



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 in their final semester of study. The experience requires a minimum of 520 clock hours or 35-40 hours a week for 15 weeks, for the Fall and Spring semesters, or 40-45 hours a week for 13 weeks during the Summer semester. **Graduate** students in the Human Performance concentration may elect to complete between 3 - 9 credits of internship to count towards their degree. Each registered credit of graduate internship requires a minimum of 48 clock hours be completed and a graduate student must register for at least 3 credits in any semester they intend to complete an internship. Therefore, a graduate student will be required to complete between 144 - 432 hours during their internship. 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. A brief description of our undergraduate and graduate programs is below:

APK Undergraduate Program: Prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agency, to pursue graduate study in kinesiology, OR to pursue graduate study in a health profession requiring education beyond an undergraduate degree. The curriculum provides a strong basic science background and requires additional course work in the biological aspects of exercise. Students may pursue internship opportunities in healthcare, research, fitness, or other areas of human performance.

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 may 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. Note that clicking the link to the Policies

and Procedures manual will take you away from this survey and cause any information input into the survey to be lost.

Q5. Organization Name

Bommmarito Performance Systems

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

2240 SW 71st Terrace, Davie, FL, 33317 18900 NE 25th Ave, North Miami, FL, 33180

Q10. URL of Website For Organization

<https://bommaritoperformance.com/>

Q7. Name of Individual Who Will Receive Applications From Students

Martyra Turnquest

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

martyra@bommaritoperformance.com

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

954-651-4931

Q34.

Will the person receiving internship applications from students be the same person supervising the student and completing the student evaluations during the internship?

Yes

No

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

Martyra Turnquest Pete Bommarito

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

martyra@bommaritoperformance.com pete@bommaritoperformance.com

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

954-651-4931 (martyra) 954-305-0342 (pete)

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?

20

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.

Typical internship hours are 5-8 hours/day, 20-40 hours/week, depending on their total hourly requirements. Our facility is open from 6AM - 7PM (Monday - Friday) and 9AM - 12PM on Saturdays. We'll usually schedule an intern either for a morning shift or a closing shift. Our interns will be assisting our lead coaches with coaching our clients. They will have hands on integration with Pro Athletes, Collegiate Athletes, High School Athletes, Middle School Athletes and General Fitness clients. They will also see how we coordinate with our medical team to adjust programming for clients based on their current status. (Rehab, prefab, healthy, etc) We hold intern education 1-2x/week which allows us time to go over questions they have, questions about sessions they were apart of, and time for the science to be explained. Our goal at the end of their internship is to have them understand the science behind our programming and training, along with gathering experience coaching session by themselves (with supervision), if they feel ready to do so.

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.)

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

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

There is no previous experience necessary ir required skills for interning with our organization.

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)

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

- assisting lead coaches with preparing for sessions and coaching sessions - assisting staff with nutrient timing (organizing nutrient timing bar, making shakes, etc.) - general facility functions (cleaning weight room/field after sessions, setting up weight room/field before sessions, etc.)

Q26. Please describe a typical day for the intern:

- assisting lead coach with preparation for the session - setting up field/weight room with lead coach for sessions - assisting lead coach with session and coaching the athletes (if willing, the intern may lead parts of the session designated by the lead coach) - assisting the lead coach with cleaning up after the session - review of sessions that took place (answering questions, explanation of what transpired, etc).

Q28. All Interns (undergraduate and graduate) MUST be evaluated on **at least 6** of the following 9 Student Learning Outcomes (SLO's), though evaluation of all 9 is preferred. 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/or 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 checked="" 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 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)

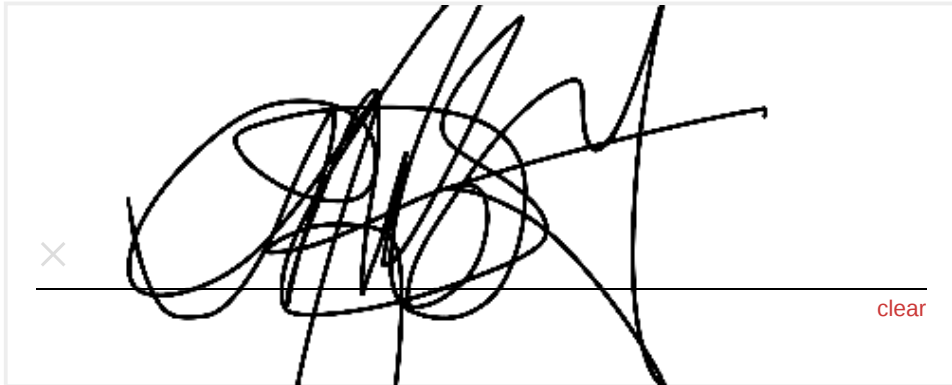
Q29. Would you like to be added to the Department's list of approved sites for future interns?

- Yes
 No

Q32. Have you reviewed the APK Internship [Policies and Procedures Manual](#)? Note that clicking the link will take you away from this survey and any information input into the survey will be lost if you navigate back. We recommend holding the ctrl button on your keyboard when clicking the link to open it in a new browser tab.

- Yes
- No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



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



Location Data

Location: [\(27.9875, -82.4583\)](#)

Source: GeoIP Estimation

A map of the state of Florida showing major cities and geographical features. A yellow diamond-shaped pin is placed on the Tampa Bay area, indicating the location of the user. Other cities labeled on the map include Gainesville, Orlando, Kissimmee, Palm Bay, Port Saint Lucie, Cape Coral, and Fort Lauderdale.