EXS 401 – PRACTICUM HANDBOOK

B. S. in Health Sciences
EXERCISE SCIENCE FOCUS

SCHOOL OF HEALTH SCIENCES
OAKLAND UNIVERSITY
2012-2014
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GENERAL EDUCATION CAPSTONE LEARNING OUTCOMES

EXS 401 is designated as a course that satisfies the General Education Capstone learning outcomes.

The Capstone course prepares students to demonstrate:
• appropriate uses of a variety of methods of inquiry and a recognition of ethical considerations that arise
• the ability to integrate the knowledge learned in general education and its relevance to the student’s life and career
GENERAL INFORMATION ON PRACTICUM REQUIREMENTS

Every student pursuing the BS in Health Science degree with an Exercise Science Academic focus is required to complete a practicum. It is expected that, during this practicum, the student will become competent in applying exercise science principles in fitness, wellness and/or disease prevention settings. The minimum number of contact hours associated with the practicum is 280 hours. This may be completed in one semester through participation at an internship site for twenty hours per week for fourteen weeks, or it may be spread over several semesters with a reduced number of hours per week. The scheduling of internship time at a facility will be at the discretion of the facility. If you do not finish your practicum during the semester you registered for EXS 401, a “P” (Progress) grade will be assigned. You have up to two years to complete the practicum and change the grade from “P” to “S.”

Students must be pre-authorized to register for an Exercise Science practicum course. This involves notifying the EXS Program Director in writing of intent to register for EXS 401 at least three months prior to registration. This communication must include the desired internship site. The prerequisite for enrolling in the EXS 401 is completion of EXS 304 and 350, and Program Director permission. The student should ensure that they have a thorough working knowledge of blood pressure measurement, and normal anatomy and physiology of the cardiovascular system. In addition, if the Practicum site is clinical in nature, ensure that you understand basic ECG rhythm strip interpretation.

It is not possible to register for EXS 401 using the telephone SAIL registration process. In order to register for EXS 401 you must take a signed (by the Program Director) permission slip to the Registrar’s Office. The Program Director will not sign the permission slip until the following documents have been submitted (bring original documents plus a copy of each for the Program Director’s files):

1) Proof of current health insurance;
2) Proof of current CPR certification (minimum BLS-CPR);
3) Proof of recent physical examination by medical practitioner;
4) Evidence of Hepatitis B vaccination OR evidence of declination of vaccination. Evidence of vaccination would include the laboratory report, or a doctor’s note. If you choose to decline the vaccination, please supply a signed and dated statement which includes the following: “Knowing that it is possible that I may expose myself to Hepatitis B through contact with bodily fluids (including sweat) in exercise or health care settings, I decline vaccination against Hepatitis B.”

PLEASE NOTE:

Students of the University shall not be deemed to be employees of the practicum site for purposes of compensation, fringe benefits, workers' compensation, unemployment compensation, minimum wage laws, income tax withholding, social security or any other purpose, because of their participation in the educational program. Each student is placed with the site to receive practicum experience as a part of his or her academic curriculum; those duties performed by a student are not performed as an employee, but in fulfillment of these academic requirements and are performed under supervision. At no time shall students replace or substitute for any employee of the Agency. This provision shall not be deemed to prohibit the employment of any such student by the Practicum site under a separate employment agreement.
Completion of the practicum component of the BS in Health Science degree with an Exercise Science Focus requires all of the following:

1) Satisfactory completion ("S" grade) of at least 280 hours of practicum in EXS 401. This is completed at one of the approved Practicum sites listed in this handbook.

   PLEASE NOTE: The grade for EXS 401 will not be assigned until the Exercise Science Program Director has received two evaluation forms: "Evaluation of Student Performance" completed by the Practicum site supervisor; and "Evaluation of Practicum Site" completed by the student.

2) Submission of a detailed daily diary of activities completed during the practicum. As practicum students, you should record, on a daily basis, your hours at the practicum site, the nature of your activities and the number of clients assisted, tests conducted, and programs and procedures completed. Include any of your thoughts regarding concepts or applications you have been learning. Your diary is to be submitted to the Exercise Science Program Director as a part of your final report for the practicum.

3) Submission, to the Exercise Science Program Director, of a Final Report for the Practicum experience. The final report should list and describe observations, learning activities and acquired technical skills associated with your practicum. It should also include your thoughtful introspection concerning the nature of the learning that occurred, the aspects of the practicum experience that were beneficial, any of those aspects that were not beneficial, and constructive suggestions for improvements at the practicum site. The competency checklist is one of the components of the final report.

