Walsh University Exercise Science Student Guidebook

Contents

School Mission Statement .................................................................................................................. 3
Exercise Science Program Objectives .............................................................................................. 4
Advanced Standing .......................................................................................................................... 5
Professional Track Course Sequence .............................................................................................. 6
Professional Track Curriculum Sheet ............................................................................................. 7
Pre-PT Course Sequence ............................................................................................................... 8
Pre-PT Curriculum Sheet .............................................................................................................. 9
Exercise Science Course Rotation with Pre-Requisites ................................................................. 10
Internship Application .................................................................................................................. 11
Internship Overview .................................................................................................................... 12
Internship Master Agreement with Experienced Provider .......................................................... 25
Internship Master Agreement with Student ................................................................................. 28
Internship Performance Review .................................................................................................. 31
Internship Experience Time Log ................................................................................................. 35
MISSION STATEMENT
The mission of the School of Behavioral and Health Sciences is to provide high quality innovative educational programs which foster academic excellence rooted in scholarship and evidence based practices. Academic excellence embodies critical thinking, effective communication, creativity, life-long learning, and orientation to interdisciplinary and global learning. We challenge students in the academic programs to examine their personal values and respect the uniqueness, human dignity, and cultural backgrounds of all people. Our students become leaders in service who demonstrate ethical and professional behaviors and advocate for the rights, health, and welfare of all human beings. We encourage individuals to act in accordance with and guided by the example and teachings of Jesus Christ.

VISION
Through our academic programs, the School of Behavioral and Health Sciences engages faculty and students in research and in efforts to improve the quality of human and community life. We aspire to promote innovation and interdisciplinary collaboration, global and domestic service, and advocacy for the undeserved.

GOALS for FACULTY and STUDENTS
1. Promote ethical and professional behaviors.
2. Foster excellence in research practices.
3. Demonstrate competence in the use of appropriate evidence based practices.
4. Engage in continuous development of knowledge and competencies related to chosen careers and practices.
5. Participate in advocacy efforts to promote respect for and advocate for the rights and wellbeing of all human beings. Encourage interdisciplinary collaboration.
Walsh University Exercise Science Objectives

Goals:

2. Growth and Development: Exercise Science majors should understand how exercise tests (ranging from testing, training, or analysis of blood markers) are performed and individualized based on the patient population employed.
3. Diverse Students: Exercise Science majors should understand how individuals differ to their approaches to learning and create appropriate instruction adapted to these differences.
4. Management and Motivation: Exercise Science majors use an understanding of the physiological, metabolic, and psychological functions of the individual to create a safe learning environment that encourages positive social interaction, active engagement in learning, and self-motivation.
5. Communication: Exercise Science majors use knowledge of effective verbal and nonverbal techniques to enhance learning and engagement in exercise science settings.
6. Planning and Instruction: Exercise Science majors should plan and implement a variety of developmentally appropriate exercise physiology tests based on ACSM standards.
7. Student Assessment: Exercise Science majors should understand and use assessment to better understand the physiological response to an external stressor (i.e., heat, cold, exercise) is specific to that individual.
8. Reflection: Exercise Science candidates are critical and reflective thinkers who evaluate their actions on others (i.e., fellow professionals, clinicians, patients, clients).
9. Technology: Exercise Science majors use technology to enhance learning and to enhance personal and professional productivity.
10. Collaboration: Exercise Science majors should foster relationships with colleagues, clinicians, and community agencies to support the students’ professional growth and well-being.
Walsh University Exercise Science Advanced Standing

Beginning with the academic year 2015-16, students will be required to maintain a minimum grade point average to be accepted into and to continue with the exercise science major. The minimum overall grade point average for Pre-Physical Therapy will be 3.5, and the Professional Track will be 2.8. The student must have completed the following courses in the calculation of the grade point average:

2. Chemistry 101-102 Principles of Chemistry with labs or Chemistry 109-110 Organic and Biochemistry with labs for the professional track.
3. EXS 262 Foundations of Exercise Science/PE and
4. EXS 264 Organizations and Administration of EXS/PE

In addition, the student in these programs will be required to apply for advanced standing to take upper division courses.

By signing this form, I realize that I have read and understood this document in regards to minimum qualifications for the major in Exercise Science.

__________________________  ______________
Name  Date
Walsh University Department of Exercise Science

Professional Track

Projected 4-year sequencing for a typical major in the Professional Track:

<table>
<thead>
<tr>
<th>Year 1 - Fall</th>
<th>Semester Hrs.</th>
<th>Year 1 - Spring</th>
<th>Semester Hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 209</td>
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<td>BIO 210</td>
<td>3</td>
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<tr>
<td>BIO 209L</td>
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<td>BIO 210L</td>
<td>1</td>
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<tr>
<td>EXS 261</td>
<td>2</td>
<td>EXS 264</td>
<td>3</td>
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<tr>
<td>EXS 262</td>
<td>3</td>
<td>PYSCH 210</td>
<td>3</td>
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<tr>
<td>FYI</td>
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<td>Core</td>
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<td>Core</td>
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<table>
<thead>
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<th>Year 2 Fall</th>
<th>Semester Hrs.</th>
<th>Year 2-Spring</th>
<th>Semester Hrs.</th>
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<tr>
<td>CHEM 109L</td>
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<td>CHEM 110L</td>
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<td>EXS 363</td>
<td>3</td>
</tr>
<tr>
<td>NS 207</td>
<td>3</td>
<td>Math 221</td>
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<table>
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<th>Semester Hrs.</th>
<th>Year 3 Spring</th>
<th>Semester Hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXS 385</td>
<td>3</td>
<td>EXS 263</td>
<td>3</td>
</tr>
<tr>
<td>EXS 464</td>
<td>3</td>
<td>EXS 381</td>
<td>3</td>
</tr>
<tr>
<td>Electives/Core</td>
<td>10</td>
<td>Electives/Core</td>
<td>10</td>
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<table>
<thead>
<tr>
<th>Year 4 Fall</th>
<th>Semester Hrs.</th>
<th>Year 4 Spring</th>
<th>Semester Hrs.</th>
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</thead>
<tbody>
<tr>
<td>EXS 474</td>
<td>3</td>
<td>EXS 484</td>
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<tr>
<td>EXS 498</td>
<td>1-2</td>
<td>EXS 494 Int.</td>
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<tr>
<td>Electives/Core</td>
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<td>Electives/Core</td>
<td>10</td>
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</table>
Exercise Science (B.S.) - Professional Track

Division of Health Sciences

Chemistry and Biology (16 sem. hrs.)

