

Recreation/Fitness/Nutrition Intern Project Ideas

No matter what industry you are in, any business field can benefit from utilizing interns to their fullest potential. One of the many myths about internships is that employers cannot find the time to delegate meaningful work to their interns. The reality is that through thoughtful organization, a great number of assignments and tasks can be given to interns to save employers both time and labor. Below is a list of responsibilities, or “real work” that interns can do in the recreation/fitness/nutrition field:

- Maintain neat and clean equipment, work areas, and guest areas
- Maintain pools and fitness center equipment
- Monitor guests and activity in pools, pool decks and on boardwalk
- Manage supplies, records of equipment use, etc.
- Plan and implement teen and family activities for afternoons and evenings
- Develop and lead special holiday programs
- Suggest changes or additions needed for either recreation facilities or programs
- Gather feedback from customers/clients
- Develop individualized fitness, nutrition plans
- Research and support coaching for special activities and programs
- Examine current trends, issues
- Benchmark / measure health, fitness, nutrition of individuals
- Help administer first aid to treat minor injuries
- Guide and encourage lifestyle changes and activities to meet personal goals

