



INTERNSHIP PACKET



WellStar Health Place
330 Kennestone Hospital Blvd.
Marietta, Georgia 30060-1121
(770) 793-7300

INTERNSHIP PACKET INSTRUCTIONS

① Read over the contents of the entire Internship Packet carefully to familiarize yourself with our organization and its goals, and to ensure that you meet the necessary qualifications for an internship at our site.

② Mail resume and two letters of recommendation (from your academic advisor, school counselor, or professors in your academic school) to:

Rickie Ernst/Fitness Coordinator
WellStar Health Place
330 Kennestone Hospital Blvd.
Marietta, Georgia 30060

③ Please contact Rickie Ernst at (770) 793-7309 or by e-mail at rickie.ernst@wellstar.org if you have any questions concerning an internship with WellStar Health Place.

INTRODUCTION

WellStar Health System (WellStar) is a leader in healthcare offering a full continuum of care. With its headquarters located in Marietta, Georgia (NW Metro Atlanta area) WellStar includes a network of five hospitals, eleven primary care/medical centers, five urgent care centers, Physicians Group, and affiliated services including Atherton Place, a residential facility for seniors, and Health Place, a wellness center.

WellStar is dedicated to providing for the overall wellness of our communities through health education, exercise programs, preventive healthcare and other quality healthcare services.

WellStar Health Place and Corporate & Community Health, located in Marietta, Georgia on the WellStar Kennestone Hospital campus is an integral part of WellStar, helping to achieve our goal of keeping our community healthy through prevention—promoting exercise, a well-balanced diet, expanded health-related knowledge and preventive healthcare. Health Place and Corporate & Community Health provide a high quality, state-of-the-art wellness facility, healthcare education, nutritional counseling/education, and preventive screenings/health fairs.

Health Place and Corporate & Community Health, as part of its collaborative efforts to provide quality services to our community works with academic institutions to provide internship opportunities. Internships are available in the areas of fitness and health promotion to undergraduate and graduate level students studying related course work (exercise science, health promotion, community health, etc.).

OVERVIEW OF HEALTH PLACE/CORPORATE & COMMUNITY HEALTH

HEALTH PLACE

Health Place is a complete wellness center and fitness facility. Health Place offers a variety of programs for interns such as Fitness Testing, Fitness Consultations, Exercise Prescription, Personal Training, Group Fitness, Aquatics, Senior Exercise, and more. Interns will have a chance to experience various group exercise classes for all ages and medical conditions. Risk stratification following ACSM standards is performed on all members. Interns also have the opportunity to work with Health History Questionnaires, Assumption of Risk, Waivers, and Medical Clearance procedures in order to expose them to liability issues.

Corporate & Community Health/Health Promotion

Corporate & Community Health works to promote health and wellness in the community by providing convenient and affordable health screenings, health and safety education programs, and wellness services. From child safety seat classes to health fairs at senior centers, Corporate & Community Health provides services to meet the needs of any age group.

**For Internship opportunities with WellStar Corporate Community Health contact:
Tara Johnson at tara.johnson@wellstar.org**

HEALTH PLACE GUIDELINES FOR INTERNS

I. Goal

To promote an understanding of fitness and/or health promotion programs through observation and hands on experience with fitness.

II. Organization Position

The intern is considered a WellStar Health System employee, and will be subject to all employee regulations and standards. The intern will be under the supervision of full-time staff. Before being accepted for an internship the intern applicant must do the following:

- Submit a resume and two letters of recommendation from their educational institution faculty.
- Complete employment application or student affiliation contract.
- Personal or telephone interview with Internship Coordinator.
- Successfully complete pre-employment physical and drug screening.
- Consent to a criminal background check.
- Attend new employee General Orientation session.

III. Qualifications

- High school diploma.
- Completion of mandatory credit hours required by educational institution to engage internship. Proof of current Cardiopulmonary Resuscitation (CPR) certification.

IV. Requirements for Completing Internship:

- Completion of specified number of hours as required by educational institution. WellStar Health System requires that a minimum of ten full-time (40-hour) workweeks be completed.
- Flexibility in scheduling; all internships may require evening and/or weekend hours.
- Acceptable performance of assigned duties.
- Satisfactory completion of one major project.
- Attendance of required staff meetings.
- Adherence to established dress code.