



Location: Boca Raton FL Date: 4/13/16  
City State

Organization: Impact Sports Performance

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

Address: 7815 NW Beacon Square Blvd Suite 201 Boca Raton FL/33487  
Street/PO Box City State/Zip

Phone: 561-241-4903 Fax: 561-241-4766

Email: darinjeromer@impactnextlevel.com Website: impactnextlevel.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? 3-6

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 6am-8pm  
Saturday- 8am-2pm  
Sunday- By appointment only

Is office space available to interns?  Yes  No Dedicated office for interns supplied with  
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.)

Housing is potentially available upon initial intern interview.

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:

Must be cpr/aed certified. Preferable experience working with athletes or experience with personal training is preferred but not a must. Working towards sitting for a NSCA certification or NASM certification. Must have a desire to pursue a career in strength and conditioning.

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:

- Gain acceptable knowledge of exercise science principles.
- Be able to identify both strengths and weaknesses during an assessment and throughout.
- Be able to identify potential injury causes.
- Be able to coach/cue clients efficiently.
- Able to identify what muscles are being used during exercise.
- Experience with different types of periodization and training methodologies.
- Develop a good sense of professionalism in the fitness industry.
- Being able to market and sell in the private fitness sector.
- Gain a wealth of knowledge of exercises to perform and how to progress and regress properly.
- Gain insight of rehab exercises and protocols.
- Experience the sports medicine side of treating clients/athletes.
- Learn to interact and take initiative towards all tasks and duties.

Please describe a typical day for the intern:

Depending on the time of day the intern/interns will have daily tasks along with the Impact staff and trainers of maintaining and cleaning the facility. Interns will have a handbook that they are required to have with them everyday with a syllabus laid out week by week of what is being taught by an Impact staff member. Within each week, a mini project will be assigned based on the subject for the week and be due to the intern coordinator the following Monday. With the mini project there will also be some type of practical applied to the subject to make sure all interns are comprehending and understanding what is being taught. This is also a good time for the interns to ask any questions for further explanation of the subject if deemed necessary. Also, the interns will be able to shadow and have the opportunity to interact with Impact Clients. Once the Impact staff feels comfortable that the intern is capable of handling an Impact client/class, they will be assigned different types of populations to work with based on their comprehension and skill level. We strive to get all of our interns working with our youth athletes all the way up to our professional athletes and adult clients, but is solely up to the discretion of the Impact staff. There are weekly meetings and progress reports given on a weekly basis amongst Impact staff to make sure all interns are moving along accordingly so that we help them develop professionally and they are setup for future success in the fitness industry.

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 checked="" 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: 4/13/16

Site Signature: **Darin Jerome** Digitally signed by Darin Jerome Date: 2016.04.13 15:07:36 -04'00' Date: 4/13/16

Department Approval: **DeEtta Rhodes** Digitally signed by DeEtta Rhodes DN: cn=DeEtta Rhodes, o=UF Department of Applied Physiology and Kinesiology, ou, email=drhodes@hnp.ufl.edu, c=US Date: 2016.05.02 14:10:22 -04'00' Date: 5/2/16