



U.S. Army Garrison Daegu—Career Skills Program
Army Wellness Center Internship Position Description



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Duty Location: Bldg. 567, Camp Walker, Daegu, South Korea

Intern Duty Hours: 0800 to 1700hrs (1-hour lunch)

Dress Code: Business Casual

Supervisory Position: No

Paid Position: No

Description

Interns will assist in implementing a variety of programs and services that improve and sustain health, performance, and readiness of the total army with the guidance of highly trained health professionals at the Army Wellness Center (AWC). The AWC offers services to active duty military and their dependents; retirees and spouses; Army Reservist and National Guard; and Department of Defense (DOD) and DA civilians and their dependents. The AWC also provides unit-level assessments encompassing our core programs: Body Composition, Metabolic Analysis, Physical Fitness Assessment, Health Coaching and Follow-up Testing, Individual Stress Management Training, and General Wellness/Unit Briefings.

Major Duties

1. Assist in informational briefings and tour of the facilities.
2. Answer telephone inquiries, schedule/cancel/modify appointments, and send out reminders to clients.
3. Assist the medical professional in providing body composition, metabolic analysis, and/or health counseling.
4. Take measurements to include height, weight, blood pressure, and initial health screenings.
5. Assist in health assessments such as measurement of body composition using air displacements to measure body fat percentage.
6. Assist in health assessments such as measurement of an individual resting metabolic rate of tailor strategies for weight loss, gain, or maintenance.
7. Assist in health coaching to provide feedback and encouragement to keep clients on the right path towards full goal attainment.
8. Ensures proper instructions are provided to clients prior to body composition, metabolic analysis, and health coaching such as no food, tobacco/nicotine, caffeine or drinks; physical activities; and attire.



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Major Duties (Continued)

9. Provide physical fitness assessments to include utilizing state-of-the-art equipment to assess cardio-respiratory fitness, musculoskeletal strength, and flexibility.
10. Provide health coaching with the Health Educators to identify client opportunities to improve health.
11. Assist in providing individual stress management training (ISMT) for stress reduction and balancing emotions to improve performance.
12. Assist in providing general wellness and unit briefings on a variety of topics to include upping your metabolism, healthy sleep habits, meals in minutes, stress management, fueling for health, and retire strong.
13. Performs other duties as assigned.

Website: <https://awc.army.mil>
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