

Week 1:

- Day 1
 - **Chapter 1:** Structure and Function of Body Systems
 - **Chapter 14:** Warm-Up and Flexibility Training
 - Intern staff introductions
 - Job responsibilities
 - Coaching responsibilities
 - Schedule overview
 - Review internship contract
 - **Assignment For Day 2:** Create a warm-up and meet the coaches
- Day 2
 - **ProForce PowerPoint:** Warm-Up Principles
 - Presentation on Warm-Up Assignment

Week 2:

- Day 1
 - Quiz over week 1 material
 - **Chapter 2.** Biomechanics of Resistance Exercise
 - **Chapter 15:** Exercise Technique for Free-Weight and Machine Training
 - **Assignment for Day 2:** Exercise progressions
- Day 2
 - Discussion and Demo on Exercise Technique and Spotting
 - Presentation of Exercise Progressions
 - **Isiah:** Olympic Lifting & Training Athletes who won't play college athletics

Week 3:

- Day 1
 - Quiz over week 2 material
 - **Chapter 23:** Facility Design, Layout, and Organization
 - **Chapter 24:** Facility Policies, Procedures, and Legal Issues
 - **ProForce PowerPoint:** Coaching the Coach
 - **Assignment for Day 2:** Mission statement, personal values, your why
- Day 2
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 - Discussion on Emergency Action Plan
 - Presentation of Mission Statement, Personal Values, and "Your Why"
 - **Alex:** Coaching Large groups (team sports)

Week 4:

- Day 1
 - Quiz over week 3 material
 - **Chapter 12:** Principles of Test Selection and Administration
 - **Chapter 13:** Administration, Scoring, and Interpretation of Selected Tests
 - **Assignment For Day 2:** Athlete Profile
- Day 2
 - Discussion and Demo of Practical Evaluation
 - Presentation on Athlete Profile

Week 5:

- Day 1
 - Quiz over week 4 material
 - **Chapter 17:** Program Design for Resistance Training
 - **Chapter 20:** Program Design and Technique for Aerobic Endurance Training
 - **Assignment for Day 2:** Exercise selection
- Day 2
 - **ProForce PowerPoint:** Programming
 - Discussion on ProForce Technology
 - Presentation of Exercise Selection

Week 6:

- Day 1
 - Quiz over week 5 material
 - **Chapter 19:** Program Design and Technique for Speed and Agility Training
 - **Chapter 18:** Program Design and Technique for Plyometric Training
 - **Assignment for Day 2:** Linear Speed Breakdown
 - **Bring up Research Topic due on Week 8, Day 2**
- Day 2
 - **ProForce PowerPoint:** House of Speed (first half)
 - **Discussion on Linear Speed**
 - Presentation on Linear Speed Breakdown

Week 7:

- Day 1
 - Quiz over week 6 material
 - **Chapter 5:** Adaptations to Anaerobic Training Programs
 - **Chapter 6:** Adaptations to Aerobic Endurance Training Programs Self led article selection
 - **Assignment for Day 2:** Change of direction breakdown
- Day 2
 - **ProForce PowerPoint:** House of Speed (second half)
 - **Discussion on Change of Direction led by Erik Allen**
 - Presentation on Change of Direction Breakdown

Week 8:

- Day 1
 - Quiz over week 7 material
 - **Chapter 9:** Basic Nutrition Factors in Health
 - **Chapter 10:** Nutrition Strategies for Maximizing Performance
 - **Chapter 11:** Performance-Enhancing Substances and Methods
 - **Assignment for Day 2:** Athlete nutrition plan and article on Nutrition
- Day 2
 - **Discussion on Nutrition led by Nutritionist**
 - Presentation on Athlete Nutrition Plan and Research Topic
 - **Bring up Final Research Topic due on Week 12, Day 2**

Week 9:

- Day 1
 - Quiz over week 8 material
 - **Chapter 7:** Age- and Sex-Related Differences and Their Implications for Resistance Exercise
 - **Chapter 16:** Exercise Technique for Alternative Modes and Nontraditional Implement Training
- Day 2
 - **Tristan and Ellie:** Training Today's Youth
 - **Colt:** Working with Adults & Personal Training
 - **Bring up Coach networking assignment due on Week 11, Day 2**

Week 10:

- Day 1
 - Quiz over week 9 material
 - **Chapter 21:** Periodization
 - **Chapter 22:** Rehabilitation and Reconditioning
 - **Assignment for Day 2:** Injury Analysis for a certain sport
- Day 2
 - **Discussion on Return to Play with Bryan Jett**
 - Presentation on Injury Analysis
 - **Seth & Ellie:** ACL & Patella Issues

Week 11:

- Day 1
 - Quiz over week 10 material
 - **Chapter 3:** Bioenergetics of Exercise and Training
 - **Chapter 4:** Endocrine Responses to Resistance Exercise
 - **Assignment for Day 2:** Connect with 2 coaches
- Day 2
 - **Discussion on Exercise Physiology with a Professor**
 - Presentation on networking assignment

Week 12:

- Day 1
 - Quiz over week 11 material
 - Next Step discussions
 - **Assignment for Day 2:** Prepare Cover letter and resume and article on professional development
- Day 2
 - Next Steps in Career
 - **Discussion on Professional Development with Kevin Hollabaugh**
 - Presentation on Cover Letter and Resume

Final Week:

- **Research Presentation**

