



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

Malcom Randall VA Medical Center, Yarrow Research Lab

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

1601 SW Archer Road, Research - 151, Gainesville, FL 32608

Q7. Name of Individual Who Will Receive Applications From Students

Joshua Yarrow, PhD

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

Joshua.Yarrow@medicine.ufl.edu or Joshua.Yarrow@va.gov

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

(352) 376-1611 x10-5234

Q10. URL of Website For Organization

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

Joshua Yarrow, MS, PhD

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) 376-1611 x10-5234

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?

3-4

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.

Monday - Friday 9am - 5:30pm. On rare occasions, evening or weekends may be required depending on the specific research project requirements.

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.)

The internship provides experience in scientific research, which is beneficial to students who desire to attend medical or dental school, who want to become physical therapists, pharmacists, physician's assistants, or who want to attend graduate school for exercise science or other biological sciences. The intern may also be included as an author on published abstracts or scientific papers, if they are sufficiently involved in our research program.

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

There are no required purchases for the intern.

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

No research experience is required. Hands-on training will be provided in all research techniques. We desire students who have scientific curiosity, interest in becoming a physician, dentist, physical therapist, veterinarian, pharmacist, physician's assistant, or another allied-health professional and/or have a desire to obtain graduate-level education in exercise science or another biological science, and who have knowledge of basic anatomy and physiology.

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)

Interns will be required to complete paperwork to become a without compensation (WOC) employee within the VA Healthcare system, which requires a federal background check, and to complete several on-line research-related trainings. The intern will also be required to complete a health history form indicating immunization history and may be required to obtain additional immunizations. There is no cost for the background check, trainings, or additional immunizations.

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

The primary focus of the Yarrow Research Lab is evaluating pharmacologic (drug-based) and exercise-based strategies to improve muscle mass and enhance bone mineral density, and to reduce adiposity. We are currently evaluating the musculoskeletal responses to exercise combined with anabolic drugs following spinal cord injury. Interns in my lab will perform a variety of duties that depend on the study they are involved in. These can include the following: - Conducting physiological testing, training, and assessments (e.g., exercise training and/or behavioral analysis) of research animals or humans. - Performing physical rehabilitation techniques on research animals. - Evaluating muscle size via MRI, muscle morphology using histologic techniques, and muscle function. - Examining bone mineral density via dual-energy x-ray absorptiometry (DEXA) and bone morphology via microcomputed tomography (microCT). - Determining body composition with DEXA. - Assisting with surgeries on research animals and with post-operative care of research animals. - Performing drug administration to research animals. - Performing hormone and protein analysis of blood, muscle, bone, and other tissues. - Data input, record keeping, and statistical analysis. - General office duties, laboratory maintenance, and general cleaning.

Q26. Please describe a typical day for the intern:

The primary focus on the Yarrow Research Lab is evaluating pharmacologic and exercise-based strategies to improve muscle mass and enhance bone mineral density, and to reduce adiposity. We are currently evaluating the musculoskeletal responses to exercise combined with anabolic drugs following spinal cord injury. We evaluate these effects in animal models and occasionally perform human studies. The intern will be expected to complete a wide variety of tasks that varies depending on the study that they are involved in. Duties will vary from day-to-day, but will involve performing several of the above-mentioned duties that are of interest to the intern. For example, those interested in assessing muscle size or bone mineral density may be trained on state-of-the-art methods, including MRI and microCT. Others may gain hands-on experience assist with surgeries and post-surgical care. The internship is tailored to the interns' interests and our needs on particular studies.

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.

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <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 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 checked="" 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 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)

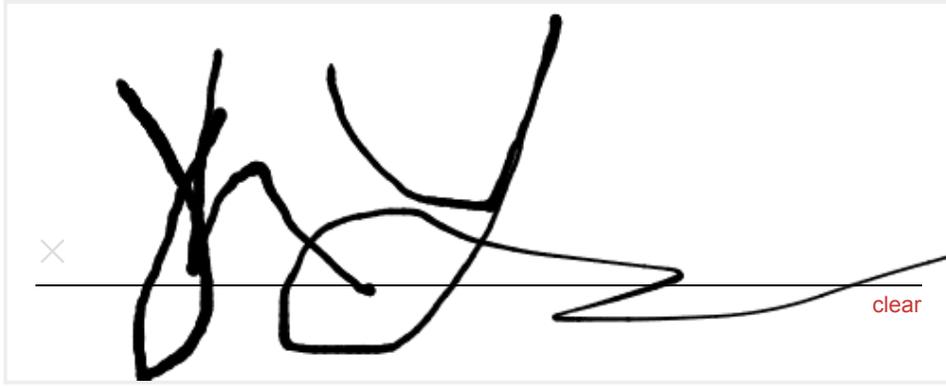
Q29. Would you like to be added to the Department's list of approved sites for future interns?

- Yes
 No

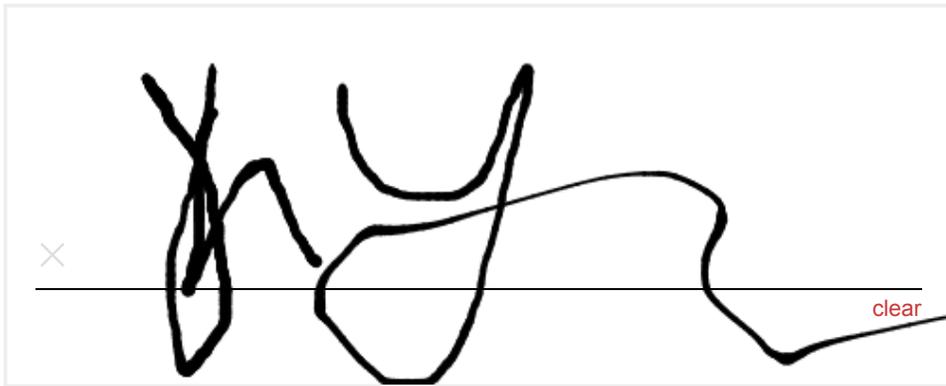
Q32. Have you reviewed the APK Internship [Policies and Procedures Manual](#)?

- Yes
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



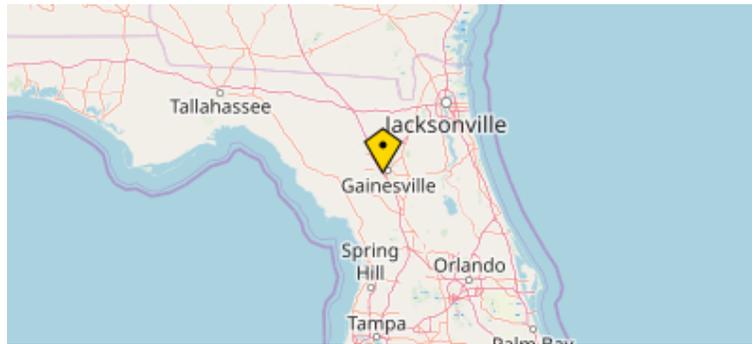
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship



Location Data

Location: ([29.613800048828](#), [-82.386001586914](#))

Source: GeolIP Estimation



Approved: 12.19.19

Blain Harrison - APK Internship Coordinator