ACTIVE Spartans Physical Activity Mentoring Opportunity

MSU Handshake Job #356748
Close Date: November 25th @ 11:59pm
Applications will be considered on a rolling basis
Questions? Email Kerri Vasold (vasoldke@msu.edu)

This program seeks dynamic and innovative undergraduate students to serve as Physical Activity Mentors. Physical Activity Mentors will help students, faculty, and staff develop, implement, and maintain positive physical activity behaviors.

Position Requirements:
- Background or area of study in Kinesiology, Public Health, Health Communication, or a related field
- Current CPR certification (by start date)
- Completion or current enrollment in Michigan State University’s Lab Experiences in Exercise Physiology Course (KIN 411), or Physiology Laboratory (PSL 311L), or equivalent course
- Working knowledge of exercise principles
  - Preferred if applicant has experience/knowledge in exercise programming, exercise prescription, and/or fitness assessments
- Effective communication skills
  - Applicants should have strong verbal and written communication skills
- Applicants should be able to work both independently and as part of a group, and be reliable, dependable, and professional

Primary Learning Outcomes:
- Develop skills related to counseling clients on developing, implementing, and maintaining positive physical activity behaviors
- Develop skills to customize wellness plans to improve lifestyle behaviors for a variety of clients

Primary Responsibilities:
- Mentor clients through the development, implementation, and maintenance of positive physical activity behaviors
- Develop partnerships and work in conjunction with on-campus resources to become aware of programming that supports and furthers the development of positive physical activity behaviors
- Incorporate theory and research on best practices in health promotion, and lifestyle behavior development (i.e., Self-Determination Theory, Transtheoretical Model, Theory of Planned Behavior, etc.)
- Time requirements = 12-15 hours per week
  - ~10 hours consulting with clients (no more than 5 clients at a time)
  - ~2-3 hours research and planning preparation
  - ~2 hour group with internship coordinators and other interns
- Training will take place early spring semester and is required for the position.

***Students will be eligible for a discounted rate on an ACSM certification exam by participating in this program***

This program is provided as a collaboration of multiple departments across campus, including Student Health Services, CAPS, Employee Assistance Program, Kinesiology, and Recreational Sports and Fitness Services.