



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. Note that clicking the link to the Policies

and Procedures manual will take you away from this survey and cause any information input into the survey to be lost.

Q5. Organization Name

D1 Training Lakewood Ranch

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

3025 Lakewood Ranch Blvd #102, Lakewood Ranch, FL 34211

Q10. URL of Website For Organization

https://www.d1training.com/lakewood-ranch/?gclid=CjwKCAjwsfuYBhAZEiwA5a6CDOXSLkYVQtjMR6FCib8WZ95yt0f8p0XMpPZnNaZ5nYLlezPbO_C4txoCyQEQAvD_BwE

Q7. Name of Individual Who Will Receive Applications From Students

Dakota Gier (Undergraduate): Dulce Scott (Graduate)

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

dakota.gier@d1training.com dulcescott@d1training.com

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

9415655464 : 9412268623

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

This question was not displayed to the respondent.

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

This question was not displayed to the respondent.

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

This question was not displayed to the respondent.

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?

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Q35. APK Undergraduate students are permitted to complete a single 12-credit (520 hour minimum) internship in a single semester or two, 6-credit (260 hour minimum) internships over two semesters. Are you willing and able to provide a part-time internship experience (~20 hours per week), full-time (~40 hours per week), or either to our undergraduate students depending on the student's internship plans?

- Part-Time Internship (~20 hours per week)
- Full-Time Internship (~40 hours per week)
- Either Part-Time or Full-Time depending on the student's internship plan

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.

Normal working hours vary from 15-40 per week, depending on the credit and hour requirements of the student. These hours may be distributed across anywhere from 3 hour shifts to 8-9 hour full days, depending on multitude of factors. Our facility is open from 5AM until 8:30PM M-F and 8-11:30AM Saturday. Saturday evenings and Sundays are closed besides for special events. Should an intern wish to focus on adult 1-on-1 and class training, their hours will be centered around mornings. If the focus on future career paths centers on athletics, then hours may range greatly from mornings to late evenings, with a high focus on evening hours during Fall and Spring semesters. Students will spend this time on coaching, tasks, assignments, classes, operations, shadowing, meetings and more.

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.)

Free use of of recovery lounge. Discounts on all products, apparel, and supplements. Full use of facility during off-hours. Initial uniform, Fox 40 stopwatch, and whistle provided free of charge. CEU opportunities for certain certifications. Future employment and networking opportunities with D1.

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

Athletic shoes, shorts/pants will be required to purchase if not owned beforehand

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

While not required, it is strongly encouraged that the intern possesses: A background in athletics. Previous personal training/Health and Wellness industry experience.

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)

While not required, it is highly encouraged that a prospective intern possess: CPR/First Aid through the AHA or the American Red Cross P.T. certification from a nationally-accredited association

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

• Shadowing of coaches • Assistance with class and team training • Facility upkeep • Handling of sensitive documents • Note-taking • Facility operations • Mock and actual program design • Coaching • Weekly journals • Communication skits • Assessment skits • Event support • Mock event design • Weekly team and 1-on-1 meetings • Weekly lecture attendance • Miscellaneous assignments

Q26. Please describe a typical day for the intern:

To start, the intern will enter the facility and check with the front desk for any miscellaneous updates, and to greet any members/staff in the front of the facility. If shadowing and assisting in coaching, they will then communicate with the coach on the floor, setup where needed, and assist in supervising/spotting when progressed far enough within the program. When assisting with operations, the intern will handle tasks assigned by the leadership staff either at the front or throughout the facility such as with data input and recording. The intern will also use time in between shadowing, coaching, and operation to handle weekly assignments and study lecture material. If it is a lecture day, the intern will attend a 1-2 hour educational lecture which may include guest speakers at times. The material covered is outlined in the syllabus. They will also attend any staff meetings planned for the day. This is the typical schedule and is made to ensure the intern gets a comprehensive experience in the private fitness industry working in and among a group of professional coaches of varied backgrounds and specialties. The goal of the program is to have interns leave confident and able to run both 1-on-1 and group classes coaching any demographic, from elite high school/collegiate athletes to older general population adults, to even preadolescent kids, thriving in the private sector of elite fitness.

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.

Integrate principles and methods of math, social sciences, and/or arts and humanities to applied physiology and kinesiology, health, wellness, and/or fitness environments.

Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.

Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).

Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.

Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.

Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.

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.

Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.

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.

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](#)? Note that clicking the link will take you away from this survey and any information input into the survey will be lost if you navigate back. We recommend holding the ctrl button on your keyboard when clicking the link to open it in a new browser tab.

- Yes
- No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



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

This question was not displayed to the respondent.

Location Data

Location: [\(27.4978, -82.4088\)](#)

Source: GeolIP Estimation



A map of the state of Florida is shown, with major cities labeled: Orlando, Kissimmee, Tampa, Palm Bay, Port Saint Lucie, Cape Coral, and Fort Lauderdale. A yellow diamond marker is placed on the map, indicating a location near Tampa.

Approved: 4.30.24

Blain Harrison

Blain Harrison - APK Internship Coordinator