CHEM 109-110  General Organic & Biochemistry I & II (with Labs)  (8)
BIO 209-210  Anatomy & Physiology I & II (with Labs)  (8)

Exercise Science (22 sem. hrs.)

EXS 262  Foundations of Physical Education, Exercise Science & Sports  (3)
EXS 261  First Aid  (2)
EXS 263  Personal & Community Health  (3)
EXS 264  Organization and Administration of P.E., Exercise Science & Sports  (3)
EXS 362  Prevention and Care of Athletic Injuries  (3)
EXS 363  Advanced Athletics Injury Management  (3)
EXS 381  Physiology of Exercise  (3)
EXS 385  Biomechanics  (3)
EXS 464  Tests & Measurements  (3)
EXS 474  Exercise Testing & Prescription  (3)
EXS 484  Concepts in Exercise Science  (3)
EXS 494  Internship  (6)

Mathematics (3 sem. hrs.)

MATH 221  Statistics (MATH 104 - Algebra II is a pre-requisite)  (3)

Other Requirements (6 sem. hrs.)

NS 207  Nutrition  (3)
PSYCH 210  Human Development Across the Lifespan  (3)

Electives (Choose 6 credit hours from the following)

BIO 309  Human Physiology  (4)
BUS 230  Financial/Managerial Accounting  (4)
EXS 498-99  Introduction to Research  (1-2)
PSYCH 251  Physiological Psychology  (3)
SOC 311  H1: Medical Sociology (formerly Health and Wellness)  (3)
PHIL 304  H3: Bioethics  (3)
PSYCH 401  Abnormal Psychology (PSYCH 251 pre-req or permission)  (3)

All courses must be completed with a C- or better to be counted toward completion of the major.
# Walsh University Department of Exercise Science Pre-PT Track

Projected 4-Year Course sequencing for a typical major in the Graduate School/PT Track

<table>
<thead>
<tr>
<th>Year 1-Fall</th>
<th>Semester Hr.</th>
<th>Spring</th>
<th>Semester Hr.</th>
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<tbody>
<tr>
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<td>EXS 261</td>
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<tr>
<td>EXS 262</td>
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<td>PSYCH 210</td>
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<thead>
<tr>
<th>Year 2-Fall</th>
<th>Semester Hr.</th>
<th>Spring</th>
<th>Semester Hr.</th>
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<tbody>
<tr>
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<td>CHEM 102</td>
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<tr>
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<td>CHEM 102 Lab</td>
<td>1</td>
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<tr>
<td>EXS 362</td>
<td>3</td>
<td>MATH 221</td>
<td>3</td>
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<td>NS 207</td>
<td>3</td>
<td>MATH 156</td>
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<td>MATH 155</td>
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<thead>
<tr>
<th>Year 3-Fall</th>
<th>Semester Hr.</th>
<th>Spring</th>
<th>Semester Hr.</th>
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</thead>
<tbody>
<tr>
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<td>BIO 102</td>
<td>3</td>
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<tr>
<td>BIO 101 Lab</td>
<td>1</td>
<td>BIO 102 Lab</td>
<td>1</td>
</tr>
<tr>
<td>EXS 385</td>
<td>3</td>
<td>EXS 263</td>
<td>3</td>
</tr>
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<td>EXS 464</td>
<td>3</td>
<td>EXS 381</td>
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<td>Electives/Core</td>
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<td>Electives/Core</td>
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<table>
<thead>
<tr>
<th>Year 4-Fall</th>
<th>Semester Hr.</th>
<th>Spring</th>
<th>Semester Hr.</th>
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<tbody>
<tr>
<td>PHYS 101</td>
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<td>PHYS 102</td>
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<td>PHYS 101 Lab</td>
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<td>PHYS 102 Lab</td>
<td>1</td>
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<tr>
<td>BIO 309</td>
<td>4</td>
<td>EXS 484</td>
<td>3</td>
</tr>
<tr>
<td>EXS 474</td>
<td>3</td>
<td>EXS 499</td>
<td>1-2</td>
</tr>
<tr>
<td>EXS 498</td>
<td>1-2</td>
<td>Electives/Core</td>
<td>6</td>
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## EXERCISE SCIENCE (B.S.) - GRADUATE SCHOOL/PHYSICAL THERAPY TRACK

### Division of Health Sciences

### Chemistry and Biology (24-28 sem. hrs.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 101-102</td>
<td>Principles of Chemistry I &amp; II (with Labs)</td>
<td>(8)</td>
</tr>
<tr>
<td>BIO 101-102</td>
<td>Principles of Biology I &amp; II (with Labs)</td>
<td>(8)</td>
</tr>
<tr>
<td>BIO 209-210</td>
<td>Anatomy &amp; Physiology I &amp; II (with Labs)</td>
<td>(8)</td>
</tr>
<tr>
<td>BIO 309</td>
<td>Human Physiology (required for Pre-PT)</td>
<td>(4)</td>
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### Exercise Science (35 sem. hrs.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>EXS 262</td>
<td>Foundations of Physical Education, Exercise Science &amp; Sports</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 261</td>
<td>First Aid</td>
<td>(2)</td>
</tr>
<tr>
<td>EXS 264</td>
<td>Organization and Administration of P.E., Exercise Science &amp; Sports</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 362</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 381</td>
<td>Physiology of Exercise</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 385</td>
<td>Biomechanics</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 464</td>
<td>Tests &amp; Measurements</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 474</td>
<td>Exercise Testing &amp; Prescription</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 484</td>
<td>Concepts in Exercise Science</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 498-499</td>
<td>Introduction to Research</td>
<td>(1-2)</td>
</tr>
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</table>

### Mathematics (3-9 sem. hrs.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH 221</td>
<td>Statistics (MATH 104 - Algebra II is a pre-requisite)</td>
<td>(3)</td>
</tr>
<tr>
<td>MATH 155-156</td>
<td>Elementary Functions I &amp; II (required for Pre-PT &amp; Physics)</td>
<td>(6)</td>
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</table>

