



STRENGTH & CONDITIONING

INTERNSHIP PACKET

MISSION STATEMENT

The mission of the Colorado State University strength & conditioning program is to foster a positive, safe, and challenging training environment that allows coaches and athletes to work together towards developing an athlete's full physical and mental potential. The focal points of our training programs will be: athletic strength training, speed and agility development, sport specific conditioning and work capacity, flexibility and proper dietary practices.

The Ram Strength and Conditioning program will utilize sport specific training methods in a year-round training cycle. This will facilitate the individuals as well as a teams' ability to be competitive in conference, regional and national competitions.

COLORADO STATE STRENGTH & CONDITIONING PROGRAM OBJECTIVES:

1. Injury Prevention
2. Improve Sport Specific Conditioning & Work Capacity
3. Increase Total Body Athletic Strength & Power
4. Positively Regulate Body Composition
5. Improve Speed, Agility & Movement
6. Improve Mental & Physical Self-esteem
7. Improve Practice & Game Day Performance

ELIGIBILITY & REQUIREMENTS

The Colorado State University strength & conditioning internship program is an excellent opportunity for the college graduate to gain practical, applied experience in strength and conditioning while learning from highly skilled and educated mentors. Additionally, the internship program is an exceptional vehicle for the established strength and conditioning professional to access qualified apprentices. The purpose of this assistantship program is to help facilitate both of these processes.

The students chosen to be part of this program should demonstrate high levels of academic achievement and show a focus in the field of strength and conditioning/sports performance. The following criteria will be considered when awarding the internships:

- Applicants must have completed* a graduate or undergraduate strength and conditioning curriculum from an accredited college or university. *(If an undergraduate, must be at least a senior with a minimum of 90 semester hours or 135 quarter hours.)
- Applicants should be involved in the strength and conditioning field. Work and/or volunteer experience as an assistant strength and conditioning coach will be considered.
- Applicants must possess current certification as a NSCA Certified Strength and Conditioning Specialist (CSCS[®]), or if an undergraduate, provide proof of a passing score on the exam. Applicants should have or expect to obtain CPR certification.
- Applicants must submit a resume and three letters of recommendation.

REQUIREMENTS

WEEKLY – 20 hours minimum

SEMESTER – 220 hours minimum

Please keep in mind that the preceding are a MINIMUM requirement of the position. Morning, evening, and weekend hours may be required as well.

THE PROGRAM

The primary goal of the Colorado State University Strength & Conditioning Internship Program is to prepare the candidate to enter the field and be well-equipped to effectively meet the demands of being a sports performance/strength and conditioning coach.

- * Enhance confidence in the ability to become a strength and conditioning coach.
- * Strengthen areas of weakness.
- * Network and make contacts with other professionals in the field.
- * Gain hands-on experience with experienced coaches.
- * Be exposed to theories and methodologies of strength and conditioning
 - Muscle Physiology
 - Bio-Energetics and Metabolism
 - Neuro-Muscular Concepts
 - Cardio-Respiratory System (Structure and Function)
 - Bio-Mechanical Concepts
 - Responses and Adaptations to Training
 - Aerobic and Anaerobic (Sprint and Interval) Exercise Prescription
 - Program Design/Periodization
 - Free Weight Training and Techniques
 - Speed Development/Plyometric Training
 - Flexibility/Stretching
 - Nutrition/Supplementation
 - Body Composition/Weight Management
 - Testing, Evaluation, and Goal Setting

Professional Experience

Please provide a history of your work experience, specifically noting positions in strength and conditioning or where you assumed responsibilities. Additionally, provide a reference (name and contact information) for each position listed.

Current Employer and Job Title

Dates

Reference and phone number

Responsibilities

Current Employer and Job Title

Dates

Reference and phone number

Responsibilities

Current Employer and Job Title

Dates

Reference and phone number

Responsibilities

Current Employer and Job Title

Dates

Reference and phone number

Responsibilities

Athletic Experience

Please provide any pertinent athletic experience you have either competing as an athlete or working with athletes.

Letters of Recommendation

Please provide three (3) letters of recommendation from individuals who can speak to your academic and/or professional experience and responsibilities.

References

Please provide three (3) references from individuals who can speak to your professional experience as it pertains to strength coaching.

1. _____
Name Position Phone Number

2. _____
Name Position Phone Number

3. _____
Name Position Phone Number

ESSAY QUESTION # 1

In 500 words or less, discuss your career goals and how this internship will help you achieve these goals. (If additional space needed, please enclose type written attachment clearly labeled Essay Question #1.)

ESSAY QUESTION #2

In 500 words or less, discuss what is unique about you and why you feel you should be selected for the Colorado State University internship. (If additional space needed, please enclose type written attachment clearly labeled Essay Question #2.)