



HWS 495

Nutrition & Fitness Internship

HWS 495 is a unique learning experience that gives students the opportunity to apply their academic course work in professional environments. Service learning projects, peer education, research and involvement in the greater Binghamton community are a few of the opportunities the internship offers. Seminar classes are held weekly on topics of nutrition, fitness and the development of professional skills. The internship is available to undergraduate and graduate students and can be taken for 2, 3 or 4 credits. The credits are Health and Wellness Studies internship credits that can be applied towards graduation as electives and/or electives for the HWS minor. Interns will be selected through application and interview processes. There are no required prerequisites to apply for the internship; however preference will be given to students with training or previous course work in the field of health, nutrition and fitness.

Internship requirements include:

- Participation in weekly seminar: Mondays 1:00-3:00 PM in the West Gym
- Completion of internship projects, presentations and pre-professional portfolio
- Completion of outreach hours (60 hours-2 credits, 90 hours-3 credits or 120 hours-4 credits).

To apply please submit your completed application to the Health and Wellness Studies office in the West Gym. For more information, contact Sarah Thompson at sthomps@binghamton.edu

HWS 495 Internship Application

To apply please submit the following information to the Health and Wellness Studies office located in the West Gym.

Please provide the following information in your application.

Name:

Current local or campus address:

Permanent address:

Phone:

Email:

- 1. A one paragraph bio highlighting who you are, your experience in nutrition and fitness and your areas of personal interest in health and wellness.**
- 2. Elaborate on three characteristics you possess that would make you a successful intern?**
- 3. Please explain your personal perspective on the importance of wellness, health, nutrition and fitness within the community.**
- 4. What do you hope to achieve through this internship?**
- 5. What type of outreach or service learning projects are you interested in?
(be as specific as possible)**

There are no required prerequisites for the internship; however preference is given to students who have had classes or training in the field of health, nutrition and/or fitness.

List experiences that you believe have helped prepare you for the HWS 495 internship.

List all courses that you have taken in the areas of wellness, health, nutrition and fitness. Please include course title, instructor and semester/date taken.

List of 2 or more references (*at least 1 must be an on-campus reference*)

Name, Title, Relationship to you, Contact Information (phone or email)