

Internship

APK4940C | 6 or 12 Credits | Fall 2024

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Course Info

INSTRUCTOR

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Preferred Method of Contact: **email**

OFFICE HOURS

Office Hours are by appointment on [zoom](#). You can schedule an appointment with me [here](#).

MEETING TIME/LOCATION

Access course through Canvas on [UF e-Learning](#) & the **Canvas** mobile app by **Instructure**. Internship Dates: August 22 – December 6, 2024

COURSE DESCRIPTION

The internship course is a practical, professional experience in a healthcare, fitness/ wellness, or research setting, in which interns earn a grade of S (Satisfactory) or U (Unsatisfactory). The internship experience is meant to be a time of service and innovation to the supervising site as well as a significant learning opportunity for the intern. Only through a practical experience such as this can the efficient application of knowledge, ideas, and skills in a realistic work setting occur. With this, both the intern and the organization should benefit immeasurably.

PREREQUISITE KNOWLEDGE AND SKILLS

APK3110C, cleared by APK advisors

REQUIRED AND RECOMMENDED MATERIALS

There are no course materials. Course assignments are completed on Canvas.

ADDITIONAL ACADEMIC CREDIT POLICY

Students may register for a total of 15 academic credits during a semester in which they are registered for APK4940C. So, if you are registered for 6 credits of APK4940C, you may take an additional 9-credits of coursework this semester. If you are registered for 12 credits of APK4940C, you may only take an additional 3 credits of coursework this semester.

COURSE FORMAT

Hands-on practical experiences at the discretion of the internship site supervisor.

COURSE LEARNING OBJECTIVES:

Assessment of Student Learning Outcomes (SLOs) occurs through completion of the Student Learning Outcomes (SLOs) Evaluation. Supervisors will evaluate interns on the 9 specific learning outcomes using a Likert scale. Interns must earn a minimum score of 3 on at least 6 of the 9 competencies in order to successfully meet the internship requirement:

- Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments. For example:
 - a. Intern can perform body composition calculations.
 - b. Intern can identify socioeconomic impacts on health and fitness behaviors.
 - c. Intern can calculate target and max heart rates in order to prescribe aerobic exercise
- Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity. For example:
 - a. Intern can identify muscles used in specific exercises and name other exercises that use those muscles.
 - b. Intern can name specific structures damaged by pathologies like diabetes.
- Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems). For example:
 - a. Intern can explain the baroreflex.
 - b. Intern can explain why skeletal muscle cells atrophy when immobilized.
 - c. Intern can describe the impact of respiration on blood pH.
- Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles. For example:
 - a. Intern can explain how exercise helps depression.
 - b. Intern knows where to locate information related to psychological health impacts of various activities.
 - c. Interns can identify and properly refer individuals with eating disorders.
- Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity. For example:
 - a. Intern can explain why resting HR and BP are reduced following endurance training.
 - b. Intern can identify immediate and long-term benefits of resistance training.
- Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments. For example:
 - a. Intern can select a safe fitness test for a cardiac patient.
 - b. Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise

- 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. For example:
 - a. Intern can describe which populations might be prone to ankle sprains.
 - b. Intern can identify medications which might lead to an impaired ability to perform aerobic exercise.
 - c. Intern can prescribe exercise to suit the goals of clients based on fitness assessments.
- Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context. For example:
 - a. Intern can perform a submaximal VO₂ test and use the collected data to classify the subject's level of fitness.
 - b. Intern can perform a laboratory experiment and compare their results to other similar studies.
- 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. For example:
 - a. Intern can explain to a patient the importance of hydration during exercise.
 - b. Intern can generate professional emails to ask scientific or medical questions.
 - c. Intern can generate an abstract to present research at a scientific or

Course & University Policies

ATTENDANCE POLICY

Students are expected to attend all scheduled internship hours. **The student is to follow the calendar of their internship site, NOT the UF Academic Calendar.** The following link outlines the UF Attendance Policy found in the Undergraduate Catalog:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

If a student is absent from their internship site for any reason, the [APK Internship Leave of Absence](#) online form must be completed. Upon submission of the online form, the student's internship site supervisor will receive the responses and be asked to fill out a separate online form approving the reason for the missed time and the plan for making up any missed hours.

PERSONAL CONDUCT POLICY

The University of Florida holds its students to the highest standards, and we encourage students to read the University of Florida Student [Honor Code and Student Conduct Code](#) (Regulation 4.040), so they are aware of our standards. A list of violations of the student honor code is found [here](#). Any violation of the Student Honor Code will result in a referral to the Student Conduct and Conflict Resolution and may result in academic sanctions and further student conduct action. The two greatest threats to the academic integrity of the University of Florida are cheating and plagiarism. Plagiarism includes, but is not limited to stealing, misquoting, insufficiently phrasing, or patch writing; self-plagiarism; submitting materials from any source without proper attribution; submitting a document, assignment, or material that, in whole or in part, is identical or substantially identical to a document or assignment the Student did not author. Students should be aware of their faculty's policy on collaboration, should understand how to properly cite sources, and should not give nor receive an improper academic advantage in any manner through any medium.

