

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

HEFI 407 – Health/Fitness Internship

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SCHOOL OF SCIENCE, HEALTH, AND CRIMINAL JUSTICE
Health and Fitness Promotion
MAY 2012
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HEFI 407 Health/Fitness Internship

- A. **TITLE:** Health/Fitness Internship
- B. **COURSE NUMBER:** HEFI 407
- C. **CREDIT HOURS:** 3-15 credit hours
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**
120 - 600 total internship hours
- H. **CATALOG DESCRIPTION:** This internship course provides the student with practical experience in a health/fitness setting. This experience enables students to integrate concepts and skills gained in the classroom/lab setting. The internship is individualized based on the career interests of the student and the specific needs of the organization. Internship proposals must be presented and approved prior to registration for the course.
- I. **PRE-REQUISITES/CO-COURSES:** Pre-req: HEFI 406 and Senior level status in HEFI program.
- J. **GOALS (STUDENT LEARNING OUTCOMES):**
By the end of this course, the student will be able to:

<i>Course Objective</i>	<i>Institutional SLO</i>
a. Apply concepts and skills gained from academic experience to a professional work setting.	2. Crit. Thinking 3. Prof. Competence
b. Communicate effectively with supervisors, clients, and other members of the work setting.	1. Communication
c. Demonstrate effective organizational and leadership skills.	3. Prof. Competence 4. Inter-intrapersonal
d. Respond appropriately to diverse or alternative cultures, processes, and ideas.	4. Inter-intrapersonal
e. Design and implement a fitness or wellness program that is based on the organization's needs.	2. Crit. Thinking 3. Prof. Competence
f. Demonstrate professional behavior in all interactions.	3. Prof. Competence 4. Inter-intrapersonal

- K. **TEXTS:** N/A
- L. **REFERENCES:** Students may choose to use any textbooks or websites that were utilized in previous HEFI coursework.
- M. **EQUIPMENT:** Students must have access to a computer
- N. **GRADING METHOD:** A – F.
- O. **MEASUREMENT CRITERIA/METHODS:**
Weekly journal

Weekly discussion board posts
Written internship summary
Supervisor evaluation of student
Student evaluation of internship

P. DETAILED COURSE OUTLINE:

I. Weekly Journal

- A. Log of dates and hours worked
- B. Description of weekly activities
- C. Self-reflection on professional growth

II. Fitness/Wellness Program Project

- A. Needs assessment
- B. Program Design
- C. Program Implementation
- D. Outcomes evaluation

III. Internship Summary Presentation

- A. Overview of internship
- B. Use of technology
- C. Communication with audience

IV. Career Development Plan

- A. Immediate career plans
- B. Future career goals

IV. Supervisor Evaluation

- A. Midterm
- B. Final

Q. LABORATORY OUTLINE: N/A