



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

UF Health Norman Fixel Institute of Neurological Diseases

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

Current: 3450 Hull Road Gainesville, FL, 32607 July 1st: 3009 SW Williston Rd Gainesville, FL 32608

Q7. Name of Individual Who Will Receive Applications From Students

Alison Kraus

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

decira@shands.ufl.edu

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

352.294.5385

Q10. URL of Website For Organization

<https://fixel.ufhealth.org/>

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

Alison Kraus Amanda Elliott

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

352.294.5385

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?

1 in Fall, 2 in Spring

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.

It would typically be a 40 hours/week Monday-Friday (no weekend commitments, maybe an evening educational experience but would be very few and far between) Depending on the week, it may be 8-5 Monday-Thursday and then a 4 hour day on Friday. It may also be 4 10 hour days 8-6, or 5 8 hour days. The earliest days would be 8am the latest would be staying till ~630

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.)

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

Will need their student ID badge but don't need to use one specific to our clinic. Uniform is business casual- no sneakers,

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

Understanding or exposure/observation to patients with neurologic conditions. Interest in more complex Neuro conditions (MS, ALS, Parkinson's Disease, concussions)

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)

HIPPA, CPR/First Aid, OSHA training, background check, flu shot pre-internship interview or phone conversation with therapist to determine if it is a good fit

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

UF Rehab – Norman Fixel Institute of Neurological Diseases Comprehensive opportunities to work primarily in direct patient interaction and put to use the educational principles from your classwork in a practical clinical setting. The primary role of our undergraduate interns is patient care. You are an essential member of the rehab team whose primary role is interacting with our patients. This will be through progression and supervision of exercise, gait training, and education. This clinical experience is very valuable for students seeking professions in health care. Responsibilities:

- Supervision aiding and correction of therapeutic exercise programs
- Assist therapist with patient care and treatment as directed or delegated. This will include but is not limited to exercise therapy supervision (equipment set up, progression of program per therapist guidance), aquatic therapy participation, and modality set up (electrotherapy, ice, heat, etc) per therapist guidance
- Participate and/or assist in educational opportunities that can be demonstrated to enhance clinic or personal goals, and objectives of the cost center
- Assist in completing the daily facility worksheet to enable facility to be TJC and HIPPA compliant
- Assist in transportation of patients throughout the clinic
- Present an in-service on a topic approved by your CI and additional projects
- Perform Scientific readings as assigned to assist with patient specific learning experiences
- Intern will be scheduled to work the same hours as their CI for a max of 40 hrs/wk
- Manual assistance for stretching and warm up with patients
- Aiding in general provision of rehab by the therapist.
- Supervising cardiovascular exercise with the ability to monitor vitals (HR, BP, SpO2, RPE, dyspnea)
- Clinic management between various therapists including PT, OT, and SLP Patient Population (18-90+ y.o.)
- General musculoskeletal injuries (acute and chronic)
- Gait retraining (walking and running)
- Functional mobility (bed mobility, transfers)
- Debility
- Return to sport (concussion.)
- Promoting Wellness Knowledge of exercise equipment and exercise prescription is preferred. The ability to multi task is recommended.

Q26. Please describe a typical day for the intern:

The undergraduate intern is expected to arrive on time and ready to work with his/her clinical instructor (CI). They can be expected to take a patient through their exercise program as guided by the therapist. They are expected to ask questions regarding anatomy, physiology, exercise prescription/progression, etc based on their previous knowledge and have a dialogue with the CI. An intern is expected to assist with maintaining a clean facility by wiping tables and putting away exercise equipment. Observation of complex PT evaluations can also be expected. There are several other opportunities the intern may experience including observation of occupational therapy and speech therapy sessions as well as observing clinicians (MD, NP or PA) with neurological diagnoses and participate in community or academic education/talks/fairs.

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 checked="" 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

✕  clear

Location Data

Location: ([29.684005737305](#), [-82.356903076172](#))

Source: GeolIP Estimation

