COMMON COURSE OUTLINE: Course discipline/number/title: PHED 2292: Group Fitness Instructor Internship

A. CATALOG DESCRIPTION
   1. Credits: 2
   2. Hours/Week: 4
   3. Prerequisites (Course discipline/number): Group Fitness Instructor Diploma or Certificate majors: successful completion of 90% of program course work and registration based on Internship Director Approval.
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

   This course is comprised of approved on the job supervised work experience in the field of Group Fitness Instructor. Responsibilities and duties will be comprised of hands-on instruction of classes in a group fitness setting in relation to the individual’s desired area. Duties to be determined through the direct supervisor of the internship and approved by the internship director.

B. DATE LAST REVISED (Month, year): February, 2010

C. OUTLINE OF MAJOR CONTENT AREAS:
   Duties to be determined through the direct supervisor of the internship and approved by the internship director.

   Duties to be performed throughout the internship will be in relationship to the content areas covered throughout the tenure of the student’s educational process. These areas will relate to, but are not limited to, the planning of and implementation of group fitness classes in any of the following areas; yoga, indoor cycling, spinning, muscle strengthening, flexibility, walking, jogging, step aerobics, pilates, yoga, tai chi or water based fitness activity classes.

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Apply learned concepts into day to day activities within career field.
   2. Develop practical experience in the field of group fitness instruction.

   Duties to be performed throughout the internship will be in relationship to the content areas covered throughout the tenure of the student’s educational process. These areas will relate to, but are not limited to, the planning of and implementation of group fitness classes in any of the following areas; yoga, indoor cycling, spinning, muscle strengthening, flexibility, walking, jogging, step aerobics, pilates, yoga, tai chi or water based fitness activity classes.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Detailed internship plan established by student and direct internship supervisor as to student responsibilities, prior to internship start date.
   2. Performance evaluations
      a) Maintain log of daily duties.
      b) Complete written self-evaluation of duties, reaction to personal experiences and overall field experience.
      c) Direct supervisor confirmation/summary of successful experience.
   3. Internship Supervisor
      a) Completes site observation.

G. SPECIAL INFORMATION (if any): None