

Personal Trainer Internship

EXSC - 2450 401

Course Student Learning Outcomes

- Gain practical work experience in a community health education or exercise science setting.
- Develop professional skills necessary to successfully administer exercise programs and design teaching strategies for cardiovascular, strength, and flexibility principles with diverse populations.
- Observe and gain practical experience in a professional environment in which they plan to work as a career.

Course Prerequisites

Completion of Program Design, Assessment and design, exercise physiology and kinesiology

Engagement Plan

Example language:

- I will respond to email within 24 hours. I will offer feedback on major assignments within 1 week. The best way to contact me is via the Canvas Inbox, as I will prioritize this email over other modes of communication.
- In this course I will be posting interactive announcements which will offer specific opportunities for class questions and extra credit every other week.
- Additionally, I will be participating in the discussion forums with you to share my perspective within the discipline and to offer some nuances of interpretation that may not be present in your textbook.

- Lastly, we'll be holding small group Q & A sessions, where we can learn from our peers (and faculty) on some of the more difficult units within the course.

Brief Description of Assignments/Exams

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 but not limited to; training/spotting techniques, fitness assessment techniques, communication, teaching techniques, program planning and professionalism, attendance, attitude, communication, participation, and work quality

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Intern Hours Availability and Questions	Discussion	0
	Introduce Yourself	Discussion	0
	Introduce Yourself	Discussion	0
9/15/22	Contact Murray Transition	Assignment	10
9/20/22	Update #1	Assignment	10
10/7/22	Weekly update #2	Assignment	2
11/14/22	Weekly Update #3	Assignment	2
9/5/25	Resume and Goal Sheet	Assignment	10
9/5/25	Zoom meeting #1	Assignment	10

Due Date	Assignment Name	Assignment Type	Points
10/14/25	Zoom #2	Assignment	10
12/5/25	Exit Paper	Assignment	70
12/5/25	Zoom #3	Assignment	10

Grading Scale

Final Grade:

Completion of internship hours (all hours must be completed) **120 points**

Assessment course practical hours. **25 points**

Program Design practical hours **25 points**

Supervisor review- Final paper **50 points**

3 check ins with teacher **30 points**

TOTAL. 250 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

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

Additional Policies

Inclusivity Statement:

As your instructor, you can expect that I will provide you with the instruction, guidelines, and decision-making needed for you to complete the course and have a meaningful educational experience. As part of that, my intent for this class is to create a space where we all feel included, heard, and respected and that our diverse identities and backgrounds are valued and viewed as an asset to our shared learning community. I broadly define diversity to include race, gender identity, national origin, ethnicity, religion, social class, age, sexual orientation, political background, and physical and learning ability. I strive to make this classroom an inclusive space for all. If you see ways I can improve the class, please let me know. And, if you run in to difficulties with the course or school in general, let me know. It is very likely that I can help out.