### Other Requirements (6-14 sem. hrs.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NS 207</td>
<td>Nutrition</td>
<td>(3)</td>
</tr>
<tr>
<td>PHYS 101-102</td>
<td>Principles of Physics I &amp; II with Labs (required for Pre-PT)</td>
<td>(8)</td>
</tr>
<tr>
<td>PSYCH 210</td>
<td>Human Development Across the Lifespan</td>
<td>(3)</td>
</tr>
</tbody>
</table>

### Electives (Choose 6 credit hours from the following)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 407</td>
<td>Molecular Pharmacology</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 363</td>
<td>Advanced Athletic Injury Management</td>
<td>(3)</td>
</tr>
<tr>
<td>EXS 494</td>
<td>Internship</td>
<td>(3)</td>
</tr>
<tr>
<td>PSYCH 251</td>
<td>Physiological Psychology</td>
<td>(3)</td>
</tr>
<tr>
<td>SOC 311</td>
<td>H1: Medical Sociology (formerly Health and Illness)</td>
<td>(3)</td>
</tr>
<tr>
<td>PHIL 304</td>
<td>H3: Bioethics</td>
<td>(3)</td>
</tr>
<tr>
<td>PSYCH 401</td>
<td>Abnormal Psychology (PSYCH 251 pre-req or permission)</td>
<td>(3)</td>
</tr>
</tbody>
</table>

All courses must be completed with a C- or better to be counted toward completion of the major.
EXS Course Rotation
(tentative)

Fall
EXS 261 First Aid (2)
EXS 262 Foundations of EXS (2)
EXS 263 Personal and Community Health (3)
EXS 264 Organization of PE and Athletics (1)
EXS 362 Care and Prevention of Athletic Injuries (2)
EXS 381 Physiology of Exercise (1)
   Pre-Req – BIO 209/210
   Anatomy and Physiology
EXS 385 Biomechanics (2)
   Pre-Req – BIO 209/210
   Anatomy and Physiology
EXS 464 Tests and Measurements (1)
   Pre-Req – Math 221 Statistics
EXS 474 Exercise Testing and Prescription (1)
   Pre-Req – EXS 381 Physiology of Exercise
EXS 484 Concepts in Exercise (Begins Fall '17)
   Pre-Req – EXS 381 Physiology of Exercise

Spring
EXS 261 First Aid (2)
EXS 262 Foundations of EXS (1)
EXS 263 Personal and Community Health (3)
EXS 264 Organization of PE and Athletics (2)
EXS 362 Care and Prevention of Athletic Injuries (1)
EXS 363 Advanced Athletic Training (1)
   Pre-Req – BIO 209/210
   Anatomy and Physiology, EXS 362 Care and Prevention of Athletic Injuries
EXS 381 Physiology of Exercise (2)
   Pre-Req – BIO 209/210
   Anatomy and Physiology
EXS 385 Biomechanics (1)
   Pre-Req – BIO 209/210
   Anatomy and Physiology
EXS 464 Tests and Measurements (1)
   Pre-Req – Math 221 Statistics
EXS 474 Exercise Testing and Prescription (1)
   Pre-Req – EXS 381 Physiology of Exercise
EXS 484 Concepts in Exercise
   Pre-Req – EXS 381 Physiology of Exercise
EXS 494 Internship *
EXS 490-99 Research
   Pre-Req – EXS 464 Tests and Measurements

* Must apply before advising and registration, during previous semester
Walsh University Exercise Science Internship Applicants

In order to be considered for an internship, you must submit a signed and completed application form along with a cover letter and your resume. Include in your letter your objectives for the internship and future career plans. Please refer to the attached internship. Requirements for minimum GPA and course requirements. Additional application items must be submitted as a complete package. Incomplete applications will not be viewed.

Name(s) of Internship(s) Applied for and number of credit hours (3 or 6):
__________________________________________________________________________________

Name: ____________________________________________________________________________

School Address: _____________________________________________________________________

Permanent Address: ______________________________________

School Telephone Number: ___________________ Email: __________________________________

Social Security Number: _____________________ Semester Applying for Internship: _____________

Are you requesting that your college grant credit hours for your internship? __________________

Current Cumulative GPA: _____________ Anticipated Graduation Date: _______________________

Advisor: _______________________________________

Exercise Science Classes

Semester Completed/Will complete

_______ EXS 262 Foundations of Physical Education

_______ EXS 261 First Aid

_______ EXS 263 Personal and Community Health

_______ EXS 264 Organization of PE and Athletics

_______ EXS 362 Prevention and Care of Athletic Injuries

_______ EXS 363 Advanced Athletic Injury Management

_______ EXS 381 Physiology of Exercise

_______ EXS 385 Biomechanics

_______ EXS 464 Tests and Measurements

_______ EXS 474 Exercise Testing and Prescription

_______ EXS 484 Concepts in Exercise Science

** Return to Dan McCallion, Walsh University Exercise Science, Office CSI 160 B
Walsh University Exercise Science Internship Overview

INTRODUCTION

The information contained in this packet is designed to help maximize your internship experience in exercise science. This experience is intended to be a partnership between you, your internship, and Walsh University.

Through participation in an internship you learn to apply academic learning in a professional setting. Perform work related to career interest, receive supervision and training and assess the possibilities of permanent employment. The internship experience provides an opportunity to bridge the gap between theory and practice and offer opportunities to be employed in entry level positions along with an experience to enhance your admittance to graduate school.

In select circumstances, you may receive some financial compensation. However, reimbursement agreements must be directly between you and your internship site. Our division is not in a position to negotiate payment for you.

PURPOSE

Walsh University students have the potential to leave our institutions competent and capable of beginning a fulfilling and successful career in Exercise Science. We expect our students to graduate having gained the following skills:

1. Plan effective exercise interventions based on assessment of individual, environmental, and task constraints, and on assessment of interactions among constraints.
2. Implement and evaluate strategies, interventions and programs.
3. Demonstrate professional development and advocate for research-based practices within Exercise Science.

The internship program allows the student the opportunity to demonstrate that they are capable of applying these academic competencies to a professional setting.

The internship program allows the student the opportunity to demonstrate that they are capable of applying these academic competencies to a professional setting.

