MIDDLE TENNESSEE STATE UNIVERSITY

EXSC 4250 / 6880
EXERCISE SCIENCE
INTERNSHIP PACKET

Campus Box 96
Alumni Memorial Gym 154
Middle Tennessee State University
Murfreesboro, TN 37132
Fax (615) 898-5550

Revised February 2016
EXSC 4250 /6880
EXERCISE SCIENCE INTERNSHIP

INTRODUCTION

The internship in Exercise Science is intended to be the culminating experience of your degree. The modern concept of internships essentially springs from the medieval apprenticeship, in which skilled laborers (often craftsmen) would teach a young person their trade and, in exchange, that person would agree to work for the teacher for a certain length of time. The main difference between an apprenticeship and an internship is that internships are more exploratory. You're not bound to work for your “employer” after the internship is over (although many interns do receive job offers). The internship experience allows/promotes the application and improvement of your course-based learning (knowledge, skills, and abilities) in a real world setting. In addition to allowing the student to gain “work” experience in the field it is also the first opportunity for many students to begin building a network of professional contacts. Your internship site supervisor can be a valuable asset both during and following an internship experience. Therefore, the selection of an appropriate internship site with a quality internship site supervisor is vital as you transition from the academic world of your degree program to the work force.

For those individuals planning on moving directly into graduate study, the internship experience and site supervisor carry similar benefits. Often this is the first opportunity to observe and participate in activities related to your chosen vocation (PT, OT, Clinical Exercise Physiology, etc.). Similar to above, the internship site supervisor can prove to be a valuable resource both during and following the internship experience and has the potential to serve as a reference as you apply to programs of graduate study.

For these reasons, the selection of an internship site (and site supervisor) should not be taken lightly. The field of Exercise Science is broad with many career/employment tracks. Each student needs to carefully select an internship that will assist him/her in moving toward career goals. **It is your responsibility to select an internship site that will lead him or her in the direction of his or her desired career.** Identifying an appropriate internship site is complex. Your academic advisor and the Exercise Science faculty can assist you in identifying resources that will assist you in identifying potential internship sites. Brief descriptions of multiple
internship sites (Clinical, Strength & Conditioning, and Fitness) that are regularly used by our majors are available in the same location where you found this Internship Packet (http://www.mtsu.edu/hhp/careers-exercise.php). This is not a comprehensive list of possible internship sites and students may pursue additional sites not included in the listings on the Exercise Science web page.

Potential/New Internship sites are evaluated on two important characteristics. The first is a CLEAR link to Exercise Science (knowledge, skills, & abilities). The second characteristic relates to the qualifications of the Internship Supervisor. An appropriate combination of education, certification/licensure, and experience are required for a potential site supervisor/site to be approved. Careful scrutiny will be given when evaluating new sites/site supervisors to insure that students receive a quality Internship experience.

Once potential sites are identified, the student is responsible for making contact with the site(s) and scheduling a meeting with the individual(s) at the site that would (1) serve as the Internship Site Supervisor and (2) has the ability to accept the student as an intern. Be prepared to bring a résumé with you to this meeting. Be aware that not all facilities accept interns and that many facilities have strict limits on the number of interns that they will accept in a given semester. Do NOT wait until the last minute to locate and secure an internship site. Interning at a current or previous site of employment is only an option if you can accumulate 350 hours in areas outside of your employment/previous experience responsibilities while being supervised by a different staff member at the facility.

The remainder of this Internship Packet outlines the steps necessary to acquire an internship site, describes the process of acquiring the needed paperwork required to be able to receive a permit to enroll in the internship course (EXSC 4250/6880), and lists the paperwork that is required to begin service hours at your chosen and approved internship site. Following the steps outlined in this packet is essential for you to be able to enroll in, serve, and complete an internship. Not meeting the deadlines described in the packet will result in delaying your internship to another semester.
**Eligibility for Internship**
The internship in Exercise Science is intended to be one of the final courses enrolled in for completion of your degree (B.S. / M.S.). Prerequisites for enrollment in EXSC 4250 / EXSC 6880 are as follows:

**B.S. Students**
EXSC 3500
EXSC 4230
EXSC 4240

*May be taken concurrently with EXSC 4250 Internship in Exercise Science, or following, as long as the internship placement does NOT involve working with individuals representing special populations.*

**M.S. Students**
Masters student are required to have completed a minimum of 18 credit hours in their program of study which include the following:
EXSC 6650
EXSC 6830
**EXSC 6840**
HHP 6610
HHP 6700

*May be taken concurrently with EXSC 6880 Internship in Exercise Science, or following, as long as the internship placement does NOT involve working with special populations (EXSC 6840) or in a Cardiac Rehabilitation setting (EXSC 6870).*

Students are warned against enrolling in more than one additional 3 credit-hour course while enrolled in EXSC 4250 / 6880. It has proven difficult/impossible for students to complete their internship responsibilities when enrolled in credit-hours above this recommendation, especially with a natural science course (required lab). Ideally, the internship should be taken alone. This allows the freedom for students to acquire internships that are not in close proximity to campus and ensures ample availability for the completion of internship service hours.

