

Job Posting

Exercise Physiologist Intern

Are you a college student studying exercise science, kinesiology, or a related field and looking for real-world experience in healthcare? The Center for Well-Being is offering an unpaid internship for students interested in gaining hands-on experience in cardiac rehabilitation. Interns will support our **HeartWorks Cardiac Rehab** program, working directly with exercise physiologists and clients recovering from heart-related conditions.

This internship provides valuable exposure to clinical fitness support, vital sign monitoring, and the use of telemetry systems (EKG), all in a **supportive and collaborative** nonprofit environment.

About the Center:

Join a team that makes a daily positive impact in the lives of our community members! The Center for Well-Being (Center) is a local non-profit committed to creating a healthier, more equitable Sonoma County for all. Our community-based work advances systems and policies that address health and other inequities, and we have deep partnerships with local NGOs, health care providers, and advocacy groups to advance this work. We support individuals and families to live healthier, more active lives through education, advocacy, and resources – and we have fun while doing it! The Center champions a collaborative, communicative, and creative work culture where each individual is empowered to do their best and valued for their contribution to our mission. Together, we transform lives!

Status: Part-Time, Flexible hours

Rate of pay: Unpaid Volunteer

Reports to: Sr. HeartWorks Manager

Under the supervision of a licensed Exercise Physiologist, interns will:

- Support clients during monitored aerobic and strength-training exercise sessions
- Measure and record vital signs (blood pressure, heart rate, oxygen levels)
- Use telemetry systems (EKG) to assist with patient monitoring
- Help track patient progress and assist with exercise charting
- Demonstrate correct body mechanics and equipment use
- Learn about exercise prescription and cardiac rehabilitation protocols
- Attend team meetings and case discussions as appropriate
- Engage with older adults in a respectful, encouraging manner

QUALIFICATIONS/ REQUIREMENTS:

- Current CPR certification (or willingness to obtain before start date)
- Commitment to consistent weekly attendance for the duration of the semester
- Must complete onboarding process, including orientation and basic training

BENEFITS OF INTERNING WITH US

- Hands-on clinical experience
- Opportunity to observe and participate in cardiac rehabilitation
- Mentorship from experienced exercise physiologists
- Letters of recommendation available upon successful completion
- Networking opportunities within the nonprofit and health care sectors
- Fulfills internship requirements for most academic programs