

324 E. New York Street, Suite 300
Indianapolis, IN 46204



Exercise Science Internship Program



**Serving Those Who Protect
Our Cities, Homes, and Lives©**

Applying for an Exercise Science Internship

Internships are available year-round at the following start dates:

Fall/Winter: Sep.-Dec. (apply by 7/15)

Winter/Spring: Jan.-Apr. (apply by 10/31)

Summer: May-Aug. (apply by 3/31)

A monthly stipend is paid to all interns.

Minimum Requirements

- ◆ At least a senior level student studying exercise science or related field
- ◆ Completion of all core exercise science courses
- ◆ CPR certification

General Requirements

- ◆ Internships can be scheduled for up to 12 weeks. Experiences of a longer duration are accepted. Eight hour work days are planned. Interns are expected to stay for the duration of the scheduled experience.
- ◆ Students must exhibit good health habits and serve as appropriate role models to clients of Public Safety Medical Services.
- ◆ Interns may dress casually, but professionally. Jeans, shorts and T-shirts are not appropriate attire.
- ◆ Interns are covered by the company's professional liability insurance policy.

How to Apply

Please send the following information to the attention of the **internship coordinator** at the address below:

- ◆ Completed application form (attached to this brochure)
- ◆ An updated resume with cover letter
- ◆ A copy of your transcripts
- ◆ A copy of your CPR certification
- ◆ Information about the requirements of your program (if applicable)

After all materials are received, your application will be reviewed. You are welcome to call and arrange for an on-site visit.

Questions?

Contact us at:

Public Safety Medical Services
324 E. New York Street, Suite 300
Indianapolis, IN 46204

Phone: 317.972.1180

Fax: 317.972.1190

Email: comments@publicsafetymed.com

Web site: www.publicsafetymed.com



**Public Safety
Medical
Services**

Please place
postage here

Who We Are

Description

Public Safety Medical Services is **the first and only Indiana occupational health firm dedicated exclusively to public safety professionals**. We currently serve over 190 public safety agencies who seek health, fitness, and medical evaluation services.

Mission

Public Safety Medical Services seeks to provide public safety agencies and municipalities with expert medical, psychological, and fitness evaluations. We inspire healthier and more productive lives through innovative programs delivered with pride, integrity, and dedication.

Purpose Statement

Serving Those Who Protect
Our Cities, Homes, and Lives.

Years in Service

Since 1988

Departments Served

Over 190

Ownership

Steven M. Moffatt, M.D.

Staffing

Includes physicians, exercise physiologists, nurse practitioners, physician assistants, dietitians, medical technicians, administrative personnel

A Complete Internship Experience

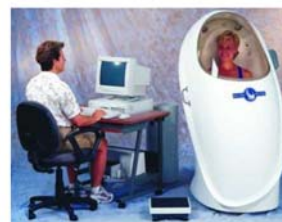
Public Safety Medical Services offers an excellent opportunity for interns to gain valuable experience towards a future career in health and fitness.

If you are one of the many exercise science students who views the attainment of a degree in exercise science or a related field as a true investment in knowledge, in yourself, and in your future career, don't stop there. An internship with Public Safety Medical Services can provide you with that all-important practical experience as well.

You can leverage the high-volume experience and exposure you will gain from your internship at Public Safety Medical Services and turn that into a successful health and fitness career. Here are the skill sets that your internship will help further develop:

Exercise Testing

- ◆ Treadmill VO2 testing
- ◆ EKG interpretation
- ◆ Muscular strength and endurance testing
- ◆ Body composition testing using the BOD POD and electrical impedance
- ◆ Flexibility testing



The BOD POD

Exercise Prescription

- ◆ Follow guidelines set forth by the American College of Sports Medicine
- ◆ Utilize customized computer software
- ◆ Assist clients in developing healthy lifestyle habits

Communication Skills

- ◆ Opportunity to write for our bi-monthly newsletter and other publications
- ◆ Daily client consulting opportunities
- ◆ Educational presentation opportunities

Data Collection and Management

- ◆ Assist with the collection and analysis of client data
- ◆ Participate in an international wellness-fitness research study for the fire service

Other Unique Opportunities

- ◆ Participate in ride-alongs with police or fire departments
- ◆ Participate in public safety educational programs
- ◆ Work exclusively with police officers and firefighters

Internship Application

Please circle the semester you are applying for:

Fall/Winter Winter/Spring Summer

Name _____

Address _____ City, State, ZIP _____

Phone _____

Name of College and Address _____

Major and Graduation Date _____

Credit Hours for Internship (if applicable) _____

Advisor's Name and Phone (if applicable) _____

Please explain why you are interested in an internship with Public Safety Medical Services:

Please return this application with the additional materials requested on the inside panel to:

**Internship Coordinator
Public Safety Medical Services,
324 E. New York Street, Suite 300
Indianapolis, IN 46204**

Please cut here