4) Submit to the Exercise Science Program Director a completed Competency Checklist. The checklist is not considered complete until all items in the Essential Competencies, and 5 items from the Optional Competencies have been signed by an authorized Evaluator. You should be aware that you may need to put in time, beyond the minimum 280 hours, to acquire these competencies.

   An authorized Evaluator must initial each item when it is determined that the competence has been demonstrated. Authorized Evaluators are the practicum site supervisors (or designees) and Exercise Science faculty. Students should always keep a photocopy of the initialed checklist in case it is lost.

SCHOOL OF HEALTH SCIENCES
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STUDENT RESPONSIBILITIES FOR EXERCISE SCIENCE PRACTICUM

I. Health Insurance - Students are required to have proof of personal health insurance prior to commencing EXS practicum. Such proof should be presented to the EXS Program Director.

II. CPR Certification - Students are required to have proof of CPR certification at the time of enrollment in EXS 401. Such proof should be presented to the EXS Program Director.

III. Physical Exam - Students must obtain a physical exam (including an appropriate tuberculin test) prior to commencing EXS practicum. Proof of satisfactory completion of the exam should be presented to the EXS Program Director.

IV. Hepatitis B (HBV) Vaccination - Oakland University requires students entering an EXS practicum in its Exercise Science program to furnish evidence of Hepatitis B (HBV) vaccinations, or, in the alternative,
evidence that they waive and decline HBV vaccination. You should realize that receiving the Hepatitis B vaccine is highly recommended, but not required, for persons who have contact with blood and body secretions, such as health care workers and designated clinical students. If you choose to have the Hepatitis B vaccine, it is your responsibility to pay for the vaccine. Insure that you provide the EXS Program Director evidence of Hepatitis B vaccination OR evidence of declination of immunization before beginning your practicum.

V. Choosing Affiliation Sites - The EXS Program Director should be contacted at least three months prior to enrolling in EXS 401 in order to identify an appropriate practicum site.

VI. Rules for Students while at Practicum Sites

A. Prior to beginning the affiliation, students should contact the Practicum Site Director if they are unsure of any of the details of the rotation.

B. Professional Conduct - At all times the student is expected to:
   1. Follow the rules and regulations of the practicum site (e.g., working hours, billing procedures, dress code, preparation of treatment area, etc.).
   2. Comply with the ethical standards of both Oakland University and the practicum site.
   3. Conduct him/herself in a professional manner with both clients and staff.
   4. Respect the integrity and rights of all persons.

Noncompliance with any of the proceeding will be taken into account in the student's evaluation. Noncompliance can result in dismissal from the affiliation and/or a non satisfactory grade.

C. Students are expected to be well groomed and in appropriate uniform. Each facility will specify what is and is not appropriate dress.

D. Students must provide their own transportation to/from chosen practicum sites.

E. While at the practicum site, it is the student's responsibility to complete all assignments as requested by the Practicum Site Director, including, but not limited to, readings, in-service presentations, client notes, home programs, etc.

F. While at the practicum site, the student is responsible for familiarizing himself/herself with and following all policies and procedures of the facility. This includes, but is not limited to, those policies and procedures dealing with scheduling, billing, notewriting, use of medical terminology, referrals to other disciplines within and outside of the facility, evaluation and treatment protocol.

G. Students are expected to attend all practicum sessions and absences are to be considered the exception rather than the rule.
   1. Excused Absences - Illness and emergencies (such as a death in the family) fall in this category. In order to be excused, the student must call the Practicum Site Director. When participating in practicum experiences, students must consider the health of those with whom they come in contact. If (and only if) the student feels he/she has an illness that may be harmful to clients, he/she should not participate in the practicum experience for that day. A limited number of excused absences will be allowed during a practicum rotation, after which make-up time will have to be scheduled.
   2. Unexcused Absences - Any absence of which the Practicum Site Director has not been notified
is considered unexcused. Such absences require make-up time.

3. Under no circumstances are students to be absent from academic classes to make up time missed from practicum.

4. Tardiness is not an acceptable practice in practicum. If a student is habitually tardy, make-up time will be required. In extreme cases, failure may result.

VII. EVALUATION OF STUDENTS

A. Students will be evaluated by their Practicum Site Director using the Evaluation of Student Practicum Performance form (see page 28-31 of the handbook).

B. In the event that a student is experiencing problems during his/her affiliation, the student should first discuss them with the Practicum Site Director. If the problems remain unresolved, the student should then discuss them with the EXS Program Director. The Program Director will take them up with the Practicum Site Director.

C. Site visits may be made by the exercise science program to the Practicum sites. Telephone contact between the EXS Program Director and the Practicum Site Director will also be routinely initiated to check on the progress of students.

