



## ACADEMIC INTERNSHIP

The Undergraduate Exercise Science Program is a four year degree designed to prepare graduates as entry-level fitness professionals that promote the health and well-being through exercise and fitness. The curriculum includes a full semester internship in the students' senior year.

## OBJECTIVES

- Understand development and implementation of population-based Exercise Science programs.
- Explain key elements of fitness assessments OR demonstrate competency in fitness assessments.
- Understand management structure(s), staffing patterns and operations of the internship site.
- Participate in the planning and implementation of regular and specific-focus programs of the internship site.
- Provide the student an opportunity to gain leadership skills and experience.
- Help the student develop/further enhance oral and written communication.

## KEY FACTS

- Roughly 120 or 200 hour commitment, over 13 weeks
- Spring semester, January to April
- Fall semester, August to November
- Seniors, expecting to graduate within 6 months
- Unpaid, paid or stipend

# EXERCISE SCIENCE UNDERGRADUATE PROGRAM

## INTERNSHIP SCOPE

The 120 or 200 hour practicum will provide direct observation of exercise physiologists as well as supervised interaction with clients at a healthcare organization in the Chicagoland area.

Students taking the course will gain valuable clinical experience; to include the development of communication and interpersonal skills, preliminary documentation, understanding differential diagnosis of general medical conditions, and basic exercise physiologist skills and procedures in the clinical setting.

The student intern will spend approximately ten to twelve hours per week at a healthcare organization under the guidance of a preceptor. The internship not only provides the student with the opportunity to experience the realities of health care in an operational setting but also allows them to apply the knowledge they have learned throughout their coursework at Loyola

For more information: Contact

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## STUDENT ACTIVITY EXAMPLES

- Leading group fitness activities
- Exercise prescription
- Interdisciplinary shadowing
- Fitness assessments
- Marketing activities
- New program development

## CRITERIA

- Must be a learning experience.
- There is supervision and routine feedback by a professional.
- Skills or knowledge learned must be transferrable to other employment settings.
- There are clearly defined learning objectives/goals related to the professional goals of the academic coursework.



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## **SAMPLE OF EXERCISE SCIENCE INTERNSHIP SITES**

Alexian Brothers Medical Center-Cardiac & Pulmonary Rehab

Ann & Robert H. Lurie Children's Hospital

EFT Sports Performance

EVO Strength and Conditioning

Gottlieb Memorial Hospital Center for Fitness

Healthy Results

Loyola Center for Fitness

MacNeal Hospital

Misericordia

Northwest Community Hospital

On Your Mark Coaching & Training

Symbria Senior FITness

Shirley Ryan Ability Lab Adaptive Sports

Shirley Ryan Ability Lab Fitness Center

TCBOOST Sports Performance

Transform Fitness

## **PREPARING INDUSTRY PROFESSIONALS**

At the successful completion of the program, graduates will be prepared to:

- Synthesize knowledge from the arts, sciences, and exercise science as the basis for assessment of physical capabilities and exercise prescription.
- Demonstrate proficiency in exercise and fitness screening, health appraisal and risk stratification, fitness assessment and evaluation, and exercise techniques.
- Communicate effectively and collaboratively with clients and the inter-professional team in exercise and fitness settings.
- Integrate values, ethics, and client preferences into exercise science practice.
- Participate in activities to promote lifelong learning and professional development in exercise science.
- Demonstrate proficiency in critical thinking and evidence-based decision making in Exercise Science.



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