**Internship form**

Fepsac supports the provision of paid and unpaid temporary internship as a means to increase mobility and improve the quality and breadth of the educational and professional experience within Europe. If you are interested in offering or taking an internship please fill in the form below and submit it to the FEPSAC office. This will be posted online and will be available for supervisors and supervisees to download.

If you found an internship on the FEPSAC website that interests you, please complete your section on the form and send it directly to the other supervisor/supervisee as well as to office@fepsac.com

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| **A. Supervisee details:** |
| **First name:** |  |
| **Last name:** |  |
| **Telephone number:**  |  |
| **Country of residence:** |  |
| **E-mail address:** |  |
| **Qualifications:** | **Completed:** Choose an item.**Currently enrolled:** Choose an item.**Topic of studies:**  |
| **Funding details:** | Choose an item.**Additional details of funding ­­­** |
| **B. Supervisor organisation details:** |
| **Country:**  | United Kingdom |
| **Organisation** | London South Bank University |
| **Address:** | 103 Borough Road |
| **City:** | London |
| **Postcode:** | SE1 0AA |
| **B. Supervisor details:** |
| **Last name:** | Dr De Oliveira |
| **First name:** | Rita |
| **Job title:** | Senior Lecturer in Sport and Exercise Science |
| **Telephone number:**  | 020 7815 7959 |
| **E-mail address:** | r.oliveira@lsbu.ac.uk |
| **Funding details:** | Funding NOT available for internship**Additional details of funding**  |

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| **C. Internship project details:** |
| **1. Internship project title: Active and Healthy Ageing - Cognitive and emotional benefits from community-based exercise participation after midlife** |
| **2. Internship type:** | Research |
| **3. Internship length:** | to be discussed |
| **4. Internship period:** | **☐ Any ☒ To be agreed** **☐ Specific dates:**  |
| **5. Internship description:**The internship is part of a research project which aims to understand how the characteristics of community-based exercise programmes impact emotional wellbeing, cognitive function and adherence of adults after midlife. This study will evaluate local community based exercise programmes programmes by understanding participants’ and providers’ perceptions about the factors of adherence.Qualitative approach will be used to understand how the perceived physical and mental health effects of different types of community-based exercise programmes has impact on adherence. The methodology includes focus groups and subjective evaluation scales.The outcome of this study will highlight areas for improvement in exercise programmes, and inform practitioners who evaluate or recommend programmes for older adults.The project will be co-supervised by Zsofia Szekeres, PhD Research student.Please contact us if you are interested in emotional wellbeing, health, physical activity in older adults or if you would like to get experience and learn more about qualitative research methods.  |

*Disclaimer: FEPSAC accepts no responsibility or liability for any loss or damage caused to the supervisors, supervisees, or any third party as a result of any reliance being placed on the information on this form or as a result of the placement itself.*