Campus Recreational Services
Fall 2017 Personal Training Internship
OUT 395 – Independent Study

The Personal Training Internship is designed to prepare students for the national American Council on Exercise (ACE) Personal Training Exam AND employment as a Personal Trainer. *It is a 120-hour, 4-credit internship offered to ALL undergraduate and graduate students (non-required OUT credits). Topics will include: anatomy/physiology, exercise programming, fitness assessment, health behavior change strategies, and professional and legal responsibilities. Interns will be introduced to and receive experience in teamwork, customer service, communication skills, and fitness center management. Additional fees include the course textbooks and registration fee for the ACE Personal Trainer Certification exam. Fees of $378 are payable directly to the American Council on Exercise upon course registration confirmation in Banner.

*To successfully complete this course and achieve a passing grade, all students must participate fully and complete the requirements of their Learning Agreement. This learning experience is identical for all students, however due to differences among the colleges and schools at Binghamton University and how they award credit towards degree completion, the number of credits that may count towards your degree vary. Please check with your college advising office for a detailed explanation on how credits earned in this OUT course may apply towards your degree requirements (i.e., Due to current policies, Harpur students are eligible to earn only 2 credits for participating in this course).

Internship requirements include: participation in Campus Recreational Services staff training; attending a 2 hour lecture and a 90 minute activity lab weekly; a final presentation and practical exam; scheduled floor hours in FitSpace; and CPR/AED certification through the American Red Cross or the American Heart Association. The internship is officially pass/fail, however a passing grade will be the equivalent of a C+ (75%).

Interns are required to return prior to the start of the academic semester to attend Campus Recreational Services staff training (dates TBA). If you live on campus, you will be able to return to your residence hall early. Staff training is mandatory. Any intern who does not attend staff training will not be accepted into the internship program.

Interns are entrusted with representing Campus Recreational Services. Interns are expected to work as a member of the Fitness/Wellness team following the same policies and procedures as other members. In addition, interns must actively participate in learning all aspects of working in a fitness center. Similar to paid staff, interns are sometimes required to work early mornings, late evenings, and weekends. Interns are provided with one FitSpace staff shirt that is to be worn during scheduled floor shifts. Additional t-shirts can be purchased.

Successful completion of the personal training internship program DOES NOT guarantee employment with Campus Recreational Services, Fitness/Wellness. Upon completion of the program requirements, each intern will be required to meet with the Assistant Director to review their internship performance and potential employment opportunities. In addition, interns are required to take and must pass the national American Council on Exercise (ACE) Personal Training Certification exam to be hired as a personal trainer. The national exam must be taken in a testing center on or before January 7th, 2018.

To apply for this internship you must complete the CRS application and personal training questionnaire available on the Campus Rec B-Engaged documents page and submit with your Binghamton involvement transcript. Applications will be accepted through Friday, March 24, 2017. Selected candidates will be invited for an interview during April. Approximately 8-10 students will be accepted.

For questions regarding the internship, please contact Jenna Moore at jennamoore@binghamton.edu.