The internship will provide the opportunity to:
- Gain an understanding and appreciation of the roles, duties, and the responsibilities of full-time professionals in exercise and/or sports science.
- Expose you to the work of professional organizations and agencies.
- Encourage participation in activities on the local, state and national levels.
- Expose you to leadership opportunities.
- Enable you to observe and participate in the planning, implementation and evaluation of programs within various exercise-related agencies and organizations.
- Establish professional contacts and references.

Criteria for Internship

For and internship to be approved, the internship site and internship learning objectives must:

- Be community – based
- Ideally the internship site has someone who is trained in Exercise, Sports Science, or physical therapy.
• Be related to Exercise/Sports Science.
• Result in a tangible product.
• Incorporate exercise science methods, such as:
  o Exercise education (i.e. presentations, conferences, classes, etc.)
  o Exercise communication
  o Planning and implementing fitness programs
  o Assessment and Evaluation
  o Case studies
  o Fitness classes
  o Sports or exercise coaching
BEFORE your internship

The following list needs to be completed BEFORE you may start your internship.


Contact the Division Internship Coordinator, Dan McCallion, to assist in finding and approving an internship at least a term before registering for EXS494 Internship. Contact Dan McCallion at dmccallion@walsh.edu or call (330) 490-70-14 (emergency 330-409-5599)

Attend the first Mandatory Internship Meeting to have your internship site approved.

- The first Mandatory Internship Meeting will be held the week of registration prior to the term the internship will be completed.
  - For Summer term and Fall term internships: the meeting will be held the week of registration in May
  - For Winter term internships: the meeting will be held the week of registration in November
  - For Spring term internships: the meeting will be held the week of registration in January
- Internship sites will be approved and add forms to register for PE494 will be signed at this meeting.
- Students should check their Walsh University email on a regular basis for meeting information: date, time and location.

Complete Required Forms A, B & C.

- All forms need to be typed and signed when they are turned in.
- Forms A, B & C are included in the Appendix of this packet.
  - Form A (Master Agreement) is signed by the site supervisor and the Division Internship Coordinator
  - Form B (Student Internship Agreement) is signed by the student intern and the Division Internship Coordinator
  - Form C (Internship Objectives) is signed by the student intern, the site supervisor, and the Division Internship Coordinator.
    - Keep a copy of this form for your records.
- Forms must be completed and turned in to the Division Internship Coordinator before you may start your internship
DURING your internship

The following list should be completed during your internship.

**Keep a detailed daily log of your internship experience.**

- A Daily Log form may be found in the Appendix of this packet.
- The completed Daily Log will be included on your Final Internship document.
- The Daily Log should show good reflection by the student.
- It is worth 25 points and 1 point will be deducted for every 3 spelling or proof-reading errors.

**Work on your tangible product(s) as you are working through your internship hours.**

- The tangible product(s) should be unique or a new contribution to the site or to an existing site program.
- The tangible product(s) will be graded on whether the project showed good exercise and/or sport science and is free from errors.
- Examples include:
  - Exercise-based educational materials (presentations with handouts, brochures, bulletin boards, etc.)
  - Case studies
  - Group or individual fitness classes with handouts for participants
  - Coaching/training materials
  - Assessment and evaluation of fitness programs

**Contact Dan McCallion for a midpoint check-in** when you have completed 70-80 hours of your internship.

- You are responsible for initiating this meeting.
- You should bring a copy of your Daily Log with you to the meeting.
- See the Appendix of this packet for possible questions that will be reviewed during your meeting.
- **The midpoint check-in will be graded on a Pass/ No Pass basis and must be passed in order to earn a passing grade for your internship.**

**Conduct 3 interviews with exercise / sports science professionals** and write a short summary of each to be included in your log.

- Professionals may work at the internship site or at other exercise-based organizations and agencies.
- At least four questions should be asked of each professional.
  - A list of possible questions is included in the Appendix of this packet.
- The summary may be typed in question and answer format.
- A short 2-3 sentence reflection should follow the question and answer section.
- Each summary should be typed, double spaced, 1 inch margins and be approximately 1 page.
- Students will be graded on whether appropriate professionals were identified to interview, if the student asked appropriate questions, the student showed good reflection and the interviews were spell-checked and proof-read.
AFTER your internship

The following list should be completed to turn in after completion of your internship hours.

**Send a thank you letter to the site supervisor** shortly following completion of your internship.

- Sample letters may be found at: [http://owl.english.purdue.edu/handouts/print/pw/p_basicbusletter.html](http://owl.english.purdue.edu/handouts/print/pw/p_basicbusletter.html)
- The thank you letter should be professional and free from errors.

**Complete a summary of your internship experience.**

- The summary of your internship experience should be approximately 3 pages in length, 1 inch margins, double-spaced and typed.
- The summary is worth 20 points and will be graded on the following components:
  - The summary showed good insight and growth by the student
  - All sections of the outline provided were addressed
    - **Use the “Summary of Internship Experience” outline included in the Appendix of this packet**
  - The summary was proof-read and spell-checked 1 point will be deducted for every 3 proof-reading or spelling errors.

**Complete the Exercise Science Competency Document.**

- The Exercise Science Competency document should consist of these sections:
  - A resume
  - A self-assessment of the exercise science competencies/skills
  - At least three evidences from required exercise science courses
- **See the Exercise Science Competency Document section included in the Appendix of this packet.**

**Compile your Final Portfolio** and turn in by noon on Wednesday of finals week.

- Include these files:
  - Title page
    - The title page should include the following:
      - Student’s name
      - Internship Site and supervisor
      - Term the internship was competed
  - Daily Log
  - Interviews with 3 exercise/sports science professionals
  - Summary of Internship Experience
  - Tangible Product(s)
  - Exercise Science Competency Document which includes:
    - Resume
    - Self-Assessment of Exercise Science Competencies/Skills
    - Evidences of Exercise Science Competencies/Skills
  - A copy of your thank you letter to your site supervisor
  - Print out showing completion of the Student Intern’s Self-Evaluation
Grading Scale

A total of 100 points are available for the internship. Grades will be based on the percentage of the total possible points earned and that all Pass / No Pass elements have met Pass criteria.

