



Supportive Living, INC.

BRAIN INJURY PROGRAMS

Brain Injury Adaptive Exercise Program Internship: Winter-Spring 2020

Intern Role: Assist with delivering a physical fitness program designed to improve the quality of life of survivors of acquired brain injury (ABI).

Location: Lynch/van Otterloo YMCA, 46 Legs Hill Road, Marblehead, MA
Gordon College, Center for Balance, Mobility and Wellness, 26 Hull Street, Wenham, MA

Winter-Spring Program: 1/27-05/01/20 | **Tuesday, Thursday and Friday** 9:00am-12:30pm (YMCA)
Tuesday, Thursday and Friday 1:00pm-3:00pm (CBMW)

Job Description: Under the direction of the Wellness Center program director, an intern at the SLI Neuro Wellness Center will actively participate in administering an intensive physical fitness program for survivors of ABI. Interns will be hands-on, working with participants of the program, demonstrating and administering exercises from their routines.

There are two separate physical fitness internship offerings at SLI for the Winter of 2020, with one program running Monday-Wednesday-Friday and another program running Tuesday-Thursday. A full-time M-F internship can also be explored.

Commitment: Interns will complete up to 150 hours of hands-on experience for the Monday-Wednesday-Friday internship, or up to 120 hours for the Tuesday-Thursday internship. Please note these are both unpaid positions. A full-time (30+ hour), unpaid internship is also available, if required for school.

Qualifications:

1. Students should be in a related health field of study which include, but not limited to: exercise physiology, neuroscience, kinesiology, physical therapy, occupational therapy, health studies, etc.
2. Undergraduate or graduate students looking to gain a basic understanding of, and comfort working with individuals living with and recovering from brain injury
3. Should be comfortable in an exercise/gym setting; prior experience in a fitness setting or as a student athlete is preferred.
4. Able to work both independently and as part of a team while effectively following the training guidelines established by the Program Director.
5. Able to assist in monitoring participant outcomes by recording health data that will be applied to improving the Center's brain injury rehabilitation program

To learn more about Supportive Living, Inc. and this internship, please view a short video at: <https://www.youtube.com/watch?v=Os1MEbF9PIQ&feature=youtu.be>

For additional information regarding this internship please contact Kara Lavertu, Neuro Wellness Program Manager, Supportive Living, Inc. at klavertu@supportivelivinginc.org.