



Location: Bradenton FL Date: 06/20/2014  
City State

Organization: Redzone Peak Performance Fitness Center

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

Address: 5781 Manatee Ave W Bradenton FL 34209  
Street/PO Box City State/Zip

Phone: 941-840-3784 Fax: 941-722-3093

Email: david@redzoneperformancecenter.com Website: www.PersonalTrainerBradenton.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:

6 am - 7 pm Mon-Thur, 6 am - 5:30 pm Friday, 6 am - noon Saturday

Is office space available to interns?  Yes  No Plan with Heather/David  
Comments

Is a computer/scanner available to interns?  Yes  No Plan with Heather/David  
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.)

We do not offer additional benefits, however based on performance and any business brought to Redzone based on the individual's performance, we are willing to offer commission.

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

None required.



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

Preferred but not required: 2 years of post-secondary education in a related field or comprehensive experience in the field of fitness, athletic training, or nutrition. 1000+ hour massage education/training. Current recognized certification. Current CPR and First Aid. Athletic/Fitness experience a strong asset. Client experience and testimonials. A strong willingness...

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*

Answer questionnaire, resume, phone and in person interview.

Liability insurance (already required by your site)

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

- Participate in Redzone's internship program to gain skills and knowledge specific to this field.
- Provide the intern with premium knowledge in this field both on the training side as well as the business side.
- Learn and apply skills to train as a boot camp instructor as well as a personal trainer.
- Learn business systems.
- Act as a billboard in the community and in business relations (speak to our community partners to encourage health throughout the county)
- Aid in the overall cleanliness of the facility.
- Strong willingness and desire to inspire, encourage, support, and make a difference in someone's life.

Please describe a typical day for the intern:

5:45 am - arrive previous to client's arrival

6 am - 9:30/11:30 (depending on day) - learn and/or train during boot camp and personal training sessions

12-1 pm lunch

1 pm - 3 pm community relations or training

3 pm - 7 pm learn and/or train during boot camp and personal training sessions

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: 06/20/2014

Site Signature: Heather Dunham Digitally signed by Heather Dunham  
DN: cn=Heather Dunham, o=Redzone Performance Fitness Center, ou, email=heather@redzoneperformancecenter.com, c=US  
Date: 2014.06.21 02:25:12 -04'00' Date: 06/20/2014

Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu  
DN: cn=dlrhodes@ufl.edu  
Date: 2014.06.30 14:25:31 -04'00' Date: 06/30/14