



PerformFit Internship Description

PerformFit's college internship program is designed to give kinesiology students hands-on experience in a real world setting. Interns will work under the supervision of our Head Performance Coach and training staff to gain knowledge and practical experience.

Background/Philosophy:

PerformFit opened in 2006 by Tim Bishop, 16 year Strength and Conditioning Coach of the Baltimore Orioles. He brings his extensive experience and vast knowledge of sports performance to PerformFit, where clients of all ages and abilities can train like a pro. PerformFit employs a variety of high intensity interval and resistance training to all ages and abilities to improve stamina, strength, body composition, and overall functional fitness.

Setting:

Most of the training will be conducted at our facility in Lutherville, Maryland. The facility has 3,500 sq. ft. of useable space; housing high-end treadmills, free weights, and functional strength equipment. Occasionally interns will assist the training staff in off-site camps and clinics.

Clientele/Programming:

PerformFit attracts a diverse clientele each with unique needs and individual goals. The greatest benefit of our internship program is the wide variety of training experience students will receive. 30-40% of our programming focuses on sports performance training. Our sports performance programs are designed to improve speed, power, agility, and sport strength. Athletes of all levels train two- four times per week, mostly during their off-season. The rest of our programming consists of adult and general population fitness training. We employ similar training techniques for our adult strength and condition as we do with our athletes. The only exception is the intensity. Many adults have pre-existing orthopedic or health conditions, so modifications are often made to accommodate individual needs. All training is done in small groups of two - eight clients.

Duties/Expectations:

As a small business we all play a vital role in daily operations. Each staff member equally shares all training, scheduling, and facility maintenance duties. Interns are expected to be punctual, energetic, and appropriately dressed for fitness training. A strong knowledge of anatomy, physiology, and exercise prescription is necessary. Students will quickly become an integral part of our operation by conducting warm-up drills and core strength routines. We strongly encourage continuing education and independent studies. Interns will have numerous opportunities to improve content knowledge as well as practical application.