FCS – 390
Health Nutrition & Performance Internship
Application

This form must be completed and on file in the office of the FCS Nutrition Professor before any contacts are made with a site for the intern. If prerequisites are not complete, DO NOT APPLY.

Name_________________________ ID#_____________________

PREREQUISITES COMPLETED:

_____ Overall GPA At or Above 2.0
_____ Resume
_____ Felony Statement

Internship Requirements: Minimum Junior level student, Majoring or minoring in Nutrition & Wellness.

Required Courses:

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<tr>
<th>Course</th>
<th>Term</th>
<th>Grade Completed</th>
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<tr>
<td>FCS 247 Nutrition or Equivalent</td>
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<tr>
<td>FCS 236 Food &amp; Meals across the Lifespan or equivalent</td>
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<td>Bio 121 &amp; 121L or 231 &amp; 231L or equivalent</td>
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<td>OR</td>
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<tr>
<td>HPER 124 &amp; 124L Anatomical Kinesiology &amp; Lab</td>
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<td>OR</td>
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<tr>
<td>HPER 232 &amp; 232L Physiological Kinesiology &amp; Lab</td>
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Additional Preferred Courses:

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<th>Course</th>
<th>Term</th>
<th>Grade Completed</th>
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<tbody>
<tr>
<td>CA 230 Conflict Resolution &amp; Mediation</td>
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<td>FCS 447 Nutrition for Sport &amp; Wellness</td>
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<td>Psych 131 Introduction to Psychology</td>
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<td>SW 251 Human Behavior in the Social Environment I</td>
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Prioritize top 3 client areas of internship interest

Golf _____ Football _____ Volleyball _____
Basketball _____ Track _____ Wrestling _____
Community Based Wellness _____ Softball _____

Choose one of the following genders:

Male ______ Female _______ Both ________

_________________________ Student Signature
_________________________ Dept. Chair’s Signature
Internship Title: Health, Nutrition and Performance Internship

Internship Description: Works closely with;
   NCAA Sponsored Sport
   Coaching Staff and
   Western Community Health Resources Staff and
   FCS Program Faculty
   CAREER & ACADEMIC PLANNING SERVICES

Suggested Duties:
1. Develop, update Health/Nutrition on performance internship instructional manual
2. Secure Nutrition Internship by Nutrition Advisor to assist with individuals who have been identified at risk (poor to needs help) on the Personal Health Risk Assessment.
3. Develop individualized counseling strategies with identified individuals, using such things as:
   a. review of competed diet analysis
   b. identify action steps with the individual on what measures to address, determining what foods are optimal at the CSC cafeteria, what menu items give the biggest bang for the buck at drive thru’s etc.
   c. Offer group education: Examples include: Identifying, purchasing and preparing nutrient dense foods.
4. Mandate/highly encourage all student athletes to take Sports Nutrition spring or summer as a course.
5. Consult with Food Services for suggested menus to maximize an individuals potential
   1. Pre game
   2. Travel food
6. Other duties as assigned