

# Hilton Head Health Institute Program Internship

## Application Packet

The Hilton Head Health Institute (H<sup>3</sup>I) is a clinically proven, program driven, Lifestyle Modification and Weight Loss Program. Our curriculum is designed to provide an ideal balance of structured learning and experiential activities resulting in a lifestyle change that is both *measurable* and *sustainable*.

Fundamental to our belief system is that individuals must take *personal responsibility* for their health. Only then can one strive for a positive outcome. Based on this belief, the Institute program is founded on the following principles:

- **Clinically Proven**
- **Lifestyle Enhancing**
- **Longevity Based**
- **Wellness Oriented**
- **Health Promoting**
- **Self-Discovery Driven**

The Hilton Head Health Institute provides a unique blend of structure and support located in a resort environment to create a peaceful and relaxing learning retreat. Our programs provide education and experience from the four main elements essential to total wellness:

<b>Lifestyle Management™</b>	-stress reduction, mind/body health, mindfulness, and self-concept
<b>Lifestyle Education™</b>	-disease prevention, health habits, nutrition, weight management
<b>Lifetime Fitness™</b>	-healthy activity, sport specific exercise, injury prevention
<b>Total Lifetime Nutrition™</b>	-H <sup>3</sup> I nutrition plan, meal planning, culinary demonstrations, nutrition recommendations

Our highly qualified professional staff includes health educators, exercise physiologists, registered dietitians, behavior counselors, physical therapists, registered nurses, culinary experts, and hospitality professionals.

Each guest is assigned a Lifestyle Coach who serves as a personal guide and mentor to assist in the transition to a healthy lifestyle. Together, they develop an individualized action plan based upon current health status, personal health goals, and readiness for change. Guests then work closely with their Lifestyle Coach to achieve their goals and progress to a successful home-based program.

The Institute is recognized as a leading facility for Weight Loss and Weight Management. For over 30 years, our programs have helped countless people feel better, look better, and get healthy. Based on sound, clinically proven principles and located in a relaxed and caring atmosphere, H<sup>3</sup>I's goal is to improve quality as well as longevity of life. At the Hilton

Head Health Institute, we want to help you *Get Serious*<sup>™</sup> about your health.

### **H<sup>3</sup>I Program Internship**

As a unique weight loss, lifestyle modification and disease prevention program, Hilton Head Health Institute has the best singular opportunity to provide exceptional learning and training experiences for Health Management professionals. Because their chosen field is broad and because health is not solely linked to one lifestyle aspect, the curriculum will expose the intern to all of H<sup>3</sup>I Program sectors of comprehensive wellness. The intern can expect guidance and support from a highly trained professional staff with expertise in their related health promotion area. Specifically, the Program Intern will be supervised and mentored by the Director of Lifetime Fitness.

Our intention is to extend and expand the intern's education. While providing opportunities for them to reinforce their strengths, interns will also address and strengthen weaker areas of interest or talent. Ideally, this will allow the intern to participate in an extensive learning opportunity.

The intern's *professional development* is the emphasis of the H<sup>3</sup>I Internship Program. Realizing that the intern is not a staff member, responsibilities will be educationally value-added. Assignments will be driven by answering the question, "How will the intern be educated in this area – how will this give them better understanding and render them more marketable?" We intend for the intern to be exposed to the myriad of concepts and responsibilities that result in the Institute's success.

### **Curriculum**

Both **graduate** and **undergraduate** students obtaining degrees in Health Promotion and Exercise Science professions or other relevant fields can participate in this "hands-on" practical training. Internships will be **16 weeks** in duration.

Upon completion of the Internship, the intern will have made useful contributions to the Hilton Head Health Institute, the Fitness Department, Program activities, and projects related to H<sup>3</sup>I's philosophy.

The H<sup>3</sup>I Internship program **will last 16 weeks** progressing through each of the following areas:

**Weeks 1-2: Internship Orientation Period**

During Week 1, Intern will attend orientation with registered guests and participate in select Program classes and fitness activities while beginning to take on intern responsibilities. Typical responsibilities include beach walks, thermal walks, and Recreation.

During Week 2, ongoing responsibilities will be added to intern schedule.

