



Location: Ocala FL Date: _____
City State

Organization: Munroe Regional Medical Center- LifeTime Center

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

Address: 1100 SW 1st Ave Ocala FL 34471
Street/PO Box City State/Zip

Phone: 352-671-2289, 352-671-2005 Fax: 352-368-9740

Email: BradleyMcLarty@mrhs.org Website: _____

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 to 5

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:

Hours vary, but typically shifts are 5a-1p, 7a-3p, 1p-9p. Also if there are community Wellness Screenings times vary through out the week.

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) 60 full time 40 part time

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

Free gym membership during internship

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



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

Interns will be taught everything that need know, but prior experience in any fitness/wellness programs is encouraged.

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

See Attached.

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

- Conduct Community Wellness Screenings
- Conduct Fitness Assessments on new gym clients
- Create exercise prescriptions for various clients
- Help create activities/workouts for our childhood obesity program "FitKids"
- Assist with CardioPulmonary Rehab
- Create and distribute exercise/wellness presentations and fliers
- Help with group Fitness classes

Please describe a typical day for the intern:

Typical day will start with a health/wellness screening in the morning for various clients. This includes running a lipid profile, blood pressure, body composition, and grip strength. Upon completion, discussing results and encouraging the person to create healthy lifestyle changes in order to maintain or improve their numbers. Once screening at site is complete, interns will complete a statistical analysis and determine the percent of population at risk and identify modifiable risk factors which we will then report back to that organization.

Afternoons are spent on the general fitness floor or CardioPulmonary rehab. Both assist clients with various exercises and checking vitals. With general fitness, interns will conduct fitness evaluations to determine which levels clients can achieve which help them determine proper exercise prescriptions to help the client achieve those goals. The rehab side of the floor, interns will assist RNs, exercise physiologists, and other staff with rehab patients in order to improve their quality of life, improve functionality in activities of daily living, and decrease the risk of another episode.

If interns are interested, they may also shadow Physical Therapists, Occupational Therapists, personal training, patient education, and other areas of Rehab Services or Munroe Regional Medical Center.

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 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 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: 5-22-2014

Bradley McLarty Date

cn=Bradley McLarty, o=Munroe Regional Medical Center, ou=Worksite

Site Signature: Wellness Coordinator. email=BradleyMcLarty@mrhs.org. c=US Date: 5-22-2014

Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu
DN: cn=dlrhodes@ufl.edu
Date: 2014.05.22 10:07:21 -04'00' Date: 05/22/14

Munroe Regional Medical Center & College of Health and Human Performance Intern Requirement Form

Name of School:			
Name of Program:			
Instructor Name:			
Instructor Contact Information:	Email:		Phone:
Rotation Start Date:		Rotation End Date:	
Total Hours Requirement:			
MRMC Department:			
MRMC Supervisor Name:			
MRMC Supervisor Contact Information:	Email:		Phone:
Student Intern Name:		Date of Birth:	
Student Intern Contact Information:	Permanent Address:		
Email:		Phone:	
Health Insurance Provider:			

MRMC Intern Requirements:	Y/N
Criminal Background Check (no disqualifying offences) https://www.certifiedbackground.com/packages	
Documentation of Current Immunizations (Measles, Mumps, Rubella, Rubeola, Diphtheria, Pertussis, Tetanus, Hepatitis B and Varicella)	
Documentation of a negative PPD within the last year (two step PPD if more than one year) (or) Documentation of Chest X-Ray if past positive PPD.	
Substance Screening Requirements: 9 Panel With Expanded Opiates, Meperidine, Fentanyl (this is the minimum); must include: Amphetamines, Meperidine, Barbiturates, Methadone, Benzodiazepines, Opiates, Cocaine, Oxycodones, Fentanyl, Phencyclidine (PCP), Marijuana, and Propoxphene. (copy of results to MRMC).	
Statement by a healthcare provider that student is medically capable of performing internship related duties and is free of any communicable diseases.	

Intern Requirements Review and Recommendation for Internship

I, _____, certify that the above named student has submitted proof for all intern requirements in compliance with intern mandates established by Munroe Regional Medical Center. Final determination for internship compliance will be determined by Monroe Regional Medical Center officials.

UF Internship Coordinator Name: _____

UF Internship Coordinator Signature: _____ Date: _____

Healthcare Provider Statement of Medical Capability

Purpose of this form: The College of Health and Human Performance, in compliance with intern requirements established by Munroe Regional Medical Center, requires that student interns obtain a Healthcare Provider Statement to attest to a student's medical capability for performing internship duties and states that the intern is free from communicable diseases.

Name of School:			
Name of Program:			
Instructor Name:			
Instructor Contact Information:	Email:		Phone:

Rotation Start Date:		Rotation End Date:	
Total Hours Requirement:			
MRMC Department:			
MRMC Supervisor Name:			
MRMC Supervisor Contact Information:	Email:		Phone:

Student Intern Name:		Date of Birth:
Student Intern Contact Information:	Permanent Address:	
Email:		Phone:

Internship Duties and Responsibilities:	
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Healthcare Provider Statement of Medical Capability

I, _____, certify that the above named student is medically capable of performing internship related duties, as described above, and is free from communicable diseases at the time of this medical visit and evaluation.

Healthcare Provider Name: _____

Healthcare Provider Signature: _____ Date: _____