



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 agencies, 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.

Q5. Organization Name

Florida International University Athletics Department

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

Florida International University 11200 SW 8th Street Miami, Florida 33199

Q10. URL of Website For Organization

<https://www.fiu.edu/>

Q7. Name of Individual Who Will Receive Applications From Students

Amanda Fernandez

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

amlefern@fiu.edu

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

724-822-3947

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

Amanda Fernandez

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

724-822-3947

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.

Usually early mornings (5:30 AM earliest), occasional evenings (5:45 PM latest), and weekends during the fall semester, occasional weekends during the spring semester.

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.)

Some free gear, occasional free meals, experience, networking.

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

Only expense is gas money for driving.

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

Communication skills, organization, technical (i.e. Microsoft office), food safety skills.

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)

FIU HR background check

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

- Setting up/manning fueling stations; this includes educating student athletes on nutritional value of the available food items.
- Shadowing Sports Nutritionist during team/group presentation and one-on-one counseling sessions
- Creating educational materials (i.e. posters/flyers, presentations, pamphlets)
- Creating social media infographics and posts (i.e. video posts of cooking classes, Instagram posts)
- Taking inventory of nutrition supplies and creating grocery lists for weekly procurement
- Assisting Sports Nutritionist during educational programs (i.e. cooking classes, grocery store tours)
- Assisting Sports Nutritionist in performing anthropometric measurements (i.e. height, weight, body composition assessments)

Q26. Please describe a typical day for the intern:

6:00 AM - clean and set up fueling station in weight room; prep weight gain fueling snack bags; stock meeting room snack boxes/perform body composition assessments using the InBody 570 system. 7:00 AM - Provide personalized recovery food items for athletes - meeting their caloric and macronutrient needs 8:00 AM - prepare recovery fueling stations for specific-sports (i.e. soccer/baseball/football) practicing ServSafe techniques. 9:00 AM - Identify and plan vendors to provide post-practice fueling for teams/ meet with student-athletes to provide one-on-one nutrition counseling/education. 10:00 AM - Take inventory and procure food from various vendors 10:30 AM - accept food deliveries and store food safely until time for distribution 11:00-12: Distribute lunch to student athletes; take post-practice weights. 12:00 PM: Communicate with coaching staff if anyone missed lunch meal/record post-practice weights in database; make notes on who lost a lot of body weight due to dehydration. 1:00 PM: Continue restocking fueling stations to provide post-workout recovery nutrition. 2:00 PM: Observe/shadow nutrition counseling/educational sessions/select menus for following week's dinner items. 3:00 PM: stock/clean nutrition fueling station. 4:00 PM: accept dinner delivery and prepare for dinner meal. Utilize ServSafe food handling techniques. 4:30-5:30 PM: Monitor dinner and intakes during meal time.

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 checked="" 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 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. | <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

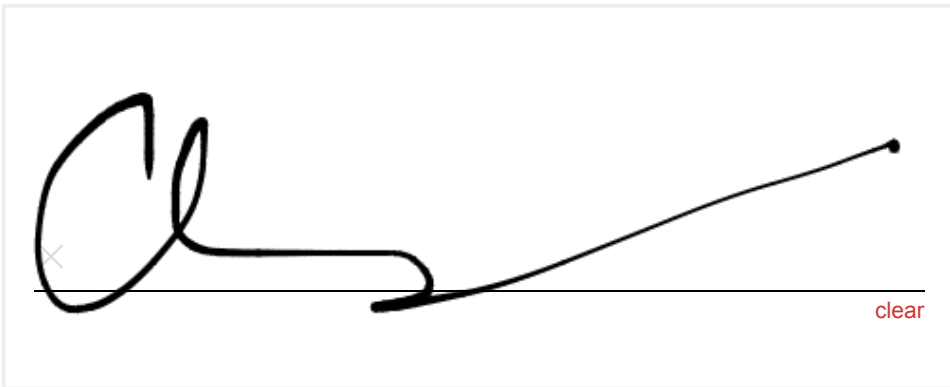
Q32. Have you reviewed the APK Internship [Policies and Procedures Manual](#)?

- Yes
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



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



Location Data

Location: [\(25.759292602539, -80.355102539062\)](#)

Source: GeoIP Estimation

A map of the southeastern United States and northern Caribbean region. A yellow diamond marker is placed over Fort Lauderdale, Florida. Other labeled locations include Cape Coral, Port St. Lucie, Lucie, Miami, Nassau, and The Bahamas. The map shows the coastline and major cities in the area.

Approved: 4.2.21

Blain Harrison

Blain Harrison - APK Internship Coordinator