



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 and graduate students complete a 5-credit internship experience during their final semester. The experience requires a minimum of 520 clock hours for undergraduates and 600 clock hours for graduate students, or 35-40 hours a week for 15 weeks, for the Fall and Spring semesters or 40-45 hours a week for 13 weeks, for the Summer semester. 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 within their specialization. The specializations within the department are:

Exercise Physiology (Undergraduate): Prepares students interested in pursuing a career in one of the health professions or graduate study in exercise science. The curriculum provides a strong basic science background and requires additional course work in the biological aspects of exercise. For intern hours in this specialization, students are expected to complete hours in a biomedical research setting related to exercise and/or sport.

Fitness/Wellness (Undergraduate): prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agencies. The curriculum emphasizes practical aspects of fitness and wellness.

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 will 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

Hotworx

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

3265 SW 34th St. Gainesville FL 32608

Q7. Name of Individual Who Will Receive Applications From Students

Stephanie Franz

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

manager.hwx.gainesville.uf@gmail.com

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

352-505-6211

Q10. URL of Website For Organization

<https://hotworx.net/>

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

Stephanie Franz

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

352-505-6211

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?

1-2

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.

Our staffed hours are Monday - Thursday: 11 am - 8 pm, Friday: 9 am - 6 pm, Saturday: 11 am - 4 pm. The intern would have flexibility to be able to work anytime during these hours depending on what works best with their school schedule.

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.)

Benefits will include a free 24 hour membership to our Infrared Fitness Studio, unlimited sessions and equipment rentals.

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

None

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

Experience in wellness and/or fitness environments, knowledge of human anatomy and it's relation to physical activity, background in how to live a healthy lifestyle, education in fitness safety, can effectively engage with clients is preferred.

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 and Personal Training Certification is preferred

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

- Perform body composition calculations on clients.
- Assess clients and prescribe exercise to suit their goals based on fitness assessments.
- Individual counseling in nutrition, exercise, and weight management.
- Plan and coordinate specific strength/endurance training for clients.
- Promote the benefits of exercise, consistency, and infrared heat as well as the perspectives used to enhance adherence to healthier lifestyles.

Q26. Please describe a typical day for the intern:

A typical day for the intern would be engaging with clients by assessing the health and fitness of individuals and prescribing specific physical activity based on those assessments. The intern would be required to collect and interpret data on the clients in an applied physiology and kinesiology context. They will also be required to create exposure to the organization's operating structure by maintaining retention with all clients. We also prefer the intern to have background in marketing activities related to health and fitness, such as designing fitness plans that demonstrate specific exercises and their impacts on health and fitness behaviors.

Q28. Interns must be evaluated on at least 6 of the following 9 Student Learning Outcomes (SLO's). 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 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

Philip L. Jones

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

Philip L. Jones

Location Data

Location: [\(29.647506713867, -82.403999328613\)](#)

Source: GeolIP Estimation



Approved: 11.15.19

Blain Harrison

Blain Harrison, APK Internship Coordinator