



Q1.  
APPLIED PHYSIOLOGY AND KINESIOLOGY (APK)  
INTERNSHIP SITE APPROVAL FORM

Q2.  
The **Department of Applied Physiology and Kinesiology (APK)** at the University of Florida would like to thank you in advance for taking the time to complete the approval process and your willingness to provide valuable internship opportunities to our students. The Department of APK requires that all undergraduates complete a 12-credit internship experience and graduate students complete a 5-credit internship experience during their final semester. The experience requires a minimum of 520 clock hours for undergraduates and 600 clock hours for graduate students, or 35-40 hours a week for 15 weeks, for the Fall and Spring semesters or 40-45 hours a week for 13 weeks, for the Summer semester. Ideally, interns become exposed to the tasks that will be required of them as professionals in the field, as well as receive opportunities to develop their skills and areas of interest within their specialization. The specializations within the department are:

**Exercise Physiology (Undergraduate):** Prepares students interested in pursuing a career in one of the health professions or graduate study in exercise science. The curriculum provides a strong basic science background and requires additional course work in the biological aspects of exercise. For intern hours in this specialization, students are expected to complete hours in a biomedical research setting related to exercise and/or sport.

**Fitness/Wellness (Undergraduate):** prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agencies. The curriculum emphasizes practical aspects of fitness and wellness.

**Human Performance (Graduate):** The Human Performance concentration is a non-thesis program leading to a Master of Science degree in Applied Physiology and Kinesiology. Its purpose is to train students for careers where they can promote scientifically based exercise, wellness, and psychological factors to enhance health, athletic development and/or movement performance. Furthermore, students will be trained to be an integral part of the health care team that administers, assesses, and develops programs for clinical populations.

Please review the [APK Internship Policies and Procedures](#) Document to gain a better understanding of the expectations of students and site supervisors during the experience.

Q5. Organization Name

Army West Point Athletics - Strength & Conditioning

Q6. Organization Location(s) - Include Addresses Of All Locations To Be Included As Part Of This Approval

Army West Point (United States Military Academy) - 639 Howard Road, West Point, NY 10996

Q7. Name of Individual Who Will Receive Applications From Students

Scott Hobbs

Q8. Email Address of Individual Who Will Receive Applications From Students

scott.hobbs@westpoint.edu

Q9. Phone Number of Individual Who Will Receive Applications From Students

215-913-9636

Q10. URL of Website For Organization

<https://goarmywestpoint.com/>

Q11. Name of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations

Scott Hobbs

Q12. Email Address of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations

Q13. Phone number of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations

215-913-9636

Q14. What Semester(s) Is Your Organization Available To Accept Interns? (select all that apply)

- Fall (August - December)
- Spring (January - April)
- Summer (May - August)

Q15. APK Internship Policy requires that a site supervisor hold one degree higher than the student intern. This means that site supervisors of undergraduate interns must hold at least a bachelor's degree and those of graduate interns must hold at least a master's degree. Based on this policy, for which category of students is your organization willing to accept applications? Check all that apply

- Undergraduate Students
- Graduate Students

Q16. How many interns is your organization willing and able to support per semester?

6

Q17. Describe the normal working hours anticipated for an intern at your organization. Please indicate likelihood and circumstances surrounding any evening or weekend time commitments.

Hours will vary based on the team/s the intern will be working with (alongside their mentor from our strength staff), training windows are: 5am-10am, 3pm-7pm. Weekend hours are sporadic.

Q18. Does your organization offer non-paid or paid internships?

Non-paid

Paid (amount)

Q21. List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

Army branded clothing, supplements, and food items are provided.

Q22. List required purchases for interning with your organization (i.e. parking pass, uniform, I.D. Badge, etc.)

None.

Q23. List required skills or previous experience necessary for interning with your organization

Strong desire to be a collegiate strength and conditioning coach. Ideally in possession of, or working towards, NSCA-CSCS or CSCCa-SCCC certification. First Aid/CPR/AED is desirable but not essential. Foundational understanding of the scientific principles and practical application of strength and conditioning techniques. Previous internship experience at the college level is desirable but not essential. Basic understanding of what the United States Military Academy is and its function as part of the wider US Army.

Q24. List any special credentials or documents required to intern with your organization (i.e. CPR/First Aid, Liability Insurance, Personal Training Certification, OSHA training, HIPPA training, Pre-Internship orientation, background check)

Army West Point Athletics human resources will take care of all required background checks and authorizations once initial paperwork is complete. Intern will be required to obtain a (free) visitors pass in order to access the installation (government-issued identification will be required for this).

Q25. Provide a bulleted list of duties/responsibilities your organization expects to be fulfilled by interns:

- Attend all intern lessons/workshops - Complete educational tasks as part of the internship curriculum - Contribute to intern discussions and projects - Follow a consistent training program with specified physical goals - Assist assigned mentor with day to day duties (including lift set ups and break downs, coaching sessions, data collection and input, weight room/equipment maintenance) - Assist strength staff and dietician with collection, distribution, and inventory of nutrition deliveries twice per week

Q26. Please describe a typical day for the intern:

- 5am-5:30am - Lift Set Up - 5:30am-6:30am - Team Lift - 6:30am-7am - Lift Breakdown - 8am-10am - Nutrition Delivery - 10am-11am - Personal Workout - 11am-12pm - Intern Lesson/Practical Workshop - 12pm-2:30pm - Lunch/Off - 2:30pm-3pm - Explanation of PM Lifts - 3pm-3:30pm - Lift Set Up - 3:30pm-5pm - Team Lifts - 5pm - 5:30pm - Lift Break Down, Cleaning - 5:30pm - End of Day

Q28. Interns must be evaluated on at least 6 of the following 9 Student Learning Outcomes (SLO's). Please check each SLO that applies to the duties/responsibilities provided to interns at your organization.

- |   |   |
|---|---|
| <input type="checkbox"/> Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, health, wellness, and/or fitness environments. | <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.   |
| <input checked="" type="checkbox"/> Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.                     | <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.                       |
| <input type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).                         | <input checked="" type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.  |
| <input 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.          | <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. |
| <input checked="" type="checkbox"/> Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.                             |   |

Q33. Name of APK student that requested the site approval form from you (if applicable)

Q29. Would you like to be added to the Department's list of approved sites for future interns?

- Yes  
 No

Q32. Have you reviewed the APK Internship [Policies and Procedures Manual](#)?

- Yes  
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications

× SHobbs clear

Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

× SHobbs clear

**Location Data**

**Location:** ([41.533996582031, -74.049201965332](#))

**Source:** GeolIP Estimation



Approved: 2.15.21

*Blain Harrison*

Blain Harrison - APK Internship Coordinator