



EXERCISE SCIENCE INTERNSHIPS

About Public Safety Medical

Public Safety Medical (PSM) is the largest medical provider in the Midwest that exclusively serves public safety professionals. We specialize in preventing early death and disability for public safety personnel, ultimately reducing liability for departments.

We offer the most progressive medical and fitness evaluations and interventions for Fire, EMS, and Law Enforcement professionals and help them stay on the job and enjoy a long lasting career and retirement.

Currently, PSM serves over 250 unique fire and law enforcement departments and evaluates over 10,000 personnel every year.

Internship Training

Interns are a valued asset to our organization and we offer a very comprehensive experience to further develop exercise science skills in the following areas:

- Sub-max and Max treadmill cardiorespiratory evaluations
- EKG interpretation
- Muscular strength and endurance testing
- Body composition testing
- Flexibility testing
- Exercise prescriptions
- Patient consultations



Other Experiences and Opportunities

- Projects that will develop your skills while adding value to our customers experience
- Writing for our bi-monthly health newsletter
- Participating in research projects
- Developing health education resources for our customers
- Opportunity to participate in “ride-alongs” with police and fire departments

Internship Dates

Internships are scheduled for up to 16 weeks and are full time. A stipend is paid for your service.

- Fall/Winter: September through December
- Winter/Spring: January through April
- Summer: May through August

Minimum Requirements

- At least a college senior with the area of study being Exercise Science or related major
- Completion of all core exercise science courses
- CPR certification

SEE REVERSE FOR INTERNSHIP APPLICATION

**PUBLIC SAFETY MEDICAL
INTERNSHIP APPLICATION**

How to Apply

- Please send the following information to the attention of the internship coordinator:
 - Completed application form
 - Resume with cover letter
 - Copy of CPR certification

Please check the internship(s) you are applying for:

Fall/Winter (Sept.-Dec.) *Winter/Spring (Jan.-Apr.)* *Summer (May-Aug.)*
(Due by 6/30) *(Due by 10/15)* *(Due by 3/15)*

Your Name: _____

Address: _____ City _____ State _____ ZIP _____

Phone: () _____ email: _____

Name of college: _____ City _____ State _____

Major: _____ Graduation date: _____

Supervisor's Name: _____ Phone: () _____

Please explain your interest in having your internship at Public Safety Medical:

Please return this application to Robin Parkhurst in **one** of the following three ways:

- **Mail:** Robin Parkhurst, Internship Coordinator, Public Safety Medical, 324 E. New York Street, Indianapolis, IN 46204
- **FAX:** 317.972.1190, ATT: Robin Parkhurst
- **E-mail:** robin.parkhurst@publicsafetymed.com

Please contact Robin at 317.972.1180 with questions or visit online at publicsafetymed.com.