

The Power House Coaching Intern

Job Description:

The Power House is a functional fitness gym that specializes in group fitness, private training, corporate wellness and nutrition. Our coaching team is looking for an intern interested in making a positive impact in our community. A successful applicant will have a passion for health and fitness, a background in strength and conditioning, and motivation to learn from a collaborative, fun team.

In this role, you will work across the various service lines to support our team. Responsibilities will include shadowing coaches in all areas, assistance with day to day needs of the gym and facilities, collaboration and support of events and other duties as requested. We are looking for two interns to work with our teams at the following locations: St. Louis Park and Highland Park.

The person in this role will report to The Power House's General Manager team. This role is a great opportunity for someone who wants to strengthen their coaching skills and has a passion for holistic health and fitness. An ideal candidate will be pursuing a career in Kinesiology, Exercise Science, Athletic Training, or Physiology. Consideration for internships may be allowed for qualified and passionate individuals with alternative professional backgrounds who are exploring coaching as a career path.

The internship is for three months, with opportunity to extend. The role can be remote or based in the Twin Cities based on your comfort level with current COVID-19 guidelines.

Requirements:

- Education and Experience Requirements:
 - Enrolled in an Exercise Sports Science, Physiology or related field degree program with a junior standing, where an internship is required prior to graduation
 - 1 year of strength and conditioning experience ideal
 - First Aid, CPR and AED certification/training required
 - Valid driver's license required
 - Hours and days are flexible, but the ideal candidate will be available 5 – 10 hours/week minimum.
- Essential Requirements:
 - Ability to:
 - Comply with company policies, procedures, practices and business ethics guidelines.
 - Comply with all applicable laws and regulations, (e.g. HIPAA, Stark, OSHA, employment laws, etc.)
 - Prompt and reliable attendance
 - Travel independently throughout the clinic or gym (which may include movement from floor to floor); frequent bending, lifting, stooping or sitting for long periods of time may be required.
 - Work at an efficient and productive pace, handle interruptions appropriately and meet deadlines.
 - Communicate and interact in a respectful and professional manner •

- Prioritize workload while being flexible to meet the expectations of the daily operations.
 - Apply principles of logical thinking to define problems, establish facts, and draw valid conclusions
 - Understand and execute a variety of instructions
 - Effectively operate equipment and communicate on and operate the phone system
 - Work independently with minimal supervision.
 - Travel to other work locations
- Uphold The Power House MN's Core Values:
 - **Kaizen:** A Japanese term meaning "constant improvement," kaizen invokes a consistent and humble approach to health, fitness, and personal development that reaps long-lasting rewards across the lifespan.
 - **Community-based, Team-driven:** People and movement are our religion. Our commitment to create genuine connections between humans, safe spaces to suffer and succeed together, and deliver world-class fitness programs is what gets us out of bed in the morning.
 - **Customization:** We believe in meeting our athletes where they are at. Health is not a 'one size fits all' mold, so we intentionally invest in a diverse set of practices, tools, and coaching approaches to best serve each individual or organization we work with.
 - **Clear the Path:** We pave the way for others to succeed by supporting and guiding each person on their unique journey towards self-actualization. In clearing the path, we remove barriers to success and develop a culture which celebrates the triumphs of others as much as the victories of oneself.
 - **Daring Leadership:** Daring leadership means challenging and taking ownership of our thoughts, words, and actions. As daring leaders, we rumble with vulnerability, create trusting relationships within all levels of our company, learn to rise together when we fall, and collectively live into our values every.single.day.

Internships are accepted on a seasonal and rolling basis, depending on availability. To apply, please email your current resume and a cover letter stating your interest to ashley.stiles@tphmn.com