

## SITE APPROVAL FORM

Location: Indian Harbour Bch, FL 32937 Date: 2/17/18  
City State

Organization: SOUTH BEACH FITNESS

\*Contact Person(s): LESA STONE  
*\*Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 1946 HWY A1A IND. HBR. BCH, FL 32937  
Street/PO Box City State/Zip

Phone: 321-377-9400 Fax: \_\_\_\_\_

Email: LS@sobefitness.com Website: www.sobefitness.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? 1

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:

MTWTF 5am - 10pm  
Sat 7-7 Sun 10-4

Is office space available to interns?  Yes  No  
Comments \_\_\_\_\_

Is a computer/scanner available to interns?  Yes  No  
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.)  
N/A

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):  
N/A

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

Fitness Assessments                      wellness coaching helpful,  
Orientations                                      but not necessary.

Personal Training                      Heart rate training, VO2 max, BMI

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



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

- Greet new members, schedule evaluation + perform
- Fitness assessments, provide ongoing feedback to members regarding progress
- Assist in cleaning facility
- Personal training for healthy populations
- Provide instruction on safe guidelines, suggested norms, etc.
- complete a project related to field

Please describe a typical day for the intern:

- Greet new + existing members at front desk
- Available on-site as needed to assist members with their goals.
- Observe fitness evaluations for new members.
- observe, study and assist in carrying out our policies + practices.
- assists in designing and implementing program activities
- assists in maintenance + operation

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 (These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)
<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"> <li>• Intern can perform body composition calculations.</li> <li>• Intern can identify socioeconomic impacts on health and fitness behaviors.</li> <li>• Intern can calculate target and max heart rates in order to prescribe aerobic exercise.</li> </ul>
<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"> <li>• Intern can identify muscles used in specific exercises and name other exercises that use those muscles.</li> <li>• Intern can name specific structures damaged by pathologies like diabetes.</li> </ul>
<input checked="" 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"> <li>• Intern can explain the baroreflex.</li> <li>• Intern can explain why skeletal muscle cells atrophy when immobilized.</li> <li>• Intern can describe the impact of respiration on blood pH.</li> </ul>
<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"> <li>• Intern can explain how exercise helps depression.</li> <li>• Intern knows where to locate information related to psychological health impacts of various activities.</li> <li>• Intern can identify and properly refer individuals with eating disorders.</li> </ul>
<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"> <li>• Intern can explain why resting HR and BP are reduced following endurance training.</li> <li>• Intern can identify immediate and long-term benefits of resistance training.</li> </ul>
<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.	<ul style="list-style-type: none"> <li>• Intern can select a safe fitness test for a cardiac patient.</li> <li>• Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.</li> </ul>
<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"> <li>• Intern can describe which populations might be prone to ankle sprains.</li> <li>• Intern can identify medications which might lead to an impaired ability to perform aerobic exercise.</li> <li>• Intern can prescribe exercise to suit the goals of clients based on fitness assessments.</li> </ul>
<input checked="" type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	<ul style="list-style-type: none"> <li>• Intern can perform a submaximal VO<sub>2</sub> test and use the collected data to classify the subject's level of fitness.</li> <li>• Intern can perform a laboratory experiment and compare their results to other similar studies.</li> </ul>
<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"> <li>• Intern can explain to a patient the importance of hydration during exercise.</li> <li>• Intern can generate professional emails to ask scientific or medical questions.</li> <li>• Intern can generate an abstract to present research at a scientific or medical conference.</li> </ul>

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: 2/17/18 Date

Site Signature: [Signature] Date: 2/17/18

Department Approval: \_\_\_\_\_ Date: \_\_\_\_\_