



Location: Jacksonville FL Date: 5/22/14  
City State

Organization: Jacksonville Orthopaedic Institute

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

Address: 1325 San Marco Blvd. 102 Jacksonville FL 32207  
Street/PO Box City State/Zip

Phone: 904-858-7045 Fax: 904-858-7047

Email: twall@joi.net Website: joi.net

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

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:

Usually students work an 8-5 schedule but the clinics are open 7-7.

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.)

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

None



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

Some general knowledge or interest in Physical Therapy, Sports Medicine, Occupational Therapy, or Hand Therapy

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*

Specific requirements to observe Surgery if interested. Baptist requires immunizations record and proof of TB test in the last 6 months.

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

Each intern is required to select a project or projects while on their internship. The project must meet the required domains of the intern's program. The intern must be timely with their updates on how the project is progressing. They must adhere to all JOI/Baptist Policies and Procedures. The specific duties or responsibilities are very dependent upon which project the intern selects. If they choose to follow a rehab patient all the way from surgery to discharge. Their duties will be to assist in the rehab plan and care of the specific patient.

- Surgery observation
- Initial evaluation in therapy
- Post-op protocol/Plan of Care
- Education of patient and family members
- Return to Exercise plan

If their project relates to Sports Medicine and the Community. They may choose to do a high school wellness program.

- Initial screening or risk/health assessment at the School
- Program development/Educational Brochures
- Speaking engagements
- Research of risk factors

Please describe a typical day for the intern:

A typical day for an intern would be a set 8-5 or applicable schedule. A tour of all of the JOI facilities would assist the intern in selecting a project of interest for them. Sports Medicine, Surgery, PT, OT(hand therapy), MD rounds(ortho or family medicine).

The intern would be responsible for the development of their project and be assisted by the Administrator on a daily basis to complete their project. All of the JOI resources would be available to them to assist them in their project. At times the interns would be working independently while at other times they would be working right along side JOI personnel. A one hour lunch is typical for every 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 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: 5/22/14

Site Signature: **Tim Wall**  
Digitally signed by Tim Wall  
 DN: cn=Tim Wall, o=JOI Rehab, ou=MS, ATC,  
 email=twall@joi.net, c=US  
 Date: 2014.05.22 09:53:29 -04'00' \_\_\_\_\_ Date: 5/22/14

Department Approval: **dlrhodes@ufl.edu**  
Digitally signed by dlrhodes@ufl.edu  
 DN: cn=dlrhodes@ufl.edu  
 Date: 2014.05.22 10:04:38 -04'00' \_\_\_\_\_ Date: 05/22/14