A. Description of Exercise Science Internships
Health and Human Physiology offers an Internship Course (HHP:4930) for arranged credit. Credit can range anywhere from 3 SH (120 hours total, about 8 hours per week if spread over the semester) to 12 SH (480 hours total, about 32 hours per week if spread throughout the semester). Internships can potentially be completed at the following pre-arranged sites:

- U of I Olympic Strength & Conditioning
- U of I Football Strength & Conditioning
- West Branch High School Strength & Conditioning

Internships can also be arranged at other sites following proper vetting.

The internship is designed to allow you to train with supervision in a practical setting, working towards the ability to function independently at your site. The Internship is an intensive experience that is meant to be completed towards the end of your academic career.

B. Description of Exercise Science Practicums
Health and Human Physiology offers a 1 SH Practicum Course (HHP:4350), with opportunities at the following sites:

- U of I Olympic Strength & Conditioning
- West Branch High School Strength & Conditioning
- UIHC Pulmonary Rehab
- UIHC CHAMPS Cardiac Rehab

The practicum is designed to be an initial exposure to practical settings within the field of Exercise Science, allowing you to apply skills and knowledge you have gained in your coursework in a supervised situation. The minimum contact hour requirement is 45 hours throughout the semester.

C. Pre-Requisites and Requirements
The following pre-requisites/requirements are common for both practicums and internships, all sites:

- Fundamentals of Human Physiology (HHP:1300) or Human Physiology (HHP:3500)
- Human Anatomy (HHP:1100)
- Nutrition and Health (HHP:2310)
- Applied Exercise Physiology (HHP:3400) or Exercise Physiology (HHP:4410)
- CPR/AED Certification

In addition, the following sites have additional requirements:

- UIHC Pulmonary Rehab and CHAMPS
  - Metabolic Exercise Testing & Rx (HHP:4200), grade of B or better
- Priority for U of I Olympic Strength & Conditioning Internship will be given to students who have already completed the practicum at their site, or who have comparable experience within a S&C setting
- U of I Football Strength & Conditioning has a strong preference for someone with prior experience in a S&C setting who is available for 40+ hours per week (i.e., not taking a full course load)

D. Application Instructions
If you have interest in either the internship or practicum course, please fill out the form below, and on a separate sheet provide typed responses to the four prompts below. Send both forms to Clay Peterson (clayton-peterson@uiowa.edu) via e-mail with the subject “HHP Internship/Practicum”. To maximize your chances of finding a spot, please send this information prior to Friday, November 3 (the sooner the better).

The applicant pool will be narrowed during an initial screening. After this initial screening, we may ask you to send a resume and cover letter to the site or sites which best match your interest and experience. Sites will then choose candidates to interview. Application for these courses does not guarantee you will be placed at a site.

Note: certification does not have to be completed in order to apply, but they must be completed prior to the beginning of the Spring 2018 semester.
Name: _________________________________________ E-Mail Address: ___________________________

Expected Graduation: _______ Semester Hours Earned: _________ UI Cumulative GPA: _____________

Pre-requisite course-work/certifications (please provide letter-grade in blank, put “IP” if course currently in progress):

- Physiology (circle HHP:1300 or HHP:3500)
- Anatomy
- Nutrition and Health
- Exercise Physiology (circle HHP:3400 or HHP:4410)
- CPR/AED Certification Date (leave blank if not completed)
- CPT Certification organization and date (leave blank if not completed or not relevant)

Indicate the internship sites to which you would like to apply (if more than one please rank, with 1 being your first preference):

Strength & Conditioning, UI Football _______ Strength & Conditioning, UI Olympic _______
Strength & Conditioning, West Branch _______ _______

Indicate the practicum sites to which you would like to apply (if more than one, please rank, with 1 being your first preference):

Strength & Conditioning, UI Olympic _______ Strength & Conditioning, West Branch _______
UIHC Pulmonary Rehab _______ UIHC CHAMPS _______

Please provide typed responses to the following on a separate sheet of paper:

- Please list all of the relevant certifications that you currently hold.
- What experiences have you had in interacting with individuals or groups in a professional or academic setting (e.g. customer-service jobs, tutoring, group class work, etc.)?
- What excites you about working in the fitness industry, and what is your ultimate career goal?
- What is your likely availability this coming spring (how many hours per week, in general what times of day?)?

If you have any questions, please direct them to Dr. Clay Peterson (clayton-peterson@uiowa.edu).