

AFA SPORTS PERFORMANCE INTERNSHIP MILESTONES

- INTERNSHIP AGREEMENT CONTRACT
- AFA PRESENTATIONS
- 8 HOURS OF SHADOWING ○○○○○○○○○
- 8 HOURS OF INTERNING ○○○○○○○○○
- COACH IN-PERSON MOCK CLIENT SESSION
(GF)
- CREATE AND SUBMIT MOCK NUTRITION
PROGRAM (GF)
- CREATE AND SUBMIT MOCK EXERCISE
PROGRAM (GF)
- SUBMIT MID-WAY REFLECTION
- COACH IN-PERSON MOCK CLIENT SESSION
(ATHLETE)
- CREATE AND SUBMIT MOCK NUTRITION
PROGRAM (ATHLETE)
- CREATE AND SUBMIT MOCK EXERCISE
PROGRAM (ATHLETE)
- COACH LIVE SESSION WITH GF CLIENT
- COACH LIVE SESSION WITH ATHLETE
- SUBMIT FINAL REFLECTION AND NOTES
- PASS AFA COACH AND TRAINER EXAM