

92551 Sport and Exercise Internship

Frequently Asked Questions

Q. What is an Internship?

A. An internship is a period of professional work experience, involving a placement within an organisation in the industry associated with your course. The host organisation may be in the public sector, the private sector or the community/not-for-profit sector.

Q. Who is required to complete this subject?

A. The Sport and Exercise Internship within the Faculty of Health is completed by students enrolled in the Bachelor of Sport and Exercise Management and students enrolled in the Bachelor of Sport and Exercise Science who have elected the no major option. It is an integral part of the degree, providing students the opportunity to apply the knowledge and skills they have developed throughout their studies.

Q. Do I need to attend class?

A. Yes, all students are required to attend a one day Coursework Intensive Workshop.

Q. What are the requirements of the Sport and Exercise Internship?

A. Detailed information for each assessment will be provided in the Subject Outline and at the Course Intensive Workshop. Tasks include: CV submission, Interview and Project Proposal prior to commencing placement. At the conclusion of placement hours, tasks include CV resubmission, Logbook & Timesheets, Supervisor Evaluation and Reflections.

Q. How do I find a placement site?

A. Students are required to source their own internship. When selecting an organisation, students should select a business whose core and ongoing activities offers them the opportunity to engage within the internship, as opposed to being an observer only. Employers may notify UTS of their interest in offering students an internship. These positions are advertised on UTSONline or distributed via email by the UTS Internship Officer.

Q. What is the duration of the practicum?

A. The duration is 140 - 210 hours (equivalent to 4 - 6 weeks of full-time employment). Where appropriate, a duration of 210 hours (reflective of 6 weeks full time) is suggested, however the minimum requirement for the subject is 140 hours. An internship may be completed in a single block of time or spread over a longer period.

Q. Do all my hours need to be at the same placement site?

A. You may divide your internship between two sites, however students who undertake placement at two sites will be required to complete a second proposal and application process.

Q. What tasks should I undertake during a placement?

A. The internship site should provide students with hands-on opportunities to further their experience within the Sporting Industry. This may fall into the area of management, events, marketing, or could be within the exercise prescription, delivery and assessment. The site should also be able to provide appropriate supervision to enable students to log hours for assessment purposes. The result should be a learning experience that facilitates the professional development of the student and meets UTS Workplace Health and Safety criteria.

Q. What type of activities are allowed?

A. The 140 - 210 hours of internship are to be conducted in a professional practice setting. The following are examples of placements that can be counted towards the minimum hours of internship. Please note, general administration duties such as answering phones and filing, photocopying, should be avoided.

Sports Management/ Business Marketing and Communications

- Game Day Logistics / Event Coordination
- Operations Management
- Talent Management
- Social Media Marketing
- Digital Media
- Sport Nutrition and Dietetics
- PDHPE/ School Sport logistics
- Team management and Player Welfare
- Human Resources Exercise Delivery for Apparently Healthy Individuals
- Exercise assessment and delivery
- Leadership (e.g. client exercise session monitoring and program management)
- Exercise plan evaluation.

Sports Science/Sports Performance

- Coaching — teams or individuals, from grass-roots community levels to elite sports competition
- Strength training and conditioning for sports teams and/or athletes
- Physiological assessments or athlete profiling (e.g. body composition)
- Performance testing and talent identification
- Biomechanical assessment and analysis
- Sports first aid/sports trainer (for sporting teams and events)
- Match/performance analysis
- Sports drug testing/anti-doping (Australian Sports Anti-Doping Authority)
- Sports camps — for player/athlete or skill development.

Workplace Health

- Health risk appraisal and risk management (e.g. lifestyle management programs)
- Recruitment fitness testing or training for emergency services (e.g. fire brigade, police force)
- Occupational or workplace injury risk assessment and risk management
- Workplace health programs/corporate fitness • Blood tests/anthropometry.

Q. Who can be my supervisor?

A. All internship placements are to be appropriately supervised. Supervisors must have formal qualifications in activities undertaken on internship and hold a managerial position. Supervisors cannot simply be colleagues or co-workers. Suitable supervisor examples include:

- An Accredited Exercise Physiologist, Accredited Sports Scientist, and/or Accredited Exercise Scientist
- A degree qualified professional- Sport Coach, Marketing Manager, Commercial Manager, Event Manager, Human Resources Manager, Personal Relations Manager
- A bachelor degree qualified-trained allied health professional with experience in exercise delivery (e.g. physiotherapist)
- A state, national or international level sports coach

Q. I am already working within the industry, can I credit my paid work?

A. No, you will not be allocated University credit for existing paid employment. If, however there is a sector of your company in which you do not currently work, this can be negotiated with your UTS Internship Officer.

Q. When can I start my internship?

A. An internship can commence once the student has completed the Intensive Workshop, Assessment Task 1: Internship Foundation and MyPlacement documents/forms. You must await approval from your UTS Internship Officer. No hours will be credited for work completed prior to this approval being notified.

Q. How long do I have to complete my Internship?

A. All assessments are due Friday 4pm, 5th June Autumn Semester 2020. The duration of enrolment in the subject cannot exceed 12months.

Q. Am I covered by insurance?

A. Yes, a UTS Internship Officer will confirm the insurance cover with the host organisation as part of the application/approval process. Please note, UTS Insurance will not speak to students who are remunerated for their Internship experience.

Q. Can I do unpaid work experience that is additional to internship requirements?

A. You might choose to undertake additional unpaid work experience in your chosen field of study (for example, you might stay on with your host organisation after completion of the required 140 - 210 hours or perhaps you have an opportunity to assist with a 5-day event which does not meet the duration requirements for internship). If so, you must inform the UTS Internship Officer and complete the necessary documentation for approval.