



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 agencies, 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

Athletic Republic St. Louis

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

Athletic Republic St. Louis NutriFormance 10407 Clayton Road St. Louis, MO 63131

Q10. URL of Website For Organization

www.athleticrepublicstl.com www.nutriformance.com

Q7. Name of Individual Who Will Receive Applications From Students

Charlie McDoniel

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

charliem@athleticrepublicstl.com

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

314.432.6103 (Training Facility/Office)

Q11. Name of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations

Charlie McDoniel

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

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

314.432.6103

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?

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.

Hours can vary based on school schedule, etc. There is flexibility in the hours as we train seven days per week. The majority of the hours will be from 2pm-9pm throughout the week and 9am-2pm Saturday and Sunday. There are also some morning hours if available during the week.

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.)

We offer non-paid and paid internships. I was not able to note that above. Most of our paid interns earn \$15--\$25/hour depending on what they are assigned. The majority of our interns are non-paid, but we do pay some of our graduate school interns.

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

Black Shorts (Nike, Adidas, Under Armour, New Balance, etc) or Black Pants for uniform. We provide 2 shirts

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

Working toward an undergraduate or graduate kinesiology/exercise science degree (performance or training) or sports management (business). Plus if a current or former collegiate student-athlete. Performance coaching or training experience a plus but not necessary. Sport coaching a plus but not necessary.

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/First Aid Background Check

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

Here are a couple: 1.) Lead dynamic warm-up for all Athletic Republic small group sessions when here. It is important that you can teach and demonstrate each particular exercise for the student-athletes. Professionalism and confidence in what you are instructing is a must. 2.) Lead cool down stretch after each Athletic Republic small group session. We need to make sure we are getting in an adequate 5-10 minute stretch with the student-athletes. Interacting with the kids during this time is great, as long as the topic of conversation is appropriate. 3.) Lead and conduct the Plyo Press instruction and training. This can be a huge help for the Athletic Republic coach who is coaching the Speed session. It is imperative you have the talking points and guide the athletes with the proper weight. I would also like you to master the Hip Flexion equipment so we can utilize this equipment more in the training program. 4.) Strength programs/routines for specific student-athletes referred by Charlie. We will oversee the programming while you will implement the program. 5.) Shadow Speed & Agility small group sessions. There will be a time in which I will have you run a Agility session and I want you to be comfortable and understand how we do things as you represent Athletic Republic. 6.) Work with various sports teams and help implementing work in Speed, Agility, and Strength. 7.) Help straighten/clean the facility at the end of the night with the other AR performance coaches.

Q26. Please describe a typical day for the intern:

This can range from helping train teams and student-athletes or working with student-athletes and clients individually. Help plan and implement specific programming. We might also utilize the intern on the business side with some marketing by attending sporting events or other meetings or marketing opportunities. Depends on the time of year and how many hours the intern can work.

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.

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|---|---|
| <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 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. |
| <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 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. |
| <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

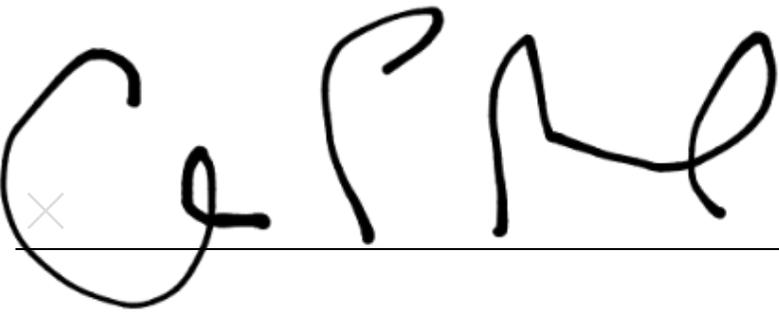
Q32. Have you reviewed the APK Internship [Policies and Procedures Manual](#)?

- Yes
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications

✕  clear

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

✕  clear

Location Data

Location: ([38.575897216797](#), [-90.516700744629](#))

Source: GeoIP Estimation



Approved: 12.29.21

Blain Harrison

Blain Harrison - APK Internship Coordinator