



APPLIED PHYSIOLOGY AND KINESIOLOGY (APK)
INTERNSHIP SITE APPROVAL

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 for providing valuable internship opportunities to our students.

Exercise Physiology: Prepares students interested in pursuing a career in one of the health professions or graduate study in exercise science.

Fitness/Wellness: prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agencies.

If you feel that you would like to provide internship opportunities for our students and would like to be included in the Department's list of approved intern sites, please provide us with the completed Internship Site Approval Form below, along with any additional information you would like to include about your site.

Instructions:

- 1. Please read the Applied Physiology and Kinesiology (APK) Undergraduate Internship Policies and Procedures Manual.
2. Please review and complete the Internship Site Approval Form\*.
\*Based on UF policy, there must be an affiliation agreement in place between all internship sites and the University of Florida.

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Address: 505 N. Lasalle Street Suite 200 Chicago 60654
Street/PO Box City State/Zip
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- 3. Digitally sign and submit the completed site approval form to the Internship Coordinator by completing the following steps:
a. Click on the "Digital Signature" box. Please follow the instructions prompted by the wizard to create a "Digital Signature."
b. You will be prompted to "Save" the document because the form contains a "Digital Signature." Please save the file, but do not close the file.
c. Click "Submit" at the top right of the form (in the purple bar)
d. You will be prompted by a wizard which will ask if you want to send it via Outlook (or something similar) or via an Internet Provider (Webmail or Exchange).
e. If you are using an Internet Provider (Webmail or Exchange) you will be prompted to save the form, open a new message in your email account and attach the document yourself.





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

Student must have exposure to sports medicine through either coursework or volunteer/internship experience. Student must also be certified in CPR and first aid.

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*

CPR and first aid certification.

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

- Attending regular training sessions and games

- Attending medical, physio and sports science workshops and presentations by both internal staff and outside experts and consultants including attending the Level 1 (Aus) Sports Trainer Course.

- Providing assistance in the performance and conditioning activities within the club by conducting various fitness assessments and interpreting results, Developing exercise prescriptions for injured athletes and putting in place monitoring and follow up measures to ensure targets are being met.

- Other related duties as required by the club

- Attending club school Health and other promotions seminars and other events.

Please describe a typical day for the intern:

Over the course of the program, the interns will be given exposure to the following areas, which ideally will give them a comprehensive overview of the Sports Medicine field in Australia.

- Roles & Responsibilities of the Level 1 (AUS) Sports Trainer

- Structure & Function of the Musculo Skeletal System (Anatomy)

- Warm-Up/Stretching/Cool-down

- Post Game Recovery

- Immediate Assessment, Management & Referral of Sports Injuries

- Management of Soft Tissue Injuries

- Rehab Analysis & Technique

- Strength and Conditioning

- Sports Massage Technique

- Ankle, Thumb & Finger Taping (Advanced taping possible)

- Advanced Taping

- Medical Conditions

- Nutrition

- Crisis Management (C.P.R)/Spinal Injury Management

- Fracture Management

- Transport of the Injured Athlete



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"> <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 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 VO2 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: 9.16.14 Date

Site Signature: **John Yocum** Digitally signed by John Yocum  
DN: cn=John Yocum, o, ou, email=john.yocum@teanabroad.org, c=US  
Date: 2014.09.16.14.14.07 -0600' Date: 9.16.14

Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu  
DN: cn=dlrhodes@ufl.edu  
Date: 2014.09.16.16:43:01 -0400' Date: 9/16/14