The Institute is offering internships with the Sports Rehabilitation & Athletic Therapy Department to IT Carlow students who have successfully completed all of the course work for a relevant Honours Degree. The internship is for a period of six months beginning September 2018. An internship provides a valuable opportunity for students to boost their career prospects and for the Institute to benefit from the application of their knowledge and skills to a position within the Institute.

Benefits include a monthly salary of €1,600 public sector transport costs for official business, and access to staff facilities gym library, canteen etc.).

**Boost your Career Prospects**

An internship is a valuable opportunity to build your career profile and to improve your prospects of future employment. Through an internship, you have the opportunity to achieve the following:

- To apply academic knowledge and skills to a real work situation
- To grow in confidence and to develop personal skills and qualities
- To build a more successful CV/career portfolio and to have real work experience to talk about in an interview
- To make contacts and network
- To learn about yourself and what type of work suits you
- To avail of personal mentoring and career development
- To obtain a reference for future employment

**Responsibilities of Internship**

The Intern would have specific duties in the areas of:

- Prescription of rehabilitation programmes, home exercise programmes and injury prevention programmes
- Co-ordinate supervised prehabilitation/rehabilitation facilities
- Communication with the Institute nurse and doctor for referral of patients for x-rays, MRI, surgery etc.
- Liaise with Sport Science intern regarding the implementation of the Institute Progressive Rehabilitation Performance (PRP) programme
- Clinic Administration: using the intranet booking system, managing overflow, dealing with clinic accounts, stock management, and preparation of clinic space before and tidying of clinic space after clinic
- Patient Caseload: it is envisaged that the intern will have his/her own patients for assessment, treatment and rehab. They will mostly come from clinic overflow, or from the sports team to which they are assigned

- Team Training & Match Cover: The intern will be assigned to a sports team of the college. He/she will have duties of care for team events, preparation of athletes and management of injuries in consultation with team directors

- Other duties as assigned by your line manager or other manager of the Institute.

Paula Rankin, Head of Department, Department of Science and Health or nominated person will act as mentor for this internship.

**Candidate Requirements**

Applicants must be a Level 8 or 9 IT Carlow Graduate from the years 2017, 2018 or a final year student in 2019.

- Minimum requirement is a 2.2 in a Level 8 honours degree appropriate to the internship. *(Applications can be submitted prior to receiving your final results but offer of an internship will not be made until your results are available.)*

- Hold Professional Liability Insurance
- Excellent interpersonal, communications and presentation skills
- Professional in manner
- Enthusiasm and motivation
- Good organisational and time management skills
- Good IT Skills
- The suitable candidate would be required to work some evenings and weekends.

**Application Procedure**

Should you wish to apply for the Internships, please complete the Institute’s Internship 2019 Application form which can be downloaded from the Institutes website [www.itcarlow.ie/graduateopportunities](http://www.itcarlow.ie/graduateopportunities) and return it to the Human Resource, Institute of Technology Carlow, Kilkenny Road Carlow (email humanresources@itcarlow.ie) by 12 Noon Friday 17th May 2019.

In your application, you are reminded to highlight the skills and personal qualities that you think make you suitable for the Internship.

**Application Procedure Checklist:**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Yes</th>
<th>No</th>
</tr>
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<tbody>
<tr>
<td>You are a Level 8 or 9 IT Carlow Graduate from the years 2017, 2018 or a final year student in 2019.</td>
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<tr>
<td>If you are a previous year’s graduate your exam results <em>(min requirement 2.2)</em> are included on application form</td>
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</tbody>
</table>
You have completed the Institute’s Internship Application Form you have attached a copy of a valid full Irish Driving Licence

(Applicable for individual Internships - specified under Candidate Requirements)

Your application is submitted by the closing date **Closing Date: 12 Noon Friday 17th May 2019.**