Mandatory Internship Meetings with the Division Internship Coordinator:

- Mandatory Internship Meeting #1 attended the week of registration
  - Pass/No pass
- Mandatory Internship Meeting #2 attended the first week of the term
  - Site approved and Forms A, B & C turned in typed & signed
  - Pass/No Pass
- Midpoint Check-In attended
  - Pass/No Pass

Final Internship Portfolio:

- Daily Log Completed
  - Student showed good reflection and professional growth
  - -1 point for every 3 spelling or proof-reading errors
  - 20 points
- Tangible Product(s)
  - Student showed good exercise science practice/skill
  - Free from errors
  - 20 points
- Summary of Internship Experience
  - All areas outlined in the packet show good reflection
  - -1 point for every 3 spelling or proof-reading errors
  - 20 points
- Evaluation on site by supervisor
  - 40 points

Additional Exercise Portfolio Elements:

- Resume
  - Professionally prepared and free from errors
  - Pass/No pass
- Self-Assessment of Exercise Science Competencies/Skills
  - Students shows good reflection
  - Self-Assessment is typed
  - At least 3 evidences from requires Exercise Science courses
  - Each competency (1-3) is represented by the student’s best work
  - Pass/No pass

**All Pass/No Pass elements need to be passed in order to receive a passing letter grade for the internship.**

Internship Objectives

When completing your objectives, consider the following guidelines:
Under normal circumstances, a well–formulated measurable objective will meet the following criteria:

1. It starts with the word “to”, followed by an action verb.
2. It specifies a single key result to be accomplished. (What/how much)
3. It specifies a target date for its accomplishment. (when)
4. It specifies only the “what and “when”; it avoids venturing into the “why” and “how”.
5. It is readily understandable by those who will be contributing to its attainment.
6. It is realistic and attainable, but still represents a significant change.
7. It is consistent with the resources available or anticipated.
8. It is consistent with agency and organizational policies and practices.
9. It is recorded in writing, with a copy kept and periodically referred to by both site supervisor and intern.

**Example Objectives**

1. To develop a fitness program for beginners by ________________.
2. To implement strength training program for the target population by ________________.
3. To assess and evaluate a fitness program for seniors by ________________.
Supervisor’s Evaluation and Student Intern’s Self Evaluation

Below are the professional skills and exercise science competencies that will be used to evaluate your internship. Separate electronic links will be provided to you and your site supervisor starting week 8 of the term and closing on Tuesday of finals week. Completion of this survey is part of your internship grade. Please print out the last page of the electronic survey to turn in with your portfolio.

General Professional Skills:

- Displayed appropriate level of confidence in professional abilities.
- Ability to effectively communicate orally.
- Ability to effectively communicate in writing.
- Ability to effectively utilize and apply knowledge.
- Ability to analyze problems and effectively problem solve.
- Ability to develop a professional network (with the agency/community).
- Ability to meet deadlines.
- Ability to work beyond minimum expectations.
- Ability to accept feedback.
- Ability to maintain appropriate professional appearance and attitude.
- Ability to interact appropriately with all audiences (clients/colleagues)
- Displayed an interest in the operations of the agency.

Exercise Science Competencies/Skills:

- Applied appropriate qualitative and quantitative measurement and analysis techniques in assessment of constraints and constraint interactions.
- Determined intervention outcomes based on constraint and interaction assessment.
- Demonstrated effective manipulation of individual, environmental and task constraints in intervention development.
- Selected and implemented intervention components appropriate to a diverse range of individuals and groups.
- Applied interventions using a diverse range of equipment, facilities, resources and methods.
- Assessed effectiveness of a diverse range of individual and group interventions.
- Effectively communicated findings and recommendations for future practice to multiple audiences.
- Used oral, electronic and written techniques to communicate effectively with a diverse range of audiences.
- Retrieved and evaluated research-based information from a variety of resources.
Summary of Internship Experience

Complete a summary of your internship experience.

- The summary of your internship experience should be approximately 5 pages in length, 1 inch margins, double-spaced and typed.
- The summary is worth 20 points and will be graded on the following components:
  - The summary showed good insight and growth by the student
  - All sections of the outline provided were addressed
  - The summary was proof-read and spell-checked; 1 point will be deducted for every 3 proof-reading or spelling errors.
- Include your summary in your final portfolio.

Use the following outline when writing your summary.

- Overview
  - Provide an overview of what you did during your internship
  - Include an overview of your internship site
    - Describe the site’s mission, how the site contributes to exercise science and the extent to which agency is working to achieve their mission.
- Objectives
  - List your personal internship objectives and your internship site objectives (from Form C-Internship Objectives).
  - Describe to what degree you accomplished these objectives.
- Professional growth
  - Explain how your internship experience has contributed to your professional growth.
  - As a result of this experience, describe how you have redefined your specific professional objectives/goals.
  - Describe any problems or concerns that you may have encountered and how they were solved or could have been solved.
- Skills/Competencies
  - Explain the skills or competencies you were required to use in your internship, including those you felt prepared to use and those you felt unprepared to use.
  - Describe any new skills you have developed through your internship.
- Future
  - Explain how your internship experience will impact your future.
Exercise Science Competency Portfolio

The exercise science competency portfolio should consist of these sections:

- A resume
- A self-assessment of the exercise science competencies (worksheet follows this page)
- At least three evidences from required exercise science courses.
- A print out showing completion of the Exit Survey.
- All of these sections should be included on your Final Internship CD.

Resume

- Should be professionally prepared and reflect current skills and experiences.
- Should be typed and free from spelling and proof-reading errors.
- The resume will be graded on a Pass/No Pass basis and must be passed in order to receive a passing grade on your internship.
  - More than 3 errors will result in a No Pass grade.

Self-Assessment of Competencies/Skills

- Students should use the self-assessment worksheet included in this packet.
- The self-assessment should be typed, proof-read and spell-checked.
- The student should show good reflection and provide examples of these competencies and skills from their required community health courses.
- The self-assessment will be graded on a Pass/No pass basis and must be passed in order to receive and passing grade on your internship.
  - More than 5 errors and/or failure to provide adequate examples of competencies and/or failure to show good reflection will result in a No Pass grade.

At least three (3) evidence from required exercise science courses.

- Include at least one evidence form Competency 1 (sub competency a, b, or c)
- Include at least one evidence form Competency 2 (sub competency a, b, c, or d)
- Include at least one evidence form Competency 3 (sub competency a, b, c, or d)
- The evidences should represent your best work.
- The evidences will be graded on a Pass/No Pass basis and must be passed in order to receive a passing grade on your internship.
  - Failure to include at least one evidence from each competency (1, 2 and 3) will result in a No Pass grade.