**Weeks 3-15: Program Experience – Education, Fitness, Counseling, Nutrition, and Coaching, Marketing and Guest Services**

- 1) Exposure to: research and active participation in the how and why H<sup>3</sup>I educates relative to presentation, relationship extension and motivational coaching
- 2) Exposure to: research and active participation in the science and art of healthy food planning
- 3) Exposure to: research and active participation in H<sup>3</sup>I Program development with the inclusion of marketing concepts

**Week 16: Project Presentation and Internship Analysis**

Intern presents selected subject matter (selected by degree supervisor or with assistance from Internship Supervisor) to staff

**Eligibility:**

Eligible applicants must be enrolled in a graduate or undergraduate degree-seeking program in Exercise Science, Health Education, Health Promotion, Physical Education, Nutrition or a related field.

**Special Qualifications:**

Students working in this program should have the following qualifications:

1. A general understanding of the essential functions of good health
2. Genuine interests in helping guests achieve a healthy lifestyle
3. Familiarity with computer and applicable software packages
4. Ability to work in a professional setting alongside a professional staff
5. Current CPR Certification
6. Student Liability Insurance
7. Clean driving record

**Duration:**

The Hilton Head Health Institute will accommodate students during each season. Length of internship is **16 weeks**.

**Housing, Board, Stipend:**

Housing and H<sup>3</sup>I meal plan are provided to the intern. Weekly \$100 stipend.

**Application Deadline:**

Applications will be reviewed on a rolling-admission basis.

For 16-week Internships falling between January and April/May – deadline: **September 30<sup>th</sup>**

For 16-week Internships falling between March and July/August – deadline: **January 31<sup>st</sup>**

For 16-week Internships falling between August and December – deadline: **July 1<sup>st</sup>**

**CONTACT PERSON:**

For additional information or an application, please contact:

**Megan Steiner BS, ACSM cPT**

Fitness Specialist

Hilton Head Health Institute

14 Valencia Rd.

Hilton Head Island, SC 29928

**E-MAIL:** [msteiner@hhhealth.com](mailto:msteiner@hhhealth.com)

Phone: (843) 785-3286 ext. 106

**Adam Martin, ACSM HFI**

Fitness Director

Hilton Head Health Institute

14 Valencia Rd.

Hilton Head Island, SC 29928

**E-MAIL:** [amartin@hhhealth.com](mailto:amartin@hhhealth.com)

PHONE: (843) 785-3286 ext. 107

# Hilton Head Health Institute Internship Program

## Application

Please provide all information requested and submit to:

Hilton Head Health Institute  
Attn: Adam Martin  
14 Valencia Rd.  
Hilton Head Island, S.C. 29928

*\*Incomplete and/or ineligible applications will not be accepted.*

### APPLICATION DEADLINE:

For 16-week Internships falling between January and April/May – deadline: **September 30<sup>th</sup>**

For 16-week Internships falling between March and July/August – deadline: **January 31<sup>st</sup>**

For 16-week Internships falling between August and December – deadline: **May 1<sup>st</sup>**

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### I. APPLICANT INFORMATION

Name & Credentials: \_\_\_\_\_  
\_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_

(Work) \_\_\_\_\_

E-mail address: \_\_\_\_\_ Social Security Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

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### II. ACADEMIC INSTITUTION INFORMATION

Name of Institution: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Does your University require an Internship? ( ) YES ( ) NO

If yes, how many hours are required? \_\_\_\_\_

Name of Faculty Advisor: \_\_\_\_\_ Telephone: \_\_\_\_\_

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### III. STUDENT/APPLICANT CREDENTIALS

Please enclose the following documents in the order requested:

- Resume or c.v.
- Current transcripts and grade point average (nonofficial copies of the transcript are adequate)
- Copy of CPR card

- Three written references (one each from your Advisor, employer, other)

#### IV. AVAILABILITY

Indicate time frame you are available for a **16-week** internship: \_\_\_\_\_

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#### V. FACULTY RECOMMENDATION

List names, addresses, and telephone numbers below for two faculty members who can support you as a qualified candidate for this program. These references may or may not be contacted.

A.

B.

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**VI. APPLICANT ESSAY:** In an essay of 500 words or less, please address the following:

- A. Your academic experience and career goals
  - B. Highlight any academic or professional experiences, special skills or talents as they relate to the internship opportunity
  - C. Your motivation for applying for the described internship opportunity
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#### VIII. SIGNATURE OF APPLICANT

By signing below, I certify that I am eligible to apply to the Hilton Head Health Institute Internship Program, that I meet the eligibility requirements as described above, and the information that I have provided in this application is accurate.

\_\_\_\_\_  
Print/type name & credentials

\_\_\_\_\_  
signature

\_\_\_\_\_  
date

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#### IX. HOW DID YOU HEAR ABOUT THE HILTON HEAD HEALTH INSTITUTE PROGRAM INTERNSHIP?

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