



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

MVP Sports Clubs

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

MVP Athletic Club-Brownwood Paddock Square 3584 Kiessel Road The Villages, FL 32163

Q7. Name of Individual Who Will Receive Applications From Students

Briana Kaplan

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

bkaplan@mvpsportsclubs.com

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

407-916-2452

Q10. URL of Website For Organization

<https://www.mvpsportsclubs.com/>

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

Jimmy McMurray

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

352-674-7041

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

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.

We are very flexible with our internship schedules because we understand school classes and commute to our club. The only evening or weekends would be if we asked the intern to participate in any 5ks that we host or community involvement. Plenty of notice would be given.

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.)

-Athletic Club access for team member and immediate family, discounts on membership for additional family members -Member rates for participation in lessons/programs -25% retail discount and spa services

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

We provide the first uniform shirt. Additional can be purchased for \$10 each. Fitness interns can wear his/her own sneakers and athletic bottoms.

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

1. Working toward certification through NSCA, NASM, ACSM, NATA or APTA. 2. Current CPR and First Aid Certification. 3. Communication and leadership skills needed to supervise and motivate a team. 4. Computer skills needed to utilize club and equipment software. 5. Ability to demonstrate verbally and/or physically the proper use of the equipment. 6. Physical Requirements: Bend, stoop, crouch, climb, stand, sit and turn/pivot; lift/lower, push, pull and carry up to 40 lbs; perform office tasks using simple hand grasping, fine hand manipulation and reach associated with assigned tasks such as paperwork, typing, and/or word processing, filing, calculating and use of telephone; see, hear, and speak with sufficient capability to perform assigned tasks and maintain proper job safety conditions.

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)

1. Working toward certification through NSCA, NASM, ACSM, NATA or APTA. 2. Current CPR and First Aid Certification. (If not, we offer paid CPR/FA training onsite) 3. Communication and leadership skills needed to supervise and motivate a team. 4. Computer skills needed to utilize club and equipment software. 5. Ability to demonstrate verbally and/or physically the proper use of the equipment. 6. Physical Requirements: Bend, stoop, crouch, climb, stand, sit and turn/pivot; lift/lower, push, pull and carry up to 40 lbs; perform office tasks using simple hand grasping, fine hand manipulation and reach associated with assigned tasks such as paperwork, typing, and/or word processing, filing, calculating and use of telephone; see, hear, and speak with sufficient capability to perform assigned tasks and maintain proper job safety conditions.

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

1. Assists with all functions related to the fitness floor and activities that are conducted on the fitness floor. While working the floor, ensures that all members are attended to via assistance as needed. 2. Assists the Fitness Manager with the new member welcome program via instruction in the use of fitness floor equipment, observing that the client feels comfortable exercising in an independent manner and assists on an as needed basis. 3. Assists with the organizing, promoting and training for all fitness and sports programs as needed. 4. Ensures that the fitness floor is clean and safe at all times. Ensures a safe working environment for all members, guests, and staff. 5. Assists with an administration work as needed and requested by the Fitness Manager. 6. Assists with educational materials and presents on fitness topic in a fitness meeting. 7. Assists in working floor shifts with existing team member (1-2 shifts per week). Intern is not permitted to work floor shift alone. 8. Responds in emergency situations, notifying the appropriate authorities where indicated. 9. Works with the Group Exercise Team Leader and Fitness Manager to coordinate any activities taking place on the fitness floor. 10. Assists with any kid's fitness activities as needed. 11. Maintains a working knowledge of basic theoretical concepts and keeps current with research and trends in the field. Maintains certifications and membership in professional organizations. 12. Attend and participate in regular Service Game training sessions as directed by supervisor. 13. Maintains a neat and professional personal appearance, by wearing the MVP Sports Clubs uniform (see uniform matrix) and name badge. 14. Other duties as assigned by the Fitness Manager.

Q26. Please describe a typical day for the intern:

Enhance the overall club experience of the members, including assisting with the organization and promotion of all fitness and sports programs. Follow and complete the fitness internship manual throughout the duration of the internship.

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.

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| <input checked="" 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 checked="" 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 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 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

YBKaplan

clear

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

[Handwritten signature]

clear

**Location Data**

**Location:** [\(28.621398925781, -81.429397583008\)](#)

**Source:** GeolIP Estimation

