



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

Lenoir-Rhyne University

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

625 7th Avenue Drive NE Hickory, NC 28601

Q10. URL of Website For Organization

<https://www.lr.edu/>

Q7. Name of Individual Who Will Receive Applications From Students

Trent Caldwell

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

trent.caldwell@lr.edu

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

864-906-6979

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?

4

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.

Throughout the fall and spring semesters, working hours are typically 5:00 am - 6:00 pm. There is time mid-day to take care of personal needs. During the summer semester, May is completely off. June and July working hours are typically 6:00 am - 5:00 pm.

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.)

Housing

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

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

Availability, positive attitude, and willingness to work hard.

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)

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

1. BE ON TIME- Arrive at the time discussed or no later than 45 minutes before the first lift group. When you're late, you lose credibility with the athletes and the Strength Staff will view you as not dependable. Arrive with energy and enthusiasm, especially early in the morning. If you are going to be late, call and let us know. 2. DRESS THE PART- Dress like a coach, not a student. You should be distinguishable from the athletes. Do NOT look unprofessional! a. Wear LR athletic gear if you have it (NO OTHER SCHOOLS OR TEAMS) b. Limited jewelry (nothing excessive) c. No cut off shirts or cut off sweat pants d. Shoes should be athletic shoes e. Black, white, or grey socks only 3. PHONES- Do not bring your cell phone, head phones or any hand held electronic device on the floor in a social manner when coaching. Doing so makes you look uninterested, bored, and not excited about being here. 4. LEARNING- Be proactive and don't waste your time while you are here. Your mind should always be thinking and working. Ask questions, read books, articles, and training manuals. While you're here you should be focused on learning and coaching. Take an interest in educating yourself. 5. SET UP- Set up equipment as needed prior to the lift. In doing this, pay attention to details and think about transition and flow. Do NOT assume the athletes know how to do something on their own. 6. CLEAN UP- Clean up equipment after the lift. Athletes will assist you and don't be hesitant to ask them to do something. "Elite is the Standard" is the mentality when cleaning and organizing the room. 7. COACHING- You are here to coach under our supervision. Use the coaching cues we use and address the athlete the same way we do. "Developing Champions" is the mentality! Build an appropriate professional relationship with our athletes. 8. WORK ETHIC- BLUE COLLARED. Do NOT shy away from physical tasks. Be ready to lift heavy things and perform a lot of physical tasks. This is a blue collared training environment and we want our athletes around blue collared people. 9. TRAINING- You are expected to train with the Strength Staff throughout the week. You must have some semblance of strength and muscle, especially as a younger coach. This helps you learn and builds credibility with athletes, coaches, and administrators. This also shows that you know what you're talking about and are passionate about what you do. Modifications due to pre-existing injury are acceptable. Training is NOT optional! 10. CONSISTENT- One of the most important parts of this job. Bring the same positive energy every day. If you are not passionate about being a college strength coach, you will have an uphill battle. Having energy around the athletes is contagious and shows them that we are excited to work with them!

Q26. Please describe a typical day for the intern:

Duties: 1. Weight room maintenance 2. Aiding in supervision of sessions 3. Learn LR strength staff coaching technique and cue words 4. Coach the LR strength staff through Olympic Weight Lifting and Power Lifting movements Expectations: "Developing Champions" 1. Take initiative in set up, cleaning and helping out any way possible 2. "Developing Champions" in coaching that means you are to be alert and coach every rep at a championship level. Do not gang up with other coaches or athletes to talk or joke around during lifts 3. Exhibit a strong work ethic, willingness to learn, passion for helping athletes 4. Be able to take command and lead a team through movements and/or an entire workout 5. Delegate tasks to practicums and work-study students Requirements: 1. Arrive a minimum of 45 minutes prior to first group coaching to go over the movements with the coach leading, and set up all necessary equipment. 2. Become efficient at excel spreadsheets, iMovie editing, writing programs. 3. Always communicate with Coach Caldwell, Coach McCullough, Coach Booth, or Coach Deane about missing or being late (note: this should be a rare occasion if ever)

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 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 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



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: [\(35.7532, -81.3264\)](#)

Source: GeolP Estimation

A map of North Carolina showing major cities and roads. A yellow pin is placed on the map, indicating a location near Greensboro. Other cities labeled include Knoxville, Asheville, Concord, Charlotte, Raleigh, Greenville, and Wilmington.

Approved: 8.17.22

Blain Harrison

Blain Harrison - APK Internship Coordinator