



SITE APPROVAL FORM

Location: Colorado Springs CO Date: 5/24/2017
City State

Organization: National Strength and Conditioning Association

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

Address: 1885 Bob Johnson Drive Colorado Springs CO/80906
Street/PO Box City State/Zip

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What semesters is your organization available to accept interns?
[Fx] Fall (August-December) [Fx] Spring (January-April) [Fx] Summer (May-August)

Please check the specializations that best pertain to the internship experience offered:

[] Exercise Physiology [Fx] Fitness/Wellness

How many interns do you typically accept per semester? 3

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:

Roughly 40 hours per week with some weekends if we host clinics at the Headquarters. We also specialize in strength and conditioning and sports performance.

Is office space available to interns? [Fx] Yes [] No
Comments

Is a computer/scanner available to interns? [Fx] Yes [] No
Comments

Does your organization offer paid or non-paid internships? [] Non-paid [Fx] Paid (amount) minimum wage

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

This internship will coincide with the traditional college fall, spring, and summer semesters. Compensation includes hourly pay for up to 40 hours per week, along with work attire, admission to all coinciding symposiums during internship dates, and a one year complimentary NSCA membership.

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:

Candidates for this program must be enrolled in, or have graduated from, an exercise science or related program within one year of application at an accredited college or university. Additional consideration will be given to those needing to fulfill school internship requirements. Candidates must have current CPR/AED certification and hold, or currently be pursuing the CSCS® certification.

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

Applicants enrolled in, or graduated from, an NSCA Education Recognition Program (ERP) school are preferred.

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

This is a great prospect for young professionals who want to grasp a better understanding of strength and conditioning, while being exposed to a wide variety of athletes and coaches. What makes this internship opportunity unique is large amount of tactical and youth ice hockey athletes that train in the Performance Center. Interns have the chance to work with many of these athletes.

Our highly interactive internship program encourages initiative, providing ample opportunities to design, execute, and monitor safe and effective strength and conditioning programs. Each work day is filled with chances to learn, which not only enrich the intern but also improve the performance of our athletes. The self-discipline and leadership skills an intern demonstrates will serve as the key determining factors for how much they benefit from their internship experience. We believe in continued dedication to self-enhancement by staying up-to-date with the latest in research and performance principles. Internship responsibilities include, but are not limited to, program design and implementation, lifting technique instruction and analysis, injury reconditioning, performance testing, research, and the general day-to-day operations of running the facility.

Overall, this comprehensive internship is designed to prepare interns for the real world job market. Interns take part in an education curriculum, designed to prepare them for many aspects in strength and conditioning. Areas include dynamic warm ups, corrective exercise, kettlebells, weightlifting progressions and technique analysis/adjustments, program design, movement fundamentals, and many more topics.

Please describe a typical day for the intern:

A typical day includes working one on one or with groups of athletes, tactical facilitators, and general population. After coaching, you have a staff development session every week on a different topic that varies week to week. We also provide other types of mentorship throughout each week of the internship. The other parts of the day are filled with cleaning and maintenance of the facility, programming for athletes, assisting other departments with special projects, and participating in workouts.

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: 5/24/2017 Date

Site Signature: Aubrey L. Watts Digitally signed by Aubrey L. Watts
DN: cn=Aubrey L. Watts, o=NSCA, ou, email=aubrey.watts@nsca.com, c=US
Date: 2017.05.24 08:05:25 -06'00' Date: 5/24/2017

Department Approval: Blain Harrison Digitally signed by Blain Harrison
DN: cn=Blain Harrison, o=Applied Physiology and Kinesiology, ou, email=blainharrison@ufl.edu, c=US
Date: 2017.05.25 11:52:24 -04'00' Date: 5/25/2017