

KIN A298: FITNESS SPECIALIST INTERNSHIP

| Item | Value |
|------------------------------------|---|
| Curriculum Committee Approval Date | 11/04/2020 |
| Top Code | 083520 - Fitness Trainer |
| Units | 2-3 Total Units |
| Hours | 78-138 Total Hours (Lecture Hours 18; Other Hours 60-120) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | No |
| Grading Policy | Standard Letter (S) |

Course Description

A supervised internship related to classroom-based learning at a workplace site that supports the learning outcomes of the Fitness Specialist Certificate program. PREREQUISITE: KIN A280 and Current CPR certification to be verified by instructor during first class meeting. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Create professional level resume.
2. Demonstrate employability skills related to the fitness industry at an internship site.

Course Objectives

- 1. Conduct search for appropriate internship site related to education and career goals.
- 2. Dress appropriately for internship site.
- 3. Interview at an internship site and present himself/herself professionally.
- 4. Follow employment policies of internship site.
- 5. Observe the dynamics of human relations in the work environment.
- 6. Write measurable learning objectives.
- 7. Evaluate accomplishment of learning objectives and effectiveness of internship site and program.
- 8. Maintain a record of internship experiences and time.
- 9. Identify employability skills related to individual field sites.
- 10. State resources used in the job search process.
- 11. Write a reflective summary (work report) of each field site visit.

Lecture Content

1. Career search skills a. Research 3 companies related to career goal through library, placement center, online job sites and newspaper or professional publications. 2. On-site interviewing a. Conduct successful interview at internship site b. Appropriate dress c. Completed paperwork (resume, letters, application) 3. Write measurable learning objectives related to personal and internship site needs including what is to be accomplished, how it will be accomplished, how it will be evaluated, and

completion date. a. Routine objectives b. Personal objectives c. Problem solving objectives d. Creative objectives e. Critical thinking objectives f. Subject matter objectives 4. Employment skills a. Appropriate dress b. Safety skills c. Absences d. Time management e. Communication/human relations 5. Write an evaluation of accomplishment of learning objectives and effectiveness of internship program.

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Work Experience (20)

Instructional Techniques

Lecture, skill demonstration, laboratory, critique (instructor/student), video, research, and student presentation

Reading Assignments

Students will spend approximately 2-4 hours a week reading from the following sources: American Council on Exercise (ACE) Newsletters American College of Sports Medicine (ACSM) position statements and publications National Strength and Conditioning Association (NSCA) publications and newsletters Miscellaneous articles as needed

Writing Assignments

1. Maintain record of internship experience and documentation of hours
2. Write an evaluation of internship experience

Out-of-class Assignments

Students will spend approximately 2-4 hours a week completing tasks outside of their internship that prepares them to participate fully in the internship experience. 1. Maintain record of internship experience and documentation of hours 2. Write an evaluation of internship experience

Demonstration of Critical Thinking

Student must develop learning objectives for internship and develop strategies for accomplishing them. Students must apply classroom knowledge and skills learned in working environment.

Required Writing, Problem Solving, Skills Demonstration

Students must maintain record of internship experience and documentation of hours. Students will write an evaluation of internship experience, reflecting on their success at meeting the learning outcome developed at the beginning of the semester.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Internship handbook 2. Instructor handouts