Complete the online Exit Survey

- An electronic line will be provided to you starting week 8 of the term and closing Tuesday of finals week.
- Completion of this survey is part of your internship grade and will be graded on a Pass/No Pass basis and must be passed in order to receive a passing grade for your internship.
- Please print out the last page of the electronic survey to turn in with your Final Internship CD.
### Self-Assessment of Competencies/Skills in Exercise Science

Type a brief explanation of the competency/skill with at least one example in the required core classes’ column.

<table>
<thead>
<tr>
<th><strong>Competency 1</strong></th>
<th><strong>Course Experience:</strong> Required Core Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan effective exercise interventions based on assessment of individual, environmental, and task constraints, and on assessment of interactions among constraints.</td>
<td>EXS262 Foundation, EXS261 First Aid, EXS381 Physiology of Exercise, EXS385 Kinesiology, ES474 Exercise Testing and Prescription, EXS Tests and Measurements, ES264 Organization and Administration of PE, EXS, and athletics.</td>
</tr>
</tbody>
</table>

1a. Apply appropriate qualitative and quantitative measurement and analysis techniques in assessment of constraints and constraint interactions.

1b. Determine intervention outcomes based on constraint and interaction assessment.

1c. Demonstrate effective manipulation of individual environmental and task constraints in intervention development.
### Competency 2

Impellent and evaluate strategies, interventions and programs.

<table>
<thead>
<tr>
<th>Course Experience: Required Core Classes</th>
</tr>
</thead>
</table>

2a. Select and implement intervention components appropriate to a diverse range of individuals and groups.

2b. Apply interventions using a diverse range of equipment, facilities, and pedagogical resources and methods.

2c. Assess effectiveness of a diverse range of individual and group interventions.

2d. Effectively communicate findings and recommendations for future practice to multiple audiences.
<table>
<thead>
<tr>
<th>Competency 3</th>
<th>Course Experience: Required Core Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Demonstrate professional development and advocate for research-based practices within Exercise Science.</strong></td>
<td>EXS262 Foundation, EXS261 First Aid, EXS381 Physiology of Exercise, EXS385 Kinesiology, ES474 Exercise Testing and Prescription, EXS Tests and Measurements, ES264 Organization and Administration of PE, EXS, and athletics.</td>
</tr>
<tr>
<td>3a. Use oral, electronic and written techniques to communicate effectively with diverse audiences.</td>
<td></td>
</tr>
<tr>
<td>3b. Retrieve and evaluate research-based information from a variety of resources.</td>
<td></td>
</tr>
<tr>
<td>3c. Develop and communicate research and content-knowledge based positions relative to critical questions in Exercise Science.</td>
<td></td>
</tr>
<tr>
<td>3d. Demonstrate professional skills and ethics appropriate within the field.</td>
<td></td>
</tr>
</tbody>
</table>
This agreement is entered into this ________ day of ________, 20___ (“Effective Date”) between Walsh University (WU) non-profit corporation and educational institution (WU), and _____________ (the “Experience Provider”) located at ______________________. This agreement will last for a period of three years from the effective date.

1. **PURPOSE.** In order to facilitate internship opportunities and educational experiences for students, this Agreement is intended to govern the relationship between Experience Provider and Walsh University with respect to student interns from WU in an internship agreement with the Experience Provider.

2. **GENERAL CONSIDERATIONS**

2.1 An internship is a cooperative student program between WU and the Experience Provider. The experience provider provides supervision, facilities and instruction that help students of WU (each an “Intern”) acquire skills and knowledge related to their chosen field of study or occupation.

2.2 This Agreement is effective as of the Effective Date and may be terminated by WU or the Experience Provider for any reason by providing 30 days advance written notice to the other party.

2.3 Experience Provider and WU shall each provide a contact person for activities related to the performance of this Agreement. A contact person will be named for each student intern for the Experience provider as well as a representative of WU. The following contact names and addresses shall be the contact person for the Experience Provider and for WU. Other may be designated in writing by the parties at any time.

**For Experience Provider:**

Name: Dan McCallion  
Address: Walsh University  
2020 East Maple St North Canton, Ohio 44720  
Phone: 330-490-7014  
Email: dmccallion@walsh.edu

**For WU:**

Name: _____________  
Address: _____________  
Phone: _____________  
Email: _____________

2.4 WU and the Experience Provider agree to indemnify each other from any claims or liability, including reasonable attorney’s fees, due to their respective negligent acts or omissions arising from the performance of this Agreement. Each party further agrees to have in effect insurance coverage to adequately underwrite this promise of indemnity.

2.5 Neither WU nor the Experience Provider will be responsible nor held liable for any claims, disputes, losses, damages, injures, adverse events or outcomes arising out of or caused only by the other party’s actions, inactions or negligence. If, however, such claims disputes, losses, damages, injures, adverse events or outcomes are the result of the joint fault of both the Experience Provider and WU, the obligation of each party to indemnify the other hereunder shall be limited to the extent of the indemnifying party’s respective fault.

2.6 WU acknowledges that all original creative work of any Intern performed as part of an internship shall be considered a “work made for hire”, and that copyright and other intellectual property rights in any such original creative work of Intern shall be owned entirely by the Experience Provider.

2.7 The Parties acknowledge and agree that it shall be the responsibility of each Intern to: (i) comply with Experience Provider’s policies and procedures; (ii) report any serious problems related to the Experience Provider, including
safety and personnel problems, to the Internship Coordinator at WU and the Experience Provider; and (iii) maintain a health insurance policy in effect during the full period of any internship with the Experience Provider.

3 RESPONSIBILITIES OF WU. WU shall:

3.1 Provide course information and objectives, and ensure that each participation Intern meets academic and other qualifications that are consistent with the objectives and requirements of WU’s program.

3.2 Provide an administrative framework and a teaching faculty adequate in number, qualifications, and competency to develop and carry forward its instruction and supervision.

3.3 WU students will abide by all standards of the HIPAA Clause, including but not limited to:
   a. No member of the workforce has any authority to act contrary to the provisions of any policy or procedure of ________________ (Experience Provider) relating to the use or disclosure of patients’ health and medical information.
   b. Any member of the workforce who violates a privacy policy or procedure, or who orders or knowingly permits a subordinate to violate a privacy policy or procedure, will be subject to appropriate disciplinary action.
   c. Members of the workforce must complete required educational and/or training sessions relating to privacy and confidentiality of personal health information.