VIII. STUDENT EVALUATION OF PRACTICUM SITES

A. Students will formally evaluate the practicum site immediately prior to the completion of the affiliation using the Practicum Site Evaluation form (see page 21-22 of the handbook).

B. Student evaluations will be shared with the practicum site following completion of the affiliation.
OAKLAND UNIVERSITY  
School of Health Sciences  
EXERCISE SCIENCE PROGRAM  

PROGRAM DIRECTOR’S PRACTICUM CHECK LIST

STUDENT'S NAME:________________________________________________________________________

Give this form to the Exercise Science Program Director before starting your practicum (EXS 401).

*Before approval is given to begin a practicum the student should present evidence of:*  

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Yes/No</th>
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<tbody>
<tr>
<td>Current Health Insurance coverage</td>
<td>______</td>
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<tr>
<td>Current CPR Certification</td>
<td>______</td>
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<tr>
<td>Recent Medical Examination</td>
<td>______</td>
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<tr>
<td>Hepatitis B Vaccination (or declination)</td>
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*After completion of the practicum:*  

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Yes/No</th>
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<tbody>
<tr>
<td>Duration (at least 280 hrs)</td>
<td>______</td>
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<tr>
<td>Received evaluation of student performance</td>
<td>______</td>
</tr>
<tr>
<td>from practicum site</td>
<td></td>
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<tr>
<td>Received evaluation of practicum site</td>
<td>______</td>
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<tr>
<td>from student</td>
<td>______</td>
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<tr>
<td>Submission of detailed daily diary</td>
<td>______</td>
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<tr>
<td>Submission of final report</td>
<td>______</td>
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<tr>
<td>Submission of competency checklist</td>
<td>______</td>
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<tr>
<td>Satisfactory completion of practicum</td>
<td>______</td>
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<tr>
<td>Exercise Science Program Director exit interview</td>
<td>______</td>
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<tr>
<td>student upon completion (for review of performance)</td>
<td></td>
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</tbody>
</table>
EXS 401 - PRACTICUM COMPETENCY CHECKLIST

Student's name:_____________________________________________ Semester:_____ Year:_____

1. Each checklist item corresponds to a practicum objective. Please refer to the complete objectives to determine what is expected of the student for each checklist item.

2. Each student is required to complete ALL of the competencies listed in the essential competencies section, and 5 items from the optional competencies section by the end the practicum.

3. An approved evaluator (practicum site director or designee) must initial each item when it is determined that the competency has been satisfied.

4. This completed COMPETENCY CHECKLIST must be presented to the Exercise Science Program Director with the final report for EXS 401.

A. Essential Competencies (all are to be completed)

Professionalism and Ethics

1. Professional, ethical and legal competence.
2. Interpersonal and communication skills.

Teaching

3. Participate in client briefings/consultations with increasing responsibility (minimum 5x)
4. Lead group exercise. (minimum 10x)
5. Conduct individual exercise sessions. (minimum 10x)
6. Instruction in the use of exercise equipment. (minimum 10x)
7. Instruction in fitness test procedure. (minimum 10x)
8. Contribute to, or conduct special intervention programs (such as rehabilitation, stress management, children’s exercise, senior’s exercise, sport specific training, etc.). (minimum 10 hrs)

Evaluation Procedures

9. Perform client evaluation procedures: routine screening, contraindications, explain test protocol, informed consent, summarize information for physician/wellness professional. (minimum 15x)
10. Assess muscular strength and/or endurance. (minimum 20x)
11. Assess cardiorespiratory fitness. (minimum 20x)
12. Assess flexibility. (minimum 10x)
13. Assess body composition: skinfolds &/or underwater. (minimum 10x)
14. Assess blood pressure at rest and during exercise. (minimum 20x each)
15. Assess heart rate at rest and during exercise. (minimum 20x each)
16_____ Know when to stop an individual from exercising
   - fitness tests under supervision  (minimum 10x)
   - fitness tests as supervisor  (minimum 10x)
   - exercise sessions as supervisor  (minimum 20x)
17_____ Use RPE scale. (minimum 10x)

Exercise Programming
18_____ Summarize and interpret fitness test data and prescribe an aerobic exercise program
   for healthy individuals (minimum 20x)
19_____ Summarize and interpret fitness test data and prescribe a resistance exercise program for strength,
   endurance and/or power for healthy individuals (minimum 20x)
20_____ Modify client exercise program. (minimum 20x)
21_____ Personal training for clients. (minimum 20x)

Emergency Procedures
22_____ Know first aid, emergency procedures and evacuation plans
   - during exercise testing
   - during evaluation
   - during exercise sessions

