



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

Layne Performance LLC

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

140 NW 6th St Gainesville, FL 32601

Q7. Name of Individual Who Will Receive Applications From Students

Andrew Layne, PhD, CSCS

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

info@layne-performance.com

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

352-234-6345

Q10. URL of Website For Organization

<http://layne-performance.com>

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

Andrew Layne, PhD, CSCS

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

352-234-6345

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?

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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.

Many of our strength-conditioning activities are scheduled before or after normal business hours, so interns may be required to work evenings and/or early mornings (5-8am and as late as 8pm). We also conduct regular seminars, clinics, and competitions on weekends.

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

- Non-paid
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Paid (amount) Both paid and non-paid internships are available depending on any previous experience and certifications. Payment is variable and based on commissions earned and classes or individuals taught.

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

Interns may be eligible for continuing education credits and partially or fully funded conference/ seminar attendance.

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

n/a

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

Previous experience in a strength conditioning setting (collegiate, professional, or private) and a strength-conditioning related certification (CSCS, USAW, Crossfit) or personal training certification preferred, but not required.

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)

Current CPR/First Aid certification Orientation and background check

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

-Shadow and/or lead group fitness classes Classes available for healthy aging, youth sport performance, adult fitness and performance, weightlifting, and powerlifting -Perform assessments and give orientations for new and prospective members and clients -Equipment maintenance -Data collection, entry and analysis (testing and training sessions) -Social media and community outreach (posts, emails, articles, infographics, pictures and video) -Event planning and promotion -Program and class design -Facility supervision

Q26. Please describe a typical day for the intern:

Interns will have flexible start times for their day, but will be required to shadow or supervise at least one hour of group classes, personal training, and/or fitness assessments each day. Interns will spend an additional 1-3 hours each day programming for classes and personal training clients, entering data from training sessions and assessments, and analyzing load and progression data. This time will be guided by Dr. Andrew Layne, and principles of training, periodization, and the physiological underpinnings of the training process will be discussed in detail. Interns will be required to keep up with the latest scientific literature regarding program design, skeletal muscle hypertrophy, injury rehabilitation and prevention, etc. Interns will also be encouraged to present this information in written or graphical form for social media and blogs. Individuals with injuries and limitations will be discussed, and the intern may be directed to find specific information in the scientific literature to help guide the training process for these individuals. Following a break, interns will perform other necessary tasks, like cleaning and equipment maintenance, event promotion, and community outreach. Community outreach may involve visiting off-site locations and presenting to local business, schools, and churches.

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.

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| <input checked="" 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)

n/a

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

Q30. Signature of Individual Who Will Be Receiving Internship Applications



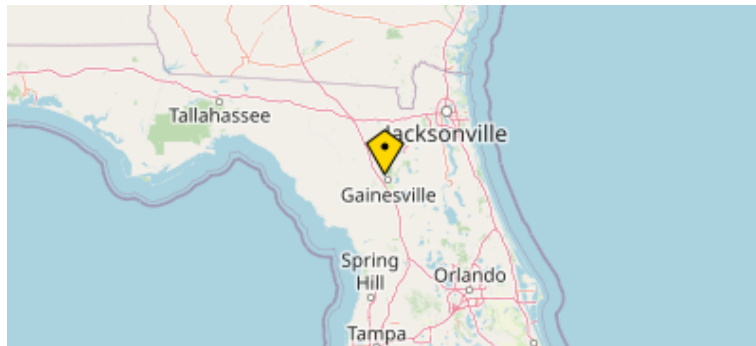
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship



Location Data

Location: [\(29.682495117188, -82.36060333252\)](#)

Source: GeolP Estimation



Approved: 2.4.21

Blain Harrison

Blain Harrison - APK Internship Coordinator