SITE APPROVAL FORM

Location: New York NY (City / State) Date: 8-10-2017

Organization: Mount Sinai St Luke's Hospital New York, NY

*Contact Person(s): Richard Weil

**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 1111 Amsterdam Avenue WH1020 New York, NY 10025 (Street/PO Box / City / State/Zip)

Phone: 212-523-1637 Fax: 212-523-8103

Email: rich.weil@mountsinai.org Website: www.nyweightloss.org

What semesters is your organization available to accept interns?

☑ Fall (August-December) ☐ Spring (January-April) ☐ Summer (May-August)

Please check the specializations that best pertain to the internship experience offered:

☑ Exercise Physiology ☐ Fitness/Wellness

How many interns do you typically accept per semester? 4

Interns must complete a minimum of 35-40 hours per week (520 hours total). List the normal working hours for your organization. Please indicate any evening or weekend time commitments:

8:00am to 4:00pm
no weekends with perhaps a couple of exceptions

Is office space available to interns? ☑ Yes ☐ No Comments

Is a computer/scanner available to interns? ☑ Yes ☐ No Comments: Intern should have their own laptop

Does your organization offer paid or non-paid internships? ☑ Non-paid ☐ Paid (amount) _____

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

No other benefits

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):

None

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

Excel proficiency

Special Requirements (i.e. special application, proof of health insurance, immunizations, etc.)
Please note: All interns are required to purchase professional liability insurance coverage for $1,000,000

None

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

Data entry, management, and analysis.
Operation of metabolic cart, respiratory chamber, and exercise equipment
Run metabolic and exercise testing

Please describe a typical day for the intern:

Metabolic/exercise testing in the morning
Data management and analysis in the afternoon

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Interns must be evaluated on at least 6 of the following Student Learning Outcomes (SLO's). Please check each SLO that applies to the duties/responsibilities provided to interns at your organization.

APK Student Learning Outcomes (SLOs)	Applied Examples *(These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)*
☑ Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments.	• Intern can perform body composition calculations. • Intern can identify socioeconomic impacts on health and fitness behaviors. • Intern can calculate target and max heart rates in order to prescribe aerobic exercise.
☐ Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	• Intern can identify muscles used in specific exercises and name other exercises that use those muscles. • Intern can name specific structures damaged by pathologies like diabetes.
☐ Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).	• Intern can explain the baroreflex. • Intern can explain why skeletal muscle cells atrophy when immobilized. • Intern can describe the impact of respiration on blood pH.
☑ Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.	• Intern can explain how exercise helps depression. • Intern knows where to locate information related to psychological health impacts of various activities. • Intern can identify and properly refer individuals with eating disorders.
☐ Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	• Intern can explain why resting HR and BP are reduced following endurance training. • Intern can identify immediate and long-term benefits of resistance training.
☑ Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.	• Intern can select a safe fitness test for a cardiac patient. • Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.
☑ 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.	• Intern can describe which populations might be prone to ankle sprains. • Intern can identify medications which might lead to an impaired ability to perform aerobic exercise. • Intern can prescribe exercise to suit the goals of clients based on fitness assessments.
☑ Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	• Intern can perform a submaximal VO2 test and use the collected data to classify the subject's level of fitness. • Intern can perform a laboratory experiment and compare their results to other similar studies.
☑ 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.	• Intern can explain to a patient the importance of hydration during exercise. • Intern can generate professional emails to ask scientific or medical questions. • Intern can generate an abstract to present research at a scientific or medical conference.

Would you like to be added to the Department's list of approved sites for future interns? ☑ Yes ☐ No

Name of student requesting completion of the site approval form (if applicable): _____

I have reviewed the APK Undergraduate Internship Policies and Procedures Manual: August 10, 2017
Date

Site Signature: Rich Weil Digitally signed by Rich Weil DN: cn=Rich Weil, o=Mount Sinai St Luke's Hospital, ou=Weight Loss Program - Endocrinology, email=rich.weil@mountsinai.org, c=US Date: 2017.08.10 14:41:31 -04'00' Date: August 10, 2017

Department Approval: Rich Weil Blain Harrison Digitally signed by Blain Harrison Date: 2017.08.14 13:16:17 -04'00' Date: August 10, 2017