

Exercise Science Internship Evaluation

Q1 Please enter the information below:

- Name of Student Intern _____
- Name of Internship Site _____
- Name and Title of Site Supervisor/Evaluator _____
- Length of Internship (# of weeks) _____
- # of internship hours completed _____

Q2 Please select the type of evaluation you are completing today:

- Midterm evaluation
- Final evaluation

Q3 Please answer the following questions about the Student Intern's Attendance and Punctuality with the following choices:

	5 = Exceeds Expectations	4 = Often Exceeds Expectations	3 = Regularly Meets Expectations	2 = Sometimes Doesn't Meet Expectations	1 = Seldom Meets Expectations	0 = Not Applicable
1. Arrives to work prepared and on time, with few absences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Proves to be responsible when completing assigned tasks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q4 Please answer the following questions about the Student Intern's Professionalism, Judgement, and Attitude with the following choices:

	5 = Exceeds Expectations	4 = Often Exceeds Expectations	3 = Regularly Meets Expectations	2 = Sometimes Doesn't Meet Expectations	1 = Seldom Meets Expectations	0 = Not Applicable
1. Exhibits self direction and responsibility for actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Demonstrates compassion for the clients/patients; maintains confidentiality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Exhibits enthusiasm and interest towards work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Establishes and maintains good rapport with co-workers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Recognizes the value of teamwork and functions well as a member of the team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Exhibits a strong sense of ethical behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Is receptive to constructive suggestions or corrections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Responds calmly and effectively under pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Observes rules of safety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Adjusts well to new tasks and situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Participates in continuing education and professional development	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Demonstrates problem-solving skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q12 Please select the student intern's specific discipline area to evaluate their Knowledge, Skills, and Abilities in the following discipline area:

- Strength and Conditioning
 - Personal Training/Fitness Specialist
 - Cardiac Rehab
 - Pre-Physical Therapy
 - Pre-Occupational therapy
 - Pre-Chiropractic
-

Display This Question:

If Please select the student intern's specific discipline area to evaluate their Knowledge, Skills,... = Personal Training/Fitness Specialist

Q5 Please answer the following questions about the PERSONAL TRAINING/FITNESS SPECIALIST Student Intern's Knowledge, Skills, and Abilities with the following choices:

	5 = Exceeds Expectations	4 = Often Exceeds Expectations	3 = Regularly Meets Expectations	2 = Sometimes Doesn't Meet Expectations	1 = Seldom Meets Expectations	0 = Not Applicable
1. Provides value to the client to address the "Why?"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Conducts motivational interviewing to establish rapport with clients and establish program goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Articulates on the client's level how to implement the personal training program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Demonstrates knowledge of ACSM/NSCA/NASM Testing & Program Design Guidelines for working with apparently healthy individuals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Writes logical, sequential workout programs that flow from the monthly, quarterly, and annual plan established to meet the client's goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Demonstrates proper exercise technique using body weight and a variety of implements, being mindful of the client's goals and exercise history	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Properly teaches clients how to do every exercise, including positive cueing, progressions, and regressions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Applies proper bio-mechanical principles to clients performing warm-up and cool down, cardiovascular exercises, strength exercises, and activities of daily living	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Creates specific adaptations to program design for special population clients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Identifies client's ratings on the Wellness Wheel and provides evidence-based guidance to the client to improve their health and wellness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Display This Question:

If Please select the student intern's specific discipline area to evaluate their Knowledge, Skills,... = Strength and Conditioning

Q13 Please answer the following questions about the STRENGTH & CONDITIONING Student Intern's Knowledge, Skills, and Abilities with the following choices:

	5 = Exceeds Expectations	4 = Often Exceeds Expectations	3 = Regularly Meets Expectations	2 = Sometimes Doesn't Meet Expectations	1 = Seldom Meets Expectations	0 = Not Applicable
1. Establishes cooperation and camaraderie with all coaches and athletes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Demonstrates knowledge of NSCA/CSCCA Testing and Program Design Guidelines to conduct a thorough and appropriate Needs Analysis for athletes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Articulates on the athletes' level how to implement the strength and conditioning program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Clearly explains the concept of periodization and how to write an athlete-specific and team-specific strength and conditioning program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Properly applies load, volume, sets, reps, and rest variables into the strength and conditioning program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Demonstrates proper exercise technique using bodyweight and a variety of implements, being mindful of the client's goals and exercise history	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Properly teach athletes how to do every exercise, including positive cueing, progressions, and regressions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Applies proper biomechanical principles to athletes performing conditioning techniques, including sprinting, plyometrics, and change of direction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Creates specific adaptations to program design for special population athletes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Identifies athlete's ratings on the Wellness Wheel and provides evidence-based guidance to the athlete to improve their health and wellness as part of the strength and conditioning program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Display This Question:

