

UNIVERSITY OF MASSACHUSETTS BOSTON
DEPARTMENT of EXERCISE & HEALTH SCIENCES

**EHS 490 EXERCISE & HEALTH SCIENCES INTERNSHIP
FACT SHEET**

General Information:

Students in the Department of Exercise & Health Sciences are required to participate in one internship experience as part of their academic preparation. The main objective of this course is to provide educational and professional experiences in various aspects of health/fitness or clinical exercise programs or exercise science research. The internship will provide students with the opportunity to gain valuable hands-on experience in the field of exercise physiology. This course is a 12 credit *non-paid* internship for students who have completed, or are in the process of completing, all other course work for graduation.

Internship Sites and Staff Responsibilities:

The Internship Coordinator at UMass Boston must approve all internship sites. Corporate and public fitness centers, sports conditioning facilities, cardiac rehabilitation programs and exercise physiology research laboratories are appropriate sites for our students. All sites must have at least one staff person who will act as the immediate supervisor for the student intern. This staff person will be responsible for observing, critiquing, evaluating student performance and communicating with the Internship Coordinator. This person will serve as the advocate for the student intern within the workplace, and will provide supervision consistent with the student's needs. Students are *only* allowed to work as interns when their supervisor is on site. Intern supervisors must be graduates of accredited educational programs in exercise science or a related field.

Internship Hours:

Students are required to complete approximately 400 hours of internship work over 14 to 16 weeks. Student interns are also required to participate in on-campus seminars once a month.

Independent Project:

Each student will complete an independent project during the semester. The site supervisor and the faculty Internship Coordinator must approve the project. The purpose of this project is for the intern to plan and carry out to its completion, a special program, task, or event that will contribute in some way to the mission of the internship site. The intern should begin planning the project during the first few weeks of the internship.

Internship Coordinator at UMass Boston:

The Internship Coordinator assists students in identifying appropriate internship sites, finalizes internship agreements with sites and acts as a resource for students and supervisors regarding any internship issues. The following faculty member serves as the Internship Coordinator:

Debra Wein, MS, RD, LDN
Department of Exercise & Health Sciences
University of Massachusetts Boston
100 Morrissey Blvd.
Boston, MA 02125-3393
Phone: 617-287-7493 Fax: 617-287-7527

Email: debra.wein@umb.edu