

UF UNIVERSITY of FLORIDA

SITE APPROVAL FORM

Location: Gainesville FL Date: 04.27.2018
City State

Organization: Planet Fitness Gainesville, FL

*Contact Person(s): Meghan Hughes, Club Manager Dan Anson, Owner-Chief Operating Officer

**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 2210 NW 13th Street Gainesville FL / 32609
Street/PO Box City State/Zip

Phone: 352.505.6685 Fax: 352.505.6703

Email: pfclubmanager@gmail.com; pfgainesville@gmail.com Website: www.planetfitness.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? variable, opportunities may or may not exist (0-2)

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:

Please visit the (Gainesville, FL) club page at www.planetfitness.com for club hours and holidays. Multiple shifts occur daily. Scheduled shifts typically span six (6) or eight (8) hours. Eight (8) shifts require a mandatory one half (1/2) hour break. Hours and shifts may vary. Weekend shifts may be necessary.

Is office space available to interns? Yes No Comments

Is a computer/scanner available to interns? Yes No WITH CONSENT OF CLUB MANAGER
Comments

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

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)
PF Black Card Employee Membership (BCEMP); limited to use at the Gainesville, FL club

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):
Closed-toed shoes are required (Hiking boots are permissible)
Solid blue, black, or khaki pants OR shorts are required. Yoga pants are currently acceptable. Blue jeans are prohibited.
PF Gainesville, FL supplies the intern with approved PF staff shirt(s).
Additional (not required) PF apparel (sweater, jacket, long sleeve shirt, hat) is available for interns to purchase, if desired.

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

Exceptional Customer Service, Attention to detail: guest, member, & staff safety / club access validation / data entry & management / retail transactions (handling cash & POS (point of sale) credit/debit cards. The ideal candidate possesses: a positive, can-do attitude, self-motivation, punctuality, and reliability. Occasionally, interns and employees must be able to lift up to fifty (50) pounds (lbs.). Previous retail and/or fitness experience is preferred.

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

Prior to participation with PF Gainesville, FL, all interns are required to provide proof of professional liability insurance coverage no less than \$1,000,000 with Planet Fitness Gainesville, FL named as "Additional Insured".

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

- * Agree to represent Planet Fitness Gainesville, FL in a manner consistent with all Policies and Procedures, Brand Excellence standards, Member, Guest, and Staff safety protocols, Data Compliance (PCI), State of Florida and/or Federal law
- * Commit to an integral role, as an energetic individual, to meet or exceed exceptional customer service standards as a team
- * Brand Excellence: All interns and employees are expected to exert consistent customer service; including, but not limited to: member and guest validation (check-ins), member file maintenance updates and data protection (PCI compliance), receiving info calls, conducting club tours, rate presentation, member enrollment, cancellations, account freezes, account information changes, inspecting & cleaning club equipment and property, ensuring safety and reporting incident or potential hazards
- * PE@PF Program: Adhering to the PF PE@PF program protocol (schedule). Interns will aid in promoting/scheduling members in the PE@PF program. The PE@PF program is optional for members, but participation is exclusive to members only. Interns possessing an nationally-accredited Certified Personal Trainer certification may potentially act as, or assist the Personal Trainer through research and suggestions on appropriate (or substitute) exercises for members on the basis of fitness level and medical history. PF does not provide suggestions pertinent to diet or nutrition.
- * Reliability and punctuality are imperative
- * Planet Fitness Gainesville, FL reserves the right to terminate the internship, at any juncture, in the event an irreconcilable infraction and/or breach of established and agreed upon company Policies or Procedures

Please describe a typical day for the intern:

Consistent and forthright effort toward upholding and participating in various elements of the above referenced, under the supervision of club ~~management~~
management

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 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 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): _____

I have reviewed the APK Undergraduate Internship Policies and Procedures Manual: 04.27.2018 Date

Site Signature:  Date: 04.27.2018

Department Approval: Blain Harrison Date: _____

