

Health & Fitness Career Day

Interested in health and fitness as a career? Experience what it is like to turn knowledge into action and see for yourself the many career paths available in the fitness, wellness, nutrition, and athletic performance arenas.



1. Welcome and Introduction to the National Institute for Fitness and Sport

- A. Discuss various careers paths and professional certifications.
- B. Learn roles and responsibilities of a certified exercise physiologist or health/fitness specialist at NIFS.
- C. Learn about a variety of fitness and wellness programs to put your skills to the test:
Athletic Performance, Personal Training, Healthy Lifestyle, Weight Gain/Loss, Active Aging.



2. Participation in teaching demonstrations. Discuss knowledge, skills, and abilities of chosen topics.

(Choose 2-3 options)

- A. Kettlebell Training
- B. Group Fitness
- C. Athletic Performance
- D. Plyometrics
- E. Conditioning with Ropes
- F. Power Lifting



Lunch Break (45-90 Minutes) **Either onsite with the NIFS staff or offsite at the nearby IU Indy Student Union food court.**



3. Fitness Assessments & Program Design Overview

(Choose 2-3 options)

- A. BOD POD body composition assessments
- B. Personal Fitness Evaluations
- C. Functional Movement Screen
- D. Metabolic Testing Overview (Resting Metabolic Rate & Vo2)
- E. 3D Body Scanning



4. Hands-On Opportunities in the Fitness Center

- A. Explore the Fitness Center during open workout time.



OTHER TOPICS AVAILABLE:

- Nutrition Coaching (additional fee)
- Corporate Fitness
- HIT and Group Training
- Corrective Exercises
- Athletic Performance (vertical jump, shuttle runs, etc.)

Cost: \$225 minimum for up to 3 hrs.

Call to discuss pricing for groups larger than 25.

Lunch cost not included.

Contact Melanie Roberts at (317) 274-3432 ext. 217 to schedule a full-day or half-day outing. Work from our list of options to customize an itinerary to fit your educational needs.



*National Institute
for Fitness and Sport*