If Please select the student intern's specific discipline area to evaluate their Knowledge, Skills,... = Pre-Occupational therapy

Or Please select the student intern's specific discipline area to evaluate their Knowledge, Skills,... = Pre-Physical Therapy

Q14 Please answer the following questions about the Pre-Occupational or Pre-Physical Therapy Student Intern's Knowledge, Skills, and Abilities with the following choices:

	5 = Exceeds Expectations	4 = Often Exceeds Expectations	3 = Regularly Meets Expectations	2 = Sometimes Doesn't Meet Expectations	1 = Seldom Meets Expectations	0 = Not Applicable
1. Shows a clear understanding of medical terminology applied to physical and occupational therapy and rehabilitation,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Demonstrates knowledge of exercise physiology and understands electrocardiography and related diagnostic techniques for exercise testing within the scope of cardiac rehabilitation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Demonstrates knowledge of health appraisal in the context of fitness and clinical exercise testing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Applies concepts related to modifications in rehabilitation and exercise prescription for special populations, including risk factors associated with specific diseases/disorders as well as the elderly and pediatric.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Can apply basic principles of exercise prescription and programming toward rehabilitation, strength assessment, and conditioning status.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Demonstrates applied knowledge of Kinesiology and basic biomechanics in the context of alignment screening, movement analysis and injury prevention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Shows an understanding of the role of nutrition, weight management and body composition toward health maintenance and recovery during rehabilitation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Understands psychological components related to healing, rehabilitation and recovery, including concepts in human behavior and counseling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Shows consideration for safety and injury prevention and recognizes emergency procedures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Demonstrates and understanding of the value of quality assurance and assessment of outcomes where applicable.

Display This Question:

If Please select the student intern's specific discipline area to evaluate their Knowledge, Skills,... = Cardiac Rehab

Q15 Please answer the following questions about the Cardiac Rehab Student Intern's Knowledge, Skills, and Abilities with the following choices:

	5 = Exceeds Expectations	4 = Often Exceeds Expectations	3 = Regularly Meets Expectations	2 = Sometimes Doesn't Meet Expectations	1 = Seldom Meets Expectations	0 = Not Applicable
1. Demonstrates skill in measuring resting and exercising blood pressure including appropriate cuff size selection and placement, support of patient arm, proper speed to release pressure, and accurate blood pressure measurement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Demonstrates skill in ECG monitoring including proper patient prep (skin prep and electrode placement), and knowledge of common arrhythmias.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Demonstrates skill in maintaining a clean and safe exercise environment including proper sanitation of exercise equipment and knowledge of site-specific emergency procedures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Ability to interpret resting, exercising, and post-exercising measurements including blood pressure, oxygen saturation, body weight, ECG/HR and knowledge/recognition of contraindications/indications to terminate exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Demonstrates knowledge of the value and use of RPE scale and proper explanation of the scale to clients.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Demonstrates knowledge of proper timepoints/intervals to assess ECG/HR, BP, O2 saturation, and RPE during exercise session.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Knowledge of symptoms of ischemia/hemodynamic compromise including chest pain, shortness of breath, and hypotension.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Knowledge of common over the counter and prescription drugs and their effects on exercising heart rate/rhythm, blood pressure, and exercise capacity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Knowledge of basic exercise prescription and progression guidelines for patients with cardiopulmonary diseases.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Demonstrates knowledge of healthy lifestyle changes to promote secondary prevention.

Q6 Please include any additional comments about the knowledge, skills, and abilities that the student intern has demonstrated:

Q7 Please answer the following questions with the following choices:

	5 = Exceeds Expectations	4 = Often Exceeds Expectations	3 = Regularly Meets Expectations	2 = Sometimes Doesn't Meet Expectations	1 = Seldom Meets Expectations	0 = Not Applicable
1. In general, the student intern was adequately prepared for this internship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Given the opportunity, I would work with another intern from this program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. The intern works independently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q8 Please identify the student intern's Strengths

Q9 Please identify the student intern's Weaknesses

Q10 Please include any additional comments concerning the student intern, and/or internship experience:
