



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

Muscle Farm

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

404 sw 140th Terrace Newberry, Fl. 32669

Q10. URL of Website For Organization

themusclefarm.com

Q7. Name of Individual Who Will Receive Applications From Students

Kyle Pratt

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

Kpratt45@gmail.com

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

352-494-4216

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

Kyle Pratt

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

352-494-4216

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.

Monday-Friday 5:15am-10am 4pm-7pm (Some days are 6pm) Some Saturdays(8:30-10am)

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.)

Muscle Farm shirts will be provided (Free)

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

Athletic background would help however it's not required. We train a lot of athletes but we also train a lot of regular people with composition goals. People skills are important.

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)

None. Personal trainer certification would be good but not required. Liability insurance (recommended)

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

- Assisting head trainer during sessions.
- Spotting members.
- Basic cleaning...racking weights, wiping benches, things everyone including myself as owner/head trainer do.
- Learning and developing basic programs for a wide variety of fitness levels, restrictions, and backgrounds.

Q26. Please describe a typical day for the intern:

5:15am start time: Each class has 1-15 people depending on the time slot. There will be classes every hour on the hour ranging from HIIT cardio to Group Strength Training with custom programs to personal training to youth sports, nutrition consults and Professional Athletes. The gym is family based meaning that we train a lot of parents and the professional crowd 35-60year range and their kids 12-18year old range. 7-8am will be programming for members with head trainer and education on nutrition Muscle Farm is a friendly atmosphere, utilizing science based programming, and attention to detail. You will need to be able to multi task, think on the fly and be able to come up with adaptions quickly. If a time slot is slow we do a quick pick up and wipe down to prepare for the next members. We wrap up at 10am. Go home, take a break and meet back at gym or Jonesville Park at 4pm for the next sessions.

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 type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems). | <input 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 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)

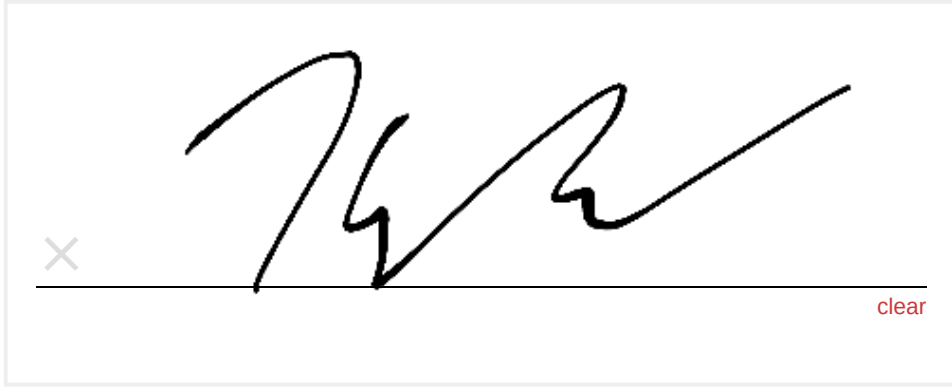
Q29. Would you like to be added to the Department's list of approved sites for future interns?

- 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



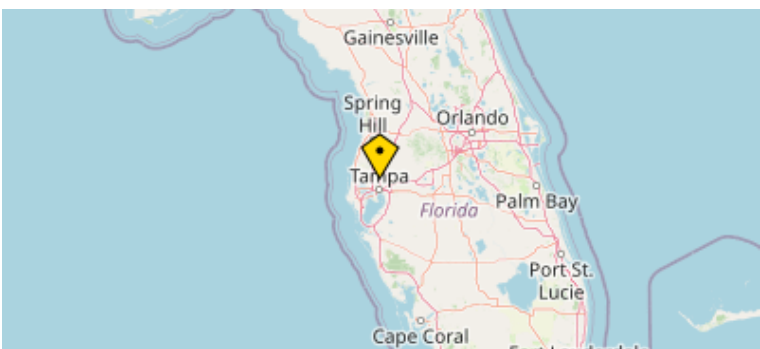
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship



Location Data

Location: ([28.050796508789](#), [-82.448402404785](#))

Source: GeolIP Estimation

A map of Florida showing major cities and geographical features. A yellow diamond marker is placed on the west coast of Florida, near the city of Tampa. Other cities labeled on the map include Gainesville, Spring Hill, Orlando, Palm Bay, Port St. Lucie, and Cape Coral. The word 'Florida' is written across the state.

Approved: 7.28.21

Blain Harrison

Blain Harrison - APK Internship Coordinator