



FitSteps for Life®

Exercise Specialist Internship

FORWARD YOUR LIFE.

The FitSteps for Life® Internship program is an opportunity for students studying exercise science or a related field to receive hands-on experience and training with cancer patients. Students will also learn about the importance of exercise before, during, and following cancer treatment.



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Introduction

Our Mission:

To enhance the quality of life and survival for individuals living with cancer.

Our Vision:

To incorporate individually tailored and supervised exercise programs as a standard of care in oncology practice.

History:

Established in 2001, Cancer Foundation For Life[®] is the only-known nonprofit organization that offers a scientific-based, community cancer rehabilitation program in the United States that is free for the patient's lifetime. FitSteps for Life[®] is designed to assist cancer survivors in achieving optimal functional mobility and endurance during their cancer experience.

Program Description:

FitSteps for Life[®] is the pioneer and leader in cancer exercise treatment; prescribing individualized and structured exercise treatment specifically for cancer patients. Clinical Exercise Specialists work directly with each patient to prescribe appropriate exercises based on their diagnosis and physical capabilities. Exercise prescriptions include aerobic exercise, resistance training, and core strengthening along with upper and lower body stretching techniques. Monitoring of metrics during exercise (pulse oximetry, blood pressure, heart rate, heart rate recovery, RPE) ensures a safe environment for patients.

Program Fundamentals:

- Patients must be physician referred
- All adult patients are eligible, regardless of:
 - Type or stage of cancer
 - The degree of disability including wheelchair or oxygen dependency
 - Position in the cancer care continuum (before, during or following treatment)
 - Presence of any combination or complexity of co-morbid conditions
- The program is supervised by Clinical Managers who are certified Cancer Exercise Trainers through the American College of Sports Medicine
- Provided FREE for the LIFETIME of the patient



Internship in Cancer Exercise Therapy

The internship experience is designed to provide students with opportunities to gain practical experience in cancer exercise therapy, medical fitness, and prescriptive exercise rehabilitation.

Internship Qualifications

- Pursuing Bachelor's degree in Exercise Science or related field
- Knowledge of exercise assessment, prescription and programming
- Current CPR and AED certification

Internship Opportunities/Requirements

- Medically screen cancer patients
- Conduct exercise assessments and reassessments for cancer patients
- Write exercise prescriptions for cancer patients
- Develop and implement exercise programs for cancer patients
- Exercise data collection and entry
- Monitoring measured metrics
- Assist the FitSteps Exercise Specialists with various aspects of the program

CONTACT PERSON

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Additional Information

- Internship stipend not available
- Signed contract and background check is required
- Internships offered for Fall, Spring, and Summer