



UTSA Sports Performance Internship

Curriculum Overview 2024-25

Interns can plan on learning about the following topics listed below during their internship. Various assignments will be assigned by Coach Sophia to help improve knowledge and understanding of these topics:

1. Internship 101

1. Internship expectations
2. Daily operating procedures
3. Policies/Procedures Manual Overview
4. Professionalism
5. Facility tour

2. Becoming a Coach 101

1. Identify your coaching philosophy
2. How to have a floor presence when coaching
3. Dealing with conflict/difficult athletes, coaches etc.
4. Importance of consistency and standards

3. Motivation and Feedback Methods

1. Intrinsic versus extrinsic motivation
2. Feedback and Instruction Methods
3. How to appropriately motivate/encourage athletes

4. Principles of Exercise Prescription

1. Basic principles of exercise science
2. Program Design and implementation
3. Needs analysis for program design
4. Periodization
5. Progression and Regression methods
6. Management of injured/restricted athletes

5. Plyometrics

1. Programming strategies
2. Monitoring volume-load

6. Energy System Development

7. Professionalism

1. Developing a resume and cover letter
2. Mock interview: best interview practices

3. How to speak with coaches/support staff

8. Extras

Note: Topics/lessons may be added or altered at the discretion of Sports Performance Staff during the internship duration.