

UF UNIVERSITY of FLORIDA

Location: Eagan MN Date: 12/7/17
City State

Organization: Twin Cities Orthopedics

*Contact Person(s): Oluremi Famodu PhD, MS, RDN, CSEP, LD
*Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.

Address: 4010 W 65th St. Edina MN 55435
Street/PO Box City State/Zip

Phone: 612-281-1908 Fax: _____

Email: oluremifamodu@TComn.com Website: TComn.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?

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:

Varies. Depending on teams and schedules. But typical week will be in 8-4pm range or noon to 8pm.

Is office space available to interns? Yes No Can use my office
Comments

Is a computer/scanner available to interns? Yes No _____
Comments

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

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)
Can offer insurance. Potential for meals during work hours

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):
Housing may be required and transportation to facility

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

Working with athletes or individuals about nutrition OR
familiarity w/ sports ^{active} nutrition concepts.

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

HIPPA. Insurance is automatically offered to interns

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

- Operating training tables
- Delivering sports nutrition talks to teams or employees
- Providing one-on-one counseling with active individuals
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Please describe a typical day for the intern:

Due to the variety of teams and individuals TCO works with, the intern's day will vary on a day-to-day basis. For instance, one day the intern will be working at a clinic and another day they will be helping operating the "nutrition bar" in our new high-end performance facility. Additionally, the intern could travel throughout the cities to give talks to teams or at community events.

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"> • 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 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"> • 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 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: 12/7/17 Date

Site Signature:  Date: 12/7/17

Department Approval: Blain Harrison Date: _____

Digitally signed by Blain Harrison
DN: cn=Blain Harrison, ou=Applied Physiology and
Kinesiology, ou, email=blainharrison@ufl.edu, c=US
Date: 2017.12.08 10:22:40 -0500