

KINESIOLOGY TAKE-HOME QUIZ#5

There are 6 different examples of internships or job opportunities in the Kinesiology field related below. Pick one of the 6 and create a cover letter and resume for the position. Make sure to state which career you are applying for on the cover letter. Examples can be found online and on my website under the Education tab.

If you want to apply for another job not listed below, find one online and print it out. Make sure you include that with your cover letter and resume when you turn it in to me on Thursday.

JOB #1: Clinical Fitness Aide

Absolute Wellness: Transitional Clinical Fitness, LLC - CA

This is an opportunity for an enthusiastic physical therapy aide/fitness professional to join our team at Absolute Wellness: Transitional Clinical Fitness. Our locally owned and operated clinical fitness studio emphasizes well-being via orthopedic evaluation, custom created, functionally-based exercise, and client education.

Applicant should be considering or working towards a career in physical therapy, kinesiology or exercise science.

JOB SUMMARY

Under the general supervision of the Owner/Manager, the *Clinical Exercise Aide* will assist in the flow of patients in and out of the studio and assist with therapeutic exercises and instruction. Assist in modality setups including: heat/ice, ultrasound, electrical stimulation, light therapy and traction. Maintain the studio in a clean and orderly fashion including: light cleaning including treatment tables, equipment, dusting, laundry, etc. and filing.

EDUCATION & QUALIFICATIONS

- Must have taken a minimum of one anatomy, physiology, or kinesiology class in high school or college.
- Must have good understanding of posture and muscle groups.
- High School Diploma/GED required.
- Current or planned enrollment to pursue a degree in a related clinical field is a plus.
- Minimum 2 years' experience in healthcare setting.
- Excellent communication skills and customer service.
- Possess excellent work ethic, professional attitude and appearance.
- Must be capable of maintaining positive ongoing communications.

DESIRED SKILLS & EXPERIENCE

- Experience with modality setups listed above is beneficial but not necessary.
- Personal Training Certification, Pilates Certification or other fitness certification a big plus but not necessary
- Good customer service skills
- Ability to work in a fast-paced environment
- Good communication skills
- Ability to take direction and follow-through with tasks
- Ability to be self-directed when necessary while strictly adhering to task priority and relevance.
- Adaptability in performing various tasks and remaining flexible
- Speed, accuracy, and volume of work accomplished

Position is part-time, approximately 24 hours per week Monday-Friday — no weekends. (Schedule is negotiable)

Please respond via email with a cover letter and resume.

Job Type: Part-time

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JOB #2: Health Fitness Specialist

EXOS helps people perform at a high level so they can achieve what matters most to them. Since our founding in 1999, we've become a leader in proactive health and performance, trusted by more than 150 clients, including corporations, academic institutions, health systems, sports organizations, the U.S. military, community centers, and residential communities. With award-winning facilities and spaces, technology, equipment, and services, EXOS connects people to the solutions they need and provides individualized plans based on time-tested fundamentals and research in order to help people take control of their health and performance.

Responsibilities

As our new Health Fitness Specialist you will:

- Supervise and monitor exercise participants.
- Perform fitness assessments, determine exercise prescriptions, and design workout programs for a diverse population, including a variety of high risk clientele.
- Provide one-on-one consulting, training and motivation.
- Design & Implement of incentive, health promotion, and other specialty programs.
- Instruct of group exercise classes.
- Perform administrative tasks associated with facility operations
- Other duties as assigned.

