



SITE APPROVAL FORM

Location: Miami FL Date: 06/12/2018
City State

Organization: University of Miami Miller School of Medicine

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

Address: 1120 NW 14th st, office#1473 Miami FL/33136
Street/PO Box City State/Zip

Phone: 305-243-6912 Fax: 305-243-1619

Email: etiozzo@miami.edu Website:

What semesters is your organization available to accept interns?
[checked] Fall (August-December) [ ] Spring (January-April) [ ] Summer (May-August)

Please check the specializations that best pertain to the internship experience offered:

[checked] Exercise Physiology [ ] Fitness/Wellness

How many interns do you typically accept per semester? 2-4

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:

Mon - Fri 9am-5pm

Is office space available to interns? [checked] Yes [ ] No
Comments

Is a computer/scanner available to interns? [checked] Yes [ ] No
Comments

Does your organization offer paid or non-paid internships? [checked] 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.):

Department covers back-ground check and other items (e.g. parking pass and uniform) are not required.

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

exercise physiology degree and (ideally) previous clinical research experience

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*

proof of immunization is required (proof of MMR, PPD or X-ray for TB within 1 year, Flu shot)

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

Bugher study is a 4-year feasibility clinical trial with stroke patients. Each subject undergoes a 3-month exercise and cognitive training, three times a week. The exercise sessions are 45-60 minutes long and consist of cardio and resistance training. We are in our final year and have recruited close to 150 stroke survivors.

The interns are involved in:

- exercise training on a one-on-one basis
- cognitive training
- conducting pre- and post physical fitness assessments
- patient recruitment
- data entry
- chart review

Please describe a typical day for the intern:

The exercise and cognitive interventions typically run Mon/Wed/Fri from 8am till 1pm. Tue/Thur are typically reserved for the assessments (baseline and 3-month and 6-month follow-ups). The afternoon hours are dedicated for phone calls, data entry, filing and report writing.

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 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 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 VO2 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 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: 06/12/2018 Date

Site Signature: **Eduard Tiozzo** Digitally signed by Eduard Tiozzo Date: 2018.06.12 10:55:04 -04'00' Date: 06/12/2018

Department Approval: \_\_\_\_\_ Date: 6.14.18

**Blain Harrison** Digitally signed by Blain Harrison DN: cn=Blain Harrison, o=Applied Physiology and Kinesiology, ou, email=blainharrison@ufl.edu, c=US Date: 2018.06.21 08:44:27 -04'00'