

Department of: Health and Leisure

Course No. HL/FN 699

Title of Course: Internship in Nutrition and Exercise Science **New:** X

- I. Catalog Description and Credit Hours:** Internship with an approved agency for the purpose of applying knowledge and enhancing practical skills through an experiential learning opportunity. (3 credit hours)
- II. Prerequisites:** Completion of all coursework for M.S. in Nutrition and Exercise Science
- III. Course Objectives:** Upon completion of the internship, the student will be able to:
 - A. Conduct community-based health promotion/education and disease prevention programs.
 - B. Develop and measure outcomes for nutrition and exercise science services.
 - C. Conduct nutrition care and/or exercise components of interdisciplinary team conferences.
 - D. Refer patients/clients to appropriate community services for general health and nutrition needs and to other primary care providers as appropriate.
- IV. Expectations of Students:** The student will:
 - A. Complete 120 hours of internship experience over a minimum six-week period.
 - B. Develop a minimum of three activity plans to meet the objectives of the course.
 - C. Complete a portfolio documenting achievement of the learning objectives by the student.
 - D. Complete a double entry journal documenting the internship experience.
 - E. Complete all assignments given by the internship supervisor and the preceptor.
 - F. Provide transportation to all experiences; arrive promptly at all scheduled clinical experiences and to reschedule any missed experiences at the convenience of the preceptor and the faculty; arrive at the clinical site in proper attire which should include name tag and lab coat if desired by the agency; to purchase personal liability insurance and to provide proof of insurance coverage to either graduate coordinator prior to the start of the internship.
- V. Course Content:** The student will spend a total of 120 hours in the internship over a minimum of six weeks. Student deficiency areas will be addressed by coordinating experiences in those areas where specific practical knowledge is lacking. Activity plans will be written with the assistance of a member of the graduate faculty to optimize the experience of the student. The student will describe objectives and related outcomes and document their achievement in portfolio format. The student will complete assigned tasks, ranging from case studies to research projects as outlined by the internship supervisor and internship preceptor.
- VI. Textbook:** None

VII. Basis for Student Evaluation:

Internship portfolio	25%
Double-entry journal	20%
Supervisor evaluation	30%
Assignments	<u>25%</u>
	100%

Clinical Observation Journal:

Purpose: To summarize each experience at the clinical site regarding the role of the team member, the health care team, and the nutritional/exercise care of the patient.

This journal uses a double-entry format. This means that each page is physically divided into an objective side and a subjective side. After each internship day, the student will summarize what was observed. It is a summary and not a log of every minute or task. Only the supervising faculty member will read the journal.

Examples of objective entries: a) diagnoses of patients visited (for confidentiality purposes do not record names of patients); b) medical care of patients visited; c) patients exercise tolerance

Examples of subjective entries: a) interactions between patient and staff (positive, negative); b) role of staff member within health care team; c) students feelings regarding progress of patient or interactions with patient.