

Physical Activity Alliance (PAA): Pilot 2025 Student Internship Opportunity

Committee: Professional Development

Committee Chair: Dr. Marzell Gray

Supervising Advisor: Dr. Marzell Gray

PAA Mission: The mission of the Physical Activity Alliance is to lead efforts to create, support, and advocate policy and system changes that enable all Americans to enjoy physically active lives.

Purpose: To engage students in advancing the mission of the Physical Activity Alliance (PAA) by providing experiential learning in physical activity research, professional development, collaboration, and professional practice. The selected Intern will work alongside the professional development (PD) chair (Dr. Gray), receiving mentorship and professional development opportunities aimed at fostering skills necessary for promoting knowledge and skills used in the field of physical activity, exercise, and overall health and well-being for populations.

Who Can Apply: Current students in bachelor's or master's degree programs related to public health, exercise science, and/or physical activity.

Note: If your degree/program requires an internship position, please note the expected hours below to see if it fits your requirements. This is a pilot internship position; the Intern will work with their advisor to develop the position over time. We (PAA) will ask for feedback to learn more about the need and what we can offer in the future for this internship position.

Start Date: February 2025

Length of term: 4 months (expected to end in June 2025)

Areas of interest:

- Physical Activity
- Public Health
- Physical Activity Policy
- Organization and Community Collaborations
- Professional Development (e.g., Surveys, Webinars, Certificate)

Internship Role:

** This internship opportunity is an unpaid internship and must be used as an experiential opportunity for academic credit. If questions, please contact Dr. Gray (email below).*

The selected individual will have an opportunity to work toward a specific output to show the work they put in as an intern with PAA. You will attend virtual meetings and can meet individuals at different levels who are working to better the health and well-being in many ways (policy, academia, non-profit, etc.) and those who work with PAA as part of the executive board, part of the different committees or coordinate with individuals within PAA. All meetings and other types of inclusion as part of the internship role is coordinated between the selected intern and the advisor of the internship position (Dr. Gray).

Applicants should expect to:

- Attend weekly 1 on 1 meetings with PAA/PD advisor (Dr. Gray)

Physical Activity Alliance (PAA): Pilot 2025 Student Internship Opportunity

- Attend bi-monthly professional development meetings
- Commit to working approximately 120 hours over four months. All work is virtual, unless traveling for a conference, symposium, etc. This would be discussed at the time if applicable.
- Assist the PAA with administrative duties, meetings, potential research, and scholarly projects
- Participate in professional development opportunities (not all inclusive), such as webinars, virtual meetings, grant writing, building coordinated partnerships in health and well-being, managing a certificate, and potential publication work.
- This opportunity requires a form of credit given to the individual's academic program. The selected intern is responsible to have an advisor/mentor from your institution who can support and oversee the progress in the internship role. Include this person's name and email in your letter of interest (LOI) for the PAA advisor to contact as needed.

Possible Outputs include:

- Research with PAA advisor and produce a conference proposal
- Manuscript writing for publication as a co-author
- Producing a practice-based output (e.g., Physical Activity toolkit for local community use)
- Collaborative output (e.g., PAA & Community)
- Since this is a pilot position the PAA advisor will work with you to decide what fits best into schedules

Objectives & Goals:

1. Gain Diverse Perspectives: Engage with a mentor from outside your university to enrich your work with new insights and critical thinking viewpoints.
2. Develop Practical Outputs: Produce at least one tangible output during the internship, showcasing your ability to apply theoretical knowledge to real-world challenges.
3. Expand Professional Network: Build connections with professionals in the field of physical activity and public health, enhancing your network within the industry.

Goals:

1. Access to monthly PAA newsletter, webinars, and other events to enhance knowledge and skills.
2. Resume Enhancement: Add a significant achievement to your resume, including the possibility of securing new professional references for future academic or career opportunities.

Submission Materials to Apply:

- Write a Letter of Interest (LOI) and include the following (1 page max)
- Degree you are currently enrolled in and Institution
- Year in degree/program
- What you hope to do once you graduate
- Why you are interested in this pilot internship position
- Your area of interest and why (e.g., research, community health, applied exercise prescription, etc.).
- Prospective Institution Advisor

Due Date: January 25th

Submit Letters of Interest or questions to: Dr. Marzell Gray — mgraypd@paamovewithus.org