



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

Saint Stephen's Episcopal School/Club Falcon

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

315 41st Street West, Bradenton, Florida 34209

Q10. URL of Website For Organization

<https://www.saintstephens.org/florida-private-school-athletics/club-falcon.php> <https://www.saintstephens.org/florida-private-school-athletics/health-and-human-performance.php>

Q7. Name of Individual Who Will Receive Applications From Students

Heather Hodges

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

hhodges@saintstephens.org

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

941-746-2121 ext. 1607

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

Heather Hodges

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

941-746-2121 ext. 1607

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?

1

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.

6am-10am Clients 2pm-6pm Athletic Teams

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.)

N/A

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

Organizational, Planning, & Communication Skills General basic knowledge of health & human performance

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/First Aid, background check, fingerprinting

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

*Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all varsity FHSAA sanctioned male and female athletic programs in a manner that reflects research-driven practices. *Design and implement strength training and conditioning programs for Club Falcon clients in a manner that reflects research-driven practices. *Work in cooperation with the athletic training staff in the rehabilitation and strengthening of injured student-athletes. *Facilitate a collaborative relationship among sports coaches, sports medicine, and the strength & conditioning staff. *Implement systems for tracking student-athletes and clients' attendance and student-athlete and client progress. *Conduct a needs-analysis for sports teams and clients, as needed. *Determine and reinforce expectations for student-athlete conduct that mirror the school's expectations for curricular and extracurricular activities. *Assist in supervision of the strength & conditioning facility during Club Falcon Drop-in Hours. *Assist in facility maintenance of proper hygienic standards

Q26. Please describe a typical day for the intern:

Early hours are dedicated to semi-private training of Club Falcon clients. Development, design, and implementation of appropriate programs with assistance of certified strength & conditioning coach and coordinator of health & human performance. Intermittent cleaning of facilities as clients come and go. Midday/lunch hours are spent in professional development discussion or reading with certified strength & conditioning coach, certified athletic trainer, and coordinator of health & human performance. This time is also spent on any necessary documentation and record keeping. Afternoon hours are dedicated to SSES student-athletes. Development, design, and implementation of appropriate programs with the assistance of certified strength & conditioning coach and coordinator of health & human performance. Also, included is exercise technique instruction and education, as well as education of both coaches and parents throughout the year. Day concludes with a deeper clean of the facility in preparation for the following day.

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.

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|---|---|
| <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

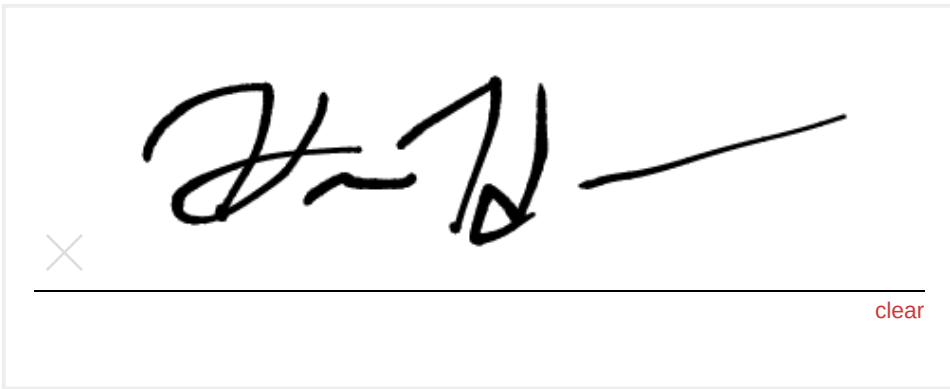
Q32. Have you reviewed the APK Internship [Policies and Procedures Manual](#)?

- Yes
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



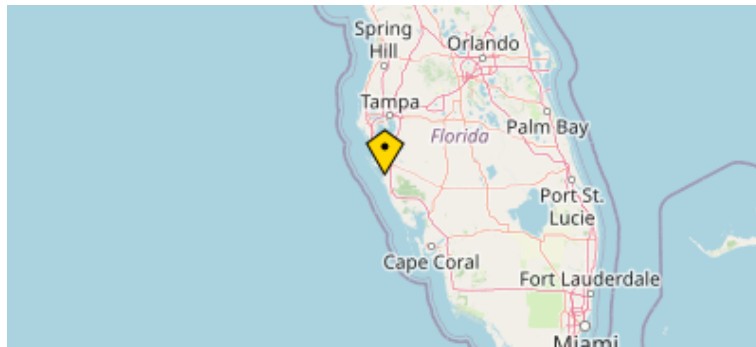
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship



Location Data

Location: ([27.340698242188, -82.517402648926](#))

Source: GeoIP Estimation



Approved: 10.21.21

Blain Harrison

Blain Harrison - APK Internship Coordinator