ACCOMMODATING STUDENTS WITH DISABILITIES

Students requesting accommodation for disabilities must first register with the [Dean of Students Office](#). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

Getting Help

HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies) <http://www.police.ufl.edu/>

ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

Grading

If you are completing either **12-credits or 6-credits** of APK4940C at a **single internship site**, consult the table below:

Evaluation Components (number of each)	Points Per Component	Due Date
Syllabus Review Quiz	5 points	9/3/24
SMART Goals Assignment	5 points	9/3/24
APK Hours/SLO	5 points each	Sundays 11:59p
Midterm Self-Evaluation	5 points	10/6/24
Midterm Supervisor Evaluation	100 points	10/13/24
Student Learning Outcomes Assignment	5 points	12/2/24
Final Self-Evaluation	5 points	12/2/24
Final Supervisor Evaluation	100 points	12/9/24
Internship Experience Evaluation	5 points	12/2/24

Profile of Position after Graduation	5 points	12/2/24
Undergraduate Curriculum Survey	5 points	12/2/24

If you are completing **12-credits** of APK4940C at **two different internship** sites, consult the table below:

Evaluation Components (number of each)	Points Per Component	Due Date
Syllabus Review Quiz	5 points	9/3/24
SMART Goals Assignment 1	2.5 points	9/3/24
SMART Goals Assignment 2	2.5 points	10/20/24
APK Hours/SLO	5 points each	Sundays 11:59p
Final Self-Evaluation – First Site	5 points	10/6/24
Final Supervisor Evaluation - First Site	100 points	10/13/24
Student Learning Outcomes Assignment – First Site	2.5 points	12/2/24
Final Self-Evaluation – 2nd Site	5 points	12/2/24
Final Supervisor Evaluation – 2 nd site	100 points	12/9/24
Internship Experience Evaluation – First site	2.5 points	12/2/24
Internship Experience Evaluation – 2nd site	2.5 points	12/2/24
Profile of Position after Graduation	5 points	12/2/24
Undergraduate Curriculum Survey	5 points	12/2/24

Syllabus Quiz: Assessment of your knowledge of the syllabus will occur through a Canvas e-learning quiz (worth 5 points). Please note that this quiz has instructions and a timelimit for completion; see Canvas quizzes for details.

SMART Goals Assignment (worth 5 points)

This form is used to identify assigned duties/responsibilities and their corresponding SLOs (at least 6 of 9 must be identified). Students will identify one S.M.A.R.T. goal for each SLO on which they intend to be evaluated to be met by the end of the semester. In addition, this form provides emergency contact information and the planned weekly schedule. This form must be completed by the intern via Qualtrics and reviewed with the supervisor before submission. Students splitting internship hours between two sites will complete the SMART Goals Assignment for each site.

Student Learning Outcomes Assignment (worth 5 points)

Students will submit a paper describing each activity that satisfied the student learning outcomes for the internship. Details on Canvas. Students splitting internship hours between two sites will complete an SLO Assignment for each site.

APK Internship Hours/SLO Assignments (worth 5 points each)

At the end of each week of the internship semester, students will submit the total number of hours completed at their site during the previous week as well as a list of any Student Learning Outcomes they feel were incorporated into their internship activities during the previous week. These weekly assignments will assist students when completing the midterm and final self-evaluations. The total number of APK Internship Hours/SLO Assignments completed will depend on the internship semester: 16 total assignments should be submitted in the fall or spring semesters, 13 total assignments should be submitted in the summer semester.

End of Internship Surveys

Students will complete 3 surveys using the Qualtrics online survey system. These 3 surveys focus on the student's evaluation of their internship site and supervisor, the student's evaluation of the APK curriculum, and the student's post-graduation plans. All three surveys must be completed, along with all other course assignments, to earn a grade of "Satisfactory" for the course. Students splitting internship hours between two sites will complete the Internship Evaluation survey twice.

Midterm and Final Evaluations (self-evaluations: 5 points each, supervisor evaluations: 100 points each)

Provide a quantitative and qualitative assessment of intern progress, to identify areas of weakness, and to offer the intern specific recommendations for improvement.

Students and Supervisors will complete these evaluations via Qualtrics. Students will complete a self-evaluation one week prior to the due date of the supervisor version to provide their supervisor with useful information to complete the supervisor evaluation.

*Students must earn a score of 3, 4, or 5 on each Student Learning Outcome in which they are assessed on the **final** supervisor evaluation (minimum of 6 out of 9 SLO's must be assessed on the final evaluation by your supervisor) in order to earn a grade of Satisfactory for APK4940C regardless of the total points accumulated through other assignments.

*Supervisors may score students below a 3 on the **midterm** evaluation with regards to the SLO's and this will not automatically earn the student a grade of "Unsatisfactory". Students earning scores of 1 or 2 on the midterm evaluation should discuss ways to improve with their supervisor.

*An SLO that cannot be evaluated by the site supervisor is given a score of "0". Recall that the

supervisor must be able to evaluate the student on 6 of the 9 SLO's on the final evaluation, but **may** evaluate fewer than 6 on the midterm evaluation if the student has not yet met that objective.