KIN 459: Internship in Exercise Leadership

COURSE OBJECTIVES AND DESCRIPTION

This course is designed to enable you to acquire more real-life experiences in a health/fitness facility. These experiences:

- 1) extend beyond those of KIN 258 and 259,
- 2) give you better perspective on what is taught in KIN 458,
- 3) make you better prepared for KIN 485 and, in so doing,
- 4) prepare you for your future career as a professional in a health/fitness-oriented environment.

This course parallels KIN 485 in that you will be working in a “real” fitness center with “real” clients and with an onsite supervisor who’ll you work with on a day-to-day basis. One of the facilities is The Exercise Clinic, an on-campus adult fitness/exercise program located in Forker 194. The other facility is located at Northcrest Community (http://www.northcrestcommunity.org/). Your time will be spent working in an exercise class interacting with participants as an assistant exercise leader. Your onsite supervisor (Chris and Kelsey in the Exercise Clinic and Kendra McGhee at Northcrest) is the exercise leader for the class and has primary responsibility for the class's operations.

If your internship is in The Exercise Clinic, it will be seven weeks in duration. The exercise classes meet three times each week for an hour each. During the first week or two, you will become familiar with how the class is run. You will gradually assume more responsibilities with the goal being you could run the class unassisted by the time your internship is done. These seven weeks are spent either in the first half or the second half of the semester. The first half is from August, 31st to October, 16th while the second half is from October 19th to December, 11th.

If your internship is with Northcrest, it will be 14 weeks in duration (August, 31st to December 11th). The exercise classes meet twice a week, but you would only attend one session on Tuesday or Thursday for 60 minutes. During the first week or two, you will become familiar with how the class is run. You will gradually assume more responsibilities with the goal being you could run the class unassisted by the time your internship is done.

Expectations during internship (*Exercise Clinic only):

- Perform Fitness Assessments on participants
- Lead warm-up and cool down
- Present a tutorial on a health topic
- Work one-on-one with three to four clients*
- Develop a training plan for each client*
- Update and maintain well-miles logs (i.e., member activity sheets) *
- Develop and share a cardiovascular disease risk profile for each client

WHAT TO DO NOW

1. Fill out the information sheet from your advisor and return to Mrs. Anderson.
2. Mark your calendars for the MANDATORY meeting on Wednesday, August 26th from 5:10-7:00 p.m. in Forker 194.
3. If not already CPR certified, become certified by the American Red Cross or the American Heart Association or an organization with a practical/hands-on component. You will need to show proof of this by August, 28th.

Failure to complete these three items will result in dismissal from KIN 459.