Learn from Experts at a Certified Medical Fitness Center

The Hancock Wellness Center at Hancock Regional Hospital has achieved certification by the Medical Fitness Association (MFA), making it the only certified medical fitness center in central Indiana and among only about 30 in the country as of 2013. The MFA is a nonprofit professional association that develops standards for the medical fitness industry and measures facility performance on a wide range of benchmarks. As part of the certification process, MFA representatives conduct an in-depth review of a facility’s adherence to the organization’s standards and guidelines. To achieve MFA certification, medical fitness centers must demonstrate a focus on improving community health, provide medical oversight of programs and procedures, have highly qualified and credentialed staff, offer programs that help prevent and manage chronic diseases and reduce health risks, conduct personalized health screening tests, track and measure testing outcomes, prepare written policies that protect user safety and enable facility staff to respond quickly to emergencies, and maintain high standards of quality.

Specific Opportunities during your Internship

You will be overseen by the Fitness Manager and an Exercise Specialist. Initially it will involve observing many of our programs and services, then you may start performing some with the Exercise Specialist as your coach, and finally you may start performing some independently. The list below includes some of the learning opportunities that you may be doing during your internship:

- Perform Health Fitness Assessments
- Develop Exercise Prescriptions
- Perform Initial Workout Appointments
- Observe and Teach Group Exercise Classes
- Observe and Assist with Clinically-Integrated Exercise Programs, including Cardiac Rehab phase 3, Am I Hungry Mindful Eating, Diabetes Education, Risk Reduction, and Arthritis Foundation classes
- Complete a Project (mutually agreed on between student and Fitness Manager)

Requirements for Student Interns:
- Clinical affiliation agreement with your college
- Proof of liability insurance
- Occupational Health immunizations
- Background check and drug screening

How to Apply:
- Complete the Hancock Wellness Intern application
- Submit application and current resume by email to wellness@hancockregional.org