

HEALTH/MEDICINE

For more information on any of the internships on this page, see Gene Durkee, Director, Pathways – Career and Life Planning, edurkee@nec.edu, 603 428 2358.

CONCORD ATHLETE TRAINING CENTER

Concord, NH

Brian Silfies

2 Pillsbury St. Suite 100B, Concord, NH 03301

603-738-5579

Brian1.1fitness@comcast.net

The purpose of this internship is to help local athletes reach their goals both in the strength and conditioning studio and in their sport. Assist with the athletic training center while learning how to go about training athletes the correct way. (Proper form, posture, and maximum training efficiency). Help support and maintain the program for the personal training facility. Cleaning up the Fitness Center. Helping with paperwork and management.

CONCORD FEMINIST HEALTH CENTER, COUNSELING INTERNSHIP

Concord, NH

Dalia Vidunas

Concord Feminist Health Center

603 225 2739

Faculty SponsoR: Prof. Larry Taylor, Psychology Faculty

Observe counselors at work; take notes, write down questions. Discuss counseling process with counselors.

Observe medical procedures.

CONCORD HOSPITAL, PATIENT CARE OBSERVATION

Concord, NH

Gemma Rendell, Volunteer Services

Concord Hospital

250 Pleasant St., Concord, NH 03301

Faculty SponsoR: Prof. Lori Bergeron, Biology Faculty

Assist with “Art a la Carte” therapeutic arts/crafts activity. Accompany/escort “Pets Uplift People” therapeutic dog handler during patient visits; record patient names and responses to treatment. Assist with registration and escorting of patient families in the Emergency Room; provide patients with blankets, water, and other comforts as needed. Assist with weekly bingo games; deliver prizes. Help supervise children of hospital staff in the Learning Center. Attend rounds for patients in the Acute Care for the Elderly program; provide companionship for patients in the program. Provide administrative support in the Breast Imaging Suite of the hospital.

EVOLUTION SPORTS PERFORMANCE, SPORTS FITNESS INTERNSHIP

Kingston, MA

Brittany Engle, Program Director

Evolution Sports Performance

30 Independence Rd. Unit B, Kingston, MA 02364

<http://www.evolutionsp.net>

(781) 585-4350

bengle@evolutionsp.net

Improve athletes’ speed, strength, agility, joint stabilization and energy system development. Provide training in three specific areas of speed development - acceleration, deceleration and multi-direction. Improve adults’ strength, mobility, metabolic rate, and body fat percentage in a fun and safe environment. Enhance self-esteem by guiding each individual toward their specific performance goals.

GET FIT NH, FITNESS TRAINING/COACHING INTERNSHIP

Concord, NH
Nancy Carlson
Get Fit NH
287 South Main St., Concord, NH 03301
(603) 344-2651
nancy@getfitnh.com

Interns will need to familiarize themselves with all warm-up, self myofascial release, and flexibility practices and procedures Get Fit NH and be able to lead all clients and athletes through their warm-up (either in a group or individually). Interns will be expected to show competency in teaching all common training techniques at Get Fit NH as covered in the Baseline Training Certification as well as any other techniques as deemed necessary by the head coach. Clients and athletes at Get Fit NH train in a specific training system and interns will be expected to learn the order, importance, and reasoning for these decisions. Interns will be expected to learn and demonstrate knowledge of basic nutrition information that is commonly distributed to clients and athletes. Interns should be able to answer questions regarding this information when asked by clients/athletes. Interns must be able to interact with all clients in a professional and courteous manner. This includes but is not limited to introducing themselves to all new clients, going out of their way to greet clients as they enter within 5 seconds, and saying goodbye to any clients exiting the facility. Interns should arrive to all scheduled training times at least 15 minutes early unless otherwise approved by management. Interns will be expected to complete a daily list of cleaning tasks outlined in the daily cleaning completion chart. These tasks are to be completed during down time of a session, at the end of a shift, or at the discretion of the manager on duty.

