

EXER 590 INTERNSHIP

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Course Description:

This course is designed to provide the student with practical experience with public or private organizations in some related aspect of Exercise Science. Students will coordinate their course work acquired at Grove City College with specific field experience. The internship experience will be supervised by a member of the Exercise Science Department. Spring II. 9 credits.

The internship experience should take place off-campus. Exercise Science majors must complete a minimum of 9 credits = 540 clock hours of supervised work, onsite, during business hours. Internships may be paid or unpaid. Students may not receive pay from federal funding. The Internship Application and the Performance Evaluation Form are located on the website of the Registrar as well as the Exercise Science department's Internship SharePoint site.

Learning Outcomes:

1. Students will gain pre-professional experience in the career of their choice.
2. Students will gain practical application of the Exercise Science curriculum.

Kinesiology Master Program Objectives and Student Learning Outcomes

Program Outcomes

The goal of this program is to provide students with the knowledge, skills, and practical experiences to effectively attain employment and successfully meet the professional demands within the fields of Exercise Science, Research, and/or Sports Performance.

Students will have the ability to:

Upon completion of the program, the student will:

1. Critically appraise research, generate meaningful research questions and projects, and implement research-driven ideas into practice.
2. Demonstrate an understanding of the current issues and trends, and advanced concepts and theories in exercise science?
3. Gain advanced laboratory skills and knowledge of Human Performance Laboratory instrumentation.
4. Understand the mechanistic connections between nutrition and metabolism and human performance, health and disease.

5. Possess a comprehensive understanding of the biological contributions of physical activity and sedentarism.
6. Implement and interpret testing strategies to assess various components of movement competency, performance, and recovery.
7. Gain practical experience teaching and coaching advanced exercises.
8. Understand the biological effects of a variety of stresses on the human body and how we might leverage some stresses to improve health and performance.
9. Develop an understanding of initiation and termination of human movement and factors that affect optimal movement.
10. Complete a directed research project or internship.

Learning Outcomes	Assessment	Department Objective
1. Students will gain pre-professional experience in the career of their choice.	Evaluation Case Studies Manual	5, 6, 7, 9
2. Students will gain practical application of the Exercise Science curriculum	In-Service Paper Manual	1, 2

How to Register:

STEP 1: Meet with your advisor to discuss the requirements for the internship you plan to complete: Health and Fitness, Strength and Conditioning, Nutrition, Wellness, Athletic Training, or Physical Therapy.

STEP 2: Submit the completed Internship Application to the Office of the Registrar. The application requires the signatures of your parents, your internship onsite supervisor and your advisor. There is an additional cost of \$300 for internships, which will be billed within 30 days after your application is submitted to the Registrar.

Internship applications are due **BEFORE** Study Day of the semester preceding the internship. Completed applications are due to the Registrar BEFORE May Study Day for summer or fall internships. Completed applications are due to the Registrar BEFORE December Study Day for spring internships.

Internship Binder:

All written work should be organized in a 3-ring binder, with tabs, for each assignment in the grading rubric. Separate grading rubrics for each assignment will be provided. Each tab should be followed by the corresponding grading rubric and then the written work. Please see an example in my office.

The Performance Evaluation, printed from the Registrars website or GCC EXER department's Internship SharePoint site, should be provided to the onsite supervisor near the end of your internship. The completed Performance Evaluation should be placed at the front of your internship binder.

- Fall and Spring semester internship binders due BEFORE Study Day of the same semester.
- Summer internship binders due ON or BEFORE the first day of fall semester classes.

Grading Scale

The following grading scale will be used for this class:

90 – 100	A
80 – 89	B
70 – 79	C
< 70	F

The catalog describes each of the grades as follows:

The 'A' grade may be interpreted to mean that the instructor recognized exceptional capacities and exceptional performance.

The grade of 'B' signifies that the student has, for any combination of reasons, demonstrated a significantly more effective command of the material than is generally expected in the course.

The 'C' grade is the instructor's certification that the student has demonstrated the required mastery of the material.

The 'F' grade indicates failure to master the essentials and the necessity for repeating before credit may be allowed.

