

# Minnesota State University Moorhead

## EXS 469: Exercise Science Internship

### A. COURSE DESCRIPTION

Credits: 1,2,3,4,5,6,7,8,9,10,11,12

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Designed to give students an opportunity to gain supervised clinical experiences working with a variety of state and local agencies. A maximum of 12 internship credits may be applied to the degree.

**B. COURSE EFFECTIVE DATES:** 02/02/2022 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Initial client screening and fitness assessment:
  - a. Medical History
  - b. Cardiorespiratory Assessment
  - c. Body Composition
  - d. Strength Assessment
  - e. Posture and Movement Assessment
  - f. Flexibility Assessment
2. Flexibility Exercises and Training
3. Cardiorespiratory Training
4. Core Exercises and Training
5. Balance Exercises and Training
6. Power Exercises and Training (Plyometric)
7. Speed, Agility and Quickness, Drill and Training
8. Resistance Exercises and Training
9. Program Design:
  - a. General Fitness
  - b. Sport Specific
  - c. Special Populations
10. Group Exercise Classes
11. Staff Meetings and Training Sessions
12. Assigned fitness center/events projects
13. Resting and Exercise Blood Pressure
14. ECG Placement and Interpretation
15. Physical and Occupational Therapy Observations
16. Chiropractic Observations

### D. LEARNING OUTCOMES (General)

1. The intern will understand the roles and responsibilities of a health/fitness professional by either shadowing a personal trainer/health professional or through hands on experiences under the supervision of an exercise specialist/health professional.

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted