



Supportive Living, INC.

BRAIN INJURY PROGRAMS

## Brain Injury Assisted Exercise Program Internship: Summer 2021

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

**Location:** Merrimack Valley YMCA, Andover MA

**Programs:** 06/1 – 08/13/21 | **Tuesday & Thursday** 1:00pm to 5:30pm

**Job Description:** Under the direction of the Neuro-Wellness program manager, an intern of the SLI *Neuro-Fit* program at the Merrimack Valley YMCA 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. Interns will also complete weekly projects relating to brain injury, roles of staff in various fitness facilities, goal setting, and exercise programming over the course of the semester.

**Commitment:** Interns will complete up to 120 hours for the Tuesday-Thursday internship. Please note this is an unpaid position.

### Qualifications:

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

To learn more about Supportive Living, Inc. and this internship, please view a short video at:

<https://www.youtube.com/watch?v=Os1MEbF9PlQ&feature=youtu.be>

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