



# Practicum and Internship Program



UTS Sport  
and Exercise  
Discipline

# About the program

UTS Sport and Exercise students in their final year of study are required to complete either a Practicum or Internship subject. These placements span a minimum of 140 hours and present a valuable opportunity for students to consolidate their learning and to foster the development of specific competencies.

Students are available for placement from two streams:

## Bachelor of Sport and Exercise Science



Practicum



**Purpose:** to develop exercise assessment, prescription and delivery skills

## Bachelor of Sport and Exercise Management



Internship



**Purpose:** to develop exercise science and / or sport management skills

## A Partnership

The UTS Sport and Exercise Discipline is looking to foster opportunities for student placements within the sport and exercise science and management space. We recognise that those who work within the industry are often highly trained professionals who juggle multiple demands.

By taking on a UTS Sport and Exercise student, partnering with our program offers the opportunity for participating organisations and businesses to engage in a mutually beneficial placement which will assist them to enhance their daily operations in a number of ways.





# What can students do?

**As part of the first two years of their degree, students will have already studied the following subjects:**

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## **First Year**

- Structural Anatomy
- Biomechanics of Human Motion
- Sport and Society
- Physiological bases of Human Movement
- Functional Anatomy
- Strength and Conditioning
- Health and Lifespan Development
- The Organisation of Australian Sport



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## **Second Year**

- Exercise Physiology
- Motor Learning and Control
- Sport and Exercise Psychology
- Research Methods for Sport and Exercise
- Applied Biomechanics
- Exercise Prescription
- Health Promotion and Physical Activity
- Nutrition for Health and Physical Activity

In order to create a meaningful and purposeful placement, a negotiated program of work will be created between you and your student. This helps to create a bespoke experience which specifically targets the needs of your organisation.



**Throughout their time on placement with you, students can undertake a range of activities to complement your program:**

### **Practicum students**

- Conduct client assessments
- Exercise prescription
- Conducting warm ups/cool downs
- Monitoring client exercise sessions
- Strength and Conditioning (individual/team)
- Physiological assessment of athletes
- Exercise testing
- Fitness appraisals
- Performance testing
- Talent identification
- Health consultation
- Conducting lifestyle management programs
- Workplace fitness program

### **Internship students**

- Exercise tasks such as those for Practicum students
- Assist in management tasks such as:
  - Sport & Practice administration
  - Newsletter, website & social media curating
  - Competition management
  - Event organisation and delivery
  - Development and / or review of sport policies
  - Data management

# Frequently asked questions

## What will participating in the program cost?

There are no costs to you or your business for hosting a placement student.

## When are students available?

Typically, Internship students from March, Practicum students from June.

## Am I guaranteed a student if I request one?

No - however, a member of the Internship Team will work with you to devise a suitable position description which will then be promoted to our students. We screen all students prior to forwarding you their details for your consideration.

## Are UTS students covered by insurance?

All students are covered by UTS placement insurance.

## What has been feedback from other participating organisations?

“Having an extra member on staff has helped to share the load... our student’s skills have contributed significantly towards our organisation, and enabled him to gain embedded real world practice.”





# Contact


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A photograph of a modern, curved glass building with a dark metal frame. The building is partially obscured by several large, leafy green trees in the foreground. The sky is a clear, bright blue. A red square graphic is located in the top left corner of the page.