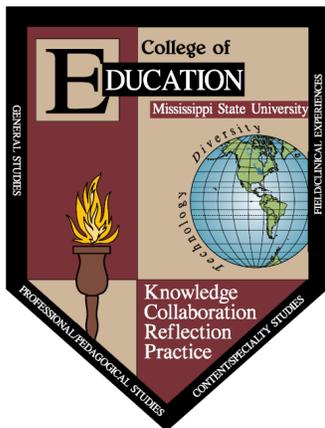


**MISSISSIPPI STATE UNIVERSITY  
COLLEGE OF EDUCATION**

**DEPARTMENT of KINESIOLOGY  
COURSE SYLLABUS**

<b>Course Prefix &amp; Number:</b>	EP 4210
<b>Course Title:</b>	Health Fitness Studies Internship
<b>Credit Hours:</b>	1-6 semester hours
<b>Course Type:</b>	Observation and hands-on experience at an approved fitness/health enhancement facility
<b>Catalog Description:</b>	Prerequisites: senior status, EP 3233, EP 3304, EP 3663, EP 4113, EP 4153, and EP 4183. Hours and credits to be arranged. A supervised observation and teaching experience in a fitness/health enhancement facility.

**College of Education Conceptual Framework:**



The faculty in the College of Education at Mississippi State University are committed to assuring the success of students and graduates by providing superior learning opportunities that are continually improved as society, schools, and technology change. The organizing theme for the conceptual framework for the College of Education at Mississippi State University is educational professionals - dedicated to continual improvement of all students' educational experiences. The beliefs that guide program development are as follows:

1. **KNOWLEDGE** - Educational professionals must have a deep understanding of the organizing concepts, processes, and attitudes that comprise their chosen disciplinary knowledge base, the pedagogical knowledge base, and the pedagogical content knowledge base. They must also know how to complement these knowledge bases with the appropriate use of technology.
2. **COLLABORATION** - Educational professionals must continually seek opportunities to work together, learn from one another, forge partnerships, and assume positions of responsibility.
3. **REFLECTION** - Educational professionals must be willing to assess their own strengths and weaknesses through reflection. They must also possess the skills, behaviors, and attitudes necessary to learn, change, and grow as life-long learners.
4. **PRACTICE** - Educational professionals must have a rich repertoire of research-based strategies for instruction, assessment, and the use of technologies. They must be able to

focus that array of skills on promoting authentic learning by all students or clients, while exhibiting an appreciation and commitment to the value and role of diversity.

**Course Objectives:**

1. Apply the knowledge previously gained in the class room to perform fitness tests and body composition assessments on clients. CFPO #1-11
2. Apply the knowledge previously gained in the class room to develop exercise programs for clients. CFPO #1-11
3. Observe the day-to-day activities involved in running a fitness facility. CFPO #1-3, 5-7, 9
4. Develop a special project concerning an area of special interest to be completed at the fitness facility. CFPO #1-11

**Topics to Be Covered:**

1. Student will be oriented to the fitness facility and read all of the facility's rules. CFPO #1, 2, 5, 9
2. Student will be shown all areas of the fitness facility and be instructed in operation of all equipment. CFPO #1, 2, 3, 5, 6, 7, 9
3. Student will be instructed in the day-to-day operation of the facility. CFPO #1-3, 5-7, 9
4. Student will learn how to perform fitness tests and body composition assessments on clients. CFPO #1-11
5. Students will learn how to write exercise programs for clients. CFPO #1-11
6. Students will develop a special project concerning an area of special interest to be completed at the fitness facility. CFPO #1-11

**Required Text:** None

**Methods of Instruction:**

Observation and hands-on instruction at an approved fitness facility.

**Suggested Student Activities:**

Students will spend up to 240 hours observing and participating in appropriate activities at their chosen fitness facility.

Students will develop a special project concerning an area of special interest to be completed during the internship period.

See also Field Experience Information.

**Honor Code:**

**“As a Mississippi State University student I will conduct myself with honor and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do.”**

Upon accepting admission to Mississippi State University, a student immediately assumes a commitment to uphold the Honor Code, to accept responsibility for learning, and to follow the philosophy and rules of the Honor Code. Students will be required to state their commitment on examinations, research papers, and other academic work. Ignorance of the rules does not exclude any member of the MSU community from the requirements or the processes of the Honor Code. For additional information please visit: <http://www.msstate.edu/dept/audit/1207A.html>.

Student must sign a copy of the honor code before beginning the internship.

