



Location: Mount Dora FL Date: 12/2/2016
City State

Organization: Mount Dora High School (Lake County Schools)

*Contact Person(s): Chris Stephenson (Head Football Coach), First Last (Athletic Director)
**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 700 N. Highland Street Mount Dora 32757
Street/PO Box City State/Zip

Phone: 352-383-2177 Fax: _____

Email: stephensonc@lake.k12.fl.us Website: _____

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?

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:

Monday-Friday 7:00 AM - 3:00 PM. Occasional weekend work for fundraising activities etc.

Is office space available to interns? Yes No _____
Comments

Is a computer/scanner available to interns? Yes No _____
Just 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.)

N/A

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

Fingerprinting is \$75 through the Lake County Schools Office.



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

Preferred experience in weight room and football environment. Knowledge of general weight lifting techniques as well as being able to implement in and off-season workout programs.

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

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

- Create, organize and implement a successful off-season workout program specifically for the sport of football.
- Teach safe, proper lifting techniques to student athletes.
- General weight room maintenance.
- Teach the importance and benefits of good eating and nutritional habits i.e. hydration.
- Use specific aids to help athletes progress on a more individual level.
- Assist in fundraising for the program.
- Discuss potential upgrades for weight room equipment.
- Analyze current health status of student athletes. i.e. weight, body comp, fitness level (strength and cardiovascular)
- Implement pre and post tests to track progress and help set realistic goals with each athlete.

Please describe a typical day for the intern:

7:00 AM - Arrive and discuss the day's workout with coaches. Set up weight room for activities.

7:45 AM - Athletes arrive, begin instruction of daily workout.

8:00 AM - 10:00 AM - Run athletes through the workout for the day

10:00 AM- 11:00 AM - Implement daily cardiovascular conditioning for athletes

11:00 AM - 12:00 PM - Meet with athletes on individual basis to assess fitness levels, set goals, discuss specific exercises that can benefit the athlete the most.

12:00 PM - 1:00 PM - Go over next day's workout, adjust the workout if needed.

1:00 PM - 3:00 PM - Discuss fundraising techniques, register athletes and team for competitions/combines etc. Weight room maintenance, film study, analysis of daily workout program.

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 (These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)
<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"> • Intern can perform body composition calculations. • Intern can identify socioeconomic impacts on health and fitness behaviors. • Intern can calculate target and max heart rates in order to prescribe aerobic exercise.
<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"> • Intern can identify muscles used in specific exercises and name other exercises that use those muscles. • Intern can name specific structures damaged by pathologies like diabetes.
<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"> • Intern can explain the baroreflex. • Intern can explain why skeletal muscle cells atrophy when immobilized. • Intern can describe the impact of respiration on blood pH.
<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"> • Intern can explain how exercise helps depression. • Intern knows where to locate information related to psychological health impacts of various activities. • Intern can identify and properly refer individuals with eating disorders.
<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"> • Intern can explain why resting HR and BP are reduced following endurance training. • Intern can identify immediate and long-term benefits of resistance training.
<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"> • Intern can select a safe fitness test for a cardiac patient. • Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.
<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"> • Intern can describe which populations might be prone to ankle sprains. • Intern can identify medications which might lead to an impaired ability to perform aerobic exercise. • Intern can prescribe exercise to suit the goals of clients based on fitness assessments.
<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"> • Intern can perform a submaximal VO₂ test and use the collected data to classify the subject's level of fitness. • Intern can perform a laboratory experiment and compare their results to other similar studies.
<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"> • Intern can explain to a patient the importance of hydration during exercise. • Intern can generate professional emails to ask scientific or medical questions. • Intern can generate an abstract to present research at a scientific or medical conference.

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: 12/2/2016 _____
Date

Site Signature: Chris Stephenson _____ Date: 12/2/2016 _____

Department Approval: _____ Date: _____