



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

Strength Camp

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

3608 Morris St., St. Petersburg, FL., 33713

Q7. Name of Individual Who Will Receive Applications From Students

Tyler McCoy

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

strengthcamp Tyler@gmail.com

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

973-945-1046

Q10. URL of Website For Organization

www.strengthcamp.com

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

Chris Barnard

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

727-409-6459

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?

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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.

Coaching hours will be Monday through Friday, with the weekends off. There will be availability to coach during either the morning or evening block of classes. Monday-Friday Mornings - 6,7,8 & 9am Monday-Thursday Evenings- 5,6 & 7pm (Only 6pm on Fridays) Approximately 13-16 Hours Per Week. Approximately 50-60 Hours Per Month Potential to be involved in extracurricular work outside of coaching obligations (optional.)

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.)

Working under the tutelage of Elliott Hulse. Elliott, having amassed over 2 million subscribers on YouTube, is one of the most highly sought after trainers in the world. Gaining experience working for an up-and-coming fitness franchise at the headquarters location. Free gym membership at our facility.

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

None

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

Experience training athletes. Experience training members of the general population. Must have knowledge in exercise prescription, resistance training, periodization, programming, progression/regression, and assessment. Can speak LOUD and CUE Movements clearly.

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)

Either a Degree in Exercise Physiology OR a Training certification from an accredited institution.

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

Assist in training classes for athletes and members of the general population at our gym. Willingness to help uphold a clean facility, including but not limited to- taking out the trash, cleaning the bathrooms, sanitizing benches and equipment, participating in our weekly cleanings. Friendly with our clientele and willingness to help them with their fitness related goals. Display base knowledge of the Strength Camp Method and our Core Values. Show initiative to take on extracurricular activities, which are not mandatory. These may include offline marketing efforts and special event participation.

Q26. Please describe a typical day for the intern:

Arrive at the gym 15 minutes prior to class starts. Begin class at the top of the hour and lead the clients through the dynamic warm-up. Then, shadow the coach throughout the hour long session, assisting with equipment set-up, spotting, cuing, and any other hands-on tasks that may be needed during the session. Once the block of classes are up, empty the trash from the bathrooms, and then the intern may be done for the day. If they wish, they are also granted access to the facility to workout in.

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 checked="" 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 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


clear

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



Location Data

Location: ([27.795394897461, -82.637298583984](#))

Source: GeolIP Estimation

