



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.

Q5. Organization Name

The Miami Perimeter

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

7500 NW 69th Ave Bay R-7 Medley, FL 33166

Q10. URL of Website For Organization

www.instagram.com/themiamiperimeter

Q7. Name of Individual Who Will Receive Applications From Students

Felix Flores

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

felix@themiamiperimeter.com

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

(786) 395-4430

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?

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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, Wednesday, Friday: 9AM-3PM Tuesday, Thursday: 12PM-7PM Saturdays: 9AM-12PM

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.)

Travel for basketball and volleyball tournaments.

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

Strong interpersonal skills. Time management skills. Punctuality (Tardiness WILL NOT be tolerated) Ability to lift 60+ lbs. Athletic background Prior experience in training youth, general population, collegiate and professional athletes.

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)

Preferred: Certification from a recognized and accredited association (NSCA, CSCCa, ACSM, etc.)

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

TMP S&C Checklist: > Turn TV's on 3 different sport networks (Only 4 TV's can stream at once) > iPad's charged > Plates stacked evenly and identical > Dumbbells in numerical order with numbers displayed on bottom > Kettlebell stored & grouped together via weight > Trap Bar placed in bar holder next to cable column > Cable columns on highest notch with handle attachment > Barbells placed in corner b/w DB Rack and Squat Rack (WATCH MIRROR) > Resistance Bands in yellow/black box b/w DB & Squat Rack > Lacrosse, Tennis, Softballs in yellow/black box b/w DB & Squat Rack > Medicine Balls below 1st rack tier in numerical order facing towards court > Assault Bike, Vertec, Boxes, K-Box, Mats stored In cubby hole > Boxes stacked increasing in height > Foam Rollers placed on rack holder > Benches Vertically stored in cubby hole > Green & Blue Bands outside of rack on jammer arm levers > Orange & Black Bands inside of rack on jammer arm levers > Roller Pad & Rack Pins placed inside rack > TRX, 3D Strap, Jump Ropes, Chains, stored on backside hooks > Jammer Arms @ 36 > Jammer Handles stored on 2nd tier rack > J-Hooks stored on 2nd tier rack > Jammer Handle Pin inserted through inside rack > Clips attached to sleeve of Jammer Handle > Cable Columns Placed at highest height > Cable Attachments placed inside rack on hooks > Landmine attachment placed towards mirror > Band Pegs attached to front of and back of rack w/ carabiner > Swiss Ball on top of rack > Fitlight's & Fitlight Tablet Charged > Mop entire floor after high volume of traffic (Runs, Group Lifts, Events) > Vacuum Turf > Empty garbage can and replace with new bag > Wipe/Spray Jammer Handles, Barbell Knurling, Benches, Attachment Handles, plates and dumbbells > **Organize Dumbbells, hurdles, cones, ladders, airex pads, foam rollers, mats, and various items in cubby hole area

Q26. Please describe a typical day for the intern:

Review TMP S&C Checklist upon arrival to facility. Review athlete schedule for the day. Prepare for each session BEFORE athlete session begins (i.e., set up programmed dumbbell weight for athlete(s)). Assisting coaches with implementing strength and conditioning blocks for the day. This includes but is not limited to demonstrating proper techniques, lifts, and drills of S&C programs. *Interns are responsible for organization the facility and maintaining cleanliness of equipment.

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)

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

This question was not displayed to the respondent.

Location Data

Location: [\(25.8275, -80.2724\)](#)

Source: GeoIP Estimation

The map shows the state of Florida and the northern part of The Bahamas. A yellow diamond marker is placed over Fort Lauderdale. Other cities labeled on the map include Cape Coral, Port Saint Lucie, Miami, Nassau, and Go Ha. The text 'The Bahamas' is written at the bottom right of the map area.

Approved: 7.1.22

Blain Harrison

Blain Harrison - APK Internship Coordinator