



## INTERNSHIPS IN EXERCISE SCIENCE KIN 299

This or senior with a

department expects the student to have completed coursework necessary to carry out the objectives of the internship as well as possess the habits and motivation to be of benefit to the sponsoring agency. Furthermore, the student must understand that he/she represents Hope College during the entire internship and therefore should act professionally at all times.

### INTERNSHIP GUIDELINES

#### 1. Required Hour Total

- 3 credits- 150 total hours (10 hours/week, 15 weeks)
- 2 credits- 100 total hours (7 hours/week, 15 weeks)
- 1 credit - 70 total hours (4 hours/week, 15 weeks)

There is flexibility in hours per week as long as the total hours are completed. For example, a student may desire to work 20 hours per week for eight weeks during the summer. The 160 total would more than meet the three credit requirement. It is suggested, however, that the internship not be more than four weeks in length and not continue longer than one semester or 15 weeks. Students must register to take their internship in the semester in which the internship will occur (i.e., if you want to do your internship in the summer, you must register in the summer). Internships that are not completed within 6 weeks after the semester is over will receive a failing grade. Be sure to plan in advance.

#### Requirements

- B Completion of correct number of hours (700 points, 70% of grade)  
This portion of the grade will also be determined by the field sponsors evaluation of your professional competence.
- C Journal (150 points, 15 % of grade): SUBMITTED WEEKLY  
A daily record of the experience. This journal must be typed and should include adequate detail associated with student observation and/or activity. Hours of work should be included and highlighted such that the SBA can easily confirm that the required number of hours have been completed. + P V S O B M F O U S J F T B S F E V F U I F . P O E B Z G P G I P \* V S B K P V S O B M J T O P U T V C N J U U F E U I F . P O E B Z J N N F E J I P V S T D B O O P V C H P E  
It is hoped that this journal would serve as a valuable resource tool if the student were to be involved in a similar setting in the future. An additional purpose of this journal is to allow students to understand that most (if not all) health professions require a substantial amount of E P D V N from the SBA process.
- D Written reflection / evaluation of experience (150 points, 15% of grade)  
Upon completion of the required number of hours, the student will write a concise, honest and thoughtful reflection of the internship experience. The written evaluation must be grammatically correct. See document on reflective writing standards for specific guidelines.

2. Requirements (continued)

d. Additional project (% of grade TBD)

An additional project may be required, if, in the view of the advisor and/or field sponsor, such a project is warranted. For example,