1. Receive mentoring from the internship site supervisor in my specific field of study

2. Gain experience working with clients on reaching their goals

3. Be able to work with injuries and understand how to add rehab into programs

4. Gain experience with injury prevention for specific sports

5. Create and present programs topics that concern the population (ex. Smoking, cessation, nutrition, proper exercise techniques)

6. Familiarize myself with the different components that come with developing a Health Fair or event that has to do with promoting a specific health topic

7. Improve my ability to network within the community that surrounds the work site area

8. Develop and improve graphic art skills when doing promotional and educational information sheets

9. Create advertisings for health and wellness that appeal to the target population at the company

10. Develop the knowledge to counsel about nutrition to help patient or participant with concern or problem

11. Learn how to better motivate people to commit to a behavior changes

12. Improve my skills implementing safety and wellness guidelines

13. Learn about how to run a fitness center including marketing and sales

14. Learn more about running biometric screening programs and how to better counsel clients on their health benefits and incentives

15. Expansion and progression of weightlifting and weightlifting coaching skilled applicable to myself and athletes

16. Knowledge and understanding of team management as well as operations and duties as a coach

17. Injury prevention while undergoing training and during competition, as well as wound care when necessary

18. Exercise and sport skill programming as it applies to strength and conditioning

19. Documentation of performance and data entry over the course of time to determine the overall performance progression in a season

20. Training and game routine activities while in-season, adjusting the training days and game day routines
21. Be able to develop routines and activities specific to different sports and how strength and conditioning plays a role in each sport during the season

22. Observing, critiquing, and aiding athletes in lifts and exercise execution

23. Observing strength and conditioning specialists on a day to day basis

24. Health, aerobic, and anaerobic screenings for athletes as well as concussion screenings when necessary

25. Learning how to successfully promote the small business within the community

26. Learn how to properly complete any legal documents that pertain to the owning and operation of a small business like a fitness club, box or studio

27. Learn how to effectively budget monthly and yearly operations for the business

28. Gain in depth knowledge about what is required to successfully maintain a facility that is accessed by the public

29. Learn to effectively negotiate with distributors of large equipment, such as exercise machines

30. Learn how advertising and effective use of trademarks and logos can influence sales

31. Observe and learn how a small business manages public relations, both with the community as a whole and with the individual citizen

32. Observing and learning how to craft promotions to improve sales and ensure that the promotional material reaches the target audience

33. Working the front desk and improving my interpersonal skills

34. Be able to take part in renovations to the facility that improve the overall experience for the customer and improve efficiency of operation

35. Learn to communicate efficiently with patients when they first come in to the office with an injury (30 hours)

36. Assemble patients insurance to file for further documentation and payment purposes (30 hours)

37. Learn to write in a patients chart in an organized manner so follow up visits will be in order and legible (30 hours)

38. Interpret and work with the computer system at the office to distinguish the difference between other computer systems I have worked with (30 hours)

39. Observe the physical therapist on ways they use different machines such as blood pressure, electric stem, ultrasound, etc. (30 hours)

40. Practice how to use body manipulations, massage, and stretching as methods of therapy (30 hours)
41. Encourage patients to continue their exercises when they want to give up because they don’t believe they can accomplish the exercise program (10 hours)

42. Complete an order form for more equipment or supplies that may be needed for the office (5 hours)

43. Apply the lessons I learned from the front desk to correctly answer the phone, file papers, and deal with new patients (7 hours)

44. Demonstrate understanding of the OT process of evaluation, intervention, reassessment, and termination of services as it applies to the individuals at the clinical site, especially those with dysfunction in clinical areas relevant to course content

45. Demonstrate beginning skills in applying OT evaluation, treatment planning, and intervention, techniques for individuals with dysfunction in clinical areas, relevant to course content

46. Observe and assist with activity selection and adaptation for individuals with various dysfunctions

47. Gain insight into a variety of diagnoses, impairments and disabilities through observation and interaction with clients

48. Recognize and identify the impact of dysfunction on individuals’ daily lives, including activities of daily living, work, play, socialization, etc.

49. Become familiar with therapeutic equipment and devices used in the clinical setting

50. Learn to document and record evaluation findings and client progress using the clinic’s format

51. Learn proper use of supplies and contribute to keeping the clinic organized

52. Demonstrate interpersonal skills necessary for effective communication and collaboration, both with clients/patients as well as with health care professionals

53. Demonstrate an appreciation for the influence of contextual variables on performance of individuals with dysfunction in clinical areas as outlined in course content

54. Identify and/or discuss roles and responsibilities of Certified Occupational Therapy Assistants (COTAs) and/or support personnel within the clinic setting

55. Gain awareness of management of services including staffing, organization, planning, and techniques to ensure quality of care

56. Experience the Occupational Therapy process and role of Occupational Therapy in the fieldwork Setting

57. Gain knowledge in beginning skills in applying Occupational Therapy evaluation, treatment planning, and intervention techniques for rehabilitation patients