**Service Hour Minimums**

**B.S. Students**
A minimum of 350 clock hours

**M.S. Students**
A minimum of 200 clock hours

*Notes: (1) Many internship sites have service hour requirements that exceed these listed minimums. If you select one of these internships you are obligated to complete the requirements of the site not just MTSU requirements.*

* (2) It is your responsibility to verify that the site you have selected is able to provide 350 clock hours of service within the allotted weeks of the semester.*
(3) Due to US employment and insurance laws, Interns may only count 40 hrs. per week toward the internship hour requirements.

**TIMELINE FOR ACQUIRING AN INTERNSHIP**

**The semester prior to Internship**

1. Download Internship Packet from the Exercise Science web page

2. Read all information in the packet

3. Complete the **Internship Application Form**

4. Determine type of internship setting (Public Fitness, Corporate Fitness, Strength & Conditioning, Physical Therapy, Occupational Therapy, Cardiac Rehabilitation, etc.) you wish to pursue.

5. Select prospective internship sites *(A partial listing of commonly used internship sites is available at [http://www.mtsu.edu/hhp/careers-exercise.php](http://www.mtsu.edu/hhp/careers-exercise.php)).*

6. Contact prospective sites and arrange an “interview” with that site’s Internship Director/Coordinator.
   - Dress professionally
   - Bring a transcript and a resume
   - Bring the internship acceptance form

7. Select the internship that best fits your needs and to which you have been accepted
   - Have that site’s Internship Director/Coordinator complete the **Internship Acceptance Form** (attach his/her business card if possible)

8. Submit the **Internship Application** and **Internship Acceptance** forms to an Exercise Science Faculty member (**Internship Acceptance** may be faxed directly to Exercise Science by your internship site supervisor)
   - *The deadline for submission of these forms for the spring, summer, and fall terms is the Monday PRIOR to priority registration for your internship semester.*

9. At the end of priority registration you will receive an email informing you of the CRN of the section of internship to which you have been assigned. This email will also inform you of the date, time, and location of the required pre-internship meeting *(usually on “Study Day” of the semester)*.

10. Upon receipt of this email, log into Pipeline and register for internship credits

11. Acquire personal liability insurance. *(~$40.00, must be valid for the entire internship)*
   - [www.hpsol.com](http://www.hpsol.com)
   - [www.proliability.com](http://www.proliability.com)
Some sites require a higher level of liability insurance. Check with your site to see if they have minimum requirements.

12. Attend pre-internship meeting
   - Provide proof of liability insurance coverage (*must be valid for the entire internship*)
   - Provide proof of CPR certification (*must be valid for the entire internship*)
   - You will NOT be allowed to start serving at your internship site until these forms are submitted.
   - *Anyone failing to attend this meeting will bear the sole responsibility of getting the information covered at the meeting.*

13. Pay attention in the pre-internship meeting and ask questions
   - This may be the last time you see your University Internship “instructor” until the final internship meeting
TIMELINE FOR COMPLETING YOUR INTERNSHIP

The semester of your Internship
1. Review internship materials posted on D2L
   - Syllabus
   - Internship Forms
   - Internship Project Information
   - etc.

2. Make sure you mark the final internship meeting date, time, and location on your calendar (the last week of the classes).

3. Begin serving Internship service hours (you can begin once the semester has begun and all required paperwork is submitted, and you have registered for the course)
   - Log your service hours (Form posted on D2L)
   - Submit internship reports via email as instructed (See syllabus)
   - Communicate regularly with your site supervisor
   - Notify your University Internship “instructor” when you have questions and/or concerns
   - Follow instructions in the syllabus with regard to required evaluations etc.

Treat your Internship like a job where you are working to impress your supervisor, the staff, and the clients of the business. Be on time, dress appropriately, and behave in a professional manner (leave your cell phone in the car). **It is possible to be removed from your internship site should your site supervisor be unsatisfied with your performance.**

4. Attend the final internship meeting (usually on the last Wednesday of classes of the semester of internship)
   - Submit Internship “binder” (this will include)
     - Hardcopy of internship project materials
     - Hour log/time sheet
     - Updated resume’
     - Internship site and supervisor evaluations
   - Present your internship project to the other students in your internship section
   - Return your internship name badge clip

5. Complete the Exercise Science Major Field Test
MIDDLE TENNESSEE STATE UNIVERSITY
EXERCISE SCIENCE

Internship Supervisor Acceptance/Rejection Form

After interview, please return this form to:

EXSC Internship Supervisor
Campus Box 96
Middle Tennessee State University
Murfreesboro, TN 37132
Fax: (615) 898-5550

Student's Name: ____________________________ Date: __________

Semester of Service: Fall Spring Summer Year: ________
(Circle One)

_____ The agency, which I represent, accepts the above named student as an intern.

Undergraduate interns are required to serve 350 clock hours.
Graduate interns are required to serve 200 clock hours.

