

Revised: FALL 2016

# **HLT 290**

## **Coordinated Internship**

### **COURSE OUTLINE**

#### **Prerequisites:**

**Students are required to have taken HLT 125, HLT 100, HLT 206 and HLT 208.**

#### **Course Description:**

**Supervises on-the-job training in selected business, industrial or service firms coordinated by the college. (VCCS MCR Description)**

**On-the-job training both on campus and in selected business, industrial or service firms coordinated by Virginia Western community College. Internship hours will not exceed 15 hours per week. (Additional Description added by the faculty)**

**Semester Credits: 3 Lecture Hours: 3 Practice**

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### **Course Outcomes:**

**At the completion of this course, the student should be able to:**

- **Be conversant with and understand key exercise science principles.**
- **Learn to think more analytically, critically and logically.**
- **Demonstrate a basic understanding of the major fields of human anatomy and kinesiology, exercise physiology and training, and competencies associated with the ACE Personal Training exam.**
- **Develop a professional work relationship with clients and professional peers.**

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Required Materials:

**None**

**Textbook : None**

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### **Topical Description:**

- **The purpose of HLT 290 is to obtain experience in the mutually agreed upon health environment.**
- **The principles of effective professional communication, critical thinking, community outreach, and individual assessment are applied with a 100 hour internship experience.**
- **Professionalism is discussed and required.**
- **All topical descriptions relevant to HLT 208 and HIM 249 are reviewed and built upon.**

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### **Notes to Instructors**

**Students reach out and secure the external site, complete contract and agreements. Students complete approximately 100 hours at the mutually agreed upon internal or external site. Experiences and hours are documented and an exit interview is recommended.**

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