

Internship KINE 493

Here is some information to get you started with your Internship.

1. There is not a specific set of locations you need to intern at. You get to pick your own location. You are encouraged to intern at a place you might like to work at one day, or a place where you can learn skills that will help you in your specific career path. In addition, you need to work alongside someone who is more qualified than you are.
2. You will want to start planning for your Internship now. Some places require background checks, paperwork, and additional training, which may take a number of weeks to complete. You should be ready to begin your internship on the first week of class.
3. After you locate a site, you will need to submit an Internship Agreement Document to the Kinesiology Department in order to enroll in KINE 493 – Internship.
4. You are required to complete a total of 60 hours and submit all necessary documentation in order to pass the class. The hours will be broken down into approximately 6 hours a week. You can always complete them earlier, but you cannot wait and finish them all in the last couple weeks. Every two weeks you will be required to report 12 signed off hours to your Internship course coordinator. You can split your hours and do internships at different locations as well, with permission from your Internship coordinator.
5. When looking for places to intern, it might be helpful to say you want to shadow or observe. Some places might turn you away when you say “Internship”. They

assume there is a lot more involved and might not want to help. If you are going to use these hours towards internship hours needed to get into a graduate program, you will want to check into the specific paperwork you will need for it.

6. The class only meets once in the beginning of the quarter. Every two weeks you will be submitting an Internship Summary Report containing activities performed and lessons learned. Details will be provided on Blackboard once you are enrolled in class and the quarter begins. You will also submit a signature sheet with your 12 hours for those two weeks. These documents need to be submitted to the Internship coordinator's mailbox by their due date. Neither e-mail submissions nor late submissions will be accepted.
7. At the end of your Internship experience, an Evaluation Form will need to be submitted to your Internship coordinator. Please be sure this document is received by the last day of class.
8. If you are having trouble locating your internship you need to contact your Internship coordinator prior to enrolling in the course.
9. If you have any questions, verify who your Internship coordinator will be and contact that instructor as soon as possible.

Below are a few examples of sites students have completed their Internship before:

- Physical Therapy Rehabilitation Centers
- Sports Rehabilitation Clinics
- Cardiac Rehabilitation Clinics
- Orthopedic Clinics

- Strength and Conditioning Facilities
- Sports Performance Facilities
- Medical Centers
- Fitness Centers
- Elementary, Middle, and High Schools
- CSUSB Kinesiology Human Performance Laboratory
- CSUSB Training Room
- CSUSB Strength and Conditioning
- CSUSB Men's Soccer
- Athletic Training Facilities
- Sports Teams
- Retirement Homes/Senior Living Facilities
- Military Facilities