GREYSTONE FARM/BENCHMARK SENIOR LIVING, MEDICAL INTERNSHIP

Salem, NH
Jaclyn Raoulinitis
Greystone Farm
242 Main St., Salem, NH 03079
603 898 5393
Faculty Sponsor: Prof. Lori Bergeron

Provide personal care and assistance with daily living for multiple residents in the facility; assist with all daily living tasks, including feeding toileting, and cleaning and care of incontinent residents. Serve food and snacks; keep record of input and output. Transfer residents from bed or chair to other locations in the facility; assist with ambulation. Collect urine and stool specimens. Assist with personal and dental hygiene. Make beds, change linens. Answer call bells and make rounds. Provide post-mortem care. Take and record vital signs; measure and record height and weight. Record activities of daily living on flow sheets. Observe physical condition of residents, attitude, reactions, appetite, and report all changes to the nurse in charge. Use safety devices and standard precautions to prevent the spread of infection and disease. Assist nurse with admitting, transferring, and discharging residents. Assist nurse in giving treatments and examining residents. Assist with restorative and rehab care with proper supervision and instruction.

HAVENWOOD HERITAGE HEIGHTS, FITNESS/RECREATION INTERNSHIP

Concord, NH
Sue Pollock
Havenwood Heritage Heights
33 Christian Ave., Concord, NH 03301
224-5363 X1443
Faculty Sponsor: Prof. Mary Ellen Alger, Kinesiology Faculty

Assist with programming; develop new programs for residents. Assist residents with program progression. Implement 1:1 of care planned activity. Lead Wii interventions. Assist with facilitating the Brain Fitness program in nursing home. Keep records on participants. Special projects and promotions as assigned by intern supervisor. Help transport residents.

HEALTH SOUTH REHABILITATION HOSPITAL, PHYSICAL THERAPY OBSERVATION PRACTICUM

Concord, NH

Health South Rehabilitation Hospital

254 Pleasant St., Concord, NH 03301

Faculty Sponsor: Prof. Debra Dunlop, Biology faculty

Observe daily routine of physical therapists. Assist with basic cleaning and care of equipment and facilities.

MDA SUMMER CAMP, CAMP COUNSELOR VOLUNTEER INTERNSHIP

Bedford, NH

Erin Morin

Health Care Service Coordinator

Muscular Dystrophy Association

360 Route 101, Unit #5, Bedford, NH 03110

(T) (603) 471-2722

(F) (603) 471-1857

emorin@mdausa.org or manchestera@mdausa.org

Each volunteer/intern is assigned one-on-one with a camper for the week, around the clock providing close supervision to the campers physical and personal needs. Push wheelchairs, lift and carry youngsters, and even "bunk down" near their campers. Above ALL- counselors are a friend and companion to the campers and they provide a safe environment. Volunteer camp counselors help their campers with everything from camp activities (such as fishing, canoeing, softball) to routine daily tasks (such as dressing, showering, toileting). Volunteer camp counselors will also receive training to assist with activities such as wheelchair transfers, physical therapy, occupational therapy, and more!

HEALTH FITNESS/MERRIMACK WELLNESS CENTER AT FIDELITY WELLNESS AND RECREATION INTERNSHIPS

Merrimack, NH

Mike Marrone

Merrimack Wellness Center at Fidelity

Two Contra Way/T3A, Merrimack, NH 03054

Email: Michael.marrone@fmr.com

Phone: 603-791-1049

Health Fitness has exciting opportunities for students wishing to complete an internship at a corporate, community or hospital-based facility. Health Fitness strives to make the intern experience unique and rewarding and to provide the opportunity to obtain focused experience in your chosen career field. An internship with HF will provide individuals with exposure and/or experience in most or all of the following areas: program administration, fitness testing, exercise prescription, blood pressure screening, group exercise class instruction, health enhancing and promotion programming, wellness & fitness motivational programming, ergonomics, personal training, participant record keeping, data analysis, special projects and promotions as assigned by an intern supervisor.