3.4 If a student is injured or becomes ill at the facility, ________________ (Experience Provider) shall offer the student access to emergency medical treatment at the student’s expense.

3.5 WU (students and faculty) are each covered under a professional liability insurance policy for their acts at the internship/clinical site. Such coverage shall be $1,000,000-$3,000,000. WU shall provide a certificate of liability insurance.

3.6 The student and WU shall hold harmless the internship site and its past, present and future subsidiaries, divisions, departments, successors, assigns, office directors, agents, employees, representatives and stockholders, from and against any and all liability, claims, actions, causes of actions, lawsuits or damages cause or arising out of the acts and/or omissions of WU.

3.7 Students are responsible to comply with the internship/externship site’s healthcare requirements, including TB screening and annual Flu vaccine.

3.8 If a student’s actions or lack of action or gross violation of the internship site policies places patients or employees in an unsafe environment, the internship site can impose temporary or permanent withdrawal of the student from the facility.

3.9 Either WU or student must provide proof of current (within prior 12 months) BCI (Bureau of Criminal Investigation) and FBI (fingerprinting) background check prior to beginning the clinical or non-clinical affiliation.

4. RESPONSIBILITIES OF THE EXPERIENCE PROVIDER. The Experience Provider shall:

4.1 Provide planned and supervised opportunities for each intern to perform tasks to acquire and practice various skills based on objectives compatible with those of WU’s program;

4.2 Orient the Intern to the Experience Provider’s rules, policies, procedures, methods, and operations;

4.3 Evaluate the Intern’s performance and notify WU’s Internship Coordinator of any cause of dissatisfaction with or of any known misconduct on the part of the Intern.

4.4 Comply with all the federal, state, local, and municipal laws, ordinances, and codes applicable to Experience Provider, including but not limited to providing Worker’s Compensation and/or other employment benefits to the Intern where applicable.
4.5 Accept the primary responsibility for supervision and control of the Intern at the internship site.

4.6 An agreement for maximum three-year term will be approved, after which time the university can submit a request to renew the agreement by letter addendum.

5. **ENTIRE AGREEMENT.** This agreement constitutes the entire agreement of the parties with respect to the subject matter of the agreement.

In witness whereof, the parties have affixed their signatures below:

**Experience Provider:**

By: ____________________________

Name: __________________________

Date: ____________________________

**Walsh University:**

By: ____________________________

Name: __________________________

Date: ____________________________
Form B
Student Internship Agreement
Walsh University

Student Name: 
Internship Start Date: 
End Date: 
Department and Course Number: 
Quarter Enrolled: 
Year: 
Credit Hours: 6

Internship Site (“Experience Provider”):
Complete Internship Address:
Site Supervisor: 
Phone: 
Email: 

WU Internship Coordinator: Dan McCallion
Phone: 330-409-5599 
Email: dmccallion@walsh.edu

WU Faculty Mentor/Advisor: same
Phone: 
Email: 

The student hereby agrees to the following:

1. Be enrolled as an internship student.
2. Comply with all Experience Provider rules, policies and procedures.
3. Complete the internship during the dates specified unless modified by the Experience Provider and WU.
4. Work conscientiously under the direction of the supervision assigned by the Experience Provider, submitting all reports and assignments as required.
5. Report serious problems, including physical, safety and personnel, to the Experience Provider supervisor and the WU Internship Coordinator.
6. Complete all WU academic assignments and course work as outlined by the applicable department.
7. Adhere to WU’s Code of Student Responsibility and the Experience Provider’s Standards of Personal Conduct and Dress and Grooming Standards.
8. Receive and ready a copy of the Internship Master Agreement between WU and the Experience Provider. I acknowledge that it is incorporated by reference in this Agreement and I am bound by such terms and conditions therein which specifically apply to interns. Consult with my personal physician in regard to necessary immunizations and any other medical matters relating to my participation in the internship program.
9. Authorize WU’s designated representative to grant permission for any necessary medical treatment for which I will be financially responsible if, during my participation in the program, I become incapacitated or otherwise unable to provide consent to medical treatment and advance consent cannot be obtained from my family.
10. Participation as an intern may involve risks not found in study a WU. These include risks involved in traveling to and returning from place of internship; different standards of design, safety, and maintenance of buildings, public places, and conveyances; local medical and weather conditions. I represent that I have made my own investigation and am willing to accept these risks.
11. Be personally responsible for all housing, transportation, study, and other arrangements in connection with my internship and personally bear all associated costs. In addition, be personally responsible for any financial liability and obligation which I personally incur and for any injury, loss, damage, liability, cost or expense to the person or property of another which is caused or contributed to by me during my participation in the internship program. I understand that WU does not represent or act as an agent for, and cannot control the acts or omissions of, any host institution, host family, transportation carrier, hotel, tour organizer, or other provider of goods or services beyond its control, including without limitation, strikes, war, loss, or theft of personal belongings, delays, weather, acts of God, governmental restrictions or acts, errors, or omissions of third party providers of goods and services.

12. Abide by HIPAA Clause, provide liability insurance, recognize emergency care clause, follow all health requirements, keep up-to-date BCI and FBI background checks and fingerprinting.

13. Abide by all applicable laws. I understand I must personally attend to any legal problems I encounter and incur as an intern.

14. Acknowledge and agree that WU is acting as an internship facilitator only and that WU will be neither responsible for nor held liable for any claims, losses, damages, injuries, adverse events or outcomes arising out of or caused by the internship, including but not limited to such claims, losses, damages, injuries, adverse events and outcomes caused by experience Provider’s actions, inactions or negligence, even if WU has been advised of the possibility of such.

_________________________________________  ______________________
Student Intern’s Signature                     Date

_________________________________________

_________________________________________
Form C

Student Internship Objectives

1.

2.

3.

4.

5.

6.

7.

