



LEHIGH
ATHLETICS

W E L C H
F I T N E S S
C E N T E R

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INTERNSHIP SITE INFORMATION

Institution: Lehigh University, Welch Fitness Center

Purpose: To provide services for the students, faculty, and staff which include fitness consultations, one on one training, nutritional guidance, health education seminars, special workshops and facility orientations.

Description: The Welch Fitness Center is a 10,000 square foot three story open spaced facility. A 120 member staff includes a Graduate Assistant, work-study students and volunteers, professional instructors and personal trainers. The center accommodates 500 participants/users per day and is located within the Athletics Department/Taylor Gym facility in the center of campus. The Taylor Gym also houses 2 pools, racquet courts, indoor climbing wall, dance studio and open court areas.

General Duties Exposed to Intern: Student worker supervision, policy enforcement, program and building management, staff scheduling and payroll processes, fitness testing, program orientation, one on one training opportunity, customer service, athletic strength and condition programs and general maintenance.

Specific Duties of Intern: Staff assistance/training, program promotion (fitness challenges, bulletin boards, educational seminars), policy enforcement and facility management, fitness consultations, program design and orientation, nutritional guidance. Optional opportunities include fitness class instruction and instructional workshops. *(Dependent on level of experience)*

Internship Available: Fall and Spring