Illinois State Police Academy: Health and Wellness Internship

Street Address: 3700 East Lake Shore Drive, Springfield, IL 62712

Phone number: 217/786-0232  Fax number: 217/786-6624

Email Address: John Merrifield@isp.state.il.us

Agency contact: Master Sergeant John Merrifield

How should students contact this agency? Email

How should students submit cover letters and resumes: Students apply for this internship through the traditional Illinois State Police Internship application process. The Illinois State Police Internship Program application is posted on their website. http://www.isp.state.il.us/docs/1-189.pdf

Apply early to increase your chances of being accepted.

Contact the IPL Office for the letter of introduction and for assistance with your application materials.
   Office – 482 Brookens
   Phone – 217.206.6640
   Email – internship@uis.edu

General Description of the agency – The Illinois State Police Academy is dedicated to training local law enforcement and state law enforcement applicants. Trainees receive instruction in basic skills, both physical and academic, necessary for law enforcement officials in the performance of their duties. Additionally, the health and wellness program is committed to promoting an active and healthy lifestyle to both trainees and sworn personnel. Trainees will be required to participate in physical fitness and will be provided with nutritional and exercise guidelines. Each trainee will be expected to give 100 percent. Trainees will be held to several standards and will be asked to develop personal goals to strive for during their training.

Internship Job Description

Health and Wellness Assistant Internship

The intern will be responsible for assisting the Health and Wellness Program Coordinator by offering suggestions for daily physical activity and assisting with activity set-up. Periodically, the intern may also be allowed to observe other areas of the academy including, but not limited to, Control and Arrest Tactics, (C.A.T.) Teaching Assessing and Correcting, (T.A.C.) and First Responder. Additionally, the intern may be requested to participate in role playing exercises for trainees. Some administrative work will be necessary. General knowledge of exercise and the human anatomy and basic computer skills are preferred. Highly motivated, enthusiastic candidates are encouraged to apply.

Basic student learning anticipated

An internship at the Illinois State Academy as a Health and Wellness Assistant will allow a student to understand the importance of teamwork, espirit de corps, and the benefits of a healthy lifestyle from the perspective of law
enforcement. In addition, the intern will have an opportunity to learn the standards, expectations, and principals of the Illinois State Police Academy and gain much insight into the several areas of training required for trainees.

**Hours per week: Up to 40**

**Number of weeks: 16**

**Position Available: Fall, Spring, Summer**

Updated January 2013