



PROVIDENCE HOSPITAL
 Rehabilitation & Wellness Center

Internship Program



Providence Rehabilitation & Wellness Center
 6904 Providence Park Drive
 Mobile, AL 36695
 (251) 639-2090 Fax: (251) 639-2091

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The Providence Rehabilitation & Wellness Center offer students clinical internships in Exercise Science at the bachelor and masters degree level. Students will gain hands-on experience working with clients with clinical needs (i.e. diabetes, HTN, COPD, musculoskeletal & metabolic diseases), as well as exercise testing and prescription. Following a training period and skills check, the students will be expected to work within the staffing mix.

In addition to the hands-on experience each student is required to complete written objectives and practical observations. Weekly lectures are provided to enhance the educational component.

Requirements for internship:

- ◆ Recommendation from an Affiliated University advisor*.
- ◆ Interview with Intern Coordinator.
- ◆ Signed agreement between student, advisor and Providence.
- ◆ A desire to learn.

Required Supplies:

- ◆ Stethoscope
- ◆ Watch with second hand or digital watch with second countdown (to take heart rates).
- ◆ ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition.

Dress Code for Interns:

- ◆ Navy Scrubs, white lab coat and white shoes

About Providence Rehabilitation and Wellness Center

The Providence Rehabilitation and Wellness Center is a 20,750 square foot that includes a 25-yard heated pool and 300 square foot hot therapy pool. Many programs are included under one roof: Cardiac & Pulmonary Rehabilitation, Physical and Occupational Therapy, Aquatic Pool Therapy, Adult Wellness, Aquatic classes and Land Aerobic Classes. Students will receive a free membership to the Wellness program for the duration of the internship.

Students will assist staff in the Adult Wellness, Cardiac Rehabilitation, Pulmonary Rehabilitation and Aquatic areas:

The Adult Wellness Program provides clinically supervised exercise and education program designed to assist individuals improve their functional ability and health. The Adult Wellness Program is classified by the American Heart Association and the American College of Sports Medicine as a Class 4 wellness facility. A Class by including pre-exercise health screening, physician referral on all participants and emergency equipment (Automated External Defibrillator and crash cart) on site. Our staff has obtained degrees on the bachelor and master's level as well as certifications in CPR, Advanced Cardiac Life Support, and specialized exercise certifications from the American College of Sports Medicine.

The Cardiopulmonary Rehabilitation program is monitored by a physician, RN's, Exercise Physiologists, and Respiratory

Therapists. The program is 36 visits or 12 weeks for patients who have recently undergone a heart surgery or have active heart disease.

Students will gain experience working with these populations as well as have the option to observe heart catherizations and surgeries at the main hospital.

One-day observations for Nursing students and Respiratory Therapy students are available. Please call for information.

*We currently have Affiliation Agreements with the following Schools:

University of South Alabama
University of Southern Mississippi
Louisiana State University
Capps College
United States Sports Academy

Institutions can be added by completing the Affiliation Agreement available on request.

**Call the Intern Coordinator
at (251) 639-2090 for
more Information**

**www.providencehospital.org
PRWC@providencehospital.org**