Qualifications

Required Qualifications:

- Bachelor Degree in Exercise Science, Kinesiology or Equivalent

Preferred Qualifications:

- CPR/AED certified at time of hire or ability to obtain the certification within 6 months of hire
- Experience teaching group exercise classes
- Outgoing personality and excellent communication skills
- Superior customer service skills

JOB #3: Performance Specialist

EXOS helps people perform at a high level so they can achieve what matters most to them. Since our founding in 1999, we've become a leader in performance and proactive health, trusted by more than 150 clients, including corporations, academic institutions, health systems, sports organizations, the U.S. military, community centers, and residential communities. With award-winning facilities and spaces, technology, equipment, and services, EXOS connects people to the solutions they need and provides individualized plans based on time-tested fundamentals and research in order to help people take control of their performance and health

Responsibilities

This is a **Performance Specialist** position with the EXOS Athletes' Performance division of the company, which focuses primarily on the delivery and implementation of programming to athletes of all ages and backgrounds. While the majority of the Performance Specialist's job will have a strong emphasis on coaching and program delivery, other job requirements may include:

- Instructing, motivating, and assisting athletes and clients in a safe, legal, moral, ethical manner to achieve their goals.
- Conducting on-site assessments of athletes and clients utilizing our proprietary evaluation protocols.
- Updating training plans and/or re-evaluating athletes and clients as needed to ensure optimal outcomes.
- Maintaining constant communication with athletes and clients to ensure goals are being met.
- Partnering with the employer to conduct various client engagement and educational activities and events.

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- Presenting EXOS methodology through EXOS education programs.
- Reporting various metrics to operations, such as attendance, engagement, outreach efforts, and activity level.
- Participating in program planning and development, as well as design and/or carry out related research.
- Leading and/or participating in staff education covering all aspects of EXOS methodology.
- Perform all aspects of position held in a professional manner.
- Follow established policies and procedures of the company.
- Maintain professional credentials as required including attending necessary continuing education courses.
- Some travel may be required.

Physical Requirements:

Candidates applying for this position should be able to lift up to 50 pounds unassisted repeatedly throughout the workday. Also, the physical requirements of this job require frequent walking around and demonstrating and assisting with exercise movements; bending, stretching, lifting, pushing, pulling and squatting are movements performed daily

Qualifications

Required Qualifications:

- Minimum of two years of personal training/strength coaching experience or completion of EXOS Performance Specialist Internship
- BA/BS Kinesiology or Sports Science or related degree
- Currently hold industry certification, preferably NSCA-CSCS or NASM
- Ability to exercise judgment and discretion in the development of exercise prescription

Preferred Qualifications:

- Master's Degree in Kinesiology, Sports Science, Rehabilitation or related field.
- Excellent presentation skills in both small and large group settings
- Strong customer service skills where servicing the "client" is top priority
- Energy and passion for helping others achieve their personal goals
- Must be able to work independently with little daily supervision
- Excellent communication skills, both verbal and written
- Experience teaching group fitness classes with emphasis on helping improve technique and ability
- Excellent computer skills including Microsoft Office Suite or related products

JOB #4: Athletic Instructor- Multi-Sport

Athletic Instructor-Multi-Sport- Magnolia Science Academy #3 - EXL

Overview:

Youth Policy Institute (YPI) is seeking Athletic Instructors for elementary, middle, and high school expanded learning programs. Program athletics include, but are not limited to *basketball, soccer, volleyball, football, handball, track/field, baseball, golf, tennis and cheerleading, mixed martial arts, fitness, etc.* The desired incumbent will create and develop recreation programming as well as coordinate and implement competitions/tournaments at the designated school site. Responsibilities may include, but are not limited to:

Responsibilities:

- Create safe and exciting recreational programming exercises and workout plans.
- Submit weekly lesson plans by established deadlines.
- Provide athletic instruction and supervise up to twenty students.
- Conduct outreach to promote athletic programming and maximize student participation.
- Maintain student enrollment and attendance to meet minimum grant requirement.
- Maintain required student enrollment and attendance to meet grant requirements and maximum participation throughout the duration of program.

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- Adhere to appropriate dress code, sportsmanship during program activities.
- Attend evening and weekend tournaments/competitions/games as required.
- Comply with CA After School Physical Activity.
- Comply with California Interscholastic Federation (CIF) and NFHS Regulations (high school programs only).
- Promote school spirit, positive competitiveness and teamwork among students.
- Work in collaboration with the afterschool Site Coordinator and Athletic Project Specialist.
- Attend required trainings, workshops, and monthly meetings on and off-site.
- Document attendance records for practices and game participation.
- Develop and maintain positive relationships with school staff, parents, and participants.
- Establish and maintain communication with HS Athletic Project Specialist.
- Adhere to workplace safety guidelines.
- Promote student safety in sports.
- Other duties as assigned.