B. Optional Competencies (a minimum of 5 items are to be completed)
1_____ Present 30 minute exercise-related topic at practicum site or in an OU course.
2_____ Counseling at-risk clients about exercise (minimum 10 hrs)
3_____ Small group discussion leader - exercise-related topic
4_____ Develop and administer educational programs or materials.
5_____ Phlebotomy.
6_____ Diet and exercise planning, attend nutritional counseling (minimum 5x)
7_____ Interpret electrocardiograms - resting ECGs (minimum 10x) - exercise ECGs (minimum 10x)
8_____ Conduct stress test protocols under supervision. (minimum 3 of each of 3 protocols)
9_____ Interpreting medical information from patient charts. (minimum 10x)
10_____ Modify exercise programs for: elderly, differing fitness levels, etc. (minimum 5x)
11_____ Testing and prescribing exercise for children. (minimum 5x)
12_____ Calibrate exercise testing equipment. (minimum 3x)
13_____ Counsel/refer clients regarding overuse injuries. (minimum 10x)
14_____ Observe or assist in thallium or radionuclide exercise stress tests. (minimum 5x)
15_____ Measure oxygen consumption during exercise test. (minimum 5x)
16_____ Arm ergometry testing & exercise prescription. (minimum 5x)
17_____ Attend supplementary lecture or professional conference. (minimum 3x)
Participation in programs not included in item 8 of the Essential Competencies:
18_____ Participate in corporate testing program. (minimum 10 hrs)
19_____ Participate in smoking cessation program. (minimum 10 hrs)
20_____ Participate in stress management program. (minimum 10 hrs)
21_____ Participate in obesity management program. (minimum 10 hrs)
22_____ Participate in senior's exercise program. (minimum 10 hrs)
23_____ Participate in athlete's exercise program. (minimum 10 hrs)
24_____ Participate in children's exercise program. (minimum 10 hrs)
25_____ Participate in a cardiac rehabilitation program (minimum 10 hrs)
26_____ Student's own objective(s) (must be attached)
   Date #26 approved by evaluator:_____/_____/_____
OAKLAND UNIVERSITY  
School of Health Sciences  
EXERCISE SCIENCE PROGRAM  

Bachelor of Science in Health Science - Exercise Science Focus

OBJECTIVES CORRESPONDING TO PRACTICUM COMPETENCY CHECKLIST

A. Essential Competencies (all are to be completed):

**Professionalism and Ethics**
1) Demonstrate professional, ethical and legal competence.
   - demonstrate professional behavior
   - maintain client confidentiality
   - recognize and accept personal/professional limitations
   - engage in constructive self-change
   - serve as a health role model for clients
   - demonstrate concern for client privacy, modesty and anxiety
   - maintain confidentiality of client information
   - accept personal, cultural and professional diversity in working for positive change
   - follow legal and ethical guidelines for client management and referral

2) Demonstrate appropriate interpersonal and communication skills.
   - interact appropriately with health care professionals
   - interact appropriately with the client
   - demonstrate effective counseling and communication skills to facilitate behavior change

**Teaching**
3) Participate in exercise, health promotion, and lifestyle change consultations with increasing responsibility. (minimum 5x)

4) Lead group exercise sessions, including guiding, assisting, correcting, and adjusting exercise activities, and demonstration of various techniques for clients with various fitness levels. (minimum 10x)

5) Conduct/instruct individual exercise sessions, including guiding, assisting, correcting, and adjusting exercise activities. (minimum 10x)

6) Instruct participants in use of exercise equipment, including effective postures, adjusting equipment, safety precautions, self-monitoring, and record keeping. (minimum 10x)

7) Instruct participants regarding the safe and effective procedures for the conduct of an aerobic and/or strength/endurance physical fitness test. Answer all questions before proceeding. (minimum 10x)
Contribute to, or conduct special intervention programs (such as rehabilitation, obesity management, seniors exercise, diabetes management, stress management, smoking cessation, sport specific training, children’s exercise, health maintenance/improvement). (minimum 10 hrs.)

