



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

Seattle Sounders FC

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

14800 Starfire Way, Tukwila, WA 98188

Q10. URL of Website For Organization

<https://www.soundersfc.com/>

Q7. Name of Individual Who Will Receive Applications From Students

Sudip Bagui

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

sudipb@soundersfc.com

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

850-292-7112

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?

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.

For Academy: 11 AM to 7:30 PM--but can be flexible depending on daily schedule; this will usually be Monday through Thursday, and depending on if there is a home game, Home games either Saturday or Sunday or Saturday AND Sunday Possibility of also observing 2nd team and helping with them: in this case, 8:30 AM to 3:30 PM. This can be any day of the week in terms of normal weekdays.

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.)

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

Everything will be learned here, so nothing is ABSOLUTELY necessary. However, the following background will make the transition easier: -Strong understanding of muscle and cardiovascular physiology and functional anatomy -background in the weight room in a collegiate or professional environment -background coaching on-field movement (skipping, jumping, sprinting, etc) -background working with teenage athletes -Background in dealing with GPS technology, force plate, and other pieces of technology General interpersonal skills --emotional intelligence and awareness of the situation; maintenance of utmost professionalism, particularly around coaches and professional athletes --Humility --Constant desire to learn

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)

Nothing is required, but the following are highly recommended. --NSCA CSCS--this is necessary to be given any coaching responsibilities --CPR/First Aid--this is good just to have --Safesport training may be required if interacting with minors If you have any of the following, it helps but isn't necessary NASM CES FMS Level 1-2 SFMA Level 1-2 PRI Certification NSCA CPSS Pre-Internship background material will be provided to provide basic understanding of concepts.

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

--observe daily meetings with coaches and medical staff regarding session planning and injury reports --Daily handling of GPS technology, including pre-session setup, distribution to players, and post-session collection and download of data --Observe all on field training sessions and in-gym resistance training sessions --Creating and sending daily GPS reports regarding overall training session load --Daily handling of Vald technology, including daily jump testing on ForceDecks force plates --Weekly handling of Vald technology in gym during team lifts, including hamstring strength testing on Nordbord and hip adduction/abduction strength testing on ForceFrame --Participation in coaching curriculum, including resistance training techniques in the gym and on-field movement curriculum --Coach individual academy athletes in the gym; dependent on individual intern goals and mastery of coaching techniques, lead on field group pre-training activation and general physical warmup --Choice of education to participate in through end of semester, including topics outside of the sport performance realm --Prepare end of internship presentation for staff regarding topic of choice within realm of sport science, sport performance, coaching or a combination of the three --Prepare for mock interview at end of internship with other staff members, dependent on career goals --Other tasks as assigned. This is not a clean plates in the weight room and set up workouts/clean up after the team internship, but part of the job entails these tasks. Education is the goal of this experience, but part of your education will be preparation for the not-so-glamorous parts of the job.

Q26. Please describe a typical day for the intern:

If with the academy: --in around 11 AM--download GPS data from training session the night before and prepare reports --12 PM Lunch --12:45 PM--prepare for U17 Academy training session, including GPS set up, on-field warmup set up, in-gym set up for lift following training with assistance from Developmental Performance Coaches, and pre-training jump testing --1:30 PM--U17 Academy Training session--may require handling of live GPS iPad, set up and breakdown of drills during training session 3:00 PM--U17 Academy gym session--some sessions will involve the intern as primary handler of testing equipment for hamstring and groin/hip strength testing 4:15 PM--U15 Academy Training session 6:30 PM--U15 Academy gym session--involved in coaching basic resistance training movements 7:15 PM--end of day If with 2nd team, in at 8:00 AM --8:30-9:30 AM Meetings with coaches --9:45 AM--set up GPS for 2nd team --10:30-12:30 PM--2nd team training session --12:30 PM Lunch --1:10 PM--Pre-training Jump testing for U17 Academy team -1:30 PM--U17 Academy Training session--may require handling of live GPS iPad, set up and breakdown of drills during training session 3:00 PM--U17 Academy gym session--some sessions will involve the intern as primary handler of testing equipment for hamstring and groin/hip strength testing

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 checked="" 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 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](#)? 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:** [\(47.3236, -122.3187\)](#)

**Source:** GeoIP Estimation



A map of Washington state showing major cities and geographical features. A yellow pin is placed over Seattle. Other cities labeled include Victoria, Everett, Tacoma, Yakima, and Kennewick. The state name "Washington" is also visible.

Approved: 10.18.23

*Blain Harrison*

Blain Harrison - APK Internship Coordinator