



Location: Tallahassee FL Date: 3/17/2014  
City State

Organization: Capital Region YMCA

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

Address: 2001 Apalachee Pkwy Tallahassee FL 32301  
Street/PO Box City State/Zip

Phone: 850-877-6151 ext 6024 Fax: 850-942-2001

Email: ycauble@capitalregionymca.org Website: www.capitalregionymca.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? 1-2

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:

Mon-Fri 9a-5p; Special Events held on various Saturdays (morning-early afternoon) throughout the year

Is office space available to interns?  Yes  No Desk available  
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.)

Complimentary membership (\$43 value) to the Capital Region YMCA  
Staff discounts on various trainings (AFAA Personal Fitness Trainer certification, AFAA Primary Group Exercise certification, Les Mills initial trainings, etc.)

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

Background Check (\$5)  
Staff shirt (\$15)



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

Pursuing a degree in Exercise Science or related health field; Experience and interest in fitness/wellness field; Exceptional written and verbal communication skills; Must possess good organizational skills and be efficient in multitasking; Ability to work independently and in a group setting

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*

Complete volunteer application  
Current CPR/First Aid certification  
Pass background check

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

- Provide mentorship and fitness/wellness coaching for members
- Assist in compiling participation data and the completion of necessary reports
- Perform fitness evaluations for fitness program participants and personal training clients
- Summarize and interpret fitness test data and prescribe cardiovascular and strength exercise programs for individuals
- Work on the fitness floor as needed
- Develop and/or implement at least one special program/event
- Contribute to the marketing of all fitness and wellness programs and services through website promotions, newsletter articles, table events, social media, etc.
- Instruct special fitness programs as needed
- Assist YMCA staff with general day-to-day duties of the office
- Participate in group exercise classes and conduct class and instructor evaluations
- Other responsibilities as agreed upon by Branch Director and student

Please describe a typical day for the intern:

There is no such thing as a "typical day" at the YMCA. With a steady flow of members throughout the day, the intern will be exposed to a wide demographic of fitness seekers. There will be daily responsibilities in maintaining the current health and wellness program, as well as long-term projects that involve the improvement and enhancement of the programs at the YMCA.

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 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 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"> <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 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"> <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 VO<sub>2</sub> 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: 3/17/2014 \_\_\_\_\_ Date

Site Signature: Yi S Cauble \_\_\_\_\_ Date: 3/17/2014 \_\_\_\_\_  
Digitally signed by Yi S Cauble  
 DN: cn=Yi S Cauble, o, ou,  
 email=ycauble@capitalregionymca.org, c=US  
 Date: 2014.03.17 23:07:50 -04'00'

Department Approval: dlrhodes@ufl.edu \_\_\_\_\_ Date: 03/18/2014 \_\_\_\_\_  
Digitally signed by dlrhodes@ufl.edu  
 DN: cn=dlrhodes@ufl.edu  
 Date: 2014.03.18 08:33:57 -04'00'