

## **Paid Internship Profile for Kinesiology Student**

**Company:** CrossFit Green Leaf

**Location:** Dallas Fort Worth Area

**Job Title:** Paid Intern (Kinesiology Student)

### **Job Description:**

CrossFit Green Leaf is excited to offer a paid internship opportunity for a motivated and energetic kinesiology student. This internship is ideal for those looking to gain hands-on experience in flexibility and mobility training, group fitness instruction, and nutrition counseling. As an intern, you will work closely with our experienced coaches and nutritionists, gaining valuable skills and knowledge in a dynamic fitness environment.

### **Key Responsibilities:**

- **Assist in Flexibility and Mobility Training:** Work with senior coaches to develop and lead flexibility and mobility sessions. Learn to assess member needs and provide personalized recommendations to enhance performance and prevent injuries.
- **Support Group Classes:** Assist in the preparation and delivery of group fitness classes. Help create a motivating and inclusive environment, ensuring all participants are engaged and challenged.
- **Nutrition Counseling:** Collaborate with our nutrition coach to provide basic nutrition guidance to members. Help develop educational materials and assist in one-on-one consultations.
- **Member Interaction:** Engage with members, offering support and encouragement. Answer questions and provide information about gym services and programs.
- **Administrative Tasks:** Assist with administrative duties related to class scheduling, member records, and event planning.
- **Community Engagement:** Participate in gym events, workshops, and community outreach programs to promote CrossFit Green Leaf and its mission.

### **Qualifications:**

- **Education:** Currently enrolled in a kinesiology or related program at a college or university.
- **Personality:** Energetic, enthusiastic, and passionate about fitness and helping others achieve their goals.
- **Skills:** Strong communication and interpersonal skills. Ability to work well in a team environment.
- **Knowledge:** Basic understanding of flexibility and mobility exercises, group fitness dynamics, and nutrition principles.
- **Availability:** Flexible schedule, including evenings and weekends. Must be available to work 5 to 10 hours per week.

### **Benefits:**

- Competitive hourly wage of \$15/hour.
- Hands-on experience in a supportive and dynamic fitness environment.
- Access to gym facilities and classes.
- Opportunity for professional development and mentoring from experienced coaches.
- Potential for future employment opportunities at CrossFit Green Leaf.

### **How to Apply:**

Interested candidates should submit their resume, a brief cover letter detailing their interest in the internship and relevant experience, and a copy of their current academic transcript to [crossfitgreenleaf@gmail.com](mailto:crossfitgreenleaf@gmail.com).