



INTERN / EXTERN / OJT

LEARN. TRAIN. EVOLVE

Job Summary

ALTIS Performance is dedicated to empowering the inner athlete and producing the champions of tomorrow. If you possess a passion for athletic performance training, then you are encouraged to pursue an internship or OJT program with us. Positions are continually offered at the ALTIS and while the internship positions are not paid, they both offer an opportunity to learn from professionals with renowned regional and international experience. This in-depth program offers an advanced approach and provides guided practice in order to advance your skills as a professional in the performance enhancement industry

Roles and Responsibilities

- Perform daily facility set-up and tear down
- Assist with maintenance of the facility
- Complete journals/ log reports
- Lead dynamic warm ups and stretching routines for athletes
- Assist with strength and conditioning programs of athletes
- Support and assist performance coaches with all aspects of training and testing athletes

Education and Qualification

- Bachelor's degree (or in last year earning degree) in Kinesiology, Exercise Physiology or related field
- Competent in human anatomy
- Proficient in MS Office (Word, Excel & PowerPoint)
- Self-motivated, proactive, passionate and an excellent communicator

Duration and Hours

Internship/ Externships: 12 weeks, 400+ hours (Monday through Saturday, and select Public Holidays)

OJT: 40 hours weekly of flexible scheduled time (Monday through Friday, and select Saturdays)

Interested persons can email a CV and job letter to altisperformanceevolution@gmail.com