

## SITE APPROVAL FORM

Location: Cornelius NC Date: 9/5/16  
City State

Organization: Champions Sports Performance

\*Contact Person(s): Greg O'Connor  
*\*Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 18831 Statesville Rd. Cornelius NC 28031  
Street/PO Box City State/Zip

Phone: 704-439-1111 Fax: \_\_\_\_\_

Email: greg@championssportsperformance.com Website: www.championssportsperformance.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:

Is office space available to interns?  Yes  No with other coaches  
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.)  
Benefits: Being part of one of the largest sports performance training centers in the country and running the top youth athletic training System in the country, the Parisi Speed School System.

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

N/A

List required skills or previous experience necessary for interning with your organization:  
Fundamentals of movement are essential. Basic knowledge of training and solid athletic ability are necessary.

Attitude...Hustle...Act Like an Owner

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*  
NA

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

- Honor the Champions Brand and "Act Like an Owner " at all times
- Facility Management
- Learn business software
- Execute marketing initiatives of Champions, such as compiling coaches lists and customer prospect data.
- Work front desk, executing daily task list, compile and deliver any customer interactions to senior staff.
- Learn fundamentals of Parisi and TFW Systems
- Learn ADWs of both programs
- Eventually lead classes
- Market programs to local contacts and former classmates
- Program design for selected clients on both youth and adult sides of the business.

Please describe a typical day for the intern:

Summers are long days and the hours go fast. We split the day into morning and afternoon sessions. A typical morning would be some front desk, warming up classes, taking pics for social media platforms, and maintaining facility. Midday we have camps in certain weeks, or staff training or meetings. Afternoons are similar pattern but typically only 3 to 6. Business development hours are typically in the morning but can be executed at any time. We also do quite a bit of event marketing. For example we attend and run no less than 10 Field Days at local schools. So its all day!

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)	<b>Applied Examples</b> <i>(These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)</i>
<input 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 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"> <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 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"> <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 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"> <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: Yes Sept 2016  
Date

Site Signature:  Date: 9/5/16

Blair Johnson

Date: 10/4/16