



Fitness, Health and Wellness Intern (REMOTE)

Time Commitment:	Dependent on Universities Internship Guidelines
Location:	Special Olympics Colorado Main Office: 12450 E. Arapahoe Road, Suite C, Centennial, CO 80112

Site Summary:

The **mission** of Special Olympics Colorado (SOCO) is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.

SOCO provides more than 100 opportunities for athletes to train and compete each year in 22 sports for individuals ages 2 and up.

Program Summary:

Persons with intellectual and developmental disabilities (I/DD) experience poorly developed and supported behaviors to promote health. SOCO has a goal of bringing fitness and wellness programming to every team in the state. The newly formed **Fitness Captain program** teaches athlete leaders how to successfully lead their peers in nutrition, fitness, and healthy lifestyle behaviors. **Healthy Athletes** is a health screening program where healthcare professionals and students are trained to implement free screenings in an effort to educate the professional community about the health needs and abilities of persons with intellectual and developmental disabilities.

Description of Work:

SOCO's Fitness, Health & Wellness Department is seeking an intern to help the team implement a variety of SOCO programs, including but not limited to the Healthy LEAP, Healthy Athletes and Fitness Captain program.

Duties and Responsibilities:

Healthy Athletes Program

- Assist with expanding and developing Healthy Athletes Follow Up Care
- Develop and implement creative solutions to in person socially distanced health screenings
- Assist team in creating Young Athletes (ages 2-7) specific health promotion materials

Healthy LEAP Program

- Create supplemental teacher resources that support current curriculum
- Strengthen virtual resources (videos, slide decks, etc.)

Fitness

- Assist with virtual fitness offerings (including but not limited to, virtual fitness and wellness challenges, virtual training resources, virtual workouts, etc.)
- Assist with expanding current dynamic warm up and stretching guides to include options for physical limitations
- Assist with fitness program data evaluation

Other duties as assigned

Training and Orientation:

- Initial training will be provided by SOCO staff and will include:
 - The history, mission, and Health & Wellness programming of SOCO.
 - An understanding of the current health status of SOCO's athlete population and current barriers those with Intellectual Disabilities (ID) face when it comes to health care
- Further training will be provided in the field

Benefits Gained:

- In depth experience with planning and implementing fitness/health programming
- Opportunity to be creative and hands on with new health programming
- New skills in implementing virtual health promotion events
- Will learn about current health status and health barriers SOCO Athletes face
- Make a difference in the lives of individuals with intellectual disabilities

Supervision: The intern will be supervised by Jena Twete, Fitness and Wellness Manager and Leah Combs, Health and Wellness Manager

QUALIFICATIONS:

Education: Completing a Bachelor's degree in Exercise Science, Kinesiology, Public Health, Health Promotion, Wellness Promotion (or a related field). *Internship can be adjusted for Master's level Public Health Program*

Experience: Experience in implementing, monitoring and evaluating fitness/health/wellness interventions

Knowledge, Skills, and Abilities:

- Strong verbal and written communication skills
- Ability to work in a responsible and professional manner
- General computer and word processing skills (i.e. Microsoft Windows and Microsoft Office products)
- Strong time management and organizational skills
- Ability to work effectively as part of a team, as well as independently
- Ability to be self-directed and motivated

Special Requirements:

- Reliable internet access and personal computer
- Reliable transportation and a valid driver's license

Application Deadlines: Nov. 1st (Spring Internship), April 1st (Summer), July 1st (Fall)

To Apply Visit: <http://www.specialolympicsco.org/uncategorized/internapp/>

Please submit a resume and cover letter when completing the online application form

Questions? Contact: Jena Twete, Fitness and Wellness Manager or Leah Combs, Health and Wellness Manager at jtweite@specialolympicsco.org or lcombs@specialolympicsco.org

Once application is complete, applicants will be contacted by phone or email for the next step in the interview process.