



Location: Houston TX Date: 02/14/2017  
City State

Organization: Athlete Training + Health (CES Performance, LLC)

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

Address: 12211 Kirby Drive (Houston Sports Park) Houston TX / 77045  
Street/PO Box City State/Zip

Phone: 469-208-6921 Fax: \_\_\_\_\_

Email: ekluff@athleteth.com Website: www.athleteth.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? 4-6

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:

Regular Business Hours - Monday - Thursday - 8a - 8:30p / Friday - 8a - 6:30p / Saturday - 8a - 12p / Sunday (Seasonal ~ 1-2x's quarterly events)

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.)  
Select housing and furnishing is available

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):  
Background Check, Drug Screen requirement, athletic gear required (some athletic articles are provided upon arrival)



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

BS in exercise science, kinesiology / biomechanics or health related field. Possess good communication and customer service skills. Ability to work independently to achieve results. Ability to lift, move, push and pull equipment excess of 50lb  
Frequent walking, demonstrating and assisting with exercises, bending, stretching, lifting, pushing, pulling and squatting

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*

Company carries professional liability insurance on all staff regardless of status

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

- Instruct, instill and motivate athletes/clientele in a safe, legal, moral manner.
- Assist with and be-hands on with daily training components: Prehab, RAMP, speed, strength, flexibility and conditioning
- Update digital programming records, reports and monitoring aids to assist performance staff
- Facility setup and closing procedures: including indoor turf, outdoor turf, weightroom, supplementation, laundry and other facility maintenance
- Follow company policies and procedures at all times (HR manual provided upon arrival and orientation).

Please describe a typical day for the intern:

- Typical intern staff shifts range from 6-9 hrs daily with 1 hr personal break (lunch / exercise) (30-40 hrs weekly)
- 60 % (24 hrs) of time is devoted to "on-the-floor" training with performance staff during company billable hours
- 20 % (8 hrs) of time is devoted to programming education and planning periods
- 20 % (8 hrs) of time is devoted to ATH education curriculum and client services.

Coach Education Part 1 - Performed as a co-requisite to the Internship. Curriculum will provide the interns with the skills necessary to be interactive and supporting in specified training areas: Exercise Science, Methodology, Training Systems, Exercise Progressions, Warm-Up/RAMP & Cool-down techniques.

Coach Education Part 2 - A series of nine courses and practicum requirements that provides an overview of strength adaptation principles, performance testing, acute program design, power training, SAQ training, and energy systems development. An equivalent could be a single University credit (approximately 56 hours lecture + lab) related to Principles of Strength and Conditioning.

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 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 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: Eric Kluff / 02.14.17

Site Signature: **Eric Kluff** Digitally signed by Eric Kluff  
DN: cn=Eric Kluff, o=ou,  
email=ekluff@athleth.com, c=US  
Date: 2017.02.14.11.14.23.-06'00' Date: \_\_\_\_\_

Department Approval: **Blain Harrison** Digitally signed by Blain Harrison  
DN: cn=Blain Harrison, o=Applied Physiology and  
Kinesiology, ou, email=blainharrison@ufl.edu, c=US  
Date: 2017.02.14.13.59.03.-05'00' Date: \_\_\_\_\_