

Frequently Asked Questions

Can I obtain shadowing/intern hours on my own without being enrolled?

- Yes
 - You can obtain hours on your own without receiving course credit. This is often necessary to earn the required field hours to apply to health professions programs. Some sites may have formal internship programs that do not require you to be enrolled in a class.

Does the ES program help me find a site?

- We assist but do not 'place' students at sites.
 - Finding a site is the responsibility of the student. However, all sites have to be approved by the faculty internship/practicum coordinator. There is a list of local sites that have been used previously by students (see the Excel file on the website).

Can I do my experience at multiple sites?

- Only if the experience is an Internship
 - Due to the low number of required hours in the Practicum courses (ES 4050/4060), only one site can be used.

Has a student ever been asked to leave (been fired from) a site?

- Yes
 - Sites do have the power to release a student if they feel the student is not meeting expectations.

Can I use a site I have been working at in order to earn my hours?

- Not normally
 - It is preferred that students select internship or practicum sites that are new or different to their past experience.

Can I spend more than the minimum number of hours at the site?

- Yes
 - All completed hours can be listed on your resume, whether you received course credit or not. Obtaining more hours can often assist you in learning more and gaining better experiences, as well as getting a recommendation.

Do I need to complete additional paperwork for my site (e.g., drug screening, immunization records, orientation training) for the site?

- Sometimes
 - Some sites do require additional paperwork to be completed. It is best to start this process very early because it can take several weeks.

When should I start thinking about sites?

- You need to start looking for a site during the semester BEFORE you intend to do your experience. For example, in order to take ES 4050 in the Spring semester you would need to have a site selected and secured by the first week of November in the previous Fall semester.

Do I have to apply to a site?

- Maybe
 - Sites may have their own process of obtaining approval to volunteer at their facility. If the site is a hospital or clinic, usually the Human Resources Department can assist with this process. At Appalachian Regional Healthcare System there is a Volunteer Coordinator in which all volunteers must go through in order to volunteer. Some sites require an Interview.

What are some examples of sites?

- Students have spent their experiences at a wide variety of sites. The key is to make sure it relates to broadly to exercise science and specifically to your intended career. In some cases, due to some liability issues, you may consider sites based on the population with which you intend to work. For example, if you want to work with children or youth locally, consider the Girls on the Run Program, or if you want to work with older adults locally, consider Deerfield Assisted Living or Glenbridge Rehabilitation Center.

Hours related to Professional Graduate Programs

- Professional programs such as Occupational Therapy, Physical Therapy, Physician Assistant, Medicine, and Dentistry all require hours spent in a clinic. These hours are up to the student to complete and not part of the Exercise Science major curriculum. In most cases, ES 4050/4060 and ES 3900 will only partially fulfill the hours requirement. However, some professions require working (not observing/shadowing) clinical hours. It is the student's responsibility to know what is required for their chosen future graduate program. Search for these requirements early in your academic career. The Office of Health Professions Advising will assist with this.