

# UF | UNIVERSITY of FLORIDA

## SITE APPROVAL FORM

Location: Dayville CT Date: 02/28/2017  
City State

Organization: Westview Health Care Center

\*Contact Person(s): Dr. Alex Williams, DPT, MSPT  
*\*Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 150 Ware Road Dayville CT 06241  
Street/PO Box City State/Zip

Phone: 860-774-8574 / 860 412 7660 ext 2. Fax: 860-779-5425

Email: Williamsalexis@hotmail.com Website: www.westviewhcc.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? 2/3

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:

8:00 am - 4:00 pm or 9:00 am - 5:00 pm

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.)

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

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

Strong Science background; Anatomy, Physics, Physiology, Biology, Mathematics. Understanding of Physical Therapy, Athletic Training, Exercise Physiology.

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

Immunization records on file with facility, Letter of intent from intern with their goals of participating in internship

Demonstrate CPR & First Aid Certification during internship

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

- a) Assist with daily equipment inspection; Temperature logs etc
- b) Assist with cleaning of equipment after patient use
- c) My observe and assist under direct supervision of trainer and/or therapist within guidelines of scope of practice
- d) Help schedule patients and clerical duties for daily patient maintenance
- e) Participate in school based activities with direct supervision of trainer and/or therapist within guidelines of scope of practice

Please describe a typical day for the intern:

- Come in before patients/clients arrive.
- Check temperature of pool, hydrocollator & other equipment preparation with documentation in log book.
- work with patients/clients until 1130am.
- Site visits to schools 1130am - 230pm.
- work with patients/clients until schedule completed,
- Regular cleaning & maintenance of facility throughout day.

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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)	Applied Examples (These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs).
<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 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 checked="" 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: 3/2/17 Date

Site Signature:  Date: 3/2/17

Department Approval: Blain Harrison Date: \_\_\_\_\_