

The University of Regina Faculty of Kinesiology & Health Studies, through its Athlete Health and Performance initiative (AHPI), is seeking 3 dynamic and enthusiastic individuals to join our team as strength and conditioning interns. This internship will focus on all aspects of sport strength and conditioning (theoretical/practical/experiential). After completion of the internship you will be well versed in the area of Strength and Conditioning and prepared to write relevant certification exams. Subject matter learning, along with professional and personal development will be the focus of the internship. As such, it will include hands-on experiences in the areas of training, testing, and program development for a variety of varsity teams. Interns will be required to actively participate in regular seminars, and complete a variety of readings throughout the year. Professional presentations will also be part of the year-long curriculum.

Post date: May 25, 2022

Application Deadline: June 24, 2022

Start Date: Sept 1, 2022

End Date: Aug 31, 2023

VISION: The Athlete Health and Performance initiative is a multi-disciplinary approach to providing integrated development, training and testing services to Cougar/Ram Student Athletes which include: strength and conditioning training; psychological screening assessments; concussion baseline testing and ongoing assessment; teaching and research related to improving the training and management of athletic programs and the treatment of athletic injuries; nutrition advising; treatment and rehabilitation services; Faculty, AHPI, and Centre for Health, Wellness and Performance program development and evaluation. The Services are provided by an integrated team of physicians, athletic therapists, physiotherapists, chiropractors, massage therapists, psychologists, strength and conditioning specialists, coaches, faculty members, researchers, and students.

Internship Responsibilities:

The intern will gain experience in all aspects of strength and conditioning testing, programming, delivery of training for the varsity athletes at the University of Regina and other high performance teams connected with the University of Regina. In addition, they will have the opportunity to complete special projects designed to enhance knowledge in the area that contribute to individual learning objectives.

QUALIFICATIONS:

- BSc in Kinesiology or related field.
- Certified Strength and Conditioning Specialist (CSCS), Clinical Exercise Physiologist (CEP), Certified Personal Trainer (CPT) are considered assets but not required.
- Interest in sport performance is essential.
- Ability and willingness to work collaboratively in a team environment.
- Excellent written and interpersonal communication skills.
- Background as a coach and/or athlete will be considered an asset.
- Ability to work in a fast-paced environment with a high degree of independence and initiative.
- Good team building skills and the ability to be flexible and adjust to changing priorities.

POSITION INFORMATION:

This is a part-time (20 hours/week) paid-internship/learning experience. A stipend of \$21,840 will be provided for the full internship.

Additional hours will be required for seminar attendance, reading, etc. related to the theoretical/practical learning component. Expect to be busy 30-40 hours per week.

Acceptance of the internship requires registration in related micro-credential program sections. Successful completion of the related subject matter areas will result in micro-credentials being awarded.

CLOSING DATE:

Friday June 24, 2022 at 4:00 pm Central

TO APPLY:

Please submit your resume and cover letter to Barclay Dahlstrom at barclay.dahlstrom@uregina.ca.

We thank all applicants for their interest; however please note that only those selected for an interview will be contacted.