



Location: Miami FL Date: 7/11/14
City State

Organization: Fast Twitch Performance Training

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

Address: 7400 NW Miami Court Miami FL 33150
Street/PO Box City State/Zip

Phone: 305-710-3482 Fax: N/A

Email: IJ@areyoufasttwitch.com Website: www.fasttwitch.training

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? 3-4

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-Thursday 6am-6pm Friday 6 am-7 pm Saturday 7 am-5 pm Sunday 11 am-3 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.)

Under Armor apparel for off-site training. Ability to exercise with equipment. Ability to work with top professionals from the industry.

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

N/A

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

Undergraduate student who is majoring in exercise science or related field. This person should be a motivated, committed individual with an excellent work ethic, strong verbal and written communication skills along with extensive knowledge in the fields of exercise science, sport medicine, sport psychology and nutrition. Previous working or coaching experience is a plus.

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

N/A

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

- Maintain daily cleanliness of facility by following cleaning procedure.
- Learn Fast Twitch principles and Functional Strength principles and how they are incorporated into our philosophy.
- Shadow performance specialists during 1-on-1 and small group sessions to provide any assistance necessary.
- Attend team training and outreach activities when the events are scheduled and represent Fast Twitch Performance Training.
- Work alongside and effectively communicate with all divisions in Fast Twitch including Sport Therapy, Massage Therapy, Mental Conditioning, Biomechanics, Assessment and Performance Training.

Please describe a typical day for the intern:

A typical day starts in the morning with the intern taking care of facility management when it comes towels, trash and refilling the water station. Once those tasks are completed, intern will then shadow and learn from the performance specialists assisting them in whatever they need when it comes to equipment or personalized help. During the facility's down time, I will usually sit down with them and teach them a part of our philosophy when it comes to the way we train. This is usually an open forum with the other interns thoughts and opinions are expressed and deliberated. Then once the early afternoon comes around, the intern will then shadow more sessions until it's their time to leave. Immediately before they exit, they walk around the facility and make sure everything is in their place.

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 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 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: 06/10/2014
Date

Site Signature: Leonardo Martinez Date: 06/28/14

Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu
DN: cn=dlrhodes@ufl.edu Date: 07/11/14
Date: 2014.07.11 14:08:46 -04'00'