

Health, Human Performance and Recreation Internships / Field Studies

Learning Objective Guidelines

Your internship proposal should include:

1. Site agreement form
2. Resume
3. Background check
4. Learning objectives

Each student must develop a specific set of learning objectives for their internship. These are different from your job duties and should reflect what you will learn/experience throughout the internship placement. These should be **SPECIFIC to your internship site** and responsibilities.

The number of learning objectives required will depend on your internship/field study placement, however, you should:

- Develop a minimum of 4 learning objectives
- Develop objectives that reflect the depth of your learning experience
- Develop objectives that demonstrate how you will apply your academics in the field

Your learning objectives should start with an active verb, such as:

- Develop
- Enhance
- Gain
- Strengthen
- Demonstrate
- Create

Then describe what you want to learn or experience... use words such as:

- Experience
- Ability
- Knowledge
- Understand

Learning objective examples:

- Develop knowledge of the various career opportunities within a Park & Recreation department.
- Demonstrate my ability in health appraisal by effectively screening patients for cardiac rehab programs.
- Strengthen my athletic injury management abilities by practicing various treatments on athletes.
- Enhance my understanding of how marketing strategies are applied in real-world contexts.