



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

Yale University

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

70 Tower Parkway New Haven, CT

Q7. Name of Individual Who Will Receive Applications From Students

Anthony Belanger

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

anthony.belanger@yale.edu

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

860-601-3642

Q10. URL of Website For Organization

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

Anthony Belanger

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

860-601-3642

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?

15-25

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.

Times are based on semester, summer hours are approximately 11-9, and fall and spring shifts are different based on each day. Interns have no trouble meeting requirements, and usually we have to make a schedule for them. The schedule very closely mimics that of our full time staff as they are generally working alongside coaches and their teams. Weekend commitments vary based on the season as well, and usually in school semesters they include traveling for games (after signing our waiver) with all expenses handled by the team they travel with.

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.)

Any travel costs are handled by teams, and the ability to travel offers the interns experiences to go many different places. Interns who have been designated to one team, like lacrosse for example, were able to travel and be on the sideline for the national Championship game in Lincoln Stadium in Philadelphia, and last fall our interns traveled with the football team to Fenway Park for the Yale vs Harvard football game. Interns who work closely with teams are often able to get gear from the teams as well. As being interns in our athletic department, they are eligible for the athletic department discount at very select stores nearby the campus. Our interns also get to have seminars with world experts in the field, Dr. Kraemer from Ohio State has been on campus and given the interns hands on lectures multiple times.

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

Only requirement is that students have to be able to afford their own housing and meals, no financial support is allowed. generally, we prefer students to have black shorts, navy/gray/white/black colored shirts with no large logos. Under armor preferred but not required.

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

Must have a laptop, and interest in pursuing a strength and conditioning job preferred but not required. Anyone with interest in working with athletics is welcome as we also work closely with our teams director of operations and often assist in the in season management of teams.

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)

We do have an orientation period for our interns that starts generally a week or so before our semesters or pre-seasons begin.

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

We have different levels given to our interns based on the experience/demonstration of the ability to learn. Duties we expect all interns to have include: showing up on time, hustle with room and field set up and breakdown, and assist athletes in getting through scheduled workouts. Other responsibilities can include, stretching, spotting, pre/post game/lift nutrition, program auditing, program design, athletic testing, power testing, database management, and much more.

Q26. Please describe a typical day for the intern:

Arrive 30-60 minutes prior to lift, whenever the first coach arrives before the first team is in. Work scheduled morning teams, have a break/time to workout, work afternoon lifts or practices if required. Debrief every night. Other typical events during the week include a weekly lecture ranging from theoretical strength and conditioning topics, to practical, to mock interviews/resume building. Each intern is assigned to a full time staff member to have weekly meetings to discuss areas of improvement and have one on one time to really understand how to maximize their time here at Yale.

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

× Anthony Belonger clear

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

 Anthony Rejzner  
clear

**Location Data**

**Location:** ([41.318603515625, -72.930198669434](#))

**Source:** GeoIP Estimation



Approved: 7.31.19



Blain Harrison, Ph.D, ATC, CSCS  
APK Internship Coordinator