



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 agency, 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. Note that clicking the link to the Policies

and Procedures manual will take you away from this survey and cause any information input into the survey to be lost.

Q5. Organization Name

Veterans Health Administration

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

San Francisco VA Medical Center 4150 Clement Street San Francisco, CA 94121-1545

Q10. URL of Website For Organization

<https://www.va.gov/san-francisco-health-care/locations/san-francisco-va-medical-center/>

Q7. Name of Individual Who Will Receive Applications From Students

Richard Buehn

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

richard.buehn@va.gov

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

Cell: 352-275-3323 Office: 415-221-2810 ext 24942

Q34.

Will the person receiving internship applications from students be the same person supervising the student and completing the student evaluations during the internship?

Yes

No

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

This question was not displayed to the respondent.

Q12. Email Address of Individual Who Will Supervise Students Directly During Internship and Complete Student Evaluations

This question was not displayed to the respondent.

Q13. Phone number of Individual Who Will Supervise Students Directly During Internship and Complete Student Evaluations

This question was not displayed to the respondent.

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.

Monday thru Friday from 8am to 430pm

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.)

Volunteers get meal vouchers

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

Possibly finger prints or back ground check depending on the level of computer system involvement

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

The desire to work with and help veteran lives after their cardiac event. These veterans are mostly Vietnam War era that were exposed to Agent Orange and have many types of diseases and illnesses not commonly found in the general population. Most of them have depression, anxiety, and PTSD from their war time experiences and are not always the nicest people to talk to. Most of this type of work is patience and understanding to rebuild the veteran back up by encouraging good dietary and physical habits while promoting a better way of living to increase their activities of daily living.

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)

Bachelors level senior in a kinesiology, physiology, or related exercise and sports science field at a minimum. Personal trainer certification or higher. CPR/AED-BLS training is needed. **All other training, orientation, and information required by the VA Volunteer office (dependent on the level of system access sensitive information exposure needed to perform their duties while interning at the VA facility which may include HIPPA or DoD organizational training)**

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

-Veteran cardiac rehab outpatient screening (outpatient consult from surrounding VA clinic in the area that requires the veteran to be called at their number on file and discuss the various cardiac rehab programs at their disposal) -Veteran baseline assessment packet evaluation (Cardiac Self-Efficacy, Duke Activity Status Index, PHQ-9, Rate my plate, Extent of Adherence, and GAD-7) -Veteran inpatient consult screening for cardiac rehab program exclusion criteria -Provide the veterans Cardiac Rehab phase 1 education (power point slide is already constructed depending on the veteran's cardiac procedure) -Veteran 1st appointment interview that identifies functional limitations past the Cardiac-self-Efficacy and Duke Activity Status Index questionnaire (i.e. skeletal muscle injuries, soft tissue ailments, and/or lower back problems, etc) -Call and follow-up with veterans after they are discharged from the hospital for cardiac rehab program interest, patient baseline packet completion, or scheduling of their first session -Identify habits that need to be change in order to increase their health (i.e. lose weight, increase physical activity, quit smoking/drinking, etc) -Provide motivational interviewing in the attempt for the veteran identify and change their behaviors on their own -Encourage supportive behavior for the veteran to make the changes they require (i.e. improve their eating habits by having more vegetables, read nutritional labels to reduce sodium, prepare or cook foods instead of eating premade items, etc) -Use S.M.A.R.T. goals and the F.I.T.T. principle specific to each of the veterans needs -Perform exercise activity with the veteran over video to support their physical training program (the workouts are already premade. the intern would guide the veteran through the exercises and providing instruction on the specifics of each movement) -Modify the exercise or movements for the veteran as needed due to their physical limitations -Use of the Trans-Theoretical Model to assess the veteran's desire for change -Check calendar and use the VVC scheduling system to make patient appointments -Gather home based cardiac rehab books, identify veteran's mailing address, mail out packet to the veteran's home address -Guide veteran through use of the health log, training program book, and guide book to increase their knowledge for making better choices to improve their health -Enroll veterans in a cardiac rehab program that they desire and discuss the pros and cons of each (home based cardiac rehab or facility based cardiac rehab) -Conduct and evaluate the veteran on the 6 minute walk test -Conduct and evaluate the veteran on the 30 second sit-to-stand test -Mail out follow-up letters to the veterans for contact attempts and scheduling proposes when not able to reach them after their missed appointment or hospital discharge -Maintain record accountability and HIPPA regulated information

Q26. Please describe a typical day for the intern:

0800-Check in and log into CPRS to check consult status (inpatient and outpatient) 0815-If there is a consult bring up the veteran's records and see their procedure as well as their health history (inpatient consults need to have prepare program flyers and a short term needs hand out. find the room they are in and assess level of alertness)(outpatient consults need to be called and followed-up with by the end of the day. annotate on their file what number was called and the day/time stamp when the attempt was made) 0830-0900-Identify which veterans have an appointment today and which session they are in (on Outlook calendar or VVC management system) 0900-1000-Veteran appointment Home Based Cardiac rehab 1000-1100-Veteran appointment Home Based Cardiac rehab 1100-1130-Lunch 1130-1300-Bring up follow-up discharge list and call each veteran to assess their interest in the home based cardiac rehab program.(if a veteran is identified with interest in the home based cardiac rehab program then confirm their email, send out the patient baseline packet to their email address)(if the veteran completed their patient baseline packet and the call is to schedule their 1st appointment then confirm their mailing address and send out the program books. schedule them in the VVC system and confirm it on the Outlook Calendar)(if we can't get a hold of the veteran and it is the 2nd time we called and emailed then print out a letter with their listed address and mail out to the veteran. change their status then move on to the next veteran on the list) 1300-1400-Veteran appointment Home Based Cardiac rehab 1400-1500-Veteran appointment Home Based Cardiac rehab 1500-1600-Veteran appointment Home Based Cardiac rehab 1600-1630-Update the database with the veterans who came to their scheduled appointments

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](#)? Note that clicking the link will take you away from this survey and any information input into the survey will be lost if you navigate back. We recommend holding the ctrl button on your keyboard when clicking the link to open it in a new browser tab.

- Yes
- No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



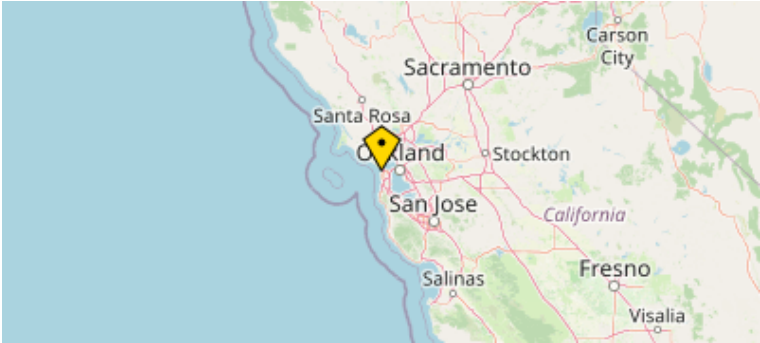
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

This question was not displayed to the respondent.

Location Data

Location: [\(37.7833, -122.4952\)](#)

Source: GeolIP Estimation



A map of California showing major cities and geographical features. A yellow diamond-shaped pin is placed on the San Francisco Bay Area, specifically near the city of Oakland. Other cities labeled on the map include Santa Rosa, Sacramento, Carson City, Stockton, San Jose, Salinas, Fresno, and Visalia. The map shows the coastline of California and the surrounding landmass.