

Exercise Science Standards/Projects/Approval Form

Please review each of the professional Exercise Science Standards below with your site supervisor and indicate the degree to which each standard for Exercise Science will be satisfied during the internship experience. A minimum of four (4) standards must indicate a level of three (3) or four (4) and a corresponding project must be associated with each of those standards and completed during this experience.

Level	STANDARDS	DESCRIPTION	Project/Assignment
1 2 3 4	1. Foundation core	Knowledge of human anatomy and physiology, exercise physiology, biomechanics, and care and prevention of injuries. Possess CPR certification and first aid skills and be capable of implementing emergency and safety procedures in exercise settings.	
1 2 3 4	2. Exercise prescription	Ability to effectively perform physiological testing and interpret test results, write appropriate exercise prescriptions for training and conditioning for healthy individuals as well as patients, demonstrate exercise leadership in a variety of group settings from children through senior populations.	
1 2 3 4	3. Health promotion	Ability to apply knowledge of proper nutrition for performance and health, as well as weight control. Be aware of stress management techniques and be knowledgeable about substance abuse.	
1 2 3 4	4. Administrative tasks	Demonstrate knowledge of current research and trends relating to health and fitness, the equipment used to develop or evaluate health and fitness, program promotion strategies and legal liability and ethical issues which can impact health and fitness programs.	
1 2 3 4	5. Human relations	Oral and written communication skills, computer skills, organizational abilities, and mathematical skills. Knowledge of motivational techniques and principles related to program adherence and retention.	
1 2 3 4	6. Professional development	Basic knowledge of the environments and organizational structures in which fitness, wellness, and sport programs are conducted. Design a professional resume and demonstrate a career development strategy.	

Continued on next page

Project Internship Days/Hours:

Approximate Project Schedule (dates/hours needed to complete):

Internship Site Name: _____

Internship Site Supervisor Name: _____ Supervisor Signature: _____ Date: _____

CSU Advisor Name: _____ Advisor Signature: _____ Date: _____

I certify that all information contained in this document is true and was approved by both my site supervisor and advisor. I understand that any false statement contained in this document may result in dismissal from Internship experience.

Intern (student) Name: _____ Intern Signature: _____ Date: _____

Comments:

Note* Please ask your advisor to place original copy in your HHP student folder and give you a copy of this document so you may complete internship application process,