HONESTY IN LEARNING

Revised Academic Integrity Policy Spring 2020

Preamble

Grove City College is deeply invested in upholding academic integrity and honesty. Three of the college's five core values, faithfulness, excellence, and community, directly relate to academic integrity because any violation of academic integrity is a form of theft and deceit that affects the one stolen from, as well as the community of students and faculty at the college. In addition, cheating is a violation of three of the Ten Commandments: the prohibitions against stealing, lying, and coveting. However, as the Ten Commandments and the totality of Scripture demonstrate to us, we are fallen creatures who at times do what we ought not do.

Accordingly, the college has created a policy both to define what cheating is and to describe our process for dealing with allegations of cheating in order to discourage cheating and provide an opportunity for meaningful repentance and restoration when students do cheat.

Pledge

As a student of Grove City College, I pledge to do my work faithfully with honesty in accordance with my calling as a student working for Christ's glory.

Cheating and Plagiarism may be present in many areas, including (but not limited to) the following:

1. **Doing Papers, Outside Work.** Work done out of class, which a student submits as his/her own work to a professor, should be his/her own and should not contain that which has been obtained from another, other than properly credited references, sources, and citations.
2. **Taking Exams, Tests, Quizzes.** Work done on a test, exam, or quiz, which a student submits to a professor, should be his/her own and should not contain that which has been knowingly obtained from another. By default, no resources are permitted unless explicitly allowed by the instructor.
3. **Preparing for Exams.** A student should not seek to gain an advantage on an exam he/she is about to take by obtaining advanced access to particular questions or advance copies of a professor's exam, or by giving access to other students. This includes access to exams from prior semesters.
4. **Group Work.** In courses where group work or teamwork is allowed, the members of the group may collaborate and share resources among themselves, but not with other groups or prior and subsequent classes.
5. A student should not cooperate with, aid, or encourage another student's violation of the above rules, even though he or she receives no direct benefit. Any student who does so is also guilty of cheating, and can have their grade from current or past semesters (if relevant) reduced.
6. **Instructor-Imposed Limitations.** Faculty may add (via syllabus, assignment instructions, or verbal instructions) additional rules and limitations pertaining to cheating in their particular discipline, class, and assignment.

Special Note: Plagiarism includes

1. Any direct quotation of another's words, from simple phrasing to longer passages, without using quotation marks and properly citing the source of those words.

2. Any summary or paraphrase of another's ideas without properly citing the source of those ideas.
3. Any information that is not common knowledge—including facts, statistics, graphics, drawings—without proper citation of sources.
4. Any cutting and pasting of verbal or graphic materials from another source and representing as one's own work—including books, databases, web sites, journals, newspapers, etc.—without the proper citation for each of the sources of those materials; this includes any copyrighted artwork, graphics, or photography downloaded from the Internet without proper citation.
5. Any wholesale "borrowing," theft, or purchasing of another's work and presenting it as one's own, whether from the Internet or from another source.
6. Any presentation of "ghost-written" work including—whether paid for or not—as one's own original work, including papers, computer code, visual artwork, and other forms of written and non-written work.
7. Making one's work available for copying by others, as well as copying work posted on the Internet or otherwise made available by another.
8. Self-citation: you cannot submit the same work for two different classes. If you use part of an earlier work, or ideas from an earlier work, you should reference it, as with any other source.

Please note: In signing their application form, all Grove City College students have pledged themselves to academic integrity. (cf. page 49 of the 2015-16 Grove City College Bulletin). In addition, by vote of the Grove City College faculty, a student who violates, or who assists another to violate, the Honesty in Learning Policy shall be penalized with a minimum of a failing grade for the specific work for which the dishonesty was committed. More severe penalties may be imposed by faculty including failure in the course. For the processes through which incidents are handled please refer to your Crimson, the 2015-16 College Bulletin, or the Academic Integrity link on mygcc.

Accessibility & Accommodations

It is Grove City College's goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on a disability, please let me know immediately so that we may discuss options. You are also welcome to contact the disability services office to begin this conversation or to establish accommodations. The Disability Services Coordinator may be reached at 724-264-4673 or DisabilityServices@gcc.edu.