



Location: Atlanta (Buckhead) GA Date: 7/6/14
City State

Organization: Catalyst Fitness

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

Address: 2233 Peachtree Rd. NE (Suite M) Atlanta GA/30309
Street/PO Box City State/Zip

Phone: 4048560513 Fax: _____

Email: info@catalystfitness.com Website: www.catalystfitness.com

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? 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:

Monday-Friday from 6 AM-1 PM and 3 PM-8 PM
Saturdays from 8 AM-1 PM
Sundays we are closed except for special events

Is office space available to interns? Yes No _____
Comments

Is a computer/scanner available to interns? Yes No _____
Comments Interns are also required to bring their laptop

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.)

Instead of paid Internships we offer the following: 1) A paid position on the Catalyst Fitness team after completing their Internship. 2) Thousands of dollars in free Continuing Education Courses. These courses include but are not limited to Catalyst Fitness courses and courses from organizations and companies like ACE, TRX, ViPR, TriggerPoint, Redcord, etc

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

There are currently no required purchases that Interns must make in order to Intern at Catalyst Fitness.



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

We prefer Interns that already possess a Personal Training certification from one or more of the following organizations: NASM, ACE, PTA Global, ACSM, NSCA.

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

Adult CPR/AED Certified.

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

Requirements To have completed the approval process through their School and CF.

To be CPR and AED certified. Must provide current documentation that Certifications are current.

Role/Duties

The primary duty of every Trainer at Catalyst Fitness is to facilitate every client's fitness program. To ensure all members have a safe, effective and fun workout experience that meets each individual at their level and challenges them to become a more fit and healthy person. To instruct and provide attention to all of the members during their SGT workout. To be the expert on all exercises performed at CF.

To perform Static and Dynamic assessments on new and current members as requested. To lead members through their Intro Process including MCT/SMR, Movement Prep, ViPR, Redcord, BOSU, SURGE, etc. and all training modalities available at CF.

Please describe a typical day for the intern:

(Continued from section above)

Expectations

To be actively pursuing and the completion of a Personal Trainer certification from one of the following organizations: NASM, ACE, PTA Global, NSCA, or ACSM. Completion of this Certification should occur prior to the conclusion and final paperwork of the Internship.

To attend all relevant scheduled Monthly Team Meetings, Education Sessions/CEC Courses and have the ability to attend additional meetings if necessary. To arrive 10-15 minutes prior to schedule hours dressed, pressed, and ready to work. To always wear a CF logo shirt and or sweatshirt and athletic shoes unless otherwise instructed. To have weekly check in meetings as necessary with the Director of Training. To learn all of the available Membership opportunities and products for purchase at CF. To learn how to give prospects and new members a tour of the Facility and complete their new Client Paperwork.

To learn and participate in all of the the processes that fall under "running CF."

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"> • 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 checked="" 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: Yes

Site Signature: c673d3d Digitally signed by com.apple.idms.appleid.prd.78444b4e7854466c387457412f436d6b313571446c673d3d
DN: cn=com.apple.idms.appleid.prd.78444b4e7854466c387457412f436d6b313571446c673d3d
Date: 2014.07.08 12:34:31 -0400 Date: 7/6/14

Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu
DN: cn=dlrhodes@ufl.edu
Date: 2014.07.08 11:07:59 -0400 Date: 7/8/14