

## CSCA internship pathway

Title	Area	Responsibilities	Minimum qualifications / prerequisites	Preferred University courses		example: Dalhousie	other	Typical time requirement, time of year	Remuneration
Intern level 1	Physiology / S&C	Assist with fitness testing, shadowing, learning principles	2nd or 3rd year undergraduate in Kinesiology.	Intro to Exercise Physiology, Kinesiological Anatomy		Kine1104: Intro to Kines, Kine 2310: Physiology of exercise, Kine2320: Kinesiological anatomy, Kine2465: Intro to biomech,	First aid, CPR	Sep - Dec, Jan - Apr (min 50hrs total)	Volunteer
	Perf Analysis / Biomechanics			Advanced biomechanics					
Intern level 2	Physiology / S&C	Assisting with individual and group training sessions, data input, applying principles	3rd or 4th yr undergraduate in Kinesiology, Intern level 1 completed	advanced exercise physiology, training program design, fitness assessment, research methods		Kine3414: Fitness assessment and program design, Kine4701: Strength & Physiology for high performance sport, Kine4412: Adv fitness assessment	pursuing CSEP CPT	Sep - Dec, Jan - April, May - mid August (min 120hrs total)	Volunteer
	Perf Analysis / Biomechanics			computer science or higher level math (linear algebra)					
	Mental performance	Assisting with Canada Games group sessions,		Psychology of Sport, advanced sport psychology	Kine 3485 Psychology of sport				
	Athlete Services	Athlete services, Coaching, Marketing and communications	4th yr Kinesiology, Recreation studies, Sport Management, Business				35 hrs/wk (or school requirement) Jan-April, Sep-Dec		
	Coaching	Working with mentor coach, assist in coaching of training group					5 hrs/wk, Oct-March, April-Sep (min 100hrs total)		
Graduate internship (while pursuing MSc)	Physiology / S&C	Assisting with individual and group training sessions, data input, applying principles	BSc in Kinesiology, NSCA-CSCS or CPT, CSEP CEP or CPT, pursuing an exercise physiology focused MSc	advanced exercise physiology, training program design, fitness assessment, research methods				Sep - Apr 5hrs / week (174 hours)	Paid (could volunteer while pursuing professional certifications)
	Perf Analysis / Biomechanics	Assist in delivery of PA, data input, processing and analysis.	BSc in Kinesiology, pursuing a biomechanics focused MSc	biomedical engineering (asset)					Paid
	Mental performance	Conduct Canada Games group sessions	BSc in Kinesiology, pursuing a Mental performance focused MSc	Psychology of Sport, advanced sport psychology		CSPA student member, pursuing professional membership			Paid
Assistant Strength & Physiology Coach	Physiology / S&C	lead group training sessions and field testing sessions	BSc in Kinesiology, CSCS, CSEP CPT or CEP				Completed intern level 1+2 (170hrs) or equivalent or completed Graduate internship	As required	Paid
Assistant Sport Analyst	Perf Analysis / Biomechanics	lead provincial PA projects	BSc in Kinesiology, Undergrad degree in Engineering, MSc in kinesiology (asset)						
Assistant Mental performance coach	Mental performance	Conduct Canada Games group sessions	MSc in Kinesiology, CSPA professional membership						
Assistant centre coach	Coaching	Working with mentor coach, assist in coaching of training group							

Other collaborative opportunities: Honours Research project, Master Thesis