

# UF UNIVERSITY of FLORIDA

Location: Tampa FL Date: 1/7/15  
City State

Organization: Vitality Fitness

\*Contact Person(s): Bryan Tobias, MS, CSCS / Undergrad @ USF Exercise Science  
*\*Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 1706 S. Dale Mabry Tampa FL / 33629  
Street/PO Box City State/Zip

Phone: 813-390-3809 Fax: \_\_\_\_\_

Email: bryan@pibatesbodies.com Website: www.vitality-fitness.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 or 2

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 - Sat - 7pm  
Tue - Sat - 7pm  
Wed - Sat - 7pm

Thu - Sat - 7pm  
Fri - Sat - 5pm

Sat. 9-12 (optional)  
Sun - closed

Is office space available to interns?  Yes  No Trainers have a break room  
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.)

Free Training / Experience with all types of clients

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

None!



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

None

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 health insurance and liability insurance.

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

- Monitor all trainees and help with program design for clients
  - Demonstrate correct exercise movements for specific muscles.
  - Help perform body fat composition for clients
  - Come up with a project for all our clients to promote healthy lifestyle changes.
  - Help keep the weight room safe and clean throughout the day.
  - Design and program for a client and prescribe appropriate exercises throughout a 12 week period, with the help of a trainer.
  - Read "How to Win Friends and Influence People" - Personal growth is crucial in this field
- Please describe a typical day for the intern:

Arrive at 5:30 or 6 am dressed in workout attire. Meet with the trainees that are working that day to go over workouts and exercises. Help with clients with their form and shadow trainers. At noon we workout together and go over goals for us all. From 12-2 we workout and eat lunch while preparing for the rest of the day. Most days will be 6am-4pm on Mon, Wed, & Fridays. Tue & Thur are optional if needing more time. These day interns start at 12 and work until 5. Interns help straighten up weight room before they leave each day. Clients range from stay at home moms to professional athletes. Our interns will learn how to handle all types of clients and intensity levels.



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)	<i>Applied Examples (These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)</i>
<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 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 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: \_\_\_\_\_ 1/7/15 Date

Site Signature:  Date: 1/7/15

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