



NSCA Internship Program

The National Strength and Conditioning Association offers internship opportunities at its state-of-the-art Performance Center in Colorado Springs, Colorado. This is a great prospect for young professionals who want to grasp a better understanding of strength and conditioning while being exposed to a wide variety of athletes and coaches.

Our highly interactive internship program encourages initiative, providing ample opportunities to design, execute, and monitor safe and effective strength and conditioning programs. Each work day is filled with chances to learn, which not only enrich the intern but also improve the performance of our athletes. The self-discipline and leadership skills an intern demonstrates will serve as the key determining factors for how much they benefit from their internship experience. We believe in continued dedication to self-enhancement by staying up to date with the latest in research and performance principles.

Internship responsibilities include, but are not limited to, program design and implementation, lifting technique instruction and analysis, injury reconditioning, performance testing, research, and the general day-to-day operations of running the facility. Overall, this comprehensive internship is designed to prepare interns for the real world job market. This internship will coincide with the traditional college fall, spring and summer semesters. Compensation will include an hourly rate for up to five months, along with work attire, admission to all coinciding symposiums during internship dates, and a one-year complimentary NSCA membership.

To apply for this position, candidates must email their resume, cover letter, and three professional references to internship@nsca.com.

Internship dates and application deadlines:

Spring Semester: January-May

Summer Semester: June-August

Fall Semester: September-December

Applications due October 15th

Applications due February 15th

Applications due June 15th

****Late applications will NOT be considered****

Application Requirements

Candidates for this program must be enrolled in, or have graduated from, an exercise science or related program within one year of application at an accredited college or university. Applicants enrolled in, or graduated from, an NSCA Education Recognition Program (ERP) school are preferred. Additional consideration will be given to those needing to fulfill school internship requirements. Candidates must have current CPR/AED certification and hold, or currently be pursuing, the CSCS® certification. Internships are extremely competitive.