

EXSC 2450– Personal Trainer Internship
DEPARTMENT of EXERCISE SCIENCE
SALT LAKE COMMUNITY COLLEGE

Instructor:
 Office Location:
 Consultation hours:
 E-Mail Address:
 Mailbox Location:

COURSE DESCRIPTION: Should be taken in final semester of Fit Tech Program. Students will observe and assist in the fitness training of individuals. 120 hours must be completed. Categories of intern sites that students may choose include: SLCC athletic department, US Speed Skating, Murray Transition program, SKIP (SLCC's kid in play) and Traditional training facilities.

Prerequisites: *Instructors approval*
 Credit Hours: 3
 Required Text: NONE
 Supplies & Tools: Appropriate dress for community work

OBJECTIVES/OUTCOMES:

Analyze and access data collected on fitness testing, fitness levels, and goals of clients.
Create exercise prescriptions for special populations such as elderly, athletics, and chronic disease populations.
Students will develop professional skills necessary to successfully administer exercise programs and design teaching strategies for cardiovascular, strength, and flexibility principles with diverse populations.
Evaluate and progress exercise prescriptions.
Implement safety procedures and guidelines according to the American College of Sports Medicine protocols.
Students will observe and gain practical experience in a professional environment in which they plan to work as a career.
Students will gain practical work experience in a community health education or exercise science setting.

SLCC is committed to fostering and assessing the following College-wide student learning outcomes across the curriculum:

- Acquire substantive knowledge in the field of each student's choice
- Communicate effectively
- Develop quantitative literacy
- Think critically and creatively
- Be a community engaged learner and scholar
- Develop skills to work with others in a professional manner
- Develop computer and information literacy

The Core Themes of SLCC's Mission to provide quality Higher Education to the Broader Community are:

- Access and Success
- Transfer Education
- Workforce Education
- Community Engagement

COURSE REQUIREMENTS:

All students are required to:

1. Make appointments and follow up with the 4 modules listed; EIM, SLCC athletics, Murray Transition, Odyssey house, and traditional training facilities
2. Be on time, communicate effectively, and dress professionally
3. Complete the 4 write ups at the end of the internship for each category

MEDICAL CONSIDERATIONS:

If you have any doubts about your health in relation to this course, consult with the Instructor before beginning your personal exercise program.

GRADING:

The final grade for this course will be computed as follows:

Hours completed :1 hour = 1 point

Supervisor performance review

1. Performance review on; attendance, attitude, communication, participation, and work quality
2. Supervisor comments

Write-ups and Exit Paper

1. Write-ups-Complete a paper on each component of the internship
2. Final Exit paper-Comprehensive review of internship experience

Completion of Hours in special populations, Athletic testing, Traditional, Exercise is Medicine

Hours completed :1 hour = 1 point

Students will be graded by supervisors in each area of the internship based on their ability to apply what they have learned throughout the SLCC Fitness Technician Program. Students will be expected to represent Salt Lake Community College with the utmost poise and professionalism as part of the evaluation process. Competencies of program include;

training/spotting techniques, fitness assessment techniques, communication, teaching techniques, program planning and professionalism.

Final Grade:

Completion of internship hours	18%	70	points
Supervisor review	12%	50	points
Write ups on each section	70%	280	points
	TOTAL	400	points

Percentage:

A	95-100	C	73-76
A-	90-94	C-	70-72
B+	89-87	D+	65-69
B	83-86	D	60-64
B-	80-82	D-	55-59
C+	77-79	E	Below 54

INCOMPLETES:

An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete course work due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

Important Information for Students

The Disability Resource Center

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Disability Resource Center: (phone) 801-957-4659; (email) drc@slcc.edu; (website) www.slcc.edu/drc.

The Student Code of Conduct

All students are expected to follow the [SLCC Student Code of Conduct](#).

Title IX Statement

Title IX of the Educational Amendments of 1972 prohibits discrimination based on sex in any educational institution that receives federal funding. Salt Lake Community College does not tolerate sex discrimination of any kind including: sexual misconduct; sexual harassment; relationship/sexual violence and stalking. These incidents may interfere with or limit an individual's ability to benefit from or participate in the College's educational programs or activities. If you have questions or concerns regarding your rights or responsibilities, or if you would like to file a Title IX complaint please contact:

Kenneth Stonebrook, J.D.
Title IX Coordinator
Salt Lake Community College
Taylorsville Redwood Campus – STC 276A
(801) 957-5027
ken.stonebrook@slcc.edu

Online Reporting Form: <http://www.slcc.edu/title-ix/complaint.aspx>

Students may also report incidents to an SLCC faculty or staff member, who are required by law to notify the Title IX Coordinator. If a student wishes to keep the information confidential, the student may speak with staff members of the Center for Health and Counseling, (801) 957-4268. For more information about Title IX, go to: <http://www.slcc.edu/title-ix/index.aspx>

General Education

Regardless of your major, [General Education](#) courses build a foundation of broad knowledge and skills that help you in your further career and life.

Learning Support and Tutoring Services

General Learning Support & Tutoring Services provide support for SLCC students enrolled in any class at the College. All resources are provided free-of-charge. Ask your instructor about discipline-specific learning support and tutoring services.

- [Tutoring](#): index of all tutoring resources.
- [STEM Learning Centers](#): provide free assistance in Math, Science, Accounting, CSIS and Allied Health Classes at 6 campus locations.
- [Student Writing Center](#): provides in-person and online feedback on all writing assignments.
- [Academic Literacy Center](#): provides tutoring in reading and conversation.
- [Library Services](#): provides research help, print and online resources, computers and study space.
- [ePortfolio Lab](#): provides drop-in assistance for all ePortfolio questions.
- [eLearning Support](#): provides support for navigating online and hybrid classes.
- [Business Resource and Innovation Center](#): provides tutors and a study space for students in Business and CSIS courses. Located in BB 226 on Taylorsville-Redwood Campus.

Advising and Counseling Support Services

Advising and Counseling Support Services provide support for students enrolled in any class at the college.

- [Center for Health and Counseling](#): provides health care, mental health counseling, massage therapy services and healthy lifestyle programs.
- [Veterans' Services](#): assists hundreds of students in using their VA education benefits each semester.
- [Academic and Career Advising](#): helps students plan, explore, make decisions, access resources and evaluate their academic and career goals.
- [Academic Achievement Center](#): helps students achieve GPA requirements for graduation.

PARTICIPATION WAIVER
Salt Lake Community College
Exercise Science Department

Name: _____ S#: _____

Address: _____

Phone: _____ Age: _____ Gender: _____

Course: _____ Section: _____ Semester: _____ Year: _____

Instructor: _____

I have volunteered to participate in a program of progressive physical exercise sponsored by Salt Lake Community College. I understand that there are certain risks associated with any activity program, including, but not limited to: abnormal blood pressure, fainting, disorders of heart beat, rare instances of heart attack, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, etc., and accept the responsibility for participating in this program.

Every effort will be made by all involved to minimize risk of injury through preliminary examination and by observation during the activity. I hereby acknowledge and accept these risks.

I agree to hold harmless, defend, indemnify and release Salt Lake Community College and its officers, agents, and employees from any and all liability in conjunction with this program and its individual activities. I understand and acknowledge that the College assumes no responsibility for any accidents, damages, injuries, or other occurrences or losses of any kind associated with my participation in this course.

To my knowledge, I do not have any limiting physical condition or disability which would preclude an exercise program.

Participant's Signature