58. Develop comfort and skill in communicating with clients, caregivers, and members of the care team

59. Learn proper use of supplies and assist in keeping the clinic clean and organized
60. Learn to document and record evaluation findings and client progress

61. Develop comfort and skill communicating with clients, caregivers, and members of the facilities team

62. Encourage patients in the absolute best way possible so they are able and willing to participate and continue with exercises prescribed

63. Demonstrate knowledge of insurance authorization to be able recognize submissions for insurance benefits

64. Operate and administer electrical stim correctly to patients

65. Distinguish and be apply the different modalities that therapists use for an array of injuries, including the application of ultrasound and message on patients

66. Complete hours involving aqua/water therapy in order to gain knowledge and understanding for mechanism utilized

67. Observe aqua therapy and learn the skills, techniques, and exercises that are used to properly assess rehab in the water (20 hrs)

68. Verbally summarize indications and contraindications for modalities used in the clinic concisely and accurately (35 hrs)

69. Independently administer a functional outcome measure for a child with developmental disabilities (30 hrs)

70. Manage resources (time, space, equipment) to achieve goals for the practice settings (30 hrs)

71. Conduct a “mock” patient evaluation with the PT (10 hrs)

72. Consult the preceptor on the difference between adult and adolescent exercise and recovery (15 hrs)

73. Observe the PT perform a patient discharge in order to gain understanding of when a patient has regarded his/her optimal ROM and/or stability after PT (30 hrs)

74. Analyze how to take progress measurements and use PT instruments correctly, including goniometers, reflex hammers, etc. (20 hrs)

75. Gain an understanding of when to know at what level rehabilitation exercises are modified for the patient (30 hrs)

76. To improve communication skills by interacting more often with the patients. I hope to do this by encouraging them through their time in therapy, as well as getting to know who they are as people. (30 hours)

77. Measuring patients’ blood pressures and heart rates. To understand how important stability of the patients’ health is during their therapy program. (15 hours)

78. Recording patients’ information after their therapy session and writing evaluations. This will help to track a patient’s recovery through the time that I have to work with them. (25 hours)
79. To recognize the proper times to place cold and hot packs based on the patient’s injury, as well as the proper way to place them on the patient’s injury. (25 hours)

80. To determine the proper modalities to use on patient’s depending on their type of injury, and to understand why certain modalities are better for some injuries and are not for others. (25 hours)

81. To observe the physical therapist in their work environment and how they work with patients. I also wish to learn more about the physical therapist themselves, and why they chose therapy as a profession. (20 hours)

82. Assess individual and community needs for health education

83. Plan health education strategies, interventions, and programs

84. Conduct evaluations and research related to health education

85. Learn to implement programs and work with administrations and resource providers

86. Serve as a reliable health education resource person

87. Understand role of theories and conceptual models in program planning and evaluations

88. Learn how to write grants and speak with decision makers

89. Understand how to create a budget for a program or evaluation plan

90. Learn how to monitor and evaluate programs

91. Develop testing, communication, and reviewing techniques to rate/understand success

92. Have the opportunity to learn about club maintenance and cleaning through hands on activity

93. Shadow a health care professional to learn appropriate behaviors and demeanors

94. Shadow a Physical therapists to learn about the best practices for working with patients

95. Gain experience as a personal training

96. Participate in or lead in creating fitness assessments

97. Participate in or lead in a nutritional analysis for a client or small group

98. Improve time management skills as they apply to the profession

99. Improve interpersonal skills when conducting group exercise teaching and presentations

100. Be able to participate in the organization of special events

101. Learn more about budgeting and marketing as it applies to my specific area of interest
102. Learn about liability and risk management for my area of study

103. Learning all about the paperwork for my area including equipment ordering, maintenance, cleaning and repair

104. Learning about ways to increase club membership recruitment and retention

105. Participate in opportunities to network in the field, and learn the best way to attend conferences and workshops, that are affiliated with national organizations.

106. Experience professional communication including meetings, memos, client interaction, input of ideas, and confidentiality.

107. Use of basic skills that include use of a computer (and software), reading, writing, math, phones, fitness equipment, public speaking, research, etc.

108. Assess the fitness components of strength, flexibility, cardiovascular endurance, and body composition via several accepted tests and instruments.

109. Evaluate the results of fitness appraisals and prescribe exercises that will improve the fitness level of the participants in a fitness program.

110. Develop a general knowledge and understanding of fitness center/health club management, including duties and responsibilities of clerical staff.

111. Learn how to design effective, scientifically based resistance training and exercise aerobic programs for all age groups and abilities.

112. Be able to analyze and correct errors related to the performance of weight lifting techniques.

113. Recognize the various injuries, which occur to student athletes while participating in sport activities.

114. Develop some degree of skill in preventative taping and demonstrate taping techniques in the strapping of various common injuries.

115. Develop a general knowledge and understanding of the management associated with an intercollegiate athletic department.