HED 4660 Internship for ESS-HCP Concentration

Course Description

This 480-hour internship involves the application of health education and exercise-sports sciences concepts to a community health setting. Students participate in the work of a health organization or agency and complete a semester-long project. ESS-HCP majors may choose from cardio-pulmonary rehabilitation, public/community health, employee wellness, or community wellness.

Prerequisites:

Completion of all other courses required for the degree, Grades of "C" or better in ESS 4317, ESS 4319, H ED 4100, and H ED 4640, and an overall GPA of 2.5. Departmental approval is required to enroll.

Course Goals

The goal of this course is for the students to apply their knowledge of health education theories, community health assessment, program planning, organizational management and exercise physiology, testing, and prescription. Students will be able to:

1. participate in the day-to-day activities of the assigned agency,
2. observe employees and supervisors,
3. perform health and/or fitness assessments,
4. provide individual health and/or fitness instruction,
5. develop health education materials and interactive presentations, and
6. successfully complete a semester-long project such as a business plan, marketing plan, community assessment, program development, or program evaluation.

Eligible students (25 hours in HED) will be prepared to successfully pass the National Commission for Health Education Credentialing or CES through ASCM (Cardiac Rehabilitation interns) upon completion of this course.

When are the internships offered?

HED 4660 is offered only during the fall and spring semesters.

How and when to prepare for your internship?

During the semester prior to the internship, students will enroll in HED 4100, Professional Development in Health and Wellness Promotion. This one-hour seminar course provides the opportunity for students to obtain a community or clinically-based health promotion internship and to actively participate in health promotion-related professional development activities. Students will work closely with one of the internship supervisors to identify potential organizations that best meets their interests and professional goals.

Where can I find an internship site?

Information about sites and the process for securing an internship will be made available as part of HED 4100. Sites are not limited to the Austin/San Marcos area. Interns have been placed across the United States and internationally.

Need more information or have further questions?
Please contact HED 4660 internship director, Dr. Jacquelyn McDonald at Jackie.mcdonald@txstate.edu.