



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

Revolution Sports Performance

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

320 S. Tubb St Oakland, FL 34760

Q10. URL of Website For Organization

revolutions.com

Q7. Name of Individual Who Will Receive Applications From Students

Barrett Stover

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

Info@revolutionsp.com

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

919-423-6643

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

Barrett Stover

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

919-423-6643

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.

Hours of operation during the summer will be 8am-6pm. Hours of operation during the spring and fall will be 1pm-8pm. Each intern would be required to work 6-8 hours per day. Daily hours would depend on number of interns, weeks available to complete hour requirement, and weekly meeting times.

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.)

Any CEU credits completed as part of our internship curriculum would be paid for by Revolution Sports Performance.

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

Uniform shirt is provided. Intern will be expected to wear gym shorts, athletic shoes, and company issued shirt every day.

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

Candidates applying for this position should be able to lift up to 100 pounds unassisted repeatedly throughout the workday. Also, the job requires frequent walking around, standing for long periods of time, demonstrating and assisting with exercise, and rotational movements like throwing and hitting. No previous experience is necessary. We view this as an entry level internship. Experience playing or coaching a rotational sport (baseball, golf, softball, etc) is preferred.

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)

Liability Insurance

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

-Interact with the athletes on a personal level -Assist with evaluation of athletes -Oversee and instruct small group and team training sessions - Demonstrate proper technique for exercises -Correct form during training sessions -Data entry -Assist with cleaning and organization of the facility

Q26. Please describe a typical day for the intern:

The intern would be responsible for showing up 15-30 minutes before the first group to assist in preparing the facility. They would be on the floor coaching athletes for 4-6 hours a day, assisting the execution of the strength and conditioning programs. This would include but would not be limited to demonstrating proper technique, assisting with evaluations, and entering and tracking data to measure results of the programs. At the end of the day, the intern would be responsible for organizing the facility. There would be designated times for meetings in which our staff would provide educational lectures and demonstrations. The intern would also be responsible for presenting on assigned topics throughout the internship.

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](#)?

- Yes  
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



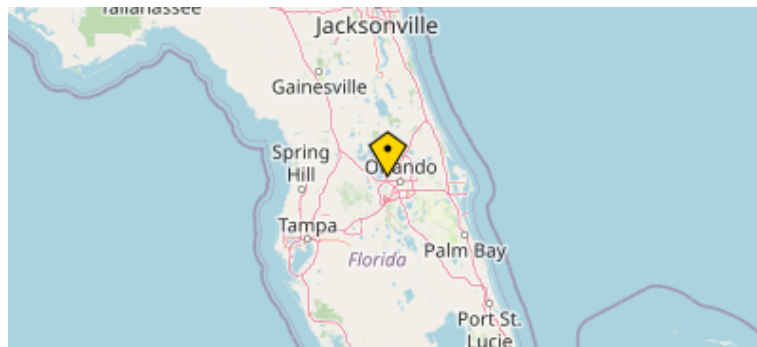
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship



**Location Data**

**Location:** ([28.583602905273](#), [-81.532402038574](#))

**Source:** GeolIP Estimation



Approved: 3.5.21

*Blain Harrison*

Blain Harrison - APK Internship Coordinator