

DexaFit Colorado Internship Program

Program Overview Summary

Program Structure & Duration

The DexaFit Colorado Internship Program is a two-semester (6-month) professional development opportunity designed to provide students with both technical certification and professional business skills in the health and wellness industry. The structure emphasizes real-world experience, mentorship, and academic alignment.

Program Duration:

- Total Length: Two semesters (6 months total)
- Weekly Time Commitment: 24 hours/week core commitment, with an optional 6 hours/week of extracurricular tasks
- Required On-Site Time: Two days per week (6 hours/day)
- Training Day: One day per week for structured instruction and learning
- Professional Development Day: One day per week dedicated to skill-building and reflection
- Optional Extracurricular Tasks: 6 hours per week, which may include email follow-ups, business development, and other tasks (flexible location)

Certifications & Training Outcomes

Technical Certifications:

- Basic Life Support (BLS)
- Radiation Safety training
- DEXA Scan certification (CBDT exam preparation)
- Metabolic Testing (VO₂/Indirect Calorimetry)
- Web Development fundamentals

Professional Skills Development:

- Business networking and relationship building
- AI tools for business applications
- Leadership and mentoring
- Non-profit board experience
- Public speaking and presentation skills

Scan Requirements for Certification

- Whole Body Composition: 25 scans
- Lumbar Spine: 25 scans
- Proximal Femur: 25 scans
- Forearm: 15 scans

- Metabolic Testing (RMR): 20 tests
- VO2 Max Testing: 10 tests

Student Value

Professional Development:

- Industry-recognized certifications
- Clinical experience with clients
- Dual focus on technical and business training
- Mentorship opportunities
- Portfolio and resume enhancement

Career Advancement:

- Competitive skills in health technologies
- Networking via BNI and institutional events
- Board experience and leadership growth
- Content creation and AI integration experience

Support & Resources

- Transportation and meal allowances for full days
- Certification fee coverage
- Incentive and scholarship opportunities
- Event sponsorship and association memberships

Institutional Benefits

Academic Alignment:

- Documentation for academic credit
- Communication with advisors and faculty
- Progress and performance tracking
- Flexible around academic calendars

Institutional Partnerships:

- Partnered with CU Denver, MSU Denver, and Community College of Denver
- Faculty referral and engagement programs
- Intern feedback loop and continuous improvement

This internship program bridges academic theory with hands-on practice, equipping students with certifications, leadership skills, and real-world experience essential for careers in health and wellness.