

Program	BS Physical Education	Course Code	PE-400	Credit Hours	03
Course Title	Fieldwork/Internship in Sports Science and Physical Education (Practical)				
Course Introduction					
These practical sessions reinforce theoretical knowledge and develop valuable skills essential for sports science and physical education.					
Learning Outcomes					
On the completion of the course, the students will:					
• Apply theoretical knowledge in practical settings within the sports science and physical education fields. • Gain hands-on experience in various roles and responsibilities related to sports science and physical education. • Develop professional skills such as communication, teamwork, problem-solving, and leadership. • Build a professional network within the sports industry. • Reflect on their experiences to identify strengths, areas for improvement, and career aspirations.					
Course Content					Assignments/Readings
Week 1	Orientation and Goal Setting • Activity: Introduction to the internship program, expectations, and requirements. • Task: Meet with the internship supervisor to discuss goals and objectives for the internship. • Outcome: Set personal and professional goals for the internship period				From Books and Class Lectures
Week 2-3	Observation and Shadowing • Activity: Observe and shadow professionals in various sports science and physical education roles. • Task: Keep a detailed log of daily activities and reflections on observed practices. • Outcome: Understand the day-to-day operations and responsibilities of different roles				From Books and Class Lectures
Week 4-5	Assistive Roles • Activity: Assist professionals with their daily tasks, such as coaching, administrative work, or conducting fitness assessments. • Task: Take on small responsibilities under supervision. • Outcome: Gain hands-on experience and begin to develop practical skills				From Books and Class Lectures
Week 6-7	Independent Projects • Activity: Work on a specific project or task independently, such as organizing a small event, developing a training program, or conducting a research project. • Task: Plan, execute, and report on the project. • Outcome: Demonstrate ability to manage and complete tasks independently				From Books and Class Lectures

Week 8	Mid-Term Evaluation • Activity: Mid-term review meeting with internship supervisor. • Task: Reflect on progress, discuss challenges, and adjust goals. • Outcome: Receive feedback and create an action plan for the remaining weeks	From Books and Class Lectures
Week 9-10	Specialized Experience • Activity: Gain experience in a specialized area of interest, such as sports nutrition, injury rehabilitation, or sports psychology. • Task: Work closely with a mentor or specialist in the chosen area. • Outcome: Develop specialized skills and knowledge	From Books and Class Lectures
Week 11-12	Leadership and Management • Activity: Take on leadership roles, such as leading a training session, managing a small team, or coordinating an event. • Task: Plan and execute leadership activities. • Outcome: Develop leadership and management skills	From Books and Class Lectures
Week 13-14	Community Engagement • Activity: Engage with the community through outreach programs, coaching clinics, or educational workshops. • Task: Plan and participate in community activities. • Outcome: Understand the impact of sports and physical education on the community and develop community engagement skills	From Books and Class Lectures
Week 15	Final Evaluation and Presentation Preparation • Activity: Prepare for the final evaluation and presentation. • Task: Compile a portfolio of work, including logs, reports, and reflections. • Outcome: Summarize and reflect on the internship experience	From Books and Class Lectures
Week 16	Final Presentation and Reflection • Activity: Present internship experiences to peers and faculty. • Task: Deliver a presentation summarizing key learnings, experiences, and reflections. • Outcome: Demonstrate growth and learning throughout the internship period and receive final feedback	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- Lyle, J., & Cushion, C. (2018). Sports coaching: Professionalisation and practice (4th ed.). Routledge.
- National Policy Board for Educational Administration. (2015). Professional standards for educational leaders. Routledge.
- O'Boyle, I., Murray, D., & Cummins, P. (2016). Leadership in sport (3rd ed.). Routledge.
- Whitmore, J. (2009). Coaching for performance: Growing human potential and purpose (5th ed.). Nicholas Brealey Publishing.