



## **Kinesiology, Health & Sport Studies**

### **---Exercise and Sport Science Track---**

#### **KIN 5350 – EXERCISE SCIENCE INTERNSHIP PROCEDURES FOR ENROLLMENT**

In order to enroll in KIN 5350 ....

- ✓ Students must be “Level 2” students in the undergraduate Exercise and Sport Science degree track and have completed KIN 6320 with a grade of C or better.
- ✓ Students must contact the academic coordinator for the exercise science internships (consult faculty for current coordinator) at the beginning of the semester that precedes the semester during which the internship will be taken in order to notify the coordinator of the plan to enroll in KIN 5350 and to start the required application process.

The “Exercise Science Internship” application process involves the following four steps:

1. Students should select an appropriate internship site and experience based on their own professional area of interest, such as sports medicine / athletic training, strength and conditioning, personal training, cardiac rehabilitation, health care sciences, corporate and community fitness/wellness, etc.

Note: At this stage, students are invited to browse through an existing large data base of both WSU in-house and external internship opportunities that is kept in a designated “Exercise Science Internship Sites” box located just outside of room 2337 Applebaum Bldg. Moreover, students may also propose other potential internship sites and experiences for consideration, such as working with a KHS faculty member as part of a research team, etc.

2. Once a potential internship site has been identified, students are required to contact the appropriate personnel at that site to determine whether they will have an opening and are willing to accept the student as an intern for the upcoming semester.

Note: At this stage, the selected internship site may require students to undergo a formal phone or in-person interview as part of the site's own regular internship application review procedures.

3. Once an internship site has officially agreed to accept a student as an intern, it becomes the student's responsibility to submit to the academic internship coordinator all required KIN 5350 internship application materials in a timely manner (and no later than 6 weeks prior to the start of classes of the semester in which a student plans to enroll in KIN 5350).

The completed KIN 5350 internship application package consists of the following:

- KIN 5350 Statement of Relationships (i.e., the long standard "legal form")

This form needs to be filled out online by the student, and then printed out and signed by an appropriate person from the proposed internship site (see last page on form: "Administrator", "Program Director" or "On-Site Supervisor").

- KIN 5350 Exercise Science Internship Agreement (i.e., the "contract")

This form needs to be filled out online by the student and then printed out. It does not require a signature from the on-site supervisor of the proposed internship site but it needs to include (as an attachment) a description of the specific internship assignment (e.g., a list of internship student expectations and responsibilities).

4. The application will be submitted to the University for further review. The internship coordinator will then notify both the student and onsite-supervisor once official WSU approval has been granted.

The "Exercise and Sport Science" track of the WSU Bachelor of Science in Kinesiology degree requires students to complete 4 credit hours of KIN 5350 and it allows for up to 4 additional credit hours that may be elected. Two separate experiences are normally assumed, although very special circumstances could warrant eight credit hours in one extended internship experience (i.e., over two semesters). Also, for each credit hour enrolled in KIN 5350, students are expected to demonstrate a minimum of 50 hours of internship work. Thus, a typical 4 credit hours internship experience per semester will require at least 200 hours of work in order to satisfy this particular requirement.

Last Update: 1/12/12