



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.

Q5. Organization Name

UF Health Sports Performance Center

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

3450 Hull Road, UF Health Orthopaedics and Sports Medicine Institute

Q10. URL of Website For Organization

<https://pmr.med.ufl.edu/patient-care/patients-we-treat/sports-performance/>

Q7. Name of Individual Who Will Receive Applications From Students

Terra Smith

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

tk.smith@ufl.edu

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

(352) 273-7356

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

Dr. Heather Vincent

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

hkvincent@ufl.edu

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

352-273-7459

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?

1-2

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.

Typically the working hours are from 8-4 or 8:30-4:40 Monday through Friday, but every once in a while we have opportunities for interns to work at different times after normal hours or on a Saturday if there is a lot of data collection going on for a team or offsite if interested.

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.)

Participation in scientific research and opportunity to be a part of a publication.

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

Parking pass is very helpful if driving to campus; own Gator ID badge needed for access to facility

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

Good communication skills, organization, creativity, punctuality, independence and motivation, ability to use Microsoft Office programs (Excel, PowerPoint, Word), literature searching on PubMed

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)

CPR certification HIPAA research training Background check Computer training modules

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

Metabolic Cart and Fitness Test assessments; lactate sampling; calibrate and perform resting and exercise tests; Interpret findings; Take blood pressures on patients while walking and jogging; observe EKG readings and monitoring Motion Analysis exposure: Calibrate motion capture system and functional anatomy; Learn to operate software; Learn how to process data capture and use high speed film camera; Develop basic understanding of motions (running, volleyball, throwing, jumping, • Gait assessments: Perform tests and store data; Interpret gait mat findings • BODPOD assessments; calibrate and perform tests; Interpret findings for patients and clients • • Force Plated Treadmill; Create new patient files, save data files and operate; Interpret force patterns and norm values –what should ground reaction forces look like and what impacts them? • EMG testing: Skin preparation and set up of computer (patient file and management) • Reading scientific literature • 1 Repetition Maximum testing on Medx strength training machines • Data entry and some basic statistics

Q26. Please describe a typical day for the intern:

In the UF Health Sports Performance Center, each day and week are different. Interns may help perform gait tests, perform metabolic tests and enter data one day, and may participate in two running gait analyses with patients or clients the next. Other days may involve a lactate threshold test in a competitive cyclist and motion analysis of a pediatric patient in the afternoon. Interns will be exposed to people of all ages and interests and this provides variety in the experience each year. We expect that during quiet times, interns will be engaged in reading scientific literature, processing data for sport related tests and projects or working their own small publication.

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 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 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 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

× SIGN HERE

clear

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

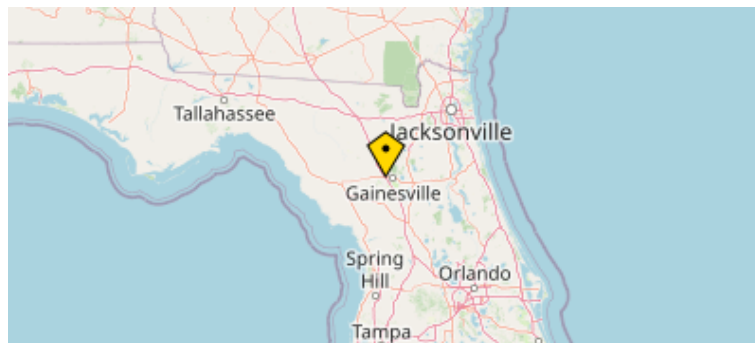
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clear

Location Data

Location: [\(29.647506713867, -82.403999328613\)](#)

Source: GeoIP Estimation



Approved: 3.30.22

Blain Harrison

Blain Harrison - APK Internship Coordinator