



Exercise Science Division of the  
Department Of Kinesiology  
College of Health Sciences  
West Chester University of Pennsylvania

EXS 490/491 – Internship  
3.0 credits/6.0 credits

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**Instructor Information (assigned by Department Chair each semester)**

**Name:**

**Office:**

**Telephone:**

**Email:**

**Office Hours:**

**Course Prerequisites**

Must be completed during the last undergraduate semester at WCU – Capstone course.

Must submit a completed internship application to Assistant Chair of Exercise Science to be enrolled in this class.

**Purpose of Course**

The Exercise Science internship course is a capstone experience that permits students to apply their academic training under the direction of certified fitness/wellness professionals and/or licensed clinical professionals. While classroom input is inherent in educational programs at West Chester University, the application of academic theory gives the student experiences that will add to their personal and professional maturity. The internship is a requirement for all students in the Exercise Science Division of the Kinesiology Department.

The internship provides the student with the opportunity to ask pertinent questions, make observations, and to participate in agency activities that normally would not be possible for a paid, full-time employee. All internship experiences must be undertaken in an agency that guarantees to provide the student with supervision by an exercise specialist, physical therapist, occupational therapist, chiropractor, or physician's assistant possessing appropriate academic and certification credentials as well as licensure, appropriate to the student's concentration of study.

The internship is important to the student because it:

- Brings the student into contact with professionals on the job
- Enables the student to test classroom theories and techniques
- Offers challenges and stimuli to learn and investigate
- Tests the student as a potential professional in the fitness field and/or clinic
- Offers entry into the professional field as a gradual growth process
- Provides opportunity to evaluate the choice of a profession

**Required Text**

There are no required texts or materials. It is expected that the students will use texts and notes from past courses within the major as references and apply them to this internship experience.

**Required Hours**

A total of **125 documented hours** are required for the 3-credit course (EXS 490). Three credit hours are earned from the successful completion of the internship with a grade of C- or better.

\*Students enrolled in EXS 491 for 6-credits, will have to complete a total of 250 documented hours.

## Course Schedule

The day-to-day schedule for the intern will be discussed and agreed upon by the student intern and site supervisor. The student's University internship advisor and the Assistant Chair for Exercise Science should give their approval. Conflicts in scheduling should be resolved by the intern and site supervisor with intervention by the internship advisor or assistant chair only if needed.

## Student Learning Outcomes

The Exercise Science internship is both a capstone course and an experiential program that permits students to apply their academic training under the direction of credentialed and/or licensed professionals. The student should be able to apply **all of the ACSM performance domains and associated competencies** as identified by the Committee on Accreditation for the Exercise Sciences (CoAES) at their internship.

**Upon completion of this course, the student will be able to:**

- 1) Communicate effectively with exercise participants.
- 2) Think critically and analyze a situation, develop a solution and implement an outcome using the knowledge and skills accumulated over the course of his/her collegiate career.
- 3) Perform physical assessments and develop exercise prescriptions for the client base they are involved in, as the internship situation permits.
- 4) Demonstrate a practical knowledge of basic principles of human anatomy, exercise physiology and measurement theory.
- 5) Demonstrate an in-depth knowledge and understanding of health and skill related components of physical fitness.
- 6) Identify and explain the benefits and risks associated with exercise and physical activity, including the public health perspective.
- 7) Demonstrate competence in administering and interpreting pre-participation health screening assessment tools, including risk stratification of clients.
- 8) Demonstrate competence in the use and calibration of a wide range of laboratory and field equipment designed to assess physical fitness parameters.
- 9) Demonstrate competence in the selection and administration of a wide range of physical fitness tests and screening tools.
- 10) Demonstrate competence in the interpretation of physical fitness test results and utilize this information to develop individualized fitness programs.
- 11) Demonstrate competence in applying the principles of exercise prescription to the development of individualized fitness programs.
- 12) Demonstrate a professional attitude in all aspects of his/her work. This is especially true in the clinical setting.
- 13) Demonstrate information literacy by finding resources appropriate for understanding the clients' situations and developing appropriate assessments and prescriptions.