**Evaluation Procedures**

9) Perform client evaluation procedures: routine screening, recognize contraindications, explain test protocol, obtain informed consent, summarize information for fitness/wellness professional or physician. (minimum 15x)

10) Assess muscular strength, endurance and/or power using field, clinical, or laboratory procedures. (minimum 20x)

11) Assess cardiorespiratory fitness. May be predictive field test, clinical stress test, or laboratory measurement of aerobic capacity. May be done using submaximal or maximal technique. (minimum 20x)

12) Assess flexibility using field tests, flexometer, or goniometer. (minimum 10x)

13) Assess body composition by skinfolds and/or underwater weighing. (minimum 10x)

14) Measure blood pressure at rest and during exercise. Insure that you demonstrate competence in measuring blood pressure on a variety of people (young and old, large and small), and that you can accurately measure blood pressure during a variety of exercise situations (treadmill, cycle, stepper, etc.). (minimum 20x each resting and exercising)

15) Measure heart rate at rest and during exercise. Insure that you demonstrate competence in palpating radial and carotid pulse manually, and in the use of various electronic devices to measure heart rate. (minimum 20x each resting and exercising)

16) Demonstrate ability to evaluate and appropriately stop an individual from exercising based on American College of Sports Medicine criteria.

   - fitness tests under supervision (minimum 10x)
   - fitness tests as supervisor (minimum 10x)
   - exercise sessions as supervisor (minimum 20x)

17) Explain and monitor the use of the Borg Rating of Perceived Exertion (RPE) scale during fitness tests and exercise sessions. (minimum 10x)

**Exercise Programming**

18) Record, organize, perform necessary calculations and summarize fitness or stress test data. Interpret results of stress/fitness evaluations, and design an appropriate aerobic exercise prescription for healthy individuals (minimum 20x)

19) Record, organize, perform necessary calculations and summarize strength, endurance or power test data. Interpret results of fitness evaluations, and design an appropriate resistance exercise prescription for strength, muscular endurance, or power for healthy individuals. May include the use of isotonic or isokinetic resistance equipment, Theraband, pliometrics, etc. (minimum 20x)

20) Demonstrate ability to modify a client’s exercise program according to changes in their health status, fitness level, or limitations. Should take into consideration ongoing monitoring of, and adjustment for, increases and decreases in flexibility, and aerobic and muscular capacity. (minimum 20x)
21) Provide personal training experiences for clients. Work one-on-one with clients to teach, assist, adjust, encourage, and motivate. (minimum 20x)

Emergency Procedures

22) Demonstrate thorough knowledge of first aid, and practicum site emergency procedures and evacuation plans: during exercise testing; during evaluation; during exercise sessions.

B. Optional Competencies (a minimum of 5 items are to be completed):

1) At the internship site or in an Oakland University course, present a 30 minute review of an exercise-related topic with relevance to fitness, wellness, and/or to primary or secondary disease prevention.

2) Demonstrate competence in counseling at-risk clients about exercise (e.g., pregnant, diabetic, arthritic, etc.). (minimum 10 hrs)

3) Serve as a discussion leader/facilitator for a small group of clients or peers discussing an exercise-related topic.

4) Develop and administer educational programs (e.g., lecture, workshop) or materials (e.g., brochures, bulletin boards, etc.)

5) Demonstrate competence in phlebotomy. Receive instruction in, and become proficient in drawing blood samples for analysis. Appropriately collect, label, process, and store blood specimens according to laboratory-approved criteria.

6) Assist in diet and exercise planning, and attend nutritional counseling sessions. (min 5x)

7) Prepare skin and place ECG electrodes for 12 lead resting and exercise ECGs. Demonstrate techniques used to minimize ECG artifact. Interpret electrocardiograms, create final conclusions and use ECGs in exercise prescription for: - resting ECGs (minimum 10x)
   - exercise ECGs (minimum 10x)

8) Conduct different stress test protocols (minimum 3 of each of 3 protocols) under supervision. (Example protocols: treadmill: Bruce, Astrand, Balke, Balke/Stransky; bicycle ergometry: arm ergometry; work simulation; isotonic/isokinetic resistance.)

9) Assist in interpreting the medical history, physical exam and common laboratory/imaging findings from patients' charts. (minimum 10x)

10) Describe and implement appropriate modifications in exercise programs for: elderly, differing fitness levels, acute illness, asthma, allergies, hypertension, obesity, low back pain. (minimum 5x)

11) Demonstrate testing procedures and exercise prescription principles for children, either healthy or those with clinical conditions. (minimum 5x)

12) Calibrate exercise testing equipment. (Examples: treadmill, bicycle ergometer, arm ergometer, gas analyzers, volumeter, aneroid sphygmomanometer, weight scales.) (minimum 3x)

13) Appropriately counsel/refer clients regarding strains, sprains, and/or overuse injuries. (minimum 10x)

14) Observe or assist in administration and interpretation of thallium imaging or radionuclide exercise stress tests. (minimum 5x)

15) Using gas analysis and volumetric measurement equipment, measure oxygen consumption (preferably to
maximum) during exercise testing. (minimum 5x)

16) Administer arm ergometry tests, interpret results, and design an exercise prescription based on the results. (minimum 5x)

17) Attend professional conferences or supplementary lectures on psychological, behavioral or physical topics that pertain to exercise-related health or disease issues. (minimum 3x)

Participate in programs not included in item 8 of the Essential Competencies. e.g.:

18) a corporate testing program. (minimum 10 hrs);

19) a smoking cessation program. (minimum 10 hrs);

20) a stress management program. (minimum 10 hrs);

21) an obesity management program. (minimum 10 hrs);

22) a senior's exercise program. (minimum 10 hrs);

23) a specialized athletes exercise program. (minimum 10 hrs);

24) a children's exercise program. (minimum 10 hrs);

25) a cardiac rehabilitation program (minimum 10 hrs).

