

CUMBERLAND

UNIVERSITY

HEALTH, PHYSICAL

EDUCATION AND

RECREATION

INTERNSHIP AND

PRACTICUM HANDBOOK

PURPOSE AND MISSION OF INTERNSHIPS AND PRACTICUM

The purpose of Field Experiences (internships and practicum) in Health, Physical Education and Recreation (HPER) at Cumberland University is to expose the student to supervised experiences in an assigned recreation, sports, or outdoor adventure/education agency.

The HPER department offers and /or requires basically two types of field experiences: Practicum and Internships.

The student may request a particular facility, sport, agency, site, activity or individual. However, the student is not guaranteed he or she will be assigned to the facility, sport, agency, site, activity or individual requested. The HPER Field Experience Coordinator will make the final decision on the field experience assignment.

YOU MUST COMPLETE ALL APPLICATIONS AND MEET ALL REQUIREMENTS BEFORE YOU BEGIN YOUR FIELD EXPERIENCE

Practicum:

All students enrolled in the class must be willing to travel to the facility in which they are assigned. Depending on assignment, student may be required to join the STEA for insurance purposes. Participation of **25, 50, or 100** hours (in accordance with 1, 2, or 3 credit hours) is required at the assigned facility. A journal of time spent, materials given, and letter from the immediate supervisor stating the number of hours completed, responsibilities, etc. in which student was assigned, and supervisor signature **must** be obtained, along with any additional work assigned.

Internships:

All students enrolled in the class must be willing to travel to the facility/agency/site/activity in which they are assigned. Depending on assignment, student may be required to join STEA for insurance purposes. Participation of **400** hours is required at the assigned facility/agency/site, etc. A journal of time spent, materials given, and letter from the immediate supervisor stating the number of hours completed, responsibilities, etc. in which student was assigned, and supervisor signature **must** be obtained, along with any additional work assigned.

GENERAL GUIDELINES AND CHECKLIST OF PRACTICUM/ INTERNSHIP REQUIREMENTS

- ___ 1. Meet with advisor to determine and register for course(s) required
*Due to HPER 499-Internship only being 9 credits, student must also take HPER 498-Special Topics which will make the student full time. Student cannot take any additional classes during this respective semester.
- ___ 2. Research practicum/internship sites based on your academic and career goals
- ___ 3. Application for internship/practicum
- ___ 4. Approval from site's supervisor
- ___ 5. Approval from Field Experience Coordinator
- ___ 6. Keep a daily log
- ___ 7. Completion of assigned hours
- ___ 8. Daily journal (more detailed than daily log)
- ___ 9. Exit interview with Field Experience Coordinator
- ___ 10. Exit interview with Instructor (if different from Field Experience Coordinator)

Health, Physical Education and Recreation Field Experience Application

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell _____ E-mail _____

Emergency Contact No. _____ relationship _____

Major _____ Minor _____ GPA _____

PRACTICUM/ INTERNSHIP INFORMATION

Type of Field Experience:

_____ Practicum

_____ Internship

Course _____ Semester _____

Requested facility/agency/site/activity/individual. If none at time of application write "none" and Coordinator will make assignment. _____

Description and location of requested field experience _____

Site Supervisor _____ **Supervisor Phone No.** _____

Supervisor e-mail _____

(Supervisor's signature signifies approval to supervise field experience)

Supervisor's signature _____ **Title** _____

Student Signature _____

Field Experience Coordinator Signature _____

HPER UNDERGRADUATE COURSES THAT REQUIRE PRACTICUM OR INTERNSHIPS

HPER 225 – Strength & Conditioning Practicum (1)

A course designed to give the student a cooperative practical learning experience in the strength and conditioning field. The responsibilities of the Practicum I student weighs heavily on exercise technique instruction and correction. Other duties may be assigned by the site supervisor as well as duties including general weight room management and maintenance. Requirements of this course consist of 25 hours assignment in the strength and conditioning field, a final letter written and signed by the supervisor, and a daily journal. Grading is based on a pass or fail.

