



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

Quantum Human Performance

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

1720 SE 16th Avenue, Suite 302 Ocala, FL 34471

Q10. URL of Website For Organization

No website at this time

Q7. Name of Individual Who Will Receive Applications From Students

Elizabeth

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

lizziestuaquantumhp@gmail.com

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

1-352-282-0696 ext 102

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 - 6

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.

As it is a full-time professional internship, interns are expected to commit to 40 hours per week. Our hours of operation are 5am to 6:30pm Monday through Friday, giving interns some flexibility in their schedules. There may be one or two evening commitments during a semester, but there will not be any weekend commitments.

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.)

An opportunity to learn and earn a professional reference from a staff that includes a Fellow of the APTA and a former Director of Athletic Performance at Stanford University.

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

We prefer internship applicants with experience as participants of organized team sports at the high school or college level. We prefer internship applicants with at least 500 hours of applied experience with the student recreation or intercollegiate athletic program, with added preference to those who have experience with functional assessments.

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 Liability insurance HIPPA Training

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

Perform a literature review and present on an approved topic of their choice Develop thorough knowledge and applied experience performing assessments and prescribing appropriate corrective strategies to potentiate performance with an extremely diverse athletic population. Active involvement in social media aspects of our business Appropriate facility maintenance Interact with our patient/client base on a daily basis in a positive and professional manner

Q26. Please describe a typical day for the intern:

Under the direction of the internship coordinator, interns will prepare themselves and the facility for the morning's small group and personal training clients. They will actively interact with and accommodate the needs of our patients/clients until about 11am. from 11am until 2:30pm interns will have some down time for lunch and then engage in professional development activities ranging from developing social media strategies to research, programming, performing assessments, interpreting the results from assessments, and learning the most effective coaching cues for various exercises. At about 2:30pm the interns will prepare for the afternoon small groups and personal training clients. They will assist and learn to conduct assessments, exercise programs and small group athletic performance classes until the end of their day. Interns typically either start before 6am and end their day with professional development, or start their day with professional development and their day working with patients/clients until we close at 6:30pm.

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.

- Integrate principles and methods of math, social sciences, and/or arts and humanities to applied physiology and kinesiology, health, wellness, and/or fitness environments.
- Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.
- Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).
- Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.
- Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.
- Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.
- 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.
- Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.
- 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.

Q33. Name of APK student that requested the site approval form from you (if applicable)

N/A

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:** [\(29.1657, -82.1273\)](#)

**Source:** GeoIP Estimation



Approved: 9.14.22

*Blain Harrison*

Blain Harrison - APK Internship Coordinator