



# CHAMP

Consortium for Health and Military Performance

## Internship Application

The Consortium for Health and Military Performance (CHAMP) is a center within the Uniformed Services University of Health Sciences (USU). It serves as a Joint Service Resource Center focusing on the complete range of disciplines associated with military-unique Human Performance Optimization (HPO) and Total Force Fitness (TFF). Our mission is “Optimize Warfighter mission and Family readiness through leadership, community engagement, education, and conducting and translating human performance research.”

The CHAMP Internship Program is available to high school, undergraduate, graduate-level students, and Active Duty Military Service Members in transition to civilian careers interested in developing holistic skillsets, gaining relevant experiences, and advancing in their career paths related to HPO and TFF. CHAMP offers 8-week (Summer) and 16-week (Fall) internships. Students fulfilling a capstone project for their academic institution may also contact our program throughout the year for longer internship durations and specific focuses.

Applications are accepted from January 10, 2022 (12AM) to March 4, 2022 (11:59PM). Applicants may be scheduled for an interview but this does not reflect an acceptance or rejection from the program if not scheduled for an interview. Chosen applicants will be notified in early April via email of the application result. Summer internships will be from June 20 – August 12, 2022. Fall internships will be from August 29 – December 16, 2022.

To apply, please read instructions carefully and fill out this application in its entirety. It contains 4 sections: Student Information, Internship Expectations, Essay, and Supplemental Documents & Submission. Completed applications will be submitted in PDF format with all supplemental documents attached via email. Please ensure all documents sent include your name. For questions or submission, please email [CHAMPINTERN@USUHS.EDU](mailto:CHAMPINTERN@USUHS.EDU).



# USU

Uniformed Services University

# CHAMP

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## SECTION 1 – STUDENT INFORMATION

### **STUDENT**

Name:

Address:

City, State, Zip Code:

Email:

Telephone:

Major/Area of Study, Degree Level:

Graduation Date:

GPA:

### **SCHOOL**

Name:

Address:

City, State, Zip Code:

### **DEPARTMENT/COURSE CONTACT**

Name, Position:

Department:

Telephone:

Email:



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## SECTION 2 – INTERNSHIP EXPECTATIONS

### Topics of Interest – CHOOSE 3 MAX

Dietary Supplements	Mental Fitness	Performance Psychology
Environmental Fitness	Military Culture	Physical Fitness
Injury Prevention	Office Administration	Social Fitness
Leadership	Performance Nutrition	Spiritual Fitness

### Skills of Interest to Develop – CHOOSE 3 MAX

Business Development	Heat Tolerance Testing	Program Evaluation
Clerical Duties	Lab Management	Program Management
Communications	Laboratory Skills	Project Coordination
Curriculum Development	Leadership	Quality Assurance
Data Analysis	Marketing/Outreach	Research
Education	Media Production	Scientific Writing
Event Coordination	Military Culture	Strategic Planning
Exercise Testing	Networking	System Improvement
Finance Management	Office Management	Training Techniques
Graphic Design	Policy Development	Web Design
Health Administration	Presentation	Web Writing

### Timeline – CHOOSE ALL THAT APPLY

8 weeks (Summer)

16 weeks (Fall)

Capstone

### Internship Type – CHOOSE ALL THAT APPLY

Volunteer

Course Credit



**USU**  
Uniformed Services University

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## SECTION 3 – ESSAY

The essay portion of this application requires a 250-word minimum and 500-word maximum.

- A. CHAMP uses the Total Force Fitness (TFF) paradigm as a lens to focus on the health and well-being of Service Members. The 8 interconnected domains of TFF are social, physical, financial, spiritual, environment, nutritional, psychological, and medical & dental. Write an essay highlighting how 2 or more domains connect and act synergistically to promote health and well-being.



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## SECTION 4 – SUPPLEMENTAL DOCUMENTS & SUBMISSION

### Supplemental Document Checklist

Please provide the following documents as PDF attachments with your application:

Official proof of enrollment from your academic institution

Official Transcripts from all academic institutions attended

Resume or Curriculum Vitae

(1) Letter of Recommendation from an instructor or employer

### Submission Instructions

Incomplete application or application packages time-marked after the submission deadline will be automatically disqualified. Please submit your complete and signed application package to [CHAMPINTERN@USUHS.EDU](mailto:CHAMPINTERN@USUHS.EDU) by **March 4, 2022 (11:59 PM)**. When submitting the application, attach the appropriate supplemental documents to the email.

By signing below, I, \_\_\_\_\_, understand this internship is related to an educational purpose and there is no guarantee or expectation that the internship will provide a scholarship or financial benefit, and/or result in employment with CHAMP. As such, should I be offered an internship with CHAMP, I understand that transportation, lodging, and other living expenses are my own responsibility. I also acknowledge that CHAMP is an equal opportunity employer and therefore all appointments will be based upon competitive merit. Lastly, I certify that all information and materials provided in this application is true and correct to the best of my knowledge and that I will be at least sixteen (16) years of age at the start of my intended internship cycle.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_