A. Description of Exercise Science Practicums
Health and Human Physiology will be offering the following practicum courses within the Exercise Science track in the Fall of 2015:

- Practicum in Personal Training and Fitness Instruction (HHP:4350; 1 SH)
  - 4 spots available with U of I Rec Services
  - 2 spots available with Core Fitness
- Practicum in Strength and Conditioning (HHP:4370; 1 SH)
  - 10 spots available with U of I Olympic Strength & Conditioning
  - 2 spots available with U of I Football Strength & Conditioning
  - 1 spot available with I-Fly (Iowa Swimming Club)
  - 4 spots available with West Branch High School (Phil Johnson, CSCS)
- Health Promotion Clinical Practicum (HHP:4400; 1 SH)
  - 1 spot available at UIHC Pulmonary Rehab

B. Pre-Requisites and Requirements
The following pre-requisites/requirements are common for all courses:
- 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 courses/sites have additional requirements:
- Practicum in Personal Training and Fitness Instruction
  - Personal Training certification through an accredited agency.
- Practicum in Strength & Conditioning, U of I Football site
  - Sport and Exercise Nutrition (HHP:4310)
  - Biomechanics of Sport and Physical Activity (HHP:2350)
  - Junior or senior standing
  - Applicants must be capable of meeting physical requirements specified by site
- Practicum in Strength & Conditioning, I-Fly site
  - CPT or CSCS or previous experience in a S&C environment
- Practicum in Strength & Conditioning, West Branch High School site
  - State of Iowa Criminal History Record Check
- Health Promotion Clinical Practicum
  - Metabolic Exercise Testing & Rx (HHP:4200)

C. Application Instructions
To apply, complete the form found on the following page. Place the form, typed responses to the four prompts on the bottom of the form, and a one-page resumé into an envelope marked:

Fall 2015 Ex Sci Practicum Application
c/o Clay Peterson

Drop the envelope at the HHP main offices (FH E102). Application deadline is Monday, April 6.

The applicant pool will be narrowed during an initial screening. Criteria considered will be academic performance, experience, and seniority. After this initial screening, each site will interview a pool of finalists before final selections are made.

Note: the required certifications do not have to be completed prior to application, only prior to the start of the fall 2015 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) ________________

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

UI Rec Services ______ Strength & Conditioning, I-Fly ______
Core Fitness ______ Strength & Conditioning, West Branch ______
Strength & Conditioning, UI Olympic ______ UIHC Pulmonary Rehab ______
Strength & Conditioning, UI Football ______

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.)?
• Why and how do you currently exercise/train?
• What excites you about working in the fitness industry, and what is your ultimate career goal?

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