
APPLIED PHYSIOLOGY AND KINESIOLOGY (APK) INTERNSHIP SITE APPROVAL FORM

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

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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.

Organization Name

Renew Physiotherapy

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

802 Semart Drive, Raleigh, NC 27604

URL of Website For Organization

<https://www.renewwellness.care>

Name of Individual Who Will Receive Applications From Students

Cody Hartley

Email Address of Individual Who Will Receive Applications From Students

Cody.hartley@renewphysiotherapy.fit

Phone Number of Individual Who Will Receive Applications From Students

304-639-2738

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

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

Samantha April

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

Samantha.april@renewphysiotherapy.fit

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

315-402-0542

What Semester(s) Is Your Organization Available To Accept Interns? (select all that apply)

Fall (August - December)

Spring (January - April)

Summer (May - August)

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

How many interns is your organization willing and able to support per semester?

1

Describe the normal working hours anticipated for an intern at your organization. Please indicate likelihood and circumstances surrounding any evening or weekend time commitments.

Our clinic is open M-Th 7:30-7 & Fri 7:30-12p so interns would typically work half day on Fridays & two evenings.

Does your organization offer non-paid or paid internships?

- Non-paid
 - Paid (amount)
-

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

Gym membership

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

Inside of a gym so attire would be fitness type/business casual clothing

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

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)

Fitness background is a plus but not required

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

- Shadowing of physical therapist during manual treatments - Assistance with demonstration + implementation of exercise programs - Assistance putting together home exercise programs - Collecting client info regarding body systems (i.e. HRR, BP) - Conversing with clients on the positive implications of a health/fitness routine, psychological impacts + lifestyle modifications -Use of normatec recovery tools - Assist physical therapists in day to day tasks (scheduling, cleaning/organizational tasks)

Please describe a typical day for the intern:

The intern will spend the majority of the time assisting two physical therapists with exercise programs and treatments with clients. The intern will utilize critical thinking skills as well as kinesiology/exercise background to problem solve through patient cases.

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.

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

- 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.
- 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.

Name of APK student that requested the site approval form from you (if applicable)

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

Yes

No

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

Signature of Individual Who Will Be Receiving Internship Applications

✕

clear

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

×

clear



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Approved: 8.22.22

Blain Harrison

Blain Harrison - APK Internship Coordinator