



Location: Gainesville FL Date: 05/22/14  
 City State

Organization: APK Integrative Muscle Biochemistry Lab

\*Contact Person(s): Dr. Scott Powers (PhD)  
*\*Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: PO Box 118205 Gainesville FL 32611  
 Street/PO Box City State/Zip

Phone: 352-294-1713 Fax: 352-392-5262

Email: spowers@hhp.ufl.edu Website: http://apk.hhp.ufl.edu

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? 1

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:

8:00am - 5:00pm Monday-Friday; may be occasional evening and weekend commitments.

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

Is a computer/scanner available to interns?  Yes  No \_\_\_\_\_  
 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.)

N/A

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

N/A

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

Completion of a Biochemistry course.

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*

N/A

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

- Participate in research
- Learn from literature
- Develop research skills and techniques to become more proficient in the field of muscle biochemistry
- Participate in data collection and analysis
- Assist with maintaining lab

Please describe a typical day for the intern:

The intern will need to apply the knowledge acquired in the classroom to perform cutting-edge research in the field of muscle biochemistry.

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 checked="" 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 checked="" 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 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.	<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: \_\_\_\_\_ Date

Site Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Department Approval: \_\_\_\_\_ Date: \_\_\_\_\_