

Appendix D:

Internship Settings

Depending on the internship location, various expectations, goals, and objectives are expected and might include the following:

Worksite/Corporate Health Fitness

- Behavior Change
- Stress Management
- Nutrition
- Aerobic exercise
- Health care cost control
- Shows initiative
- Models a healthy lifestyle
- Sensitive to diversity
- Motivation of participants
- Fitness assessment
- Assessment and interpretation of health data
- Market programs
- Lead behavior change groups
- Design incentive programs
- Design exercise programs

University/College Strength and Conditioning Program

- Improve sport performance
- Design programs for different athletes
- Program implementation
- Program assessment and evaluation
- Proper form and technique for each exercise
- Spotting free-weight exercises
- Nutritional factors in sport performance
- Statistical evaluation of test data
- Develop a policy and procedure manual
- Designing the strength and conditioning facility
- Scheduling the strength and conditioning facility

Health Club/Commercial Fitness Center

- Demonstrate knowledge of clients
- Develop client goals
- Design an effective training program
- Adapt to the changing needs of the client
- Demonstrate ethical and professional behavior
- Client screening and risk stratification
- Client health-related physical fitness assessments
- Legal issues and responsibilities

Hospital Site Cardiac Rehabilitation/Wellness Center

- Health benefits of physical activity
- Fitness benefits of physical activity
- Theories and models of physical activity promotion
- Legal considerations
- Assessment of client's fitness level
- Pharmacotherapy
- Design an effective exercise program
- Effective management of the client with cardiovascular diseases, diabetes, obesity, arthritis, etc.

Research

- Development of experimental design
- Data collection
- Interaction with subjects
- Statistical evaluation of data
- Interpretation of data
- Manuscript writing