



Location: Jacksonville FL Date: May 29, 2014
City State

Organization: Brooks Rehabilitation

*Contact Person(s): Mckenzie Kelly
**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 3599 University Boulevard South Jacksonville FL 32216
Street/PO Box City State/Zip

Phone: 904-345-7061 Fax: 904-345-7193

Email: Mckenzie.Kelly@brooksrehab.org Website: www.BrooksIHL.org

What semesters is your organization available to accept interns?
 Fall (August-December) Spring (January-April) Summer (May-August)

Please check the specializations that best pertain to the internship experience offered:

Exercise Physiology Fitness/Wellness

How many interns do you typically accept per semester? 3

Interns must complete a minimum of 35-40 hours per week (520 hours total). List the normal working hours for your organization. Please indicate any evening or weekend time commitments:

Monday- Friday 8:00 am - 4:00 pm or 9:00 am - 5:00 pm.

Is office space available to interns? Yes No _____
Comments

Is a computer/scanner available to interns? Yes No _____
Comments

Does your organization offer paid or non-paid internships? Non-paid Paid (amount) _____

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

None

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):

Background check.

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

Knowledge/background in anatomy, physiology, kinesiology, biomechanics, exercise physiology, and other applicable courses.

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

Provide immunization records, background check, proof of identification, take TB test or provide results of previous testing, flu shot (if internship is within flu season dated by the CDC)

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

- Assist and be available to physical therapists
- Be familiar with various exercises, tasks, and equipment in order to assist physical therapists and personnel
- Maintain cleanliness of the facility by sanitizing tables and equipment and changing out linens
- Make sure equipment and materials are stocked and in their proper place
- Stock drawers with clean linens and check temperatures of the refrigerator, freezer, and hydrocollators (morning duties)
- Gather dirty linens and deliver them to the laundry room (evening duties)
- Be kind, friendly, and helpful to patients and visitors
- Complete weekly anatomy/kinesiology quizzes
- Read and summarize two journals bi-weekly
- Observe at different BROOKS facilities
- Observe at least six evaluations for various types of injuries/surgeries and record observations/questions in a journal, abiding by HIPAA
- Produce a monthly in-service based on scholarly articles, to be presented to clinical staff
- Attend at least one BROOKS volunteer event

Please describe a typical day for the intern:

Interns arriving for the opening of the clinic check the temperatures of the refrigerator, freezer, and hydrocollators and record them daily. They retrieve the clean laundry and fold and distribute the linens to their appropriate locations. They are responsible for filling the Cryo-cuff and preparing the facility for the first patients of the day.

Throughout the day, interns assist physical therapists in various ways. They are responsible for learning the exercises prescribed to patients and assist physical therapists in instructing/aiding the patients during their time in the clinic. For example, they may assist a patient in an exercise, perform an ultrasound treatment, apply and set up electrical stimulation, apply ice, etc.

Interns whose hours coincide with the closing of the clinic for the day are responsible for gathering all dirty linens from the various bins around the clinic and taking them to be cleaned. They are responsible for cleaning all equipment and preparing the facility for the next day.

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 <i>(These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)</i>
<input 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"> • Intern can perform body composition calculations. • Intern can identify socioeconomic impacts on health and fitness behaviors. • Intern can calculate target and max heart rates in order to prescribe aerobic exercise.
<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"> • Intern can identify muscles used in specific exercises and name other exercises that use those muscles. • Intern can name specific structures damaged by pathologies like diabetes.
<input checked="" 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"> • Intern can explain the baroreflex. • Intern can explain why skeletal muscle cells atrophy when immobilized. • Intern can describe the impact of respiration on blood pH.
<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"> • Intern can explain how exercise helps depression. • Intern knows where to locate information related to psychological health impacts of various activities. • Intern can identify and properly refer individuals with eating disorders.
<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"> • Intern can explain why resting HR and BP are reduced following endurance training. • Intern can identify immediate and long-term benefits of resistance training.
<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.	<ul style="list-style-type: none"> • Intern can select a safe fitness test for a cardiac patient. • Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.
<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"> • Intern can describe which populations might be prone to ankle sprains. • Intern can identify medications which might lead to an impaired ability to perform aerobic exercise. • Intern can prescribe exercise to suit the goals of clients based on fitness assessments.
<input type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	<ul style="list-style-type: none"> • Intern can perform a submaximal VO₂ test and use the collected data to classify the subject's level of fitness. • Intern can perform a laboratory experiment and compare their results to other similar studies.
<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"> • Intern can explain to a patient the importance of hydration during exercise. • Intern can generate professional emails to ask scientific or medical questions. • Intern can generate an abstract to present research at a scientific or medical conference.

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: _____

Site Signature: **Mckenzie Kelly** Digitally signed by Mckenzie Kelly
DN: cn=Mckenzie Kelly, o=Brooks Institute of Higher Learning,
ou, email=McKenzie.Kelly@Brooksrehab.org, c=US
Date: 2014.05.29 09:30:51 -04'00' Date: 5/29/14

Department Approval: **dlrhodes@ufl.edu** Digitally signed by dlrhodes@ufl.edu
DN: cn=dlrhodes@ufl.edu
Date: 2014.06.03 08:15:58 -04'00' Date: 06/03/14