

PRT 4828 – Reflective Journal #3

Part 1

Student Name: Danielle Drews Dates: June 8-June 21

Site Supervisor: Jenny Carr Internship Weekly Total: 40

Cumulative Total to Date: 220

Brief description of the past two week's duties:

Continuing to schedule classes, work on education, and teach my own classes and private sessions.

How are you experiencing a relevant and challenging use of your skills?

Teaching continues to challenge my organizational and communication skills. It takes a lot of preparation and engagement with clients

What did you learn from the experience?

I learn more and more each week about how much I enjoy teaching and seeing people get stronger and progress in their movements.

What worked well? What would you change next time?

I have found a better balance for my classes of offering a challenging workout but making it more enjoyable by not making the class too difficult

Please describe the supervision you are receiving:

Jenny is supervising me by a lot of direct communication, touching base and directing me day to day on what she needs help with and what needs to get done around the studio.

Throughout my internship at Intermountain Pilates Training Center, I have gained a deeper understanding of the importance of ethics in the health, fitness, and recreation industry. Ethics are the standards and principles that guide professional behavior and decision-making. In a field that focuses on improving people's health, wellness, and quality of life, maintaining ethical standards is essential for building trust, ensuring safety, and providing quality services. These include maintaining client confidentiality, acting with honesty and integrity, providing safe and effective instruction, treating all individuals fairly and respectfully, and staying within one's scope of practice. At

Intermountain Pilates Training Center, these standards are reflected in daily interactions with clients and staff. Because many clients share personal information regarding injuries, medical conditions, pregnancies, rehabilitation, or other health concerns, it is important that this information remains private and is only discussed when necessary for providing appropriate care.

Another ethical expectation within the fitness and wellness industry is recognizing professional boundaries. Instructors and staff members must avoid giving medical advice that falls outside their qualifications. Instead, they should refer clients to licensed healthcare professionals when appropriate. This helps ensure that clients receive accurate information and protects both the client and the organization.

One potential ethical dilemma that could arise at my internship site involves working with a client who wants to participate in exercises that may not be safe based on an injury, physical limitation, or medical condition. For example, a client recovering from a significant injury may insist on performing advanced exercises despite being advised to modify movements. The instructor may feel pressure to satisfy the client's wishes and keep them happy, but they also have a professional responsibility to prioritize safety.

This situation presents conflicting alternatives. On one hand, the client has personal autonomy and may believe they understand their own abilities. On the other hand, the instructor has an ethical obligation to prevent unnecessary risk and provide safe programming. Allowing the client to proceed could potentially result in further injury, while refusing may frustrate the client and negatively impact the client relationship.

If faced with this dilemma, I believe the most ethical course of action would be to communicate openly and respectfully with the client while prioritizing their safety. I would explain the reasons for the recommended modifications, discuss potential risks, and provide alternative exercises that align with their goals. If necessary, I would encourage the client to obtain clearance from a healthcare provider before progressing to more advanced movements. While this approach may not fully satisfy the client in the moment, it demonstrates professionalism, responsibility, and commitment to their long-term well-being.

This internship has reinforced the idea that ethical decision-making is not always simple. Many situations involve balancing client preferences, business considerations, and professional responsibilities. However, ethical standards exist to help guide these decisions and ensure that clients receive safe, respectful, and effective services. As I continue developing as a professional in recreation, sport management, and wellness, I recognize that maintaining strong ethical principles will be essential to building trust, protecting participants, and creating positive experiences for those I serve.

