



APPLIED PHYSIOLOGY AND KINESIOLOGY (APK)
INTERNSHIP SITE APPROVAL

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 for providing valuable internship opportunities to our students.

Exercise Physiology: Prepares students interested in pursuing a career in one of the health professions or graduate study in exercise science.

Fitness/Wellness: prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agencies.

If you feel that you would like to provide internship opportunities for our students and would like to be included in the Department's list of approved intern sites, please provide us with the completed Internship Site Approval Form below, along with any additional information you would like to include about your site.

Instructions:

- 1. Please read the Applied Physiology and Kinesiology (APK) Undergraduate Internship Policies and Procedures Manual.
2. Please review and complete the Internship Site Approval Form*.
*Based on UF policy, there must be an affiliation agreement in place between all internship sites and the University of Florida.

Name: Stephanie McCarthy Title: Owner/Manager
Address: 1126 NW 2nd Street Gainesville FL 32601
Street/PO Box City State/Zip
Email Address: stephanie@livathletic.com Phone: 352-215-8609

- 3. Digitally sign and submit the completed site approval form to the Internship Coordinator by completing the following steps:
a. Click on the "Digital Signature" box. Please follow the instructions prompted by the wizard to create a "Digital Signature."
b. You will be prompted to "Save" the document because the form contains a "Digital Signature." Please save the file, but do not close the file.
c. Click "Submit" at the top right of the form (in the purple bar)
d. You will be prompted by a wizard which will ask if you want to send it via Outlook (or something similar) or via an Internet Provider (Webmail or Exchange).
e. If you are using an Internet Provider (Webmail or Exchange) you will be prompted to save the form, open a new message in your email account and attach the document yourself.



Location: Gainesville FL Date: 12/28/2015
City State

Organization: LIV Athletic / CrossFit Gainesville

*Contact Person(s): Stephanie McCarthy
**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 1126 NW 2nd Street Gainesville FL 32601
Street/PO Box City State/Zip

Phone: 561-371-3323 Fax: _____

Email: stephanie@livathletic.com Website: livathletic.com

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?
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:
Hours of Operation: 5:00am - 9:00pm M-F, 9:00/10:00 Saturday, 10:00/11:00 Sunday
Shifts are either 8:00am - 4:00pm or 12:00 - 8:00pm M-F (1 weekend per month) total of 40/hrs/week

Is office space available to interns? Yes No Shared Space
Comments

Is a computer/scanner available to interns? Yes No _____
Comments

Does your organization offer paid or non-paid internships? Non-paid Paid (amount) Varies

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

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



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

Customer service

Personal, work, or educational experience in related field

Basic administrative assistant duties - answering phones, excel, etc. . .

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

n/a

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

- Complete Professional Coaching Development (PCD) course

Upon completion they will be ready to begin shadowing and coaching CrossFit, Sweat, FitCamp, or Personal Training clients.

Assist in:

- Intro Sessions

- Functional movement screens & protocols

- Body composition analysis

- Nutritional protocols

- Skill Clinics: Mental health, Gymnastics, Weightlifting, Endurance, Nutrition, ROM, etc...

- Roster management: Create accessory training programs, accountability, test & retest

- Business Management: marketing, sales, advertising, planning, etc...

- Administrative duties: Answering phones, emails, excel, etc..

- Cleaning

- Retail

- Attend all business meetings

Please describe a typical day for the intern:

1. Respond to all emails

2. Spend 1-2 hours studying the PCD online course

3. Manage roster needs

4. Update ProShop

5. Learn assessment of the week: Intro, Inbody, ROM, Level testing, etc. . . (how to perform, organize, retest)

6. Shadow Coaching

7. Administrative & Cleaning

8. Marketing Capture or Post

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 checked="" 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): Stefan Guire

I have reviewed the APK Undergraduate Internship Policies and Procedures Manual: 12/29/2015 Date

Site Signature:  Date: 1/12/16

Department Approval:  Date: 1/12/16