

Human Performance Internship Application Information & Instructions

In order for our Performance Interns to get the most out of their internship experience we require an application and interview process so that the student receives the most out of the experience. The application process ensures we create the best environment for all participants during the 12-week period.

The following information needs to be submitted in order to be considered for the Human Performance Internship Program. Applications will not be reviewed if any of the following are missing.

- **Cover Letter:** Please address the following:
 - How you heard about SPECTRUM, Inc
 - Why you are seeking an internship with SPECTRUM
 - What skills qualifies you as a strong candidate for this type of setting
 - What skills/attributes separate you from other applicants
- **Resume:** To submit a professional resume including educational experience, related work experience, credentials, memberships, etc.
- **Knowledge Assessment:** To assure only serious and committed students are introduced to the SPECTRUM methodology and concepts. All resources are allowed for completion.

APPLICATION DUE DATES:

November 1st - *Spring Internship Program [January – April]*


March 1st - *Summer Internship Program [May – August]*

July 1st - *Fall Internship Program [September – December]*

* Each semester is four weeks, and exact dates will be provided

Phone Interview: If selected our Director of Education will contact to you for a phone interview, and to discuss further details of the Internship Program.

In order to maintain the most exceptional experience and educational opportunity for all students, you must be available for the designated 12-week period.



At SPECTRUM, Inc we believe that a strong Internship Program can be the platform to launch your professional career in the field of Sports Performance, Strength and Conditioning, Personal Training, Athletic Training and Physical Therapy.

Please feel free to contact me with any questions that you may have about the SPECTRUM Internship Program.

Adam Tindall

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Human Performance Intern Knowledge Assessment

1. Define corrective exercises and give an example:

2. Define core exercises and give an example:

3. Define warm up and the reasons for it:

4. Define plyometrics, what they are used for, and give an example:

5. Define acceleration and its role in a specific sport:

6. Define agility and its role in a specific sport:



7. Define resistance training and the role it plays in sports performance:

8. Define kinetic chain and its role in exercise selection:

9. Discuss periodization and its role in a sports performance program:
