

The Health and Exercise Science department at Rowan University is committed to providing the best education and preparation for students to enter a variety of careers in the health and exercise science field.

The Exercise Science program includes students pursuing careers in Clinical Exercise Physiology, Corporate Fitness, Strength and Conditioning, Youth Fitness, Weight Management, and other related fields. In addition, the program helps prepare students interested in applying to Physical Therapy, Occupational Therapy, Physician Assistant, Medical, and Chiropractic schools.

An overview of the program can be found here:

<https://academics.rowan.edu/shp/departments/hes/programs/undergraduate/humanperformance/index.html>

A key component of our educational philosophy is to facilitate our students' career goals by partnering with businesses and organizations throughout the region to provide high standard, professional experiences in real-world settings. Our intention is that these practical learning opportunities mutually benefit both our students and our host sites. Ultimately, rigorous exposure to professional settings will aid our graduates in gaining employment and transitioning into their chosen career paths. At the same time, host sites obtain well-educated, enthusiastic students who appreciate and are eager to be mentored by professionals who will become their future colleagues.



Internship Overview

Students in the Rowan Exercise Science program are required to complete a 400-hour internship as a part of the degree program. Students enter their internships having completed and passed all of their requisite coursework, and are in their final year of study. They have the essential knowledge and skills for their chosen fields, and now need mentorship in the transition from the classroom to professional settings. Most students have already gained some related work experience, and all students have participated in professional development prior to entering the internship. Internships do not have to, but may choose to provide compensation, as the students are receiving 9 University credits.

Host Responsibilities

Provide an engaging 400-hour internship for accepted students:

An average of 30 hours per week is required for a student to complete the 400-hour requirement in a typical semester. Reduced hours may be possible, depending on a host site's specific needs or situation.

Engage and mentor the students

- The host site should allow the students to participate in as many aspects of operations as possible, including primary functions of the facility, facility management, business & marketing. Participation of the student in these activities is at the discretion of the host site, considering responsibility and scope of practice issues.
- Complete at least two student evaluations with constructive criticism
- Assist students in developing communication and relationship building skills
- Hold the student to high standards of professionalism and practice
- Provide an opportunity for the student to develop a project related to the host site
- Periodically communicate with Rowan faculty and Internship Supervisor



Internship Affiliation Process

An affiliation agreement must be completed between Rowan University and the host site. This agreement can be emailed for review and adjustments may be made as deemed necessary. Once Rowan University and the host site have completed the affiliation agreement, the host site may then accept students as interns.

If you would like to become part of the Rowan Exercise Science Internship or would like to obtain more information, please contact:

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