



SITE APPROVAL FORM

Location: Gainesville, FL Date: 1/22/2018
City State

Organization: UF Health Medical Plaza Rehab Department

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

Address: 2000 SW Archer Road, Gainesville FL 32608
Street/PO Box City State/Zip

Phone: 352-265-0496 Fax: 352-265-6981

Email: munodc@shands.ufl.edu Website:

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:

[Fx] Exercise Physiology [ ] Fitness/Wellness

How many interns do you typically accept per semester? 4

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:

We are open 7 AM - till 6 PM. Some therapists start at 7, some at 8 and a few at 9AM

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? [Fx] Non-paid [ ] Paid (amount)

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)
Participation in journal clubs, clinicians and PT intern presentations,

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):
A UF parking pass is required to park at our facility.

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

Knowledge of exercise equipment and exercise prescription is preferred. The ability to multi task is recommended. A willingness to learn and provide excellent customer service is highly appreciated.

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*

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

1. Assist therapist with patient care and treatment as directed or delegated. This will include but is not limited to exercise therapy supervision (equipment set up, progression of program per therapist guidance, and modality set up (electrotherapy, ice, heat, etc) per therapist guidance
2. Participate and/or assist in educational opportunities that can be demonstrated to enhance clinic or personal goals, and objectives of the cost center
3. Assist in completing the daily facility worksheet to enable facility to be TJC and HIPPA compliant
4. Assist in transportation of patients throughout the clinic
5. Present an in-service on a topic approved by your clinical instructor
6. Read scientific articles assigned by clinical instructor and present one during journal club meeting
7. Intern will be scheduled to work the same hours as their CI for a max of 40 hrs/wk

Please describe a typical day for the intern:

The APK intern is expected to arrive on time and ready to work with his/her clinical instructor (CI). They can be expected to take a patient through their exercise program as guided by the therapist. They are expected to ask questions regarding anatomy, physiology, exercise prescription/progression, etc based on their previous knowledge and have a dialogue with the CI. An intern is expected to assist with maintaining a clean facility by wiping tables and putting away exercise equipment. Observation of a PT evaluation can also be expected. We serve a wide variety of patients: orthopedic, cancer related, patients with cardio-pulmonary conditions, pelvic and women's health related, hand therapy.

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: January 22nd, 2018

Site Signature: **Ludo De Wolf** Digitally signed by Ludo De Wolf Date: 2018.01.22 14:55:40 -05'00' Date: \_\_\_\_\_

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: 2018.01.23 08:04:02 -05'00' Date: \_\_\_\_\_