Learning Outcomes	Assessment	Department Objective
1. Students will demonstrate content knowledge and critical thinking skills reflective of the student learning outcomes listed above and identified by CoAES listed above.	Weekly Logs Midterm/Final Evaluations via Site Supervisor	Content Knowledge
2. Students will demonstrate competence in the skills needed to apply knowledge of the exercise science theories, principles, and practice identified above within a professional setting.	Midterm/Final Evaluations via Site Supervisor	Professional Behavior/Professionalism
3. Students will demonstrate the ability to communicate both orally and in written form information relative to the Exercise Science discipline.	Weekly Logs Weekly Emails to WCU faculty internship advisor Portfolio	Communication
4. Students will demonstrate the ability to locate and use resources and information which will assist in the successful completion of class assignments.	Portfolio	Information Literacy

## EVALUATIONS AND ASSIGNMENTS

Final Grades will be based on points earned using the following scoring rubric:

### I. Midterm and Final Evaluations (40 = 20 + 20 pts)

During the internship period, your site supervisor will evaluate your work two times. You are responsible for ensuring that your onsite supervisor has received the evaluation forms. Your supervisor sends the evaluation forms directly to your internship advisor.

### II. Weekly emails to your academic advisor (15 pts)

Your WCU internship advisor needs to hear from you at least once per week. The email is a short paragraph describing your work. If there is a problem, do not hesitate to contact your internship advisor as quickly as possible.

### III. Portfolio (45 pts)

At the end of the internship, submit your portfolio in a binder to your internship advisor. Your portfolio will be graded within one week of submission. You may pick up your work after grading. All materials will be removed and destroyed after one semester.

At the front of the binder, insert a cover page that includes

Your Name

Internship Site Name

Semester/Year enrolled

Submitted to

Your Internship Advisor's Name

Your portfolio includes the following sections:

- A. Internship Log** –You are responsible for maintaining a log detailing the work that you do at the internship. The log should include the days and hours that you work, a description of the project(s) you worked on that day, your contributions to the projects, and any personal reflections you wish to make on a daily basis. Log of duties and responsibilities and time allotted adding up to 125 hours of work experience. (15 pts)
- B. Critique Paper** – At the end of the internship, write a final critique paper describing and evaluating the internship experience, focusing on what it has taught you about your field. Note: your critique is not graded on your opinion, but rather the depth of your discussion. There is no specific length of this paper. (15 pts)

The format for the paper is as follows:

- Introduction: Describe the internship and identify the major responsibilities
- Evaluation: This section will be the majority of your paper. Discuss in detail how well your coursework prepared you for this internship. What classes, theories and/or concepts were most helpful to you in this experience?
- Obstacles: Discuss any problems and how they were solved.
- Are you likely to be hired at this internship site? Why or why not?
- Would you recommend this internship site to other students? Why or why not?
- Recommendations: Discuss ideas for improving the internship program in general and your experience in particular.
- Answer the following questions:
  1. How did WCU prepare you for internship experience?
  2. What could you have done differently?
  3. What did you learn that helped you?
  4. What more could you have learned, and why?

5. Any other personal notes
6. Did you learn from your internship experience?
7. What are your plans for the future?
8. Were you offered a position at this facility?
9. If so, are you accepting the position?

**C. Case Study – follow one person (15 pts)**

1. Clearance
2. History
3. Diagnosis, if clinical
4. Exercise tests results
5. Exercise prescription
6. Treatments, medications, and modalities used, if clinical
7. Progression and evaluation of progress
8. **Patient/Client confidentiality must be maintained**

**GRADING SCALE**

GRADE	UNDERGRAD SCALE	CRITERIA
A A-	93-100 90-92	The highest level of performance showing sustained excellence in meeting all course requirements and exhibit an unusual degree of intellectual initiative; above and beyond expectations
B+ B B-	87-89 83-86 80-82	A high level of performance showing <i>consistent</i> and effective achievement in fulfilling the course requirements
C+ C C-	77-79 73-76 70-72	An <i>adequate</i> level of performance, meeting the basic requirements of the course. The completion of all assignments on time is a minimum requirement for the course
D+ D D-	67-69 63-66 60-62	Less than adequate performance of the minimum course requirements
F	<60	Failure to meet adequate performance of the minimum course requirements

