



Location: Palm Harbor Florida Date: 8/1/14  
City State

Organization: North Pinellas YMCA

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

Address: 4550 Village Center Dr Palm Harbor FL, 34685  
Street/PO Box City State/Zip

Phone: 727-772-9622 Fax: 727-785-1806

Email: slong@suncoastymca.org Website: www.ymcasuncoast.org

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

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:

40 hours per week. Ideally, we would like o stagger schedule so intern is exposed to the many different types of members. Intern would likely work 2 early days, 2 late days, and one traditional day (each 8 consecutive hours with a 1 hour lunch break).

Is office space available to interns?  Yes  No \_\_\_\_\_  
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.)  
Complimentary membership during the time of internship, complimentary YMCA health & wellness trainings

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

N/A - YMCA will cover the expense of uniform shirts and background check



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

Basic knowledge of exercise, exercise testing, fitness assessments, fitness equipment. We are looking for someone with great interpersonal & communication skills who can build relationships with our members.

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 insurance, fill out YMCA volunteer paperwork and pass background check, Intern will be required to attend Suncoast YMCA staff orientation. Intern will also be given branch and department orientation by the Wellness Director.

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

- Received comprehensive understanding of the daily operations of the YMCA as a whole, with an opportunity to spend a day in each department outside of wellness (Membership, Aquatics, Sports, Youth & Teens).
- Work with and report to Wellness Director, getting the opportunity to assist in the management of a wellness department.
- Oriented to fitness equipment and trained how to use each piece.
- Trained to perform Equipment Orientations for new members and set them up on a basic workout plan.
- Trained to perform Fitness Assessments on members and have the opportunity to follow up on their progress.
- Opportunity to shadow personal trainers and learn about the personal training profession.
- Opportunity to shadow group exercise classes.
- Develop, market, implement and track one incentive game for members in the wellness center to keep them motivated.
- Build relationships with members and assist them in their wellness needs.
- Assist in the planning and implementation of our Annual Family 5K run/1mile walk.
- Opportunity to get certified in YMCA Principles of Health & Fitness and YMCA Strength & Conditioning. Upon completion, intern may choose to personal train YMCA staff to gain experience in the profession.

Please describe a typical day for the intern:

Each day will vary depending on what is going on in the Y. There will be a combination of the duties described above each day, offering hands on experience shadowing, working with the wellness director to learn equipment, working with members, and some office time to work on project. We have received great feedback from past interns about their experience. Our current wellness coordinator did her internship here several years ago. If you are interested in speaking to someone about their internship experience, I would be happy to connect you.



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 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 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 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: 7/31/14 \_\_\_\_\_ Date

Site Signature:  \_\_\_\_\_ Date: 8/1/14

Department Approval: dlrhodes@ufl.edu \_\_\_\_\_ Date: 8/1/14

Digitally signed by dlrhodes@ufl.edu  
DN: cn=dlrhodes@ufl.edu  
Date: 2014.08.01 15:14:01 -04'00'