

KHS STUDENTS: The following is a list of the various internship sites available, as well as instructions for the process of attempting to find a new internship site on your own and determining if they will affiliate with us (in time) for your own internship.

- i. The majority of sites are within 20 minutes of TCNJ. Some are closer toward the shore- Ocean County area. Some are across the river in Pennsylvania, and a small number are further into north or south Jersey.

SITE CATEGORIES

Clinical (3.0 GPA required) - Provides “patient contact hours”

2. Physical Therapy:

- a. **Outpatient** - Any sites which typically do not deal with acute care, where patients come to the facility for each visit, but are not in a hospital in which the patient is staying.
 - i. Some of these are affiliated with a health system/hospital system. Others are part of a commercial physical therapy company, typically with multiple locations.
 - ii. Some are fast paced, larger, busier, and see more patients with more variety of diagnoses.
 - iii. Some are smaller, slower, and quieter, with less variety and therapists tend to spend a little more time with each individual patient.
 - iv. Specialties may include back pain, neuro, elderly, sports, concussion, aquatic, women’s health/pelvic floor, etc.
- b. **Inpatient/Acute Care rehab** - These sites deal with more severe diagnoses or higher risk patients. These occur in hospitals. Acute Care, while often severe, does not necessarily mean the patient is staying at the hospital overnight, whereas Inpatient rehab means that the patient is staying in the hospital, diagnoses also typically severe. There are a small number of spots for these types of PT.
 - i. Typically these options only take interns who have significant clinical experience and strong academic credentials. There are typically 2-5 spots open for this currently.

3. Occupational Therapy:

- a. A majority of these sites are OTs who specialize in **rehabilitation of the HAND** - this is the most in demand specialty. Most often the patients are adults.
- b. Otherwise, there are a small number of spots for **special needs pediatric OT** specialized in HIPPOTHERAPY- this is OT on **horseback**. MUST be comfortable with animals, and have strong credentials for this spot.
- c. This is a category in which it may be worthwhile for you to investigate and find your own internship site if you are interested in any other types or patient demographics within OT.

4. Physicians:
 - a. There are a small number of internship site options working with physicians- these are not always available (they may be taking medical students in a given semester).

5. Cardiac Rehab and similar:
 - a. **Cardiac and pulmonary rehabilitation and hospital-based exercise physiology** are similar in requirements/details- there are typically 4-6 spots open for this currently. Also requires strong student credentials for consideration- specifically high competence with EKG, Blood Pressure, Exercise Prescription, and clinical experience required.

6. Athletic Training:
 - a. up to 3 spots per semester at TCNJ's athletic trainer are open. These spots are not available for a student if that student is an in-season athlete during the internship semester (by rules of the athletic trainer).
 - b. Currently one additional spot available at a highschool.
 - c. This is typically not available in the summers- school is out for summer.

7. Research:
 - a. In the KHS Human Performance Lab - typically in the spring up to 3-4 spots open, and 2-3 spots in the fall. This is obtained by faculty recommendation, interested students must contact Dr. Ratamess and other faculty to express their interest early on. Potential for publication on research papers if interns demonstrate exceptional dedication.

Non-Clinical:

1. Commercial Exercise Physiology testing/training- scientific/research based high-end approach to personal training. Typically up to 2 spots open per semester, this work gets combined with physical therapy internship duties, as the Ex. Phys. company is part of a PT company. This internship is owned and supervised by a former TCNJ KHS graduate.

2. Commercial Health and Fitness-
 - a. Personal Training:
 - i. Large corporation- high end-health club with a very successful and large personal training program. Learn training skills, business, network and prepare for a job offer. This site is only open to students who want to work as a personal trainer at this company upon graduating.
 - ii. Small business- a variety of entrepreneurial/small business personal training companies host our interns.
 - iii. Some of these facilities are more involved with community outreach, if this is of interest, inform the internship coordinator.

 - b. Sports performance training:

- i. Several options for commercial sports performance training exist. This should be considered similar to strength and conditioning in technique and practice, but instead of working for a school (HS or College) and working with large groups of athletes simultaneously (whole teams) they work with either private 1-on-1 athletes, or smaller groups.
 - c. Strength and conditioning: the traditional version- a strength and conditioning specialist/coach works with entire teams/large groups of athletes, and for the most part works for an institution such as a highschool or college.
- 3. Nutrition-
 - a. The consistency of availability to intern for TCNJ's **registered dietician** is subject to change. Ask about this in ADVANCE so we can check if it is available.
 - b. One open spot exists at a private practice which offers a **combination** of physical therapy and nutrition services.
- 4. Other-
 - a. **Community Youth Sports Management-** there is a spot available in the field of youth community sports management. This is not a performance training internship, it is sports/organizational management and business.
 - b. **Special Olympics of New Jersey-** This internship typically consists of community outreach and administration/management with a lesser emphasis on the actual sports, training, and events with these special needs athletes.

FINDING YOUR OWN INTERNSHIP SITE

- Some students seek a new internship site on their own for the following reasons:
 - A category or specialization that we do not currently offer as an option
 - A specific location if the student is a commuter and would have difficulty working at a location near campus
 - Knowing in advance of a facility which specifically interests the student for other reasons
 - You do not need to find your own internship site, we have enough sites for all students, but each category has only as much capacity for interns as they can offer in any given semester.
- It is important to discuss this with the internship coordinator as far in advance as possible because:
 - TCNJ Requires any internship site to be officially affiliated with the institution. This is a legal document which must be signed by the internship site once they have spoken with Mr. Beller and agree that they are able and willing to adhere to our internship requirements.

- Some categories of internship sites may take a long time, perhaps months or longer, in order to negotiate or approve of the affiliation agreement before signing it. We cannot place an intern at a site prior to the affiliation agreement being signed.
 - School systems, large networks of medical professionals, and hospital systems tend to take the longest.
 - Smaller practices tend to be able to affiliate with us fairly quickly.

Therefore, if a student wishes to find their own internship site, they MUST:

1. Inform Mr. Beller of this as far in advance as possible.
2. When you contact any facility, if they express interest in hosting you as an intern, the next step is to inform Mr. Beller.
3. Provide Mr. Beller with contact information for whomever at the facility informed you they are interested.
4. Mr. Beller will get in touch to provide them with the details of our internship program in order for them to determine if they can adhere to our standards.
5. Mr. Beller will send them our Affiliation Agreement.
6. **If / When** they sign our affiliation agreement, it will be forwarded to TCNJ for the College's signatures.
7. The moment this affiliation agreement is fully signed, the internship site is active and a student's placement at that new site can be confirmed.
8. The student still needs to obtain a signed acceptance form from that facility's supervisor prior to starting.