



Location: Tipp City OH Date: 4-9-15  
City State

Organization: Upper Valley Medical Center

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

Address: 450 N. Hyatt St. Suite 102 Tipp City OH 45371  
Street/PO Box City State/Zip

Phone: 937-440-7368 Fax: 937-667-4038

Email: astrong@premierhealth.com Website: uvmc.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

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:

8:00-6:30 Mon-Fri

Is office space available to interns?  Yes  No based on availability  
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.):

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

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*

TB test (waived if answered no to questions on waiver form)

Flu shot if internship occurs between Oct 1 - March 31

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

1. Demonstrate promptness and reliability.
2. Develop good interpersonal skills with patients and staff.
3. Ask questions and take initiative to learn.
4. Assist with preparing hot packs/cold packs.
5. Assist with set up and clean up of treatment area (i.e. get massage lotions ready, US gel, towels, give patients call bells, set timers, clean table/electrodes after use).
6. Assist with linen distribution.
7. Assist with clerical duties when down-time from patient care.

Please describe a typical day for the intern:

Perform chart reviews on the patients on the schedule for that day and discuss their treatment plan/exercises with the physical therapist. Observe the therapist providing the treatment, offering input or asking questions as needed. Assist/observe analyzing exercise technique. Practice documentation skills. During down time, may observe other therapists, investigate/research unfamiliar diagnoses, help with projects, or perform non-clinical duties listed above. No actual hands-on patient treatment will be allowed since the student is not in an actual PT program.

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 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 4-9-15

Site Signature: **Angie Strong** Digitally signed by Angie Strong  
DN: cn=Angie Strong, o=Upper Valley Medical Center,  
ou=Sports Medicine, email=astrong@premierhealth.com, c=US  
Date: 2015.04.09 14:19:56 -04'00' Date: 4-9-15

Department Approval: **dlrhodes@ufl.edu** Digitally signed by dlrhodes@ufl.edu  
DN: cn=dlrhodes@ufl.edu  
Date: 2015.04.09 16:22:32 -04'00' Date: 4/9/15