**Technology:**

Students will access all course materials through the MyCourses environment and will keep up with their grades in the MyGrades section of MyCourses.

**Diversity:**

At their introductory meeting for the internship, students are advised on expected conduct while at the internship site. It is briefly explained that they need to be sensitive to and conscious of differences among individuals.

**Disability:**

At their introductory meeting for the internship, students are advised on expected conduct while at the internship site. It is briefly explained that they need to be sensitive to and conscious of differences among individuals. Emphasis is placed on being sensitive to physical abilities and cognitive abilities, as many of these students will be working with populations that have deficits in these areas.

Appropriate accommodations will be made for students with disabilities. The internship site will be checked for accessibility in cases where there is a student with physical disabilities; and students will be given the appropriate means by which to submit assignments due. Students with learning disabilities will be given accommodations, as suggested, by Student Support Services (662-325-3335).

**Field Component:**

1. Total amount of time spent in field experience: 40 hours/credit hour  
(6 credit hours required in degree, thus, 240 total hours)
2. Days of week students attend field experience: To be arranged between student and on-site supervisor.
3. Site of field experience: An appropriate fitness facility within the United States, as approved by the departmental internship coordinator and the student's academic advisor.
4. Purpose of field experience and activities:  

Students apply knowledge accrued from classroom experience to hands-on experiences in the chosen fitness facility.
5. Culminating or capstone experience
6. Expected Outcomes:  

Students will be able to perform job-like skills in a fitness facility with competency.
7. How is field performance assessed?  

See Evaluation of Student Progress below.

**Evaluation of Student Progress:**

Grades are assessed based on successful completion of the requisite number of hours, completion and submission of assignments on time, and most importantly, evaluations of student work completed by the on-site supervisor.

Completion of Requisite Number of Hours: The student will receive an F if he or she fails to complete the number of internship hours (usually 240 hours) required by the set deadline for the semester.

Completion and Submission of Assignments on Time: Students make weekly reports regarding the previous week's activities to the departmental internship coordinator. Failure to complete and submit these reports on time will result in a lowering of the

intern's final grade in keeping with the number of reports missed. The student's letter grade will drop by 1 per 4 weekly reports missed. Students must turn in monthly log sheets of the hours completed, affixed with the on-site supervisor's signature. Also, a final report is submitted at the completion of the internship. Failure to complete these tasks on time results in the lowering of the intern's final grade, again, in proportion to the degree of tardiness in this task. If the student is more than a week late with more than 1 of the reports, the letter grade will drop. If the student fails to complete this assignment, he/she will receive an F since that means the requisite number of hours are not appropriately documented.

Evaluations of Student Work: Both a midterm and final evaluation of the student's work are completed by the on-site supervisor and submitted to the departmental internship coordinator. The vast majority of the student's grade will be derived from these evaluations. The students are ranked according to many different aspects of job performance. An average is taken of the scores received on those aspects. Also, the on-site supervisor can provide additional comments where warranted. When needed, the departmental coordinator speaks directly with the on-site supervisor to help clear up any ambiguity in the evaluations.

Usually the student grade is totally derived from the evaluations. Only in the rare cases, where the student fails to complete the requisite number of hours or a significant proportion of the assignments on time, will those factors come into play. For example, if a student received the highest scores possible on the evaluations, but failed to submit 5 of the weekly reports, the student's grade would be lowered to a B.

Grading Scale:

A = 90 - 100%, B = 80 - 89%, C = 70 - 79%, D = 60 - 69%, F = 0 - 59%

**Bibliography:**

American association for cardiovascular and pulmonary rehabilitation. (2004). *Guidelines for cardiac rehabilitation and secondary prevention programs – 4<sup>th</sup> ed.* Champaign, IL: Human Kinetics.

American college of sports medicine. (2001). *ACSM's resource manual for guidelines for exercise testing and prescription.* Baltimore: Lipincott, Williams & Wilkins.

American college of sports medicine. (2003). *ACSM's worksite health promotion manual – a guide to building and sustaining healthy worksites.* Champaign, IL: Human Kinetics.

Dwyer, G.B. & Davis, S.E. (2001). *ACSM's health-related physical fitness assessment manual.* Baltimore: Lipincott, Williams & Wilkins.

Isaacs, L.D. & Pohlman, R.L. (2004). *Preparing for the ACSM health/fitness instructor certification examination-2<sup>nd</sup> ed.* Champaign, IL: Human Kinetics.