

# Sports Medicine Internship

## Mission

The mission of the Mills College Sports Medicine Internship (SMI) program is to introduce students interested in medical care to the field of athletic training. The program is dedicated to give students hands-on experience that will help students understand and appreciate the services provided in the athletic training room. Students are given the opportunity to shadow a Certified Athletic Trainer to learn how the athletic training room operates on a day-to-day basis, to identify common sports related injuries and treatment options, and to assist athletes through therapeutic exercise programs. The SMI program gives students the opportunity to explore the unique health care setting of athletic training which students can use to pursue a career in the medical profession.

## Requirements:

- Enrollment in Mills undergraduate, post-baccalaureate, or graduate school – priority may go to those in a medical related major
- Check the schedule weekly to sign-up for athletic training room hours, because the hours often change
- Sign-up to cover at least one home competition each semester
- At least two or more hours per week are required unless prior arrangements are made with Natalie or Hilary
- Be willing to commit to confidentiality agreement
- A priority to take PE66-Intro to Sports Medicine is recommended
- Attendance at the annual in-service
- Be willing to work any of the six sports for a variety of experience
- An interest in medicine and a tolerance for witnessing bodily fluids and injuries is highly recommended
- Be able to keep calm and provide assistance to the certified athletic trainer (ATC) in the event of an emergency
- A priority to attend a CPR/AED/First Aid class is recommended. A class will be taught by Natalie if schedules are consistent and the group is large enough.

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# MILLS COLLEGE

# SPORTS MEDICINE

## Former SMI Interns:

*I have already used skills I've learned here and taught them to others.*

*Great opportunity right on campus—helped me learn AND get some hands-on experience.*

*I feel it was a very worthwhile program and am glad I was able to participate.*

*Everything was taught with great enthusiasm. I can utilize the skills learned for a future of medicine.*

## Description of Duties

- Observing injury evaluations, treatments and rehabilitation
- Assisting with athlete treatments and rehabilitation while scheduled
- Learning to use the modalities without supervision
- Being a gopher during home events when needed
- Assisting with daily tasks such as cleaning and laundry
- Assisting with set-up and/or take-down of practice and/or games