



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

Exos

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

2629 E. Rose Garden Lane, Phoenix, AZ 85050 6155 Sports Village Road, Suite 400, Frisco, TX 75034 1020 Gulf Breeze Parkway, Gulf Breeze, FL 32561 7211 Preston Road, Children's Health Speciality Center 2, Plano, TX 75024 750 Casino Center Drive, Suite 300, Maryland Heights, MO 63043 1635 Caregiver Circle, Rapid City, SD 57702

Q10. URL of Website For Organization

<https://www.teamexos.com/>

Q7. Name of Individual Who Will Receive Applications From Students

Caroline Harris

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

caroline.harris@teamexos.com internships@teamexos.com

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

864-381-2070

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

Drew Heithoff Dwain Bradshaw Brent Hardy Jacob Rivera Dave Ananayo Kyle Taylor

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

ktaylor@teamexos.com dave.ananayo@teamexos.com jrivera@teamexos.com brenton.hardy@teamexos.com dwain.bradshaw@teamexos.com
drew.heithoff@teamexos.com

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

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?

15-20

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.

Monday-Friday

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.)

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

We supply our interns with tops for them to wear throughout the internship. However, we do not supply bottoms but give them guidelines on what they can wear.

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

Enrolled in a bachelor's or master's program specializing in sport science, kinesiology, exercise physiology, exercise science, etc. Must be in a program accepting course credit in exchange for an internship experience, as this is an unpaid internship Have current CPR/AED and First Aid certifications (Students who are not currently certified may seek certification during the application process) Passionate about working with the active/athletic population Eligible for work in the USA

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 (we do this) Drug Test (certain locations)

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

Learn from best in class human performance professionals on how to develop and refine your coaching skills. Shadow, observe and participate in the programming and services we offer our athlete clientele ranging from youth to adult, collegiate, elite, and professional. Develop an in-depth understanding of the Exos Methodology through Weekly educational sessions by lectures, presentations & practicums. Practical training on how to develop linear and multi-directional movement skills, applications and program designs. Self-paced learning modules. Have the opportunity to earn our Exos Performance Specialist Certification (XPS) Have the opportunity to receive additional exposure to sports specific training methods, performance nutrition, physical therapy and the utilization of sport science for client evaluations Engage with the NFL Combine preparation program in select locations (spring semester only).

Q26. Please describe a typical day for the intern:

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 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](#)? 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

× Caroline Harris clear

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

× 6 different N/A - supervisors clear

Location Data

Location: [\(35.2316, -80.8428\)](#)

Source: GeolP Estimation



The map displays a portion of North Carolina with major cities labeled: Knoxville, Asheville, Greensboro, Raleigh, Greenville, Charlotte, Columbia, Florence, and Wilmington. A yellow location pin is placed in the area between Greensboro and Charlotte, corresponding to the coordinates (35.2316, -80.8428).