



## Applied Sports Performance & Exercise Science Internship Curriculum

### Internship Overview

This internship is designed for Exercise Science and Kinesiology students seeking applied experience in a sports performance environment. The curriculum emphasizes real-world coaching application, movement assessment, program design, recovery strategies, and professional development.

### Learning Objectives

- Apply exercise science principles in real-world settings
- Demonstrate professional coaching behavior
- Assist with assessments and program design
- Understand recovery and injury risk reduction strategies
- Prepare for entry-level coaching or graduate education

### Phase 1: Orientation & Foundations (Weeks 1–2)

Facility orientation, safety procedures, anatomy review, coaching fundamentals, and structured observation.

### Phase 2: Movement & Assessment (Weeks 3–5)

Movement screening, speed and agility fundamentals, mobility and stability concepts, and assessment data collection.

### Phase 3: Program Design & Coaching Application (Weeks 6–9) Program

design principles, coaching cueing, session leadership, and athlete engagement strategies.

## Phase 4: Performance & Recovery Integration (Weeks 10–12)

Recovery modalities, load monitoring, nutrition fundamentals, and interdisciplinary collaboration.

## Phase 5: Professional Development & Capstone (Weeks 13–

16) Career development, certifications overview, ethics, and a final applied capstone project.

## Evaluation Criteria

Professionalism & Attendance – 25%

Coaching Competency – 25%

Assignments & Deliverables –

25% Capstone Project – 25%

### **Point of Contact:**

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### **Location:**

FAST Performance

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