26) Develop and carry out an objective for a competency not listed above. (The objective must be written and approved (initialed) by an evaluator before it is carried out.)
## PRACTICUM SITES

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Address</th>
<th>Contact Information</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Athletic Republic</strong></td>
<td>937 N. Opdyke Road, Auburn Hills, MI</td>
<td>(248) 724-0808</td>
<td>Training for athletes, biomechanics, athletic performance enhancement</td>
</tr>
<tr>
<td><strong>Botsford Center for Health Improvement</strong></td>
<td>39750 Grand River Avenue, Novi, MI 48375-2106</td>
<td>(248) 473-3100 ext. 281</td>
<td>Fitness assessment, health/wellness promotion, corporate fitness, cardiac rehabilitation (phases II, III and IV), stress testing, clinical exercise physiology, athletic performance enhancement, pediatric exercise physiology</td>
</tr>
<tr>
<td><strong>Cooper Institute</strong></td>
<td>12330 Preston Rd., Dallas, TX 75230</td>
<td>(800) 635-7050</td>
<td>Preventive medicine center, corporate fitness, wellness</td>
</tr>
<tr>
<td><strong>Core Sports Fitness</strong></td>
<td>1819 E. Big Beaver Rd., Troy, MI 48083</td>
<td>(248) 619-0900</td>
<td>Sports training, personal training</td>
</tr>
<tr>
<td><strong>Detroit Skating Club</strong></td>
<td>888 Denison Court, Bloomfield Hills, MI</td>
<td>(248) 332-3000</td>
<td>Strength and conditioning, sport specific training</td>
</tr>
<tr>
<td><strong>Dynamic Rehabilitation Centers, Inc.</strong></td>
<td>1800 W. Big Beaver, Troy, MI 48084</td>
<td>(248) 649-2323 Ext 127</td>
<td>Back care, orthopedic rehabilitation</td>
</tr>
<tr>
<td><strong>Franklin Fitness &amp; Racquet Club</strong></td>
<td>29350 Northwestern Hwy., Southfield, MI 48034</td>
<td>(248) 352-8000</td>
<td>Health promotion/wellness, corporate fitness, personal training</td>
</tr>
<tr>
<td><strong>Genesys Athletic Club</strong></td>
<td>801 Health Park Blvd., Grand Blanc, MI</td>
<td>(810) 606-7300</td>
<td>Health promotion/wellness and fitness, personal training</td>
</tr>
<tr>
<td><strong>Gotham Premier Personal Training</strong></td>
<td>60 West Big Beaver Road, Ste. 100 Bloomfield Hills, MI 48302</td>
<td>(248)731-7208</td>
<td>Health promotion/wellness and fitness, personal training</td>
</tr>
<tr>
<td><strong>Great Lakes Athletic Club</strong></td>
<td>3800 Baldwin Road, Orion, MI 48359</td>
<td>(248) 393-3085</td>
<td>Personal training, sport-specific training, fitness.</td>
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<tr>
<td>Health Fitness Corporation (Regional Sites)</td>
<td>(248) 576-4321</td>
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<td>Chrysler CTC Health Activity Center</td>
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<tr>
<td>800 Chrysler Drive, Auburn Hills, MI 48326</td>
<td>Type: Corporate Fitness, Wellness</td>
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<tr>
<td>GM SPO Fitness Center</td>
<td>(810) 606-2348</td>
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<tr>
<td>Mail Code 484-394-028</td>
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<tr>
<td>6200 Grand Point Drive</td>
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<tr>
<td>Grand Blanc, MI 48334</td>
<td>Type: Corporate Fitness, Wellness</td>
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<tr>
<td>UAW-Ford Ernest Lofton Fitness Center</td>
<td>(313) 323-1852</td>
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<tr>
<td>3001 Miller Road</td>
<td>Fax (313) 845-3080</td>
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<td>Dearborn, MI 48121</td>
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<tr>
<th>Hurley Health &amp; Fitness Center</th>
<th>(810) 235-8544</th>
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<tbody>
<tr>
<td>Great Lakes Technology Center,</td>
<td></td>
</tr>
<tr>
<td>4500 S. Saginaw Street, Flint, MI 48507</td>
<td>Type: Fitness assessment, health/wellness promotion, corporate fitness, Cardiac and pulmonary rehabilitation (phases II, III and IV), sports medicine, personal training.</td>
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<tr>
<th>In Motion Anytime</th>
<th>(248) 627-7020</th>
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<tbody>
<tr>
<td>4 N. Ortonville Rd., Ortonville, MI 48462</td>
<td>Type: health club, personal training</td>
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<thead>
<tr>
<th>Johnson &amp; Johnson Health Management, Inc. (Regional Sites)</th>
<th>(989) 636-3256</th>
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<tbody>
<tr>
<td>Dow Chemical Company Fitness Center</td>
<td></td>
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<tr>
<td>EDC Building, Room 21</td>
<td>Type: Corporate Fitness/Wellness</td>
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<tr>
<td>Midland, MI 48674</td>
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<tr>
<th>Level Fitness</th>
<th>(586) 677-6500</th>
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<tbody>
<tr>
<td>55148 Van Dyke, Shelby Township, MI 48316</td>
<td>Type: health club, personal training</td>
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<tr>
<th>Life Center Plus</th>
<th>(330) 655-2377</th>
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<tr>
<td>5133 Darrow Rd., Hudson, OH 44236</td>
<td>Type: Fitness club - Mary Petticord (Intern Coordinator)</td>
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<tr>
<th>New Species Athletics</th>
<th>(248) 425-8706</th>
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<tr>
<td>2675 Nakota Street, Royal Oak, MI 48073</td>
<td>Type: health club, personal training</td>
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<tr>
<th>North Oakland Family YMCA</th>
<th>(248) 370-9622</th>
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<tbody>
<tr>
<td>3378 E. Walton Blvd.</td>
<td>Type: Health promotion, personal training, fitness, wellness</td>
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<tr>
<td>Auburn Hills, MI 48236</td>
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<tr>
<th>Oakland University – Campus Recreation</th>
<th>(248) 370-4910</th>
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<tbody>
<tr>
<td>Campus Recreation Center, Wellness/fitness Programs</td>
<td></td>
</tr>
<tr>
<td>Intern Director: Becky Lewis, M.S.</td>
<td>Type: Health promotion/wellness, personal training, fitness assessment, exercise programming, seniors exercise.</td>
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</tbody>
</table>
Oakland University – Strength and Conditioning
Department of Athletics, Strength and Conditioning Programs
Intern Director: Dr. Todd Wohlfeil, DPT, Director of Strength and Conditioning
Type: Athletic training (it is preferred that you take EXS 503 – Human Performance Enhancement before starting this internship)

