

Exercise Science Internship Learning Products

Journal

Keep a daily written record of internship duties, responsibilities, and activities. The onsite supervisor will sign-off on your journal weekly. The entire journal will be submitted to the faculty supervisor at the conclusion of the internship experience.

Research Paper

You are required to write a 4-6 page paper documenting your internship experience. This paper should follow APA formatting guidelines. Please include both experiences that helped you grow both personally and professionally through the internship. In addition to explaining the basics of your internship you will also need to link your experiences to current research. To do this, please include a bibliography of four to six entries that tie directly into experiences that you had during your internship. Reference these articles as you discuss professional experiences you had during the internship (i.e. you needed more information on a topic, so you researched the topic and applied the research to your work).

In-service

You will be expected to complete a 30 minute lunchtime in-service on a topic within exercise science that would benefit physical therapists, as well as support staff. The presentation must include visual, written, and auditory information, for example, PowerPoint, posters, demonstrations, handouts, activities, etc. The date, time and topic will be agreed upon by the onsite supervisor prior to delivery. Presentation of current research (1-3 articles) will be expected. The complete written presentation must be submitted to the faculty supervisor after the presentation.

Case Study (2 patients)

Written case studies will be developed on current patients. Each case study must be written on patients with distinct and significantly different diagnosis. The study must include, but is not limited to, patient history, diagnosis, treatment plan, measured progress, and exercise prescription to prevent future reinjury. A brief literature review of modalities used in treatment plan, including possible contraindications and drug interactions, must be supported by a bibliography of 3-5 articles. The first draft of each case study must be reviewed and critiqued by the onsite supervisor before submitting the final draft to the faculty supervisor.

Personal Training Plan (2 clients)

Written personal training plans will be developed for current patients. Each plan must be written on patients with distinct and significantly different goals. The plan must include, but is not limited to, patient history, initial fitness levels, nutrition/body composition recommendations, strength training, cardiovascular training, and flexibility training. The first draft of each personal training plan must be reviewed and critiqued by the onsite supervisor before submitting the final draft to the faculty supervisor