



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

Overtime Athletes

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

3608 Morris St N St Petersburg FL, 33713

Q10. URL of Website For Organization

www.overtimeathletes.com

Q7. Name of Individual Who Will Receive Applications From Students

Tyler McCoy

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

tyler@overtimeathletes.com

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

973-945-1046

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?

2

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.

Interns at our facility average 25 working hours per week. There could potentially be more hours in a given week given the intern's willingness to complete them and/or working 2-3 hours on the weekend which is optional.

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.)

None

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

None

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

Must be a student pursuing a degree in the field of kinesiology, exercise science, or anything relating to fitness and/or athletic performance, or must be a prospective trainer with experience in the industry.

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

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

-Shadowing and assisting our coaches during class times -Leading the dynamic warmup at the beginning of each class -Helping with equipment set up -Assisting with equipment cleanup -Overseeing cleanliness standards of bathrooms at the end of classes -Coaching, cuing, training, and interacting our clients -Displaying knowledge of strength and conditioning and being capable of applying, adapting, and integrating the intern's knowledge with our practices -Attending team meetings and outings -Willingness to learn and participate in various other business activities (i.e. sales, retention, management, marketing, scheduling, social media, programming, etc.)

Q26. Please describe a typical day for the intern:

An intern at OTA will arrive either in the morning or afternoon shortly before classes are to begin to prepare the facility for the classes that follow. The intern will then shadow the coach throughout the block of classes and be present on the floor assisting the head trainer with anything to help the flow of classes and client experience. During classes the intern will be asked to participate and assist our clients by putting their knowledge to use and helping them with form correction, creating modifications to account for injuries or limitations of any kind, and facilitating a challenging training environment that delivers results for our clients and athletes. Once classes are done, the intern will then assist with organizing the equipment and the common area/bathrooms utilized by our members. There will be time for a break after that, and then there will be one-two hours of either team meetings or time to assist with any of the other business activities listed above. As the day progresses, the intern will be invited to participate in helping coach the athlete classes we have throughout the day. The intern will have a schedule that they agree to which could be at 5:45am and end at 1pm with breaks in between, or it could begin at 3pm and end at 8pm depending on the intern's availability.

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](#)? 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

✕  clear

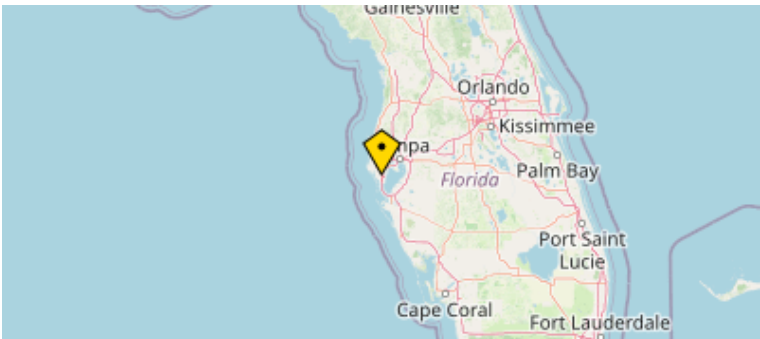
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

This question was not displayed to the respondent.

Location Data

Location: [\(27.787, -82.6761\)](#)

Source: GeoIP Estimation



The map displays the state of Florida with major cities labeled: Gainesville, Orlando, Kissimmee, Tampa, Palm Bay, Port Saint Lucie, Cape Coral, and Fort Lauderdale. A yellow diamond-shaped location pin is placed on the west coast of Florida, near the Tampa area.

Approved: 10/10/23

Blain Harrison

Blain Harrison - APK Internship Coordinator