



Location: Jacksonville FL Date: 06/17/2014
City State

Organization: YMCA of Florida's First Coast

*Contact Person(s): Lisa Peabody or Jennifer Feliciano (note: each specialty will have a different lead)
**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 12735 Gran Bay Parkway West, Suite 250 Jacksonville FL/ 32258
Street/PO Box City State/Zip

Phone: 904.265.1822 Fax: 904.296.4744

Email: lpeabody or jfeliciano@firstcoastymca.org Website: FirstCoastYMCA.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? 1 to 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:

Times can vary with health fairs, but typical hours include the following. However we are flexible.
Monday through Friday 8am – 6pm
Saturday 10am – 3pm

Is office space available to interns? Yes No _____
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.)

Interns will receive a membership to the YMCA.
Interns will have travel to different parts of the community. But we try to schedule it so that car pool is available. We encourage interns to carpool with the preceptor. Mileage is not reimbursed.

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

The Y will provide all materials including name tag, parking passes, uniforms.

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

Interns must have an interest in healthy living and health education to some capacity

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

Interns will be required to complete all orientation steps prior to the first day of the internship. Please check the orientation requirements:

Criminal Background Check, Basic Life Support (BLS), Fingerprint Identification, HIPAA Training, On-site Orientation

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

Exercise Science: Interns' main responsibility is to work with and observe wellness staff on both the wellness floor and throughout the branch.

Objectives:

- To learn about the Member Onboarding Program Fast Forward Fitness powered by ActivTrax in order to assist members by taking them through this program and getting them started with an exercise program. When the intern is ready, he/she will take members through the Jump Start and Test Drive appointments to acclimate the member with the Fast Forward Fitness Program.
- To learn about the Engagemore technology and how we use it to learn about our members' wellness goals. When the intern is ready, he/she will engage with members on the Wellness Floor and use the Ipad to enter notes/goals into the Engagemore software
- To shadow personal training sessions to observe the skillsets of our trainers and how they work to meet the member needs.

Other areas for internship include: Corporate Wellness, Chronic Disease Prevention, and Youth Obesity/ Nutrition

Please describe a typical day for the intern:

Please see above some additional assignments may include:

- Working with the Healthy Living Team to develop a training curriculum for client managers & branch staff supporting the YMCA Corporate Wellness Partnership
 - Health fair protocol; including how to measure body composition, perform a blood pressure, to measure resting heart rate, to engage clients in a health fair setting
 - Health coaching; including motivational interviewing techniques, referring clients to appropriate programs based on risk assessment
- Working with Client Manager to both lead & assign YMCA staff to facilitate the following fitness initiatives. Including Stretch breaks at area corporations; Healthy Hour- walking/running group from 4-5 pm on Fridays at Brooks YMCA
- Attending various meetings that involve healthy living staff to provide exposure to strategic planning and collaboration. May include: Jacksonville Childhood Obesity Coalition, Duval Food Policy Council, First Coast Worksite Wellness Council, and MS Clinical Advisory Council

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 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 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: _____

Site Signature: **Jennifer Feliciano** Digitally signed by Jennifer Feliciano
DN: cn=Jennifer Feliciano, o=YMCA of Florida's First Coast,
ou=YMCA, email=jfeliciano@firstcoastymca.org, c=US
Date: 2014.06.17 12:14:11 -04'00' Date: 06/19/14

Department Approval: **dlrhodes@ufl.edu** Digitally signed by dlrhodes@ufl.edu
DN: cn=dlrhodes@ufl.edu
Date: 2014.06.23 10:39:49 -04'00' Date: 06/23/14