

Internship Program of Osaka University of Health and Sport Sciences

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Abstract

At Osaka University of Health and Sport Sciences, the internship program is considered an important and effective educational program and is in place to enrich the undergraduate and postgraduate educational programs.

The internship program has been one of the required courses in the Department of Health and Sport Sciences since 1999. It is aimed at third year students, and 154 students took part in 2006. Of the placements, 59.7% are Private Sector/Public Sport Organizations, 20.8% Medical and Welfare/Disability related Organizations, 11.7% Outdoor/Youth Sport Organizations and 7.8% Educational Organizations. As a general rule the internship program takes place for two weeks during summer vacation. One of the characteristics of our internship program is that we conduct both pre-internship and post-internship training. The pre-internship training includes lectures related to theory and practice for internships in sport industries, health industries, and educational organizations. Not only do we have the participation of lecturers from our university, but we often invite guest lecturers from various firms. The post-internship training includes the requirement of internship reports, special lectures on job-hunting experiences by our graduates, and presentations on internships. We are attempting to enrich the effectiveness of the educational system by conducting the training in the sequence of 1) Pre-Internship Training, 2) Internship and 3) Post-Internship Training.

At the College of Sport Sciences, the new curriculum was implemented in 2006. The internship program within the new curriculum includes the Department of Sport Education (3 courses) and the Department of Health and Sport Sciences (3 courses), wherein four courses out of six are requirements and one is an elective. Although the actual start of the internship program would be from the year 2008, since it is for third year students, approximately 400 students out of 480 in total are already intending to participate in an internship. The methods already practiced in the Department of Health and Sport Sciences will be further developed and improved in order to be introduced to the internship program. More specifically, in addition to the “two-week intensive summer course” already in place, we are intending to introduce a variable internship schedule system which is based on the total number of days or hours of the actual internship.

As a professional school in the master’s course, Osaka University of Health and Sport Sciences introduced a new curriculum in 2006, aiming to improve the training of highly-equipped workers. Although a number of our graduates have participated in the internship program up until today, it was not previously an accredited course. However, it is possible today to obtain a maximum of four credits through participation in the internship program within the new curriculum. Therefore, if students obtain twenty-six credits in their first year, they can complete the required credit number to graduate by participating in the internship program in their second year, which also enables the internship period to be extended. The required number of days or hours in order to obtain credits from the internship program is still being discussed.