



Employer: REACT
Address: 15046 Beltway Drive, Addison, TX 75001
Phone: 972.386.0701
Fax: 888.319.1805
Job Title: Intern – Legacy Project

Job Description: Interns are an integral part of our team which consists of Volunteers, Aides, Specialists, Therapists and Directors. You will gain experience in exercise progression, modalities, equipment use and safety, and be exposed to training techniques specific to reorganizing and reactivating the central nervous system after a neurological injury. As a Legacy Project intern you'll play a unique role in motivating and empowering select applicants to reach for new heights. You are expected to assist and, over time, lead client workouts, which often require moderate to strenuous exertion. Frequent lifting and carrying of clients is also required throughout your day. Toward the end of the internship, if you have demonstrated a comprehensive ability to do so, you will be allowed to help design workouts.

Daily Job Functions:

The following functions include, but are not limited to:

- Ensure the facility is clean and organized, equipment is put away after each group session ends, equipment is wiped down (as needed), water is full, etc.
- Assist with lifts to table, box or wheelchair.
- Proficiency in reading Legacy Project training templates in order to properly execute weekly workouts.
- Basic understanding of routine set-ups and safety.
- Motivate and drive each titan athlete to be the best version of themselves.
- Build relationships with each titan athlete.
- Above all be a team player.

Qualifications:

- Must be working toward a Bachelors of Science in Exercise & Sports Science, Kinesiology, Athletic Training or other related field.
- **Looking for strong leadership skills and self-driven initiative.**

Anticipated Work Schedule & Job Specifications:

- Minimum Hours Required: 3 hours a day (mid-morning), M/W/F, for 12 week intervals
- Unpaid
- Start & End Date: Quarterly: Q1 (Jan-Mar), Q2 (Apr-Jun), Q3 (Jul-Sept), Q4 (Oct-Dec)