**Nutrition & Exercise Physiology**

**Internships Pay Off**

**NEP Alumna Shows that Determination is Key**

Emily Hodge teaches an aerobics class as part of her responsibilities as an exercise specialist at the Capital Region Medical Center Sam B. Cook Healthplex Fitness Center.

Emily Hodge was seeking academic direction when she took her first step toward what eventually became her full-time job.

Hodge, 23, asked for permission last spring to job shadow at the Capital Region Medical Center’s Sam B. Cook Healthplex Fitness Center in Jefferson City in hopes of clarifying her career goals. Between May and July 2014, Hodge followed the work days of fitness center employees and helped out around the healthplex while completing NEP’s nutrition and fitness program. By fall, Hodge had arranged a 135-hour internship at the healthplex. By the end of October, Hodge was working as a paid part-time employee with the promise of a full-time post once she had earned her degree. Just a few days after graduating in December, Hodge started work as a healthplex exercise specialist.

Hodge recalls how difficult it was for her to find the courage to approach healthplex administrators the first time: “Nobody really set it up for me—I had to be sort of assertive,” says Hodge.

NEP administrators would like to see more students demonstrate that type of assertiveness. Only about 7 percent of NEP’s nutrition and fitness students work at internships, though the college offers students as much as six credit hours for the work, depending upon the hours, says Jill Kanaley, the nutrition and fitness program director who oversees internships. Nutrition and fitness students are not required to complete an internship to obtain their degrees.

Still, NEP chair Christopher Hardin says the department is working to build its internship program. A fall internship session run by Kanaley lays out for students why and how they should pursue an on-the-job training opportunity. Kanaley also provides suggestions on places to apply for internships, as well as general encouragement to interested students. Both Hardin and Kanaley point out that nutrition and fitness employers want to hire students who have practical experience in the field, and that the hands-on practice internships provide helps students gain a deeper understanding of their classroom lessons.

“Internships really allow students to get that experience and take their careers for a test spin,” Hardin notes. “An internship is really, in essence, experiential learning.”

Hodge agrees, saying that her internship taught her how to apply her classroom education to real-life situations. While her current healthplex job encompasses a wide array of responsibilities—ranging from baseline health testing to teaching water aerobics classes—it allows her to run the type of educational weight loss program that drew her to nutrition and fitness in the first place.

“The whole reason I got into nutrition and fitness was to help with weight loss...This is definitely something I pictured myself doing,” says Hodge.

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**Pride in our Faculty (cont.)**

Jean Parsons, Textile & Apparel Management, had her Waterfall design featured at the 2014 Endangered Art for Apes exhibit in Miami, Florida.

Jaume Padilla, Nutrition and Exercise Physiology, is the recipient of the 2015 American Physiological Society – Environmental and Exercise Physiology Section New Investigator Award as well as the 2015 Experimental Physiology Annual Inaugural Review Prize.

Chris Proulx, Human Development and Family Science, has been helping comedian Yakov Smirnoff gain insight into the subject of intimate relationships for her new sitcom.

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**Pride in our Students**

The Mizzou Alumni Association presents Mizzou ’39 Awards to 39 outstanding seniors each year. Among those named for 2015 were Alexa Burtnett, a Nutrition and Exercise Physiology major, and Victoria Yu, a Human Development and Family Science major. Burtnett and Yu are both members of the Dean’s Advisory Board (formerly HES Student Council) and were chosen for their academic achievement, leadership and service to MU and the community.

Eight students from the MU Department of Textile and Apparel Management, were recipients of the 2015 YMA-Fashion Scholarship Fund National Competition where each will receive a $5,000 scholarship. The 2015 recipients are: Emily Cissell, Katherine Class, Wewei Hong, Jerica Leiby, Courtney King, Lindsey Mitchell, Megan Wood, Ava Zanzie.

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**Pride in our Programs**

The Architectural Studies’ high ranking CIDA interior design program was again cited in the top five of interior design programs in the Midwest for 2015 by DesignIntelligence magazine.

A grant for more than $1 million was awarded by the United States Health Resources and Services Administration to the MU School of Social Work and the UMSL School of Social Work to increase the behavioral health work force who serve high-need young adults ages 16-25 throughout the state and in East St. Louis, Ill.