



Location: Arlington TX Date: 12/16/15
City State

Organization: TMI Sports Medicine

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

Address: 3533 Matlock Road Arlington TX/ 76015
Street/PO Box City State/Zip

Phone: 972.623.2629 Fax: 817.468.5963

Email: regan@tmisportsmed.com Website: www.tmisportsmed.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? 5-7

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:

Monday - Thursday 7am - 7pm, Friday 7am - 5pm. Select Saturdays 8am-12pm.

Is office space available to interns? Yes No Shared work room with staff
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.)

Ability to workout in facility in between patient/client usage and during normal business hours after work shift or designated breaks.

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

Interns are required to wear polo type shirts, slacks, and closed toe shoes or clean sneakers.



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

Ability to multi-task, be a self-starter, highly organized, good verbal and written communication skills. Documented prior observation/volunteer experience in an outpatient physical therapy facility. Ability to be a health fitness role model to clients/patients and ability to demonstrate execution of proper form with strength training and exercise.

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

Require all prospective interns interested in TMI Sports Medicine to send a cover letter stating why they want to intern with us and professional goals. Please include copy of resume or CV. Email to regan@tmisportsmed.com. Appropriate candidates will be contacted for a phone interview prior to eventual selection.

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

- Maintain facility cleanliness
- Maintain facility equipment daily, weekly, and monthly maintenance as trained by staff
- Maintain facility daily treatment supplies
- Assist front desk staff with assigned clerical and filing tasks
- Assist in preparation for the next day's business (print schedules, pulling charts, preparing encounter forms, preparing daily notes, charge sheets, etc.)
- Assist physical therapist in getting encounter forms after patient check in and getting patient started with treatment plan as directed by physical therapist
- Document in exercise log the patient program that was completed for the day that was directed by physical therapist
- Provide supervised patient care as directed by athletic training and physical therapy staff
- Provide patients with an orderly, safe, modest, and comfortable treatment environment
- Interact with patients, staff, and gym members in a professional and courteous manner
- Promote health through fitness to all patients and clients
- Demonstrate model of good health to patients through behaviors and lifestyle
- Assist with preparation setup work prior to our baseball pitcher biomechanical analysis

Please describe a typical day for the intern:

Interns will be roaming the facility getting checked in patients from the waiting room back into the rehab gym area, cleaning treatment tables in between patient use, setting up patients on heat or cold modalities, and supervising patients with therapeutic exercise or therapeutic activities while under the direction of the athletic trainer or physical therapist in a team approach manner. We are high volume sports medicine outpatient physical therapy clinic that has a unique relationship with the Texas Rangers Baseball Club. We see a high number of overhead baseball athletes from the post-operative stages to interval return to sport phases of throwing and hitting. We treat area high school, college, and professional athletes in the Dallas-Fort Worth area. We are located in a 20,000 sq foot facility that houses state of the art sports performance equipment, physician offices, physical therapy, biomechanics pitching lab, outdoor track, indoor/outdoor throwing areas, outdoor hitting cages, and indoor/outdoor baseball mound. Interns may have opportunity to be exposed to inservices on diagnostic imaging, ultrasound injections, view orthopedic surgery, and sideline game coverage when available depending on the season in addition to their hours as an intern in our physical therapy department.

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: yes _____ Date

Site Signature: Regan Wong Digitally signed by Regan Wong Date: 2015.12.16 17:15:57 -06'00' Date: 12-16-15

Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu DN: cn=dlrhodes@ufl.edu Date: 2015.12.17 08:17:37 -05'00' Date: 12/17/15