



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

Optimal Physical Therapy and Wellness

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

401 Maplewood Dr. Suite 4 Jupiter, FL 33458

Q10. URL of Website For Organization

<https://optimalptandwellness.com>

Q7. Name of Individual Who Will Receive Applications From Students

Angelica Napolitano

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

dra@optimalptandwellness.com

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

561-351-1702

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

This question was not displayed to the respondent.

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

This question was not displayed to the respondent.

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

This question was not displayed to the respondent.

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?

Q35. APK Undergraduate students are permitted to complete a single 12-credit (520 hour minimum) internship in a single semester or two, 6-credit (260 hour minimum) internships over two semesters. Are you willing and able to provide a part-time internship experience (~20 hours per week), full-time (~40 hours per week), or either to our undergraduate students depending on the student's internship plans?

- Part-Time Internship (~20 hours per week)
- Full-Time Internship (~40 hours per week)
- Either Part-Time or Full-Time depending on the student's internship plan

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.

M-F 9-5

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

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)

CPR

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

Certainly, here's a bulleted list of typical duties/responsibilities an organization might expect from an intern who is an undergraduate exercise physiology student working in a physical therapy practice: - Assist physical therapists in conducting initial assessments and evaluations of patients. - Develop exercise programs tailored to individual patient needs under the supervision of a licensed physical therapist. - Monitor and document patient progress during therapy sessions. - Provide instruction and guidance to patients on proper exercise techniques and equipment usage. - Assist in the setup and breakdown of exercise equipment and therapy areas. - Collaborate with other healthcare professionals within the practice to coordinate patient care. - Stay updated on current research and developments in exercise physiology and physical therapy. - Participate in team meetings and discussions to review patient cases and treatment plans. - Maintain a clean and organized work environment to ensure patient safety and comfort. - Adhere to ethical and professional standards in all interactions with patients and colleagues.

Q26. Please describe a typical day for the intern:

Morning: - Arrive at the office and review patient charts before beginning treatment - Develop plan of care for said patients - Assist in setting up therapy areas and ensuring all necessary equipment is prepared. - Attend a brief team meeting with physical therapists to discuss the day's schedule and patient cases. - Begin the day by shadowing a physical therapist during initial assessments and evaluations of patients. - Observe and take notes on patient histories, mobility assessments, and treatment plans. - Assist in guiding patients through their initial exercises, under the supervision of a licensed physical therapist. - Help patients with any mobility aids or equipment needed for their therapy sessions. Mid-morning: - As patients continue with their therapy sessions, the intern may be tasked with leading specific exercises or stretches for individual patients. - Monitor patients' progress and provide feedback on their form and technique. - Document patient information, including progress notes and any adjustments made to their exercise programs. Lunch: - Take a 30-45 min break for lunch depending on caseload for the day - Use this time to review notes, research specific cases, or discuss patient care with colleagues. Afternoon: - Resume assisting with therapy sessions in the afternoon, working with different patients as scheduled. - Provide guidance and support to patients as they complete their prescribed exercises. - Collaborate with physical therapists to modify exercise programs based on patient progress or feedback. - Continue documenting patient information and updating records throughout the afternoon. - Assist in cleaning and organizing therapy areas at the end of the day. - Attend any additional meetings or training sessions scheduled for interns or staff members. End of the day: - Wrap up any remaining tasks or paperwork. - Reflect on the day's experiences and discuss any questions or observations with supervising physical therapists. Overall, the day involves a combination of observation, hands-on assistance, documentation, and collaboration with the physical therapy team to provide optimal care for patients.

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.

Integrate principles and methods of math, social sciences, and/or arts and humanities to applied physiology and kinesiology, health, wellness, and/or fitness environments.

Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.

Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).

Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.

Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.

Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.

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.

Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.

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.

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



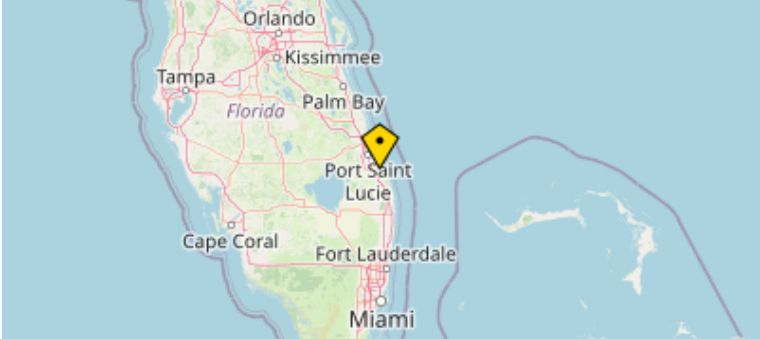
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

This question was not displayed to the respondent.

Location Data

Location: [\(27.1415, -80.2018\)](#)

Source: GeolIP Estimation



A map of the state of Florida is shown, with major cities labeled: Orlando, Kissimmee, Tampa, Palm Bay, Port Saint Lucie, Cape Coral, Fort Lauderdale, and Miami. A yellow diamond-shaped pin is placed on the map, indicating the location of Port Saint Lucie.

Approved: 3.7.24

Blain Harrison

Blain Harrison - APK Internship Coordinator