**MOV 490 – Internship in Exercise Science**

**Minimum expectations for student experiences:**

**Clinical Exercise Science Site:**

1. Assist and administer fitness or exercise evaluations.
2. Assist in developing individual fitness or exercise programs.
3. Assist and educate participants in proper use of equipment.
4. Enforce site policies, rules and regulations to assure participant safety.
5. Keep records and files on program participants secured and confidential.
6. Supervise and interact with participants on a regular basis.
7. Assist in and/or develop an understanding of the organization’s operations.
8. Share knowledge, skills and materials with your cooperating supervisor.
9. Develop an understanding of the responsibilities of the various positions within the organization.
10. Develop an understanding of the organization’s mission and vision.
11. Develop an understanding of the marketing and promotion of the organization and its services.

**Additional optimal experiences:**

1. Assist and conduct group exercise programs.
2. Teach educational classes related to health, wellness, fitness and or athletic performance.
3. Develop an understanding of budget management.
4. Develop an understanding of equipment maintenance.
5. Develop an understanding of equipment purchasing.

**Health Fitness Instruction Site with onsite fitness facility:**

1. Assist and administer fitness or exercise evaluations.
2. Assist in developing individual fitness or exercise programs.
3. Assist and educate participants in proper use of equipment.
4. Enforce site policies, rules and regulations to assure participant safety.
5. Keep records and files on program participants secured and confidential.
6. Supervise and interact with participants on a regular basis.
7. Assist in and/or develop an understanding of the organization’s operations.
8. Share knowledge, skills and materials with your supervisor.
9. Develop an understanding of the responsibilities of the various positions within the organization.
10. Develop an understanding of the organization’s mission and vision.
11. Develop an understanding of the marketing and promotion of the organization/department and its services.

**Health Fitness Instruction Site without facility:**

1. Assist and administer appropriate health/wellness/fitness programs.
2. Enforce site policies, rules and regulations.
3. Assist in and/or develop an understanding of the organization’s operations.
4. Share knowledge, skills and materials with your supervisor.
5. Develop an understanding of the responsibilities of the various positions within the organization.
6. Develop an understanding of the organization’s mission and vision.
7. Develop an understanding of the marketing and promotion of the organization and its services.

**Additional optimal experiences:**

1. Assist and conduct group exercise programs.
2. Teach educational classes related to health, wellness, fitness and or athletic performance.
3. Develop an understanding of budget management.
4. Develop an understanding of equipment maintenance.
5. Develop an understanding of equipment purchasing.