HPER 327 – Strength & Conditioning Program Design (3)

The objective of this course is to teach the student how to design strength training and conditioning programs. The development of these programs are achieved through the manipulation of training variables to achieve a desired outcome. This course also covers the appropriate exercise selection for the development of sport-specific programs that will aid in injury prevention as well as performance enhancement.

HPER 365 – Advanced Techniques in Strength & Conditioning (3)

Principles and theory of strength training and conditioning for athletic and sedentary populations will be taught. The course will be based on the principles, concepts, and guidelines for strength training and conditioning according to the National Strength and Conditioning Association. Advanced Techniques in Training and Conditioning will be the culmination of a series of exercise science-based courses to prepare the student for the correct application of strength training and conditioning exercises.

HPER 450– Strength & Conditioning Practicum II (2)

A course designed to give the student a cooperative practical learning experience in the strength and conditioning field. The responsibilities of the Practicum II student weighs heavily on exercise technique instruction and correction. Other duties may be assigned by the site supervisor as well as duties including general weight room management and maintenance. Requirements of this course consist of 50 hours assignment in the strength and conditioning field, a final letter written and signed by the supervisor, and a daily journal. Grading is based on a pass or fail.

HPER 496 – Practicum in Physical Education (1-3)

A course designed to give a student practical experience in a physical fitness training center. Participation of 25, 50, or 100 hours (in accordance with the 1, 2, or 3 credit hours respectively) is required in the fitness center. In addition, two research papers, meetings with faculty member, and a journal of time spent in the fitness center are required. Grading is based on pass or fail.

HPER 498-499 – Special Topics (1-6)

Special studies on topics which do not appear in regular departmental curriculum. The subject and its treatment must be derived from consultation between the individual student and the teacher. All special topic proposals must be approved by the Dean of the School. The amount of credit granted depends upon the nature of the project undertaken and the length of time of the experience.

HPER 499 – Internships (9)

All students enrolled in the class must be willing to travel to the facility/agency/site/activity in which they are assigned. Depending on assignment, student may be required to join STEA for insurance purposes. Participation of **400** hours is required at the assigned facility/agency/site, etc. A journal of time spent, materials given, and letter from the immediate supervisor stating the number of hours completed, responsibilities, etc. in which student was assigned, and supervisor signature **must** be obtained, along with any additional work assigned.

**Other courses or credits could be amended to some type of field experience on a case by case basis.

POSSIBLE FIELD EXPERIENCE VENUES

Student must make contact, and request, and follow up with all applications and guidelines required by Cumberland University as well as any applications, resumes, information, etc. required by the site and the site's supervisor. Listed below are possible sites. However, you are not limited to these sites, upon approval of Cumberland and site's supervisor.

*****Do not assume that your internship site request will be granted. The site or agency may not have any openings at the time of your application or request.**

Camp Widjiwagan

3088 Smith Springs Road
Antioch, TN 37013
615-360-2267

B. J. Davis **Laura Johnson**
bdavis@ymcamidtn.org, lcjohnson@ymcamidtn.org

Ensworth High School

Molly Lane Machleit
Fitness Instructor/Internship Coordinator
7401 Highway 100
Nashville, TN 37221
615-301-5362 lanem@ensworth.com

Velocity Sports Performance of Cool Springs

Leslie Husted, Director of Operations
119 Seaboard Lane Suite 401
Franklin, TN 37067
Office: 615-661-8771

D-1 Sports Training/Therapy

7115 South Springs Dr.
Franklin, TN 37067
Training: 615-778-0000, Therapy: 615-778-8800
www.d1sportstraining.com/facilities/nashville/locNashville.asp

Cris Carter's FAST Program

Attn: Edward Winslow, Internship Coordinator
10661 W. Atlantic Blvd.
Coral Springs, FL 33071
ewinslow@fastprogram.com, www.fastprogram.com/Internships.asp

Other Venues: (Again, these venues may not have any intern openings)

Tennessee Titans
Nashville Sounds
Nashville Predators
Athletic Teams
Parks and Recreation
Fitness Centers