



**PARKINSON**  
SCHOOL of HEALTH SCIENCES  
AND PUBLIC HEALTH



# Exercise Science Undergraduate Internship

## About the Internship

The BS in Exercise Science program at Loyola University Chicago includes a required semester-long internship designed to bridge the gap between academic theory and professional practice. Through this experience, students apply exercise science principles in professional settings while developing clinical, coaching, and communication skills through hands-on experiences in fitness, wellness, rehabilitation, performance, and community health under the mentorship of experienced exercise and health professionals. Partner organizations play a vital role by providing meaningful learning experiences and, in return, benefit from the enthusiasm and evidence-based knowledge that Loyola Exercise Science interns bring to their teams.

## Internship Scope

Partner organizations are encouraged to provide students with both a defined project or initiative and broad exposure to professional practice. Experiences may include client interactions, exercise assessment and prescription, program planning, wellness programming, fitness testing, team meetings, and interdisciplinary collaboration. What may feel like routine work to your team often provides valuable learning opportunities for students, so we encourage partners to include interns in the day-to-day activities of the organization whenever appropriate.

## Internship Details

- Timing: Fall (end of August - December) or Spring semester (January - April)
- A minimum of 200 hours for the full semester, approximately ~15 hrs/week for 13 - 14 weeks.
- Student level: Senior undergraduate students
- Format: In-person. While certain projects or administrative tasks may be completed remotely when appropriate, internships should primarily be in-person experiences that allow students to develop professional skills through direct client interaction, observation, and supervised practice.
- Compensation: Unpaid, paid, or stipend.

## Examples of Internship Projects

### General Fitness & Wellness

- Conduct fitness and functional assessments
- Support group fitness and wellness programs
- Assist with facility operations and equipment management
- Educate clients on exercise and wellness
- Design individualized exercise and wellness programs

### Sports Performance

- Assist with strength and conditioning
- Conduct athlete testing (vertical jump, agility drills, etc.)
- Coach proper lifting technique and movement mechanics

### Cardiac and Pulmonary Rehabilitation

- Monitor vital signs pre-/during/post- exercise
- Develop exercise prescriptions
- Track client outcomes and program effectiveness
- Educate patients on exercise safety and heart-healthy lifestyle behaviors

### Special Populations

- Adapt exercise programs based on functional and cognitive challenges
- Support exercise programs for older adults and individuals with chronic conditions

## Partner & Preceptor Expectations

Partner organizations are asked to identify a preceptor who will serve as the student's primary supervisor throughout the internship. The intern will reach out to their preceptor to schedule an introductory conversation before the internship begins. This meeting is an opportunity to:

- Make introductions and learn about the organization
- Have the student share their goals for the experience
- Discuss internship responsibilities and the scope of the project or work
- Cover logistics such as onboarding, scheduling, and first-day arrival instructions

Throughout the internship, preceptors are expected to:

- Provide ongoing feedback and guidance
- Communicate with Loyola faculty or staff if any questions or concerns arise
- Complete a mid-point and final evaluation of the student's performance
- Attend the student's final internship presentation, if available

## Coursework Completed Prior to Internship

Anatomy & Physiology 1 + 2

Physiology of Exercise

**5 out of 10 upper-level EXCM courses:**

Advanced Physiology of Exercise

Physical Growth, Development, and Nutrition

Therapeutic Exercise and Rehabilitation

Intro to Clinical Exercise Testing and Prescription

Advanced Clinical Testing and Prescriptions

Special Populations in Exercise

Clinical Research: Methods, Design, and Ethics

Kinesiology and Sports Biomechanics

Movement Anatomy in Exercise

Psychology of Health and Exercise

You can review the full curriculum of courses and course descriptions [here](#).

## Placement Process

Loyola EXCM internships are assigned through a structured, blind matching process.

Partners provide information about available internship opportunities, while students indicate their areas of interest and logistical needs. A weighted matching system pairs students with organizations based on overall fit. Partners are notified of preliminary placements. Following placement, the intern will reach out to their preceptor to schedule an introductory conversation before the internship begins.

## Interested in hosting a Loyola intern?

If you are interested in hosting a Loyola HCA undergraduate intern, please reach out to:

- Dr. Stephanie Wilson, Partner Practice Lead for Experiential Learning, [swilson5@luc.edu](mailto:swilson5@luc.edu)
- Kerri Musick, Director of Experiential Learning, [kmusick@luc.edu](mailto:kmusick@luc.edu)

New partner organizations will need to complete an affiliation agreement with Loyola University Chicago prior to hosting a student. We are happy to guide you through that process!