A. Description of Exercise Science Internships

Health and Human Physiology will be offering 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 9 SH (360 hours total, about 24 hours per week if spread throughout the semester). Internships can potentially be completed at the following pre-arranged sites:

- U of I Rec Services
- Core Fitness
- Performance Fitness
- Grit Gym
- U of I Olympic Strength & Conditioning
- U of I Football Strength & Conditioning
- West Branch High School Strength & Conditioning
- UIHC Sports Medicine (Physical Therapy Aide)

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. Pre-Requisites and Requirements

The following pre-requisites/requirements are common for 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

Additionally, the following sites require Personal Training Certification from an accredited organization: UI Rec Services, Core Fitness, Performance Fitness, and Grit Gym.

UI Sports Medicine requires that you have previous experience as a volunteer at that site and are of senior standing.

C. Application Instructions

To apply, please fill out the form below, and on a separate page provide types responses to the four prompts below. Place both the form and the typed responses into an envelope marked:

Fall 2016 Ex Sci Internship

c/o Clay Peterson

Drop the envelope at the HHP main offices (FH E012).

Application deadline is Friday, March 25.

The applicant pool will be narrowed during an initial screening. After this initial screening, we will 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 the internship course 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 Fall 2016 semester.
Name: _________________________________________ UID#: _________________________________

E-Mail Address: ________________________________ Phone #: ________________________________

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):

- UI Rec Services
- Core Fitness
- Performance Fitness
- Grit Gym
- Strength & Conditioning, UI Olympic
- Strength & Conditioning, UI Football
- Strength & Conditioning, West Branch
- UIHC Sports Medicine

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 next fall (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).