



## **JOB DESCRIPTION**

**Job Title:** Sports Medicine & Performance Science Intern

**Department:** Sports Medicine & Performance Science

**Summary:** Under general direction of the Head of Sports Performance & Science in coordination with the Head Coach and Head Athletic Trainer, the intern position will assist to conduct, and monitor strength and conditioning strategies for players both individually and collectively; assist with return to participation of injured athletes; apply scientific knowledge to improve performance and prevent injury of club athletes. As a volunteer employee, the intern will attend all training, scrimmages and home games.

Essential Functions and Responsibilities include the following: (Other duties may be assigned to meet business needs)

1. Assist with implementing, conducting, and monitoring safe and effective strength and conditioning programs to increase players' performance and reduce injuries
2. Assist with injury prevention and the return to play program of injured athletes.
3. Assist with testing and evaluating players' physical performance and create reports for coaches and players
4. Assist with monitoring training workload
5. Assist with field set-up for practices
6. Demonstrate interpersonal skills required to work effectively with players and coaches
7. Comply with club medical policies, protocol and Game Operations Manuals
8. Other projects as business dictates

**Qualification/Requirements:** To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

**Desirable:**

- Pursuing a degree in Exercise Science or related field
- Minimum of 2 years related experience
- Knowledge and experience in the implementation of strength and conditioning programming in elite level athletes
- Knowledge in the following areas: strength training, plyometrics, speed development, conditioning, flexibility, injury prevention, nutrition and strength and conditioning equipment
- Knowledge of medical terminology

Equal Opportunity Employer: Race/Color/Sex/Sexual Orientation/ Gender Identity/Religion/National Origin/Disability/Vets

- Able to outperform during stressful periods
- Strong work ethic
- Team player
- Able to multi-task
- Work hours may include long work days, weekends, evenings based on activities.

**Education and/or Experience:** Currently enrolled in college; Bachelor's Degree (B.A.) or equivalent; or two to four years related experience and/or training; or equivalent combination of education and experience.

**Communication Skills:** Ability to read, analyze, and interpret general business periodicals, financials or governmental regulations. Ability to write reports, business correspondence, and procedure manuals.

**Reasoning Ability:** Ability to solve practical problems and deal with a variety of concrete variables in situations where only limited standardization exists. Ability to interpret a variety of instructions furnished in written, oral, diagram, or schedule form.

**Computer Skills:** Competency with Microsoft Office Suite.

**Physical Demands:** The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this job, the intern is constantly required to sit and use hands to operate telephone, type and operate computer and mouse. The intern is frequently required to talk, hear, and bend and twist neck. The intern may occasionally lift and/or move up to 45 pounds. Specific vision abilities required by this job include close vision and distance vision.

**Work Environment:** The work environment characteristics described here are representative of those an intern encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. While performing the duties of this job, the intern is in a typical public environment like sports stadiums, facilities. The noise level can be very high at times and the environment can include very hot, cold, dry or humid conditions depending upon the season. Possibility of very busy and crowded areas during the work period while in the stadium environment.

## JOB DESCRIPTION ACKNOWLEDGEMENT

**Position:** Intern

I have received a copy of the job description for my position. I have reviewed this job description and I understand all my job duties and responsibilities. I am able to perform the essential functions as outlined. I understand that my job may change on a temporary or regular basis according to the needs of my location or department without it being specifically included in the job description. If I have any questions about job duties not specified on this description that I am asked to perform, I should discuss them with my immediate supervisor or a member of the Human Resources staff. I further understand that this is a volunteer position and I should not expect to receive any compensation. I have discussed any questions I may have had about this job description prior to signing this form.

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Intern's Signature

Date