_____________________________________

Division Internship Coordinator’s Signature

________________________

Date
**DECISION MAKING AND PLANNING**

<table>
<thead>
<tr>
<th>Statement</th>
<th>Rating</th>
</tr>
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<tbody>
<tr>
<td>1. Accepts responsibility for own actions</td>
<td>3 2 1</td>
</tr>
<tr>
<td>2. Works without close supervision when necessary</td>
<td>3 2 1</td>
</tr>
<tr>
<td>3. Involves others in shaping plans and decisions that affect them</td>
<td>3 2 1</td>
</tr>
<tr>
<td>4. Develops creative solutions to problems/work challenges</td>
<td>3 2 1</td>
</tr>
<tr>
<td>5. Keeps supervisor and others informed about important, relevant matters</td>
<td>3 2 1</td>
</tr>
<tr>
<td>6. Asks questions when unsure of assignment or responsibility</td>
<td>3 2 1</td>
</tr>
<tr>
<td>7. Develops and adequately utilizes sources of information</td>
<td>3 2 1</td>
</tr>
<tr>
<td>8. Seeks appropriate input before making decisions</td>
<td>3 2 1</td>
</tr>
<tr>
<td>9. Makes appropriate decisions and uses good judgment</td>
<td>3 2 1</td>
</tr>
<tr>
<td>10. Addresses issues from a University-wide perspective when appropriate</td>
<td>3 2 1</td>
</tr>
<tr>
<td>11. Is able to recognize and resolve problems effectively</td>
<td>3 2 1</td>
</tr>
<tr>
<td>12. Is able to determine and implement appropriate action on a timely basis</td>
<td>3 2 1</td>
</tr>
<tr>
<td>13. Recognizes need for supervisory assistance</td>
<td>3 2 1</td>
</tr>
</tbody>
</table>

**QUALITY AND QUANTITY OF WORK**

<table>
<thead>
<tr>
<th>Statement</th>
<th>Rating</th>
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<tbody>
<tr>
<td>14. Follows through on assignments in a timely manner</td>
<td>3 2 1</td>
</tr>
<tr>
<td>15. Performs quality work that is accurate and professional</td>
<td>3 2 1</td>
</tr>
<tr>
<td>16. Sets challenging goals and places priority on achieving those goals</td>
<td>3 2 1</td>
</tr>
<tr>
<td>17. Accomplishes quantity of work required for the job</td>
<td>3 2 1</td>
</tr>
<tr>
<td>18. Has appropriate knowledge of job requirements</td>
<td>3 2 1</td>
</tr>
<tr>
<td>19. Applies job knowledge and experience</td>
<td>3 2 1</td>
</tr>
<tr>
<td>20. Recommends, develops, and utilizes methods for work improvement</td>
<td>3 2 1</td>
</tr>
<tr>
<td>21. Complies with established safety standards</td>
<td>3 2 1</td>
</tr>
</tbody>
</table>
### Professional Conduct

<p>| | | |</p>
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<tr>
<th></th>
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<tbody>
<tr>
<td><strong>22.</strong> Skillfully manages own resources (Financial &amp; Time)</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

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<table>
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<tbody>
<tr>
<td><strong>23.</strong> Relates to people in an open, friendly, accepting manner</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>24.</strong> Interacts appropriately with all members of the University community</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>25.</strong> Accepts constructive criticism and modifies actions to achieve practical results</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>26.</strong> Adapts to changes in work environment and learns new information quickly</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>27.</strong> Seeks new knowledge and skills</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>28.</strong> Is punctual and has attendance as required by job</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>29.</strong> Develops effective working relationships</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>30.</strong> Demonstrates good customer service in actions and words</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>31.</strong> Communicates effectively (verbally) as required by job</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>32.</strong> Communicates effectively (in writing) as required by job</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>33.</strong> Follows University policies, rules, and regulations</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>34.</strong> (Other)</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td><strong>35.</strong> (Other)</td>
<td>3</td>
<td>2</td>
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</tbody>
</table>

### Core Values Assessment (3 High to 1 Low)

<p>| | | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Mission</strong></td>
<td>Committed to university mission, department objectives, self-improvement, and personal physical, mental and spiritual well-being.</td>
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<tr>
<td><strong>Community</strong></td>
<td>Acts in the best interest of the Walsh community; gives honest and respectful feedback; communicates well with people at all levels of the Walsh community; is approachable and accessible; attends University events.</td>
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<td><strong>Respect</strong></td>
<td>Considerate of others in conduct, communication, and decisions; expresses disagreements respectfully; recognizes talents and achievements of others; is a good steward of university resources (time, equipment, supplies, etc.).</td>
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<tr>
<td><strong>Service</strong></td>
<td>Works with an attitude of giving self to the needs and service of others; shows regard for others when resolving concerns and problems; shares talents and expertise.</td>
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<td>Excellence</td>
<td>Performs in a manner that adds value to assignment; is innovative and creative;</td>
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<td>seeks efficiencies and improvements.</td>
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<td>Integrity</td>
<td>Follows university policies, standards and behavior expectations; is honest and</td>
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<td>consistent, just and fair; is willing to be held accountable; lives up to commitments;</td>
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<td></td>
<td>respects confidentiality; risks doing the right thing.</td>
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**MEETS GOALS AND OBJECTIVES**

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**SUPERVISOR COMMENTS:**

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________
Overall Evaluation: | 3 | 2 | 1

Supervisor:

Please Return to:

Dan McCallion
Walsh University
2020 E Maple
N Canton, OH 44720
Walsh University
Exercise Science Field Experience Time Log

- The candidate should complete the chart below each time he/she visits the field experience site.
- The clinical faculty is asked to initial after each visit to confirm the candidate's attendance.
- The clinical faculty should sign/date at the bottom at the conclusion of the field experience.
- The clinical faculty will submit the completed form to the course instructor.
- Candidates, any falsification of this form could result in your dismissal from the Exercise Science Program.

If clinical faculty has questions or concerns, please contact the Exercise Science Program Coordinator: 330-490-7014

<table>
<thead>
<tr>
<th>DATE</th>
<th>Time In</th>
<th>Time Out</th>
<th>HOURS</th>
<th>DESCRIPTION OF ACTIVITIES</th>
<th>Supervisor's INITIALS</th>
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</table>

TOTAL HOURS

Signature of Supervisor (first and last name) ___________________________ Date ____________

Email of Supervisor __________________________________________ Phone Number __________

Signature of Walsh University Instructor ___________________________ Date ____________

The Walsh instructor should return all completed forms to the Exercise Science Program Office, Health Science, Room 160.