Pointe Fitness and Training
19556 Harper Ave., Harper Woods, MI 48225
Type: health club, personal training

Presbyterian Villages of Michigan
The Village of Oakland Woods
420 South Opdyke Road
Pontiac, MI 48341-3145
Type: Fitness/Wellness in Seniors facility

South Oakland Family YMCA
1016 W. Eleven Mile Rd
Royal Oak, MI 48067
Type: Health promotion, personal training, fitness, wellness

Sparrow Michigan Athletic Club
Sparrow Health Science Pavilion,
2900 Hannah Boulevard, East Lansing, MI 48823
Type: Health promotion/wellness, corporate fitness, personal training, sports medicine, biomechanical analysis

Spectrum Health
Lakeview Community Wellness Center
423 N. Lincoln Ave., Lakeview, MI 48850
Type: Health promotion/wellness, primary prevention, fitness, weight control, substance abuse, corporate programs.

Starting Line Health and Fitness
1771 W. Hamlin Road
Rochester Hills, MI 48309
Type: Personal training, strength and conditioning, sport-specific training

Strength Training and Recovery
859 Health Park Blvd.
Grand Blanc, MI 48439
Type: Strength/conditioning and adaptive sports for those with neurological disorders

Tweak: The Athletic Edge
2135 Cole Street
Birmingham, MI 48009
Type: Training for athletes, biomechanics, athletic performance enhancement

The National Institute for Fitness and Sport
250 University Boulevard, Indianapolis, IN 46202-5192
Type: Fitness assessment, health/wellness promotion, athletic performance enhancement, corporate fitness.
$300 per month stipend is available.
University of Michigan Medical Center
Health Promotion Division, M-Health
3003 S. State Street, 2060 Wolverine Tower
Ann Arbor, MI 48109-1281.
Type: Corporate fitness, health promotion, wellness, personal training, fitness testing.
(NOTE: The Health Promotion Division of M-Health operates numerous corporate fitness and health promotion sites in the metropolitan Detroit area.)

