



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 12-credits of internship experience once becoming eligible. Undergraduate students must earn a minimum of 520 clock hours in the process of completing the 12-credits of the internship course. However, undergraduate students may choose to complete all 12-credits in a single semester, or split the credits over two semesters. Students choosing to split the internship credit into two, 6-credit, semesters are required to complete a minimum of 260 clock hours at the internship site each semester. **Graduate** students in the Human Performance concentration may elect to complete between 3 - 9 credits of internship to count towards their degree. Each registered credit of graduate internship requires a minimum of 48 clock hours be completed and a graduate student must register for at least 3 credits in any semester they intend to complete an internship. Therefore, a graduate student will be required to complete between 144 - 432 hours during their internship. 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. A brief description of our undergraduate and graduate programs is below:

APK Undergraduate Program: Prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agency, to pursue graduate study in kinesiology, OR to pursue graduate study in a health profession requiring education beyond an undergraduate degree. The curriculum provides a strong basic science background and requires additional course work in the biological aspects of exercise. Students may pursue internship opportunities in healthcare, research, fitness, or other areas of human performance.

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 may be trained to be an integral part of a health care team that administers, assesses, and develops programs for clinical, general public, or high-performance 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. Note that clicking the link to the Policies and Procedures manual will take you away from this survey and cause any information input into the survey to be lost. We recommend holding the ctrl button on your keyboard when clicking the link to open it in a new browser tab.

Q5. Organization Name

Upbeat GNV

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

This organization operates in a variety of community spaces and live music venues (Heartwood Soundstage/South Main Station, The Bull, High Dive, Bo Diddley Plaza, Curia on the Drag, First Magnitude, etc.) as well as maintaining a strong online presence. As such, in-person internship duties are performed on-site where we are needed as a community mental health organization and other duties are performed in a hybrid work-from-home fashion. The organization's registered Business address is as follows: 1822 NW 7th PL Gainesville, FL 32603

Q10. URL of Website For Organization

<http://www.upbeatgnv.org/>

Q7. Name of Individual who will receive applications from students and whom students should contact about Internship availability

Danielle Dichoso

Q8. Email Address of Individual who will receive applications from students and whom students should contact about Internship availability

volunteer@upbeatgnv.org

Q9. Phone Number of Individual who will receive applications from students and whom students should contact about Internship availability

(386) 315-0652

Q34.

Will the person receiving internship applications from students be the same person supervising the student and completing the student evaluations during the internship?

- Yes
- No

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

Alex Klausner / Casey Wooster

Q12. Email Address of Individual Who Will Supervise Students Directly During Internship and Complete Student Evaluations

aklausner@upbeatgnv.org / cwooster@upbeatgnv.org

Q13. Phone number of Individual Who Will Supervise Students Directly During Internship and Complete Student Evaluations

352-222-2199 / 321-332 -5759

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

Q35. APK Undergraduate students are permitted to complete a single 12-credit (520 hour minimum) internship in a single semester or two, 6-credit (260 hour minimum) internships over two semesters. Are you willing and able to provide a part-time internship experience (~20 hours per week), full-time (~40 hours per week), or either to our undergraduate students depending on the student's internship plans?

- Part-Time Internship (~20 hours per week)
- Full-Time Internship (~40 hours per week)
- Either Part-Time or Full-Time depending on the student's internship plan

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.

Interns are expected to maintain a degree of flexibility for evening and nighttime work as that is when most live music events occur. Some of these events do not start until 8 PM and may go past midnight, but interns are never expected to stay past a time they are comfortable with/works with their academic and personal schedules. Interns will be given sufficient notice of when these commitments will be usually no more than two weeks in advance, although there have been times when we are asked to table an event on short notice (in which case, interns can choose if and for how long they can attend these events). Administrative and social media/online outreach working hours are flexible in when they occur, and Upbeat GNV is far more interested in the quality of work than the amount of hours spent behind a screen. Interns must be self-motivated and able to approach tasks from an outcome-oriented stance and report progress to their supervisor(s) at a minimum of once a week

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.)

Interns can benefit from getting to attend live concerts for free, but no other reimbursement is routinely offered (other than any expenses incurred as a direct result of a task for Upbeat GNV, i.e., printing fliers to be posted).

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

N/A

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

None

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)

None, though the organization does offer seasonal opportunities to become MHFA certified

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

- Assist with local mental health provider research, quality assessment, and outreach - Assist with maintaining online Affordable Therapy Resource Guide - Assist with social media presence using social media marketing tools to deliver health-related messaging to target audience - Participate in community outreach including direct dialogue with community members regarding mental health, the importance of care, stigma reduction, and healthy lifestyle changes to promote better mental well-being - Participate in stakeholder engagement to promote healthy activities in the music community - Assist with data collection regarding the well-being of musicians in Gainesville, FL (community need and capacity assessment) - Assist with data analysis for community need and capacity assessment - Assist with community event planning, facilitation, and coordination - Share knowledge of healthy physical activities that promote mental well-being among musicians and are doable given time/salary constraints of occupation - Establish and maintain a personal presence within the music and arts community

Q26. Please describe a typical day for the intern:

The day-to-day of this internship is, by nature, variable. Many tasks require daily maintenance and can be done throughout the day without a traditional schedule from home. For example, interns can expect to engage in email communications, coordination of event details, checking in with social media channels, and researching potential resources on a daily basis, but they are not expected to do so at any specific time in the day. Rather, it is the intern's responsibility to manage their time to achieve necessary objectives by the end of their day. Some days will require work "in the field," such as posting flyers to promote for events, visiting venues prior to business hours for outreach, engagement with stakeholders, data collection, etc. We understand that different interns have different class schedules and other responsibilities which may be less flexible, and as such we entrust interns to complete many tasks within a timeframe as opposed to within a finite number of hours per day. Interns should plan for at least two hours of time per week to report and discuss their work with their supervisor, and these times can be worked out between the intern and supervisor. Interns should also plan for another 2-4 hours per week for larger meetings with other volunteers and members of the organization for meetings and collaborative work. Importantly, depending on the work the intern is most interested in, there may be more hours a week associated with collaborative work relative to daily maintenance, outreach, and/or research tasks. For example, one intern who is interested in social media for health messaging may spend several hours per week assisting a videographer in creating content for dissemination, while another intern who is interested in data collection/community outreach may spend a greater portion of their working hours each week attending events. The day-to-day should always be tailored to how the intern functions most effectively in the context of furthering the progress of meeting Upbeat GNV's goals. We encourage prospective interns to engage in a dialogue regarding this topic with their supervisor(s) and team members early on to set clear expectations for themselves to which they can be held both personally and professionally accountable.

Q28. All Interns (undergraduate and graduate) MUST be evaluated on **at least 6** of the following 9 Student Learning Outcomes (SLO's), though evaluation of all 9 is preferred. Please check each SLO that applies to the duties/responsibilities provided to interns at your organization.

Integrate principles and methods of math, social sciences, and/or arts and humanities to applied physiology and kinesiology, health, wellness, and/or fitness environments.

Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.

Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.

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.

Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).

Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.

Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.

Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.

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.

Q33. Name of APK student that requested the site approval form from you (if applicable)

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](#)? Note that clicking the link will take you away from this survey and any information input into the survey will be lost if you navigate back. We recommend holding the ctrl button on your keyboard when clicking the link to open it in a new browser tab.

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: [\(41.9209, -87.7043\)](#)

Source: GeolIP Estimation



Approved: 2.5.25

Blain Harrison

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