



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 and graduate students complete a 5-credit internship experience during their final semester. The experience requires a minimum of 520 clock hours for undergraduates and 600 clock hours for graduate students, or 35-40 hours a week for 15 weeks, for the Fall and Spring semesters or 40-45 hours a week for 13 weeks, for the Summer semester. 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 within their specialization. The specializations within the department are:

Exercise Physiology (Undergraduate): Prepares students interested in pursuing a career in one of the health professions or graduate study in exercise science. The curriculum provides a strong basic science background and requires additional course work in the biological aspects of exercise. For intern hours in this specialization, students are expected to complete hours in a biomedical research setting related to exercise and/or sport.

Fitness/Wellness (Undergraduate): prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agencies. The curriculum emphasizes practical aspects of fitness and wellness.

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 will 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.

Q5. Organization Name

XPE Sports

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

1580 NW 1st Ct, Boca Raton, FL 33432

Q7. Name of Individual Who Will Receive Applications From Students

Andrew Spruill

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

Andrew@xpesports.com

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

561-613-3487

Q10. URL of Website For Organization

<http://www.xpesports.com/>

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

Andrew Spruill

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

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

561-613-3487

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?

2

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 - Thursday 8 am - 12 pm and 3 pm - 7 pm Friday - Saturday - 8 am - 12 pm

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.)

n/a

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

n/a

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

Interest in Fitness and Training Degree path in exercise science or similar area

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)

Pre-Internship Interview required CPR/First Aid, HIPPA training preferred

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

- Show willingness to learn and establish a relationship with XPE Sports Training Staff - Assist XPE Trainers in executing training sessions for groups that include: General population Youth and High School Athletes College athletes Professional Athletes Team Training - Learning and executing warm ups and cool down procedures - Weight room lifting techniques - Foam Rolling and other prehab techniques - Set up and use specialty equipment at XPE (i.e. SHREDmill) - Learn potential client evals - Check In clients using MINDBODY App - Program implementation to post workout nutrition shakes

Q26. Please describe a typical day for the intern:

A typical day for our interns at XPE will look like: Monday - Thursday 7:30 am - Set up for NFL Athlete training sessions 8 am - 10 am - Assist in warming up and executing speed/agility workout with NFL clients 10 am - 11 am - Assist with warm up and training for Adult Fitness clientele 11 am - 12 am - Assist in warm up and speed/agility/strength workout for HS and college athletes 12 pm - 12:30 pm - Breakdown and clean up facility Monday - Saturday 3 pm - 4 pm - Assist in executing strength/weight room workout with NFL athletes 4 pm - 6 pm - Assist in strength/speed/agility workout with HS and college athletes 6 pm - 7 pm - Work with Youth Development (age 7-11) program or Adult Fitness 7 pm - 7:30 pm - Breakdown and clean up facility

Q28. Interns must be evaluated on at least 6 of the following 9 Student Learning Outcomes (SLO's). Please check each SLO that applies to the duties/responsibilities provided to interns at your organization.

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|--|---|
| <input checked="" type="checkbox"/> Integrate principles and methods of math, social sciences, and 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 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 type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems). | <input 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](#)?

- Yes
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications

✕ AR Spill clear

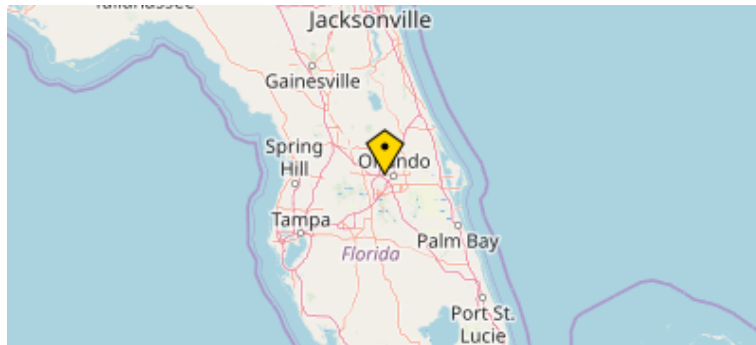
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

✕ AR Spill clear

Location Data

Location: ([28.529998779297](#), [-81.480697631836](#))

Source: GeolIP Estimation



Approved: 01.07.2020

Blain Harrison

Blain Harrison - APK Internship Coordinator