_____ The agency, which I represent, does not accept the above named student as intern.

Supervisor Signature: ______________________ Date: ________

Comments:

Intern Supervisor: __________________________ Title: __________________________
(Please Print Clearly)

Agency / Business: ________________________________

Years with this Agency / Business: ________ Years in this profession: ________

Certification(s)/License(s) Held: ________________________________

Address: ______________________________________
__________________________________________________
__________________________________________________

Phone: ______________________ E-mail: ______________________
(Please Print Clearly)

Please attach business card if available.
MIDDLE TENNESSEE STATE UNIVERSITY
EXERCISE SCIENCE
APPLICATION FOR INTERNSHIP

Date: ___________________________ Internship Semester: ____________

Name: __________________________________________________________________ M#: __________________

MTSU Email: __________________________________________________________________ Cell #: __________________

Permanent Email Address: __________________________________________________________________

Address: __________________________________________________________________ Zip Code: ____________

Circle One of the following: EXSC 4250 EXSC 6880 3 credits EXSC 6880 6 credits

Expiration date of CPR certification: ___________________________

Anticipated date of graduation: ___________________________

Will you be interning at a facility serving individuals representing special populations? 
___Yes ___No

# of hours completed: ______ Overall GPA: ______

Undergraduate students: List all remaining coursework and indicate when these courses will be taken: (courses you are currently enrolled in need not be listed)

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- Please list any course you intend on taking concurrently with internship

Graduate students: List all remaining coursework and indicate when these courses will be taken: (courses you are currently enrolled in need not be listed)

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- Please list any course you intend on taking concurrently with internship

**Students are restricted from enrolling in more than one 3 credit-hour course while enrolled in EXSC 4250 / 6880.**
**MIDDLE TENNESSEE STATE UNIVERSITY**  
**EXERCISE SCIENCE**

**APPROVED CERTIFICATIONS IN EXERCISE SCIENCE**

Accreditation is the process by which a credentialing or educational program is evaluated against defined standards by a third party. When in compliance with these standards, it is awarded recognition.

**Professional or Personnel Certification Program**
- Assesses knowledge, skills, and/or competencies previously acquired
- Goal is to validate the participant’s competency through a conformity assessment system
- Assessment is best used to assure baseline competencies and to differentiate professionals; independent of a specific learning event
- Assessment content is usually broad in scope
- Awards designations to recognize achievement

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<th>Organization Name</th>
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<td>Academy of Applied Personal Training Education (AAPTE)</td>
<td>Certified Personal Fitness Trainer (CPFT), Accredited through 3/31/2019</td>
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<td>ACTION Certification (ACTION)</td>
<td>Certified Personal Trainer (CPT), Accredited through 1/31/2019</td>
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| American College of Sports Medicine | ACSM Certified Personal Trainer (CPT), Accredited through 8/31/2016  
ACSM Certified Health Fitness Specialist (HFS), Accredited through 8/31/2016  
ACSM Registered Clinical Exercise Physiologist (RCEP), Accredited through 8/31/2016  
ACSM Certified Clinical Exercise Specialist (CES), Accredited through 8/31/2016 |
| American Council on Exercise (ACE) | Certified Medical Exercise Specialist (ACE-CMES), Accredited through 10/31/2018  
Group Fitness Instructor (ACE-GFI), Accredited through 10/31/2018  
Health Coach Certification (ACE Health Coach Certification), Accredited through 10/31/2018  
Personal Trainer (ACE-CPT), Accredited through 10/31/2018 |
| Collegiate Strength and Conditioning Coaches association (CSCCa) | Strength and Conditioning Coach Certified (SCCC), Accredited through 2/28/2019 |
| International Fitness Professionals Association (IFPA) | International Fitness Professionals Association Personal Fitness Training Certification (IFPA - PFT), Accredited through 11/30/2019 |
| National Academy of Sports Medicine (NASM) | Certified Personal Trainer (CPT), Accredited through 11/30/2019 |
| National Council on Strength and Fitness (NCSF) | National Certified Personal Trainer (NCSF-CPT), Accredited through 3/31/2020  
Personal Fitness Trainer (PFT), Accredited through 1/31/2019 |
| National Exercise and Sports Trainers Association (NESTA) | Certified Personal Trainer (NETA-CPT), Accredited through 7/31/2017  
Certified Group Exercise Instructor (NETA-CGEI), Accredited through 7/31/2017 |
| National Federation of Professional Trainers (NFPT) | Certified Personal Fitness Trainer (CPT), Accredited through 1/31/2017 |
| National Strength and Conditioning Association (NSCA) | Certified Personal Trainer (NSCA-CPT), Accredited through 4/30/2018  
Certified Strength and Conditioning Specialist (CSCS), Accredited through 4/30/2018  
Tactical Strength and Conditioning-Facilitator (TSAC-F), Accredited through 7/31/2020 |
| Pilates Method Alliance (PMA) | PMA Certified Pilates Teacher (PMA-CPT), Accredited through 4/30/2017 |
| PTA Global, Inc. (PTA Global, Inc.) | Personal Training Academy Global Certified Personal Trainer (PTA Global CPT), Accredited through 8/31/2019 |
| The Cooper Institute (CI) | Personal Trainer Certification (CPT), Accredited through 11/30/2016 |