunities

1. Professional Communication
2. Inventory Management
3. Fitness Programming
4. Assessment & Evaluation

### RecSports Team Members Responsibilities

- Develop professional relationships with co-workers, participants, and guests
- Uphold and exceed the expectations of the Cornerstones of RecSports Service: accountability, anticipating needs, attitude, and atmosphere
- Demonstrate a desire to learn and apply knowledge as a RecSports ambassador
- Take ownership of RecSports facilities and programs by exhibiting a responsible work ethic
- Promote and maintain cleanliness and appearance within and surrounding RecSports facilities
- Enforce RecSports policies and procedures to promote participant safety and satisfaction
- Respond to all emergency situations and adhere to established protocol including pre- and post-incident procedures

### Requirements/Qualifications

- The Department of Recreational Sports offers 3 fitness internship opportunities each semester. Interns must be University of Florida students enrolled in a full course load during the semester they are interning. Each internship offers a different focus area:
  - **Personal Training/Fitness Assessment Center:** Must be a current [RecSports Personal Trainer/Wellness Appraiser](#). Click [here](#) on how to become a certified personal trainer.
  - **Group Fitness/Small Group Training:** Must be a current [RecSports Group Fitness Instructor](#). Click [here](#) on how to become a certified group fitness instructor.
  - **Strength & Conditioning:** Must be a current [RecSports Fitness Associate](#) or Supervisor. Click [here](#) on how to become a Fitness Associate. Click [here](#) to see the dates when the Fitness Associate position will be open.
- Preferred: Majoring in a health related field i.e. Exercise Science, Exercise Physiology, Kinesiology, Recreation, Sports Management or a related field is preferred
- Proficiency with Microsoft Office
- Demonstrated communication, organizational and leadership skills
- Commitment to customer service and effective interpersonal communication skills
- Prior supervisory/management experience specifically in scheduling, staffing and training staff is highly preferred
- High level of enthusiasm and optimism

### Area Specific Job Responsibilities

1. **Personal Training/Fitness Assessment Center/Massage Therapy:**
  - a. Conduct weekly area/inventory inspections of the Fitness Assessment Center, Personal Training Studio, and Massage Therapy Rooms.
  - b. Assist Personal Training and Fitness Assessment Center Program Assistant with coordinating semester staff evaluations.
  - c. Collaborate with Area Supervisor, Personal Training GA, PT PA, and FAC PA to establish and execute semesterly marketing plan.
  - d. Post weekly social media content for the PT, FAC, & MT Programs.
  - e. Assist with CHANGES Program referral intake.
  - f. Other duties as assigned.

2. **Group Fitness/Small Group Training:**

- a. Assist Area Supervisor and Program Assistant with Group Fitness scheduling
- b. Manage group fitness activity room maintenance and inventory
- c. Assist Area Supervisor and Program with semester-specific Group Fitness and Small Group Training projects
- d. Opportunity for additional involvement including but not limited to Instructor feedback surveys, Group Fitness Instructor Training Course, and monthly meeting planning dependent on semester
- e. Gather and analyze data regarding Group Fitness participation numbers
- f. Other duties as assigned

3. **Strength & Conditioning:**

- a. Conduct weekly inventory evaluation for the Southwest and Student Recreation & Fitness Centers
- b. Propose necessary purchases of new accessories to the Assistant Director
- c. Assist with the Equipment Replacement Plan database, research and quote acquisition
- d. Plan and facilitate social gatherings for the S&C staff
- e. Contribute to ongoing projects, monthly meetings, special events, hiring, etc.
- f. Other duties as assigned

### **Compensation**

Each internship experience is unique to the interns' strengths, passions, and aspirations. Compensation is provided for work in the primary program areas under the respective positions. However, other opportunities may present themselves or be sought out that will provide the intern with rich experiences & skillsets without monetary compensation (i.e. shadowing, participating in a training course, etc.)

### **Application Timeline**

- Spring Internship: Application due on the last Friday in September
- Summer Internship: Application due on the last Friday in February
- Fall Internship: Application due on the last Friday in May