

**COURSE OUTLINE**  
**EXSC 250**  
**Exercise Science Internship**  
**3 Semester Hours**

**HOWARD COMMUNITY COLLEGE**

**Description**

This course will involve the practical application of knowledge and skills to an exercise science setting. Specific emphasis on the development of a professional practices demonstrating understanding of personal training, fitness development, and administrative practices related to occupations related to exercise sciences. This Internship must cover a period of a minimum of 12 consecutive weeks. Prerequisites: EXSC-101, EXSC-200, EXSC-210, and HEED-200 (3 hours weekly)

**Overall Course Objectives**

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

1. Explain the role of the exercise science professional in the professional setting.
2. Develop fitness or exercise programs.
3. Direct individuals in the practice of fitness.
4. Demonstrate the skills appropriate to the exercise professional.
5. Develop professional objectives.
6. Complete duties as assigned for Internship.

**Major Topics**

- I. Internship practicum to apply previously learned skills which include:
  - a. health screening
  - b. health risk factor assessment
  - c. body composition analysis
  - d. fitness program development
  - e. exercise and health training/instruction
  - f. behavior modification programming
- II. Development, implementation and evaluation of professional practices appropriate to internship setting.
- III. Development, implementation and evaluation of exercise programs appropriate to internship setting.
- IV. Development, implementation and evaluation of fitness practices appropriate to internship setting.

**Course Requirements**

1. Development, in partnership between student and supervisor, of learning objectives appropriate for the specific internship setting.
2. Development of professional goals/objectives by the student.
3. Submission of Monthly Progress Reports from Internship supervisor.
4. Submission of Monthly Summary from student.

5. Completion of Monthly Projects and/or Readings relevant to the Internship.
6. Evaluation of Work Performance by Faculty Advisor.
7. Completion of Final Report.

**Other Course Information**

Students will complete a minimum of forty-eight (48) practicum hours at approved sites, over a minimum of twelve (12) weeks.