



Duke University Integrated Health Sciences Internship Program 2019-2020



Program Description: Internship opportunities are available at the Duke Center for Living for motivated graduate or undergraduate students majoring in health science, exercise physiology, kinesiology or human physiology. *We are dedicated to providing an excellent internship program by offering the opportunity for numerous hands on experiences and enriching educational / training opportunities.*

Interns gain experience working with clinical trials investigating the effects of exercise interventions on cardiovascular and metabolic outcomes in the laboratory of William Kraus, M.D. Interns will have the opportunity to become familiar with the function and operation of laboratory equipment used for subject testing and collection of physiological data while assisting with data collection, data reduction, and data analysis. Specifically, interns will take an active role in cardiopulmonary exercise stress testing, muscle strength and physical function testing, body composition analysis, as well as the supervision of exercise interventions in a variety of populations. In addition, interns may be involved in taking blood samples (from an IV), spinning and pipetting plasma for OGTT, and other studies involving blood sampling (e.g. hyperglycemic clamps) as a part of the training process.

- Interns will be assigned one or more mentors to help coordinate their specific internship goals and responsibilities, and will report to this person for the duration of the internship.
- Internships are a *minimum* of 15 weeks (17-18 weeks *preferred*) during fall, spring or summer semesters.
- All interns will be expected to be available 40 hours per week to maximize the training opportunities.
- No stipend is provided. Travel and other internship program related expenses are reimbursed up to a total of \$2,000 (15 weeks) - \$2,500 (18 weeks).

Interns will be involved with the NIH funded MoTrPAC (Molecular Transducers of Physical Activity Consortium) trial. MoTrPAC is a nation-wide research consortium (21 sites around the U.S.) designed to discover preliminary characterization of the range of molecular transducers that underlie the effects of physical activity in humans. The program's goal is to study the molecular changes that occur during and after exercise and ultimately to advance the understanding of how physical activity improves and preserves health. The six-year program is the largest targeted NIH investment of funds into the mechanisms of how physical activity improves health and prevents disease. We will be heavily involved with recruiting, exercise training, and performing multiple muscle and fat biopsies plus blood draws on 200+ subjects. For more information, visit <https://motrpac.org/aboutUs.cfm>.

Additional internship opportunities will be available on a number of other studies. These studies include David Bartlett, Ph.D.'s exercise study assessing changes in physical fitness and immune function in older adults with chronic lymphocytic leukemia. Additionally, Leanna Ross, Ph.D., is conducting a STRRIDE Reunion study to determine the 10-year legacy health benefits of prior exercise intervention participation. We are also involved in non-exercise clinical studies under David D'Alessio, M.D., that utilize peptide-infusion hyperglycemic clamps to investigate pancreas function, diabetes, incretins, and glucagon.

Eligibility Requirements: Preference will be given to students currently enrolled in graduate or undergraduate exercise science programs or related fields; however, other interested candidates may be accepted when positions are available. Applicants must have a minimum GPA of 3.0 to be considered. Excellent communication skills and a high level of professionalism are essential. Interns are expected to be highly motivated, organized, self-directed, and open to feedback in order to ensure an optimal internship experience.

	Application Deadline	Decision By	Approximate Start Date
Summer 2019	2/28/19	3/15/19	5/6/19
Fall 2019	6/21/19	7/8/19	8/19/19
Spring 2020	10/31/19	11/15/19	1/6/20

Application Requirements: Interested individuals should send a **single PDF file** containing their résumé, cover letter (describing their background, academic standing/GPA, interests, career goals, and why they want to do their internship with us), and contact information for three references (at least two professional/academic; one may be a job supervisor) to Leanna Ross, Ph.D., Internship Program Director, at leanna.ross@duke.edu