**ACADEMIC & PERSONAL INTEGRITY**

It is the responsibility of each student to adhere to the university's standards for academic integrity. Violations of academic integrity include any act that violates the rights of another student in academic work, that involves misrepresentation of your own work, or that disrupts the instruction of the course. Other violations include (but are not limited to): cheating on assignments or examinations; plagiarizing, which means copying any part of another's work and/or using ideas of another and presenting them as one's own without giving proper credit to the source; selling, purchasing, or exchanging of term papers; falsifying of information; and using your own work from one class to fulfill the assignment for another class without significant modification. Proof of academic misconduct can result in the automatic failure and removal from this course. For questions regarding Academic Dishonesty, the No-Grade Policy, Sexual Harassment, or the Student Code of Conduct, students are encouraged to refer to the Department Undergraduate Handbook, the Undergraduate Catalog, the *Ram's Eye View*, and the University website at [www.wcupa.edu](http://www.wcupa.edu). Please understand that improper conduct in any of these areas will not be tolerated and may result in immediate ejection from class.

**ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES**

If you have a disability that requires accommodations under the Americans with Disabilities Act (ADA), please present your letter of accommodations and meet with me as soon as possible so that I can support your success in an informed manner. Accommodations cannot be granted retroactively. If you would like to know more about West Chester University's Services for Students with Disabilities (OSSD), please visit them at 223 Lawrence Center. The OSSD hours of Operation are Monday – Friday, 8:30 a.m. – 4:00 p.m. Their phone number is 610-436-2564, their fax number is 610-436-2600, their email address is [ossd@wcupa.edu](mailto:ossd@wcupa.edu), and their website is at [www.wcupa.edu/ussss/ossd](http://www.wcupa.edu/ussss/ossd).

**NO GRADE POLICY**

An "NG" will be assigned to a student only under extreme conditions such as medical or other emergencies. An "NG" will not be given to students who need extensions to complete exams or projects without valid reasons. If

an NG is assigned, it is the student's responsibility to make arrangements with the instructor for completion of required exam/projects within the first nine weeks of the next semester. If required projects/exams are not completed within nine weeks the "NG" automatically changes to an "F" grade.

### **ELECTRONIC MAIL POLICY**

It is expected that faculty, staff, and students activate and maintain regular access to University provided e-mail accounts. Official university communications, including those from your instructor, will be sent through your university e-mail account. You are responsible for accessing that mail to be sure to obtain official University communications. Failure to access will not exempt individuals from the responsibilities associated with this course.

### **TITLE IX**

West Chester University and its faculty are committed to assuring a safe and productive educational environment for all students. In order to meet this commitment and to comply with Title IX of the Education Amendments of 1972 and guidance from the Office for Civil Rights, the University requires faculty members to report incidents of sexual violence shared by students to the University's Title IX Coordinator, Ms. Lynn Klingensmith. The only exceptions to the faculty member's reporting obligation are when incidents of sexual violence are communicated by a student during a classroom discussion, in a writing assignment for a class, or as part of a University-approved research project. Faculty members are obligated to report sexual violence or any other abuse of a student who was, or is, a child (a person under 18 years of age) when the abuse allegedly occurred to the person designated in the University protection of minors policy. Information regarding the reporting of sexual violence and the resources that are available to victims of sexual violence is set forth at the webpage for the Office of Social Equity at <http://www.wcupa.edu/admin/social.equity/>.

### **EMERGENCY PREPAREDNESS**

All students are encouraged to sign up for the University's free WCU ALERT service, which delivers official WCU emergency text messages directly to your cell phone. For more information, visit [www.wcupa.edu/wcualert](http://www.wcupa.edu/wcualert). To report an emergency, call the Department of Public Safety at **610-436-3311**.

### **DIVERSITY AND UNIVERSITY MISSION**

West Chester University's Mission Statement says, in part, "We appreciate the diversity the members of our community bring to the campus and give fair and equitable treatment to all; acts of insensitivity or discrimination against individuals based on their race, gender, ethnicity, age, sexual orientation, abilities, or religious beliefs will not be tolerated."

### **RECOMMENDED READING/BIBLIOGRAPHY**

Powers, S.K., et al. (2013). *Total Fitness and Wellness*. 6th ed., Boston, MA: Pearson.

American College of Sports Medicine. (2018). *ACSM's Guidelines for Exercise Testing and Prescription*. Philadelphia, PA: Lippincott Williams & Wilkins.

Code of Ethics. (n.d). Retrieved January 05, 2018, from <http://www.acsm.org/membership/membership-resources/code-of-ethics>