



Q1.  
APPLIED PHYSIOLOGY AND KINESIOLOGY (APK)  
INTERNSHIP SITE APPROVAL FORM

Q2.  
The **Department of Applied Physiology and Kinesiology (APK)** at the University of Florida would like to thank you in advance for taking the time to complete the approval process and your willingness to provide valuable internship opportunities to our students. The Department of APK requires that all undergraduates complete a 12-credit internship experience and graduate students complete a 5-credit internship experience during their final semester. The experience requires a minimum of 520 clock hours for undergraduates and 600 clock hours for graduate students, or 35-40 hours a week for 15 weeks, for the Fall and Spring semesters or 40-45 hours a week for 13 weeks, for the Summer semester. Ideally, interns become exposed to the tasks that will be required of them as professionals in the field, as well as receive opportunities to develop their skills and areas of interest within their specialization. The specializations within the department are:

**Exercise Physiology (Undergraduate):** Prepares students interested in pursuing a career in one of the health professions or graduate study in exercise science. The curriculum provides a strong basic science background and requires additional course work in the biological aspects of exercise. For intern hours in this specialization, students are expected to complete hours in a biomedical research setting related to exercise and/or sport.

**Fitness/Wellness (Undergraduate):** prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agencies. The curriculum emphasizes practical aspects of fitness and wellness.

**Human Performance (Graduate):** The Human Performance concentration is a non-thesis program leading to a Master of Science degree in Applied Physiology and Kinesiology. Its purpose is to train students for careers where they can promote scientifically based exercise, wellness, and psychological factors to enhance health, athletic development and/or movement performance. Furthermore, students will be trained to be an integral part of the health care team that administers, assesses, and develops programs for clinical populations.

Please review the [APK Internship Policies and Procedures](#) Document to gain a better understanding of the expectations of students and site supervisors during the experience.

Q5. Organization Name

Equinox Fitness Club

Q6. Organization Location(s) - Include Addresses Of All Locations To Be Included As Part Of This Approval

Equinox Aventura 19501 Biscayne BLVD Aventura FL33180

Q7. Name of Individual Who Will Receive Applications From Students

Johanna Pryluck

Q8. Email Address of Individual Who Will Receive Applications From Students

Johanna.Pryluck@Equinox.com

Q9. Phone Number of Individual Who Will Receive Applications From Students

917-971-3757

Q10. URL of Website For Organization

www.equinox.com

Q11. Name of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations

Matt Swadner

Q12. Email Address of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations

Q13. Phone number of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations

1-305-935-9514

Q14. What Semester(s) Is Your Organization Available To Accept Interns? (select all that apply)

- Fall (August - December)
- Spring (January - April)
- Summer (May - August)

Q15. APK Internship Policy requires that a site supervisor hold one degree higher than the student intern. This means that site supervisors of undergraduate interns must hold at least a bachelor's degree and those of graduate interns must hold at least a master's degree. Based on this policy, for which category of students is your organization willing to accept applications? Check all that apply

- Undergraduate Students
- Graduate Students

Q16. How many interns is your organization willing and able to support per semester?

2-3/location each semester

Q17. Describe the normal working hours anticipated for an intern at your organization. Please indicate likelihood and circumstances surrounding any evening or weekend time commitments.

Flexible though weekday/day time availability is preferred

Q18. Does your organization offer non-paid or paid internships?

Non-paid

Paid (amount)

Q21. List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

Complimentary membership for duration of internship

Q22. List required purchases for interning with your organization (i.e. parking pass, uniform, I.D. Badge, etc.)

Q23. List required skills or previous experience necessary for interning with your organization

Requirements: • Students must be eligible to earn academic credit for their work • At least 2-years completion towards an undergraduate degree: Exercise Science, Kinesiology, Physical Education, Personal Training, or other applicable majors preferred • An outgoing and personable disposition, able to socialize with others • A passion for fitness and helping others reach their health and wellness goals • Ability to multi-task in a fast-paced environment • Customer-service oriented and an ability to understand or quickly grasp, customer priorities and terminology • Effective oral and written communications skills • Results oriented with an ability to organize, prioritize and manage time • Self-starter capable of operating with little supervision • Strong analytical skills and excellent attention to detail • Previous Personal Training experience preferred but not required • Proficient in Microsoft Office, Excel, Word, PowerPoint and the ability to learn technical applications and processes quickly

Q24. List any special credentials or documents required to intern with your organization (i.e. CPR/First Aid, Liability Insurance, Personal Training Certification, OSHA training, HIPPA training, Pre-Internship orientation, background check)

Must be done in exchange for school credit

Q25. Provide a bulleted list of duties/responsibilities your organization expects to be fulfilled by interns:

Special Assignments Interns should complete special long-term projects that force them to fully engage in the business. The following are some examples of special projects: 1. Research presentation for trainers Ex. Research one injury per week, documenting causes, signs and symptoms, treatment, rehabilitation and prevention 2. Design programs based on specific case studies 3. Research the following conditions: Hypertension, Diabetes, Pregnancy, CVD with points on cause, Physiological implications, benefits of exercise on the condition, exercises to help, exercises to avoid 4. Design and/or shadow a client recruitment event

Q26. Please describe a typical day for the intern:

As an Equinox Personal Training Intern, you will be afforded the opportunity to shadow and learn from industry experts and leaders in our state-of-the-art facilities. Students will be taught by and work side-by-side with industry experts to gain hands-on experience and develop their health and fitness knowledge. At its core, this program is designed to enhance each student's preexisting knowledge and turn it into real world practical experience. By the end of the internship, a student will understand what it takes to establish them self as Personal Trainer. The program is targeted for students who want to supplement their training with relevant industry experience and a first-hand glimpse into their chosen career path. Students will be given the opportunity to participate in our in-house proprietary education program, Equinox Fitness Training Institute (EFTI), along with Tier I, II, III, 3+ and X trainers. This in-depth curriculum will help to evaluate students based on their ability to learn quickly, perform, motivate and educate others. Throughout the program, students will also research presentations for our trainers, design and present client programs based on specific case studies, develop various testing batteries for special populations, and head-up and design a client recruitment event.

Q28. Interns must be evaluated on at least 6 of the following 9 Student Learning Outcomes (SLO's). Please check each SLO that applies to the duties/responsibilities provided to interns at your organization.

- |   |   |
|---|---|
| <input type="checkbox"/> Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, health, wellness, and/or fitness environments.   | <input checked="" type="checkbox"/> Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.   |
| <input type="checkbox"/> Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.                                  | <input checked="" type="checkbox"/> Solve applied physiology and kinesiology problems from personal, scholarly, and professional perspectives using fundamental concepts of health and exercise, scientific inquiry, and analytical, critical, and creative thinking.                       |
| <input type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).                           | <input checked="" type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.  |
| <input checked="" type="checkbox"/> Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles. | <input checked="" type="checkbox"/> Effectively employ written, oral, visual, and electronic communication techniques to foster inquiry, collaboration, and engagement among applied physiology and kinesiology peers and professionals as well as with patients, clients, and/or subjects. |
| <input checked="" type="checkbox"/> Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.                               |   |

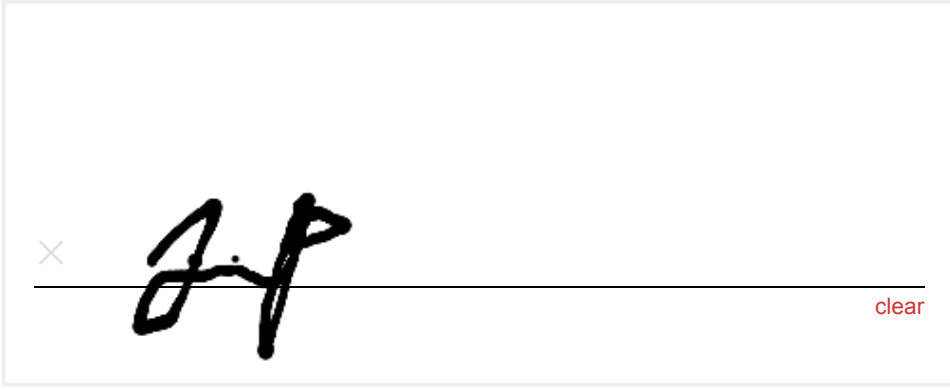
Q29. Would you like to be added to the Department's list of approved sites for future interns?

- Yes  
 No

Q32. Have you reviewed the APK Internship Policies and Procedures Manual?

- Yes  
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship



**Location Data**

**Location:** ([41.024703979492](#), [-73.778099060059](#))

**Source:** GeolIP Estimation