Qualifications:

- Associate's or Bachelor's degree in education/kinesiology, or closely related field or current enrollment in accredited college or university with credits completed in athletics, physical education/kinesiology, or closely related field.
- Must provide college or university transcripts demonstrating fulfillment of coursework requirements or showing that they are in progress.
- One or more years of after school program (K-12) and athletics instruction or coaching experience.
- Minimum of two years of experience with creating tournaments and competition participation.
- Knowledge of lesson planning and classroom management.
- Ability to work independently, self-starter, enthusiastic, flexible.
- Strong organizational skills and deadline oriented.
- Strong leadership skills.
- Must have access to reliable transportation to arrive at work site at scheduled time consistently.
- Bilingual Spanish a plus.
- Must pass a criminal background check (LiveScan fingerprinting) prior to beginning employment with children.
- Must present proof of negative Tuberculosis skin test (Mantoux) prior to beginning employment dated within 60 days prior to start date.
- Able to work some evenings and weekends.
- Must complete CPR/First Aid certification within 90 days of employment.

Part-time, partial year. Primarily after school hours; schedule varies per school site.

JOB #5: Animator

Sucker Punch is an award-winning developer of Playstation games. We're looking for people who share our drive to do stunning, ground-breaking, genre-defining games and want to join us at our base of operations in sunny Seattle.

Do you sit at a crowded subway station or park and get excited over the infinite studies of human motion and behavior? Do you dream of getting a chance to work with others who are just as passionate as you about applying these studies to game character? Wake up and smell the smelling salts! We're looking for an **Animator** to work with Sucker Punch's proprietary tools and engine to create a wide range of compelling and believable character experiences.

Responsibilities

- Work with motion capture data to create realistic in-game animations which are consistent with the overall game concept and physical principles

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- Participate in motion capture shoots, sometimes directing a performance and sometimes putting on the suit for a capture session.
- Create believable hand keyed animations with convincing motion and performances.
- Maintain active communication within and outside the department
- Demonstrate enthusiasm and drive when performing job functions, while remaining flexible in undertaking other activities and responsibilities that may arise

Qualifications

- Demo reel or portfolio to demonstrate excellence in animation
- Demonstrated understanding of the principles of animation by showing your ability to critique your own work
- Ability to take and implement direction
- Knowledge of anatomy and **kinesiology**
- Basic experience working with motion capture data
- Basic experience producing cinematic animation that is not controlled by a player
- Solid communication skills. Should be able to work with designers, character artists, technical artist, and programmers

Bonus Factors

- Strong drawing skills
- Experience working with Human IK or Human IK-like rigs
- Camera Layout Experience

JOB #6: Intern- Exercise Science/Kinesiology

Intern (Exercise Science/Kinesiology)

Description

We are currently seeking motivated undergraduate (Junior or Senior) students for participation in our highly competitive internship.

Why Plus One:

- Plus One is a leading fitness and wellness company with nearly 30 years of experience specializing in on-site corporate fitness and wellness services.
- This position will offer interns extensive insight into the field of corporate fitness and wellness, providing an environment of motivation, fun, and learning. Students will apply the skills and knowledge they learned in the classroom to real life scenarios experienced in the fitness center.

Internship Duties:

- Observe fitness evaluations for new members.
- Learn the responsibilities of an Exercise Specialist.
- Learn high-quality customer service skills.
- Complete a project specified by your Internship Coordinator.

Qualifications:

- Currently a Junior or Senior with a concentration in Kinesiology, Exercise Science or related lower coursework completed.
- Student must be able to obtain credit for the internship.
- Exceptional, motivated, and enthusiastic personality.