

SITE INFORMATION

In January 1995, we hosted our first intern, Joseph Watson, an Exercise Science and Sport Studies major from Rutgers University. To date, we've had 49 interns from 12 different schools: The College of New Jersey (previously Trenton State College), East Carolina University (NC), East Stroudsburg University (PA), Georgian Court University (NJ), Gustavus Adolphus College (MN), James Madison University (VA), The Pennsylvania State University, Rowan University (NJ), Rutgers University (NJ), Temple University (PA), the University of Delaware and West Chester University (PA).

The internship is an educational opportunity in which students gain practical experience by taking the knowledge and skills that they've learned in a classroom and applying it to a fitness center while receiving academic credit from their respective schools. This is done under the tutelage of several full-time fitness professionals with more than six decades of experience in the fitness industry. We take great pride in being one of the first rungs on a student's ladder of career development.

OBJECTIVES:

- To gain experience in the management and operation of a university fitness center.
- To prepare students to work with a diverse population (faculty/staff and students).
- To engage in a variety of programs and services.
- To gain competence in the implementation of fitness events and wellness screenings.
- To participate in program development and staff training.
- To serve as a readily available source of information on a variety of fitness topics.
- To develop administrative skills.
- To interact with patrons and, whenever possible, resolve their complaints.
- To apply theory to reality.
- To clarify career goals.

REQUIREMENTS:

- Meet the requirements of their school for eligibility.
- Be knowledgeable in the area of fitness.
- Demonstrate initiative, enthusiasm and resourcefulness.
- Be CPR/AED/First Aid certified (or be certified prior to the internship).
- Lift at least 45 pounds to waist level.
- Possess computer/typing skills.
- Speak and write effectively.

An internship at Princeton University is a “hands-on” learning experience that’s intended to prepare the student for a career in the fitness profession in multiple employment settings. (Undergraduate students are not permitted to serve as a volunteer.)

Qualified candidates who are interested in gaining experience with university faculty/staff and students should send a cover letter and resume to Matt Brzycki, Assistant Director of Campus Recreation, Fitness, at brzycki@princeton.edu. (Phone: 609-258-3520)

Note: Qualified candidates who are interested in gaining experience with varsity student-athletes should send a cover letter and resume to Angie Brambley-Moyer, Assistant Varsity Strength Coach, at brambley@princeton.edu. (Phone: 609-258-3524)

