

La Sierra University  
College of Arts and Sciences  
Department of Health & Exercise Science

## **APPENDIX II: APPLICATION FORM**

A. Internship Application

**La Sierra University Department of  
Health & Exercise Science**

**Application for Internship**

Student Name: \_\_\_\_\_ Date \_\_\_\_\_

Student I.D. Number: \_\_\_\_\_ Student E-mail \_\_\_\_\_

Local Address \_\_\_\_\_

Cell Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Term for which applying (circle):    SPRING        SUMMER        FALL        WINTER

Year for which applying (circle):    2021        2021        2021        2022

During the desired internship quarter, what will be your class standing (circle)

Junior        Senior

What is your current overall GPA? \_\_\_\_\_ What is your current major GPA? \_\_\_\_\_

Are you currently CPR/AED & First Aid certified? YES NO (Expiration date: \_\_\_\_\_)

\_\_\_\_\_ I am applying for EXSC 394 – Internship in Exercise Science I and have completed the following pre-requisites:

EXSC 254 – Concepts & Applications of Fitness - Term \_\_\_\_\_ Grade \_\_\_\_\_

EXSC 354 – Methods of Fitness Instruction – Term \_\_\_\_\_ Grade \_\_\_\_\_

\_\_\_\_\_ I am applying for EXSC 494 – Internship in Exercise Science II and have completed the following pre-requisites:

EXSC 254 – Concepts & Applications of Fitness - Term \_\_\_\_\_ Grade \_\_\_\_\_

EXSC 354 – Methods of Fitness Instruction – Term \_\_\_\_\_ Grade \_\_\_\_\_

EXSC 444 – Physiological Assessment and Exercise Prescription

Term \_\_\_\_\_ Grade \_\_\_\_\_

What do you plan to do professionally with a degree in Exercise Science? Be specific.

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Rate the internship possibilities below in the order of interest and priority with “1” indicating the highest interest, and “2” the next and so on. Please fill out the potential internship site preference form on the following page.

- Commercial/Educational Fitness Center \_\_\_\_\_
- Medically-Based Health & Wellness Center \_\_\_\_\_
- Community Fitness Education \_\_\_\_\_
- Worksite Wellness/Corporate Fitness \_\_\_\_\_
- Athletic Strength & Conditioning \_\_\_\_\_
- Kids/Youth Fitness \_\_\_\_\_
- Senior Fitness \_\_\_\_\_
- Personal Training \_\_\_\_\_
- Group Fitness \_\_\_\_\_
- Fitness for Weight Loss/Management \_\_\_\_\_

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please attach a professional resume indicating education, all work experience, volunteer experience, relevant experience, awards, certifications, extracurricular activities and three current professional references (employer, professor, pastor) with name, title, email and phone number.**

Based on your above preferences, indicate your top three (3) site preferences that you have identified as potential internship sites:

1. Location Name: \_\_\_\_\_  
Contact Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
Reasons why you believe this site would be a good fit for you:

2. Location Name: \_\_\_\_\_  
Contact Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
Reasons why you believe this site would be a good fit for you:

3. Location Name: \_\_\_\_\_  
Contact Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
Reasons why you believe this site would be a good fit for you: