



Location: Kennedy Space Center FL Date: 11/20/2014  
City State

Organization: InoMedic Health Applications

\*Contact Person(s): Veronica Komar / Jamie Hamilton  
*\*Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: IHA-005 / IHA-010 Kennedy Space Center FL 32899-0001  
Street/PO Box City State/Zip

Phone: 321-867-3414 / 321-867-7157 Fax: \_\_\_\_\_

Email: veronica.j.komar or jamie.l.hamilton-1@nasa.gov Website: currently under RE-development

What semesters is your organization available to accept interns?  
 Fall (August-December)  Spring (January-April)  Summer (May-August)

Please check the specializations that best pertain to the internship experience offered:

Exercise Physiology  Fitness/Wellness

How many interns do you typically accept per semester? one or two

Interns must complete a minimum of 35-40 hours per week (520 hours total). List the normal working hours for your organization. Please indicate any evening or weekend time commitments:

KSC Fitness Center hours are 5:30 am to 7 pm, Monday through Friday. Interns would be able to work varying shifts within those hours.

Is office space available to interns?  Yes  No \_\_\_\_\_  
Comments

Is a computer/scanner available to interns?  Yes  No Printer/copier/scanner. No computer.  
Comments

Does your organization offer paid or non-paid internships?  Non-paid  Paid (amount) \_\_\_\_\_

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

Kennedy Space Center tours, complimentary admission to KSC Visitor Complex and onsite viewing of rocket launches during internship period.

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):

None. Thorough background checks are required, but are complimentary.

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

Any junior, senior, or graduate student enrolled in a university exercise, fitness, health or wellness related course of study may apply.

Special Requirements (i.e. special application, proof of health insurance, immunizations, etc.)

*Please note: All interns are required to purchase professional liability insurance coverage for \$1,000,000*

Official Transcripts, Letter of Intent, Resume, at least two letters of recommendation, requested dates of internship, school requirements, Intern advisor name and contact information, type of internship:  
Fitness only or Fitness/Health Education combination.

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

**Fitness assessments**

- Administering KSC FC memberships and blood pressure monitoring, Body composition analysis, Girth measurements.

**Exercise prescription**

- Personal counseling and program design, Implementation of exercise programs, Equipment use/instruction, Observation and participation with exercising employees.

**Group exercise classes**

- Instruction of classes, if applicable. • Participation in classes offered

**Wellness programs**

Observe and participate in wellness-related fairs, lectures, seminars and workshops, such as, but not limited to: Stress management, fitness related topics, nutrition, strength training for special populations.

**Special Events and Outreach**

- National Employee Health and Fitness Day - Spring / Summer Semester; Indoor Triathlon - Summer and / or Fall Semesters; Annual Walk/Run - Winter/Spring semester; Health & Safety Fair - Spring semester.

Please describe a typical day for the intern:

Work alongside KSC FC staff, checking in members, taking blood pressures, personal train members, perform fitness assessments, perhaps teach a class (often lunchtime and/or late afternoon), monitor and check facility for safety issues, record and file new data. If working toward a planned event, organize, research, contact those involved. Work on project (s) intern is responsible to complete. Assist with all other activities FC staff is responsible for including attending meetings, trainings and all activities regular KSC employees perform.

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

APK Student Learning Outcomes (SLOs)	Applied Examples <i>(These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)</i>
<input checked="" type="checkbox"/> Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments.	<ul style="list-style-type: none"> <li>• Intern can perform body composition calculations.</li> <li>• Intern can identify socioeconomic impacts on health and fitness behaviors.</li> <li>• Intern can calculate target and max heart rates in order to prescribe aerobic exercise.</li> </ul>
<input checked="" type="checkbox"/> Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	<ul style="list-style-type: none"> <li>• Intern can identify muscles used in specific exercises and name other exercises that use those muscles.</li> <li>• Intern can name specific structures damaged by pathologies like diabetes.</li> </ul>
<input type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).	<ul style="list-style-type: none"> <li>• Intern can explain the baroreflex.</li> <li>• Intern can explain why skeletal muscle cells atrophy when immobilized.</li> <li>• Intern can describe the impact of respiration on blood pH.</li> </ul>
<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.	<ul style="list-style-type: none"> <li>• Intern can explain how exercise helps depression.</li> <li>• Intern knows where to locate information related to psychological health impacts of various activities.</li> <li>• Intern can identify and properly refer individuals with eating disorders.</li> </ul>
<input checked="" type="checkbox"/> Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	<ul style="list-style-type: none"> <li>• Intern can explain why resting HR and BP are reduced following endurance training.</li> <li>• Intern can identify immediate and long-term benefits of resistance training.</li> </ul>
<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.	<ul style="list-style-type: none"> <li>• Intern can select a safe fitness test for a cardiac patient.</li> <li>• Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.</li> </ul>
<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.	<ul style="list-style-type: none"> <li>• Intern can describe which populations might be prone to ankle sprains.</li> <li>• Intern can identify medications which might lead to an impaired ability to perform aerobic exercise.</li> <li>• Intern can prescribe exercise to suit the goals of clients based on fitness assessments.</li> </ul>
<input type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	<ul style="list-style-type: none"> <li>• Intern can perform a submaximal VO<sub>2</sub> test and use the collected data to classify the subject's level of fitness.</li> <li>• Intern can perform a laboratory experiment and compare their results to other similar studies.</li> </ul>
<input 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.	<ul style="list-style-type: none"> <li>• Intern can explain to a patient the importance of hydration during exercise.</li> <li>• Intern can generate professional emails to ask scientific or medical questions.</li> <li>• Intern can generate an abstract to present research at a scientific or medical conference.</li> </ul>

Would you like to be added to the Department's list of approved sites for future interns?  Yes  No

Name of student requesting completion of the site approval form (if applicable): \_\_\_\_\_

I have reviewed the APK Undergraduate Internship Policies and Procedures Manual: November 20, 2014 \_\_\_\_\_ Date

Site Signature: Veronica Komar (affiliate) \_\_\_\_\_ Date: 11/20/2014

Digitally signed by Veronica Komar (affiliate)  
DN: c=US, o=U.S. Government, ou=NASA, ou=PIV,  
0.9.2342.19200300.100.1.1=vkomar, cn=Veronica Komar (affiliate)  
Date: 2014.11.20 15:32:10 -05'00'

Department Approval: dlrhodes@ufl.edu \_\_\_\_\_ Date: 11/20/14

Digitally signed by dlrhodes@ufl.edu  
DN: cn=dlrhodes@ufl.edu  
Date: 2014.11.20 18:53:13 -05'00'