



Location: Atlanta GA Date: October 27, 2014  
City State

Organization: Northwestern Benefit Corporation of Georgia

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

Address: 3438 Peachtree Road Suite 1100 Atlanta GA 30326  
Street/PO Box City State/Zip

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Email: mary.pozatek@nm.com Website: www.northwesternbenefit.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? 1-2

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:

Any hours between 7 am - 5 pm, can be flexible. Any commitments outside of this time would be voluntary.

Is office space available to interns?  Yes  No Intern will be provided desk and workspace  
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.):

Fulfillment of security clearance and background checks through disclosure statement and finger printing is required prior to starting the internship. The cost of this process will be reimbursed to the intern. A parking pass will be provided by the company.



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

There are no required skills or experience needed, but we do ask that the intern is able to conduct themselves in a business environment and be willing to learn and be an active part of the wellness team.

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*

Must complete disclosure statement and fingerprints.

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

- Be a part of the team and assist with client communication documents and presentations
- Conduct research and present finding to wellness team as well as clients in the areas of worksite wellness
- Be an active participant in the NBC worksite wellness program by participating and leading challenges, conducting presentations, and helping with promotion of programming
- Conduct needs assessments for clients and determine appropriate resources after analyzing results
- Assist both the wellness consultant and coordinator in their day to day duties
- Counsel employees at NBC on fitness and exercise as requested throughout the internship
- Create fitness programming to increase the overall activity of employees during their workday

Please describe a typical day for the intern:

Each day will be different depending on the client needs, but each day will include some work on external client programs as well as the internal NBC wellness program. The intern will spend much of the day completing tasks along side of the wellness coordinator and consultant such as creating long term plans, researching and securing vendors and conducting meetings to either introduce worksite wellness or enhance existing programs. They will be responsible for one larger project for the semester and work on multiple smaller projects also. The larger project typically involves our internal wellness program and we work with the intern to make sure it meets the goals of their internship and addresses their SLO's for the semester. We have a lot of flexibility in this area and love when interns can bring creative ideas to the table. One of our major focuses internally as well as with clients is how to engage employees to be more physically active during the workday.

Our goal is to partner with the student to make sure their time with us is as impactful and educational as possible. We believe that this is a wonderful opportunity for the students and work hard to have it be mutually beneficial time together.

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 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 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: YES

Site Signature: **Mary Pozatek** Digitally signed by Mary Pozatek  
DN: cn=Mary Pozatek, o=Northwestern Benefit Corporation,  
ou=Worksite Wellness, email=mary.pozatek@nm.com, c=US  
Date: 2014.10.28 20:17:10 -04'00' Date: 10/28/14

Department Approval: **dlrhodes@ufl.edu** Digitally signed by dlrhodes@ufl.edu  
DN: cn=dlrhodes@ufl.edu  
Date: 2014.10.30 13:43:09 -04'00' Date: 10/30/14