



Location: Gainesville FL Date: 6/10/14
City State

Organization: UF Health Fitness and Wellness Center

*Contact Person(s): Clarence T. McGehee, III (Traye)
**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 1300 SW 13th Street, Unit 4 Gainesville FL/ 32608
Street/PO Box City State/Zip

Phone: 352-733-0834 Fax: 352-733-0861

Email: mcgehc@shands.ufl.edu Website: fitness/ufhealth.org

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? 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:

Monday thru Friday 5:30 a.m. to 9:00 p.m. Saturday 7:00 a.m. to 1:00 p.m.

Interns will be asked to work Saturdays on a rotating basis.

Is office space available to interns? Yes No Small office space and front desk area.
Comments

Is a computer/scanner available to interns? Yes No 4 computers throughout the facility.
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.)

Well rounded experience working with fitness professionals from many different backgrounds and years of work in the field.

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:

Interns need to be in the last semester of a degree in Exercise and Sport Science or similar health related degree. Experience working in a fitness facility or environment is helpful but not required.

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

Completion of the above as well as any additional requirements listed on Exhibit A (attached).

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

- Maintain Cleanliness of the facility.
- Provide fitness instruction for all clients (Medical Fitness in particular)
- Communicate membership options to prospective new clients.
- Answer phones in a professional manner.
- Provide fitness assessments and orientation to new members.
- Give tours of the the facility and be able to describe what and how to use the equipment.
- Responsible for Monthly Newsletter that is sent to all members.
- Put together new member charts with appropriate paperwork and file charts daily.
- May require a project outside of the monthly newsletter determined by the clinical coordinator.
- Assist with VO2 max testing, lactate threshold testing, and set up of computrainer equipment.

Please describe a typical day for the intern:

Intern arrives at the assigned shift and based upon shift worked will either perform basic opening duties if beginning at 5:30 a.m. or closing duties if working until close at 9:00 p.m. These duties are assigned by a staff Exercise Specialist. The intern is responsible for pulling the charts for each medical fitness member upon their arrival at the facility and filing them away upon completion of their workout. The intern is also responsible for making sure that they, (Clients), are checked in on the computer. Throughout the day each intern will work with various clients and staff exercise specialists to provide appropriate exercise routines for individuals in the Medical Fitness program. During slow periods the interns will perform basic cleaning duties, (ie. wiping down equipment, folding towels, or other duties as assigned). Interns are also expected to greet each member of the facility upon arrival and to be able to discuss all membership options to prospective new members and to orient new members to the facility if requested.

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: _____

Clarence T. McGehee, III

Digitally signed by Clarence T. McGehee, III "Traye"
 DN: cn=Clarence T. McGehee, III "Traye", o=Shands Fitness and Wellness Center, ou=Clinical Coordinator,
 email=mcgehc@shands.ufl.edu, c=US
 Date: 2014.06.10 11:29:03 -04'00'

Date

Site Signature: "Traye"

Date: 6/10/14

Department Approval: dlrhodes@ufl.edu

Digitally signed by dlrhodes@ufl.edu
 DN: cn=dlrhodes@ufl.edu
 Date: 2014.06.10 13:46:30 -04'00'

Date: 6/10/14

EXHIBIT A

REQUIREMENTS FOR STUDENTS AND/OR FACULTY PARTICIPATING IN CLINICAL EXPERIENCE AT SHANDS

Students and faculty with on-site supervision responsibilities must provide proof that they meet the following requirements when they come to Shands to begin their clinical experience:

1. General Health Screening and/or physical examination.
2. Proof of two MMR vaccines, administered 4 weeks apart, OR
Laboratory (serological) proof of immunity to measles and rubella
3. Documentation of immunity to Chickenpox (varicella) by one of the following:
 - Documentation of two varicella vaccinations, administered 8 weeks apart, OR
 - Laboratory (serological) proof of immunity, OR
 - Documentation of a history of varicella disease or herpes zoster (“shingles”) by a licensed healthcare provider.
4. Tuberculosis screening: Negative Tuberculin skin test less than three months old OR (1) documentation of a previous positive tuberculin skin test and a chest x-ray showing no active tuberculosis disease, and/or (2) proof of completion of preventative therapy or treatment for active tuberculosis disease.
5. Hepatitis B vaccine:
Documentation of completion of hepatitis B vaccine series.
Documentation of Hepatitis B surface antibody serology (optional, but **recommended**).
Declination of Hepatitis B vaccination completed.
6. Tetanus / Diphtheria / Pertussis: Documentation of one dose of tetanus/diphtheria/pertussis (Tdap) vaccination.
7. Vaccination with the current season’s quadrivalent formulation of the flu vaccine.
8. Completed training course on HIV and AIDS, as required by Florida Law. For students enrolled in the Athletic Training Program, a course for Bloodborne Pathogens may be substituted.
9. Evidence of health insurance. (May be waived for students demonstrating hardship).
10. Completed Shands’ HIPAA training and orientation.
11. State of Florida Criminal background check.