NATUROPATHIC CLINIC OF CONCORD

Dr. Jacqueline Rho

Laura Rondos, Office Administrator

office@concordnaturopathic.com

(603) 228-0407

Faculty Sponsor: Kittie Weber, Psychology Department, kmweber@nec.edu

Activities might include: organizing office, working with patients, become a promoter of their methods, prepare copying notebooks, general housekeeping, general office duties.

NLP STRENGTH AND CONDITIONING CENTER, STRENGTH AND CONDITIONING INTERNSHIP

Manchester, NH

Joel Bergeron

NLP Strength & Conditioning Center

603-627-7500

816 Elm Street, Suite 311, Manchester, NH 03101

bergeron@nlpstrength.com

Participants will be working with athletes and everyday populations in a controlled group environment in a 10,000sf performance training center. Our facility is not a commercial gym. NLP interns learn how to work with group sizes ranging from: 1-3 clients, 4-8 clients, 8-16 clients and 16-30+ clients. Each group size requires similar but distinctively different coaching styles that can only be developed with experience and feedback from existing NLP staff. Interns will learn how a Training Center is operated and how it is controlled by strength and conditioning professionals, not by business owners lacking a comprehensive understanding of exercise science. This is truly a type of experience that will help you be successful in the strength & conditioning and fitness industries.

CENTER FOR ORTHOPEDICS PARISI SPEED SCHOOL, ATHLETIC TRAINING INTERNSHIP

Saco, ME

Kelsey Pettingill, Adam Tielinen

Orthopedic Association Parisi Speed

15 Lund Rd., Saco, ME 04072

207 710 5509

Faculty Sponsor: Prof. Mary Ellen Alger, Kinesiology Faculty

Check staff schedules each shift and take down/set up evaluation equipment as needed. Check Performance Center coaches' schedules and fill out report cards for athletes schedules that day. Perform special projects deemed necessary by Performance Center staff. Check Performance Center coaches' schedules for the strength classes; pull athletes' weight charts and place them on clipboards. Empty towel bins and monitor the Performance Center for cleanliness. Ensure proper stocking of pencils, pens and documents in the lifting center. Observe staff in the training room. Progress in a satisfactory manner according to the internship syllabus established by staff.

GENESIS HEALTHCARE PLEASANT VIEW CENTER, PT OBSERVATION

Concord, NH

Kelly Rogers

Pleasant View Center

239 Pleasant St.

Concord, NH 03301

Faculty Sponsor: Prof. Jim Newcomb, Biology Faculty

Observe daily routine of physical therapists.

RITE AID PHARMACY, PHARMACY INTERNSHIP

Concord, NH

Kimberly Rathbone

Rite Aid Pharmacy

24 Fort Eddy Rd., Concord, NH 03301

603 224 7784

Faculty Sponsor: Prof. Debra Dunlop

Enter prescriptions into the NextGen computer system according to patient demographics. Fill prescriptions: locate, count, and label correct drugs. Cash out customers; trouble-shoot and resolve any issues with insurance companies. Clean and stock pharmacy. Work alongside pharmacist to ensure workflow is proper, safe and efficient.

RUNNER'S ALLY, FITNESS INTERNSHIP

Manchester, NH

Betsy Coco

Runner's Ally

36 Hanover St., Manchester, NH 03101

betsy@runnersally.com

Faculty Sponsor: Prof. Mary Ellen Alger, Kinesiology Faculty

Develop training program to prepare beginning to intermediate runners for a 5K adventure obstacle race.

Determine length of program, schedule group meetings, and develop workouts to promote functional fitness, at a variety of intensities. Develop tools to measure fitness, initially and throughout progress. Assess individuals' functional movement abilities and help correct limitations and imbalances. Set up running routes. Lead group in runs and workouts. Provide fitness, stretching, and nutrition advice. Manage group's participation in the race.