

# DASA FUNctional Fitness Internship Guide



**DISABLED**  
**ATHLETE**  
**SPORTS**  
**ASSOCIATION**

Welcome to your new internship! This guide will help you along in your learning experience with DASA, and help to keep you on track with expectations and responsibilities.

Kimi and Willie will be teaching/leading you the entire way through your 200 hour journey. Everything that they know about fitness adaptations are solely from experience. So, if you feel like you are walking into something you are not prepared for, your right. The world of disability is something that is not often taught (for the most part) in your undergrad degrees. This internship will not only open your eyes to a new side of fitness, but will give you the tools you will need to succeed in Physical Therapy, Occupational Therapy, Adaptive Sport/PE, etc.

## AGENDA:

**Weeks one and two:** Observation only. You will be assigned a handful of clients by Kimi and Willie that you will eventually take over. This is the time for you to take in as much information on your new clients as possible. Take notes, ask questions, and get your brain ready to get creative!

**Week three:** Ideas. You will be expected to come in with ‘ideas’ about things to have your clients do. This is a very loose week where we will begin the brainstorming process on each client. Here any idea is a good one, nothing is ‘off the table’ with us! The more creative the better! This week you will also be leading all of your clients in **stretching**. Don’t be afraid to put your hands on the client!

**Week four:** Programing. You will be expected to come in with actual programs for each client that will last 1 hour. This differs from the previous week in that you will actually run the session. Kimi and Willie will also be looking over your programs to make sure everything looks good. This is the week where you will be required to come in **30 minutes** before your first client to get ready/set up. Here we are taking all of your great ‘ideas’ and applying them to the client. You will take over the session completely while we stand back and watch you work!

**Weeks five to the end:** Leave the nest. From this point on, you should have all of the tools and training you need to be successful. We will ALWAYS be available for questions throughout your sessions, but as time goes on, we will be less present during the hour. This is your time to shine and take control of your clients!

**End of internship:** Post-testing. Whenever your internship is approaching the end, we will then do a ‘post-test’ week to see how much improvement your clients have made over the past few months. Here we will teach you how to implement a standardized test with adaptations for each client, and help you to run the tests. These numbers will serve for your internship projects/presentations.

CONGRATS! After this point, you have successfully completed a minimum of 200 hours in your internship with Disabled Athlete Sports Association! We thank you for all of your hard work and perseverance over the past few months. There is one last thing we will need from you, and it is a review of your time with us.

Thanks again, and good luck in your future endeavors!