Location: Gainesville (City) FL (State) Date: 05/22/14

Organization: APK Integrative Cardiovascular Physiology Laboratory

*Contact Person(s): Dr. Demetra Christou (PhD)

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

Address: PO Box 118205 (Street/PO Box) Gainesville (City) FL 32611 (State/Zip)

Phone: 352-294-1715 Fax: 352-392-5262

Email: ddchristou@hhp.ufl.edu Website: http://apk.hhp.ufl.edu

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? 1-2

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 - 5:00pm Monday-Friday; interns may be asked to work at 7am or until 7pm depending on research schedule.

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

Is a computer/scanner available to interns? ☑ Yes ☐ No Shared lab computer (Comments)

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.)

N/A

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

Use of scrubs is encouraged, but not required.

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

N/A

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

Hepatitis B immunization, CPR, blood borne pathogen, biohazard, HIPPA and CITI training. Interns will be required to also complete lab-specific training prior to participating in any research activity.

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

- Become familiar with the function and operation of laboratory equipment used for subject testing and collection of physiological data.

- Assist with current research in areas of scheduling, participant interviewing, data collection, and data analysis.

- Literature reviews

The above internship duties are directly related to the field of APK. One of the research interests within the lab is to study the effect of different types of exercise training on cardiovascular function in aging and prediabetes/diabetes. Research studies include supervised exercise training and the use of medical tests such as blood pressure measures, 12-lead ECG, graded exercise tests, VO_2max tests, waist/hip circumferences, food diaries, and physical activity questionnaires.

Please describe a typical day for the intern:

The intern will need to apply the knowledge acquired in the classroom to perform cutting-edge research in physiology.

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: 07/01/14
Date

Site Signature: Demetra Christou Digitally signed by Demetra Christou DN: cn=Demetra Christou, o, ou, email=ddchristou@hhp.ufl.edu, c=US Date: 2014.07.01 18:04:16 -04'00' Date: 07/01/14

Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu DN: cn=dlrhodes@ufl.edu Date: 2014.07.02 08:16:02 -04'00' Date: 7/2/14