Verizon Wireless
26935 Northwestern Hwy
Southfield, MI 48033
Type: Corporate fitness, personal training, wellness and health promotion

Waltonwood Communities (5 sites in Metropolitan Detroit area)
Activities/Fitness Department
3250 Walton Blvd.
Rochester Hills, MI 48309
Fitness Coordinator: Cassandra Spohn (cbourque@singhmail.com)
Type: Seniors exercise, program planning, facility management, wellness counseling, program marketing.

Wellness Institute, Health and Fitness Center
Boyne Highlands Resort
600 Highlands Dr.,
Harbor Springs, MI 49740
Type: Corporate wellness
Name of Student__________________________________________________________

Academic Advisor_________________________Dr. Brian Goslin________________________

Practicum Site______________________________________________________________

Supervisor Completing Evaluation______________________________________________

Report Period_________________________to_________________________MO/DAY/YR
MO/DAY/YR

Please evaluate the student according to the following categories. Space is also provided for written
comments. Please cite specific examples that might clarify poor performance.

**Circle the Appropriate Number**

KNOWLEDGE OF FIELD

1. Knowledge of Basic Sciences (Integrates prior knowledge of basic science concepts and
   principles in a manner that is logical and consistent with sound professional judgement).

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<tr>
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Comments______________________________________________________________

2. Exercise Knowledge (Demonstrates prerequisite exercise skills required for this practicum).

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Comments______________________________________________________________
3. **Ability in Evaluating Client Exercise Program** (Prescribes proper course or action consistent with medical orders or with client fitness level).

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Comments
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4. **Technical Ability** (Possesses and demonstrates proficiency in manual skills necessary to perform all procedures required for this practicum).

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Comments
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**PERSONAL QUALITIES**

1. **Acceptance of Administrative Responsibilities** (Maintains legible records, performs other routine administrative duties in a timely fashion).

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Comments
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2. **Relations with Clients** (Maintains professional rapport, protects confidence, communicates effectively).

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Comments
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3. **Relations with Practicum Site Staff** (Works efficiently with staff and uses their skills appropriately).

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Comments

4. **Professional Attitude and Demeanor** (Gains and holds respect of clients and colleagues alike - maintains positive attitude towards both learning new material and the delivery of services).

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Comments

5. **Response to Constructive Criticism** (Willingly accepts and applies corrective comments, admits mistakes and learns from them, doesn't repeat mistakes).

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Comments

6. **Leadership Capabilities** (Willingly accepts responsibility for client care).

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<td></td>
<td>Excellent</td>
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Comments

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7. **Grooming and Appearance** (Conforms with dress code, looks and presents him/herself in a professional manner at all times).

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<td>Excellent</td>
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Comments

OTHER

1. **Progress in the Program** (Progressed satisfactorily at a rate consistent with others at his/her level).

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Comments

OVERALL ASSESSMENT (Taking Everything Into Account)

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OVERALL COMMENTS (Please provide any other information that may not have been specifically asked for but is helpful in evaluating this student).

____________________________________________________

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_________________________ (Date) ______________________ (Supervisor's Signature)
This form is to be Completed by the Student and Submitted Directly to:

Brian R. Goslin, Ph.D.
DIRECTOR, EXERCISE SCIENCE PROGRAM
SCHOOL OF HEALTH SCIENCES
OAKLAND UNIVERSITY
ROCHESTER, MICHIGAN 48309-4401

Student Name: ____________________________________________

Academic Advisor: Dr. Brian Goslin

Practicum Site: ______________________________________________

Semester of Enrollment in this course: ___________________________

Please rate the statements below on a scale of 1 through 5, using the following criteria:

1 = Strongly disagree
2 = Disagree
3 = Neither agree nor disagree
4 = Agree
5 = Strongly agree

1. _____ I received an adequate orientation to the facility.

2. _____ My supervisor possessed qualities I expected him/her to have as a health professional and student supervisor.

3. _____ I was given an appropriate amount of supervision.

4. _____ My objectives for this affiliation were met.

5. _____ I felt expectations of me were at my level.

6. _____ I was able to integrate the knowledge I gained in the classroom into the practicum environment.

7. _____ My academic preparation was adequate.

8. _____ I feel this was a valuable learning experience.

9. _____ I would recommend that students use this facility again.

OVER - Complete the opposite side of this form
Please provide a brief written evaluation of this practicum site, including the things you like most about it, the things you liked least about it, and how you feel it could be improved.