



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 agencies, 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

FloMotion Fitness, LLC

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

15315 NW US Highway 441 Alachua, Florida 32615 Suite 20

Q10. URL of Website For Organization

www.flomotionfitness.com

Q7. Name of Individual Who Will Receive Applications From Students

Emilie F Hester

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

Emilie "Flo" Hester - 352-222-7078 flo@flomotionfitness.com Claire C. Bible - 850-461-8539 claireardenc@gmail.com Larry N. Smith, MD - 352-339-5161 a-20havoc669thsq@protonmail.com

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

Emilie "Flo" Hester - 352-222-7078 flo@flomotionfitness.com Claire C. Bible - 850-461-8539 claireardenc@gmail.com Larry N. Smith, MD - 352-339-5161 a-20havoc669thsq@protonmail.com

Q11. Name of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations

Emilie "Flo" Hester - 352-222-7078 flo@flomotionfitness.com Claire C. Bible - 850-461-8539 claireardenc@gmail.com Larry N. Smith, MD - 352-339-5161 a-20havoc669thsq@protonmail.com

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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?

Two (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.

The work hours are variable and adjusted according to workload and client availability. the Gym is open 24/7 for those members with open gym access For staff and interns the hours are as follows: Monday to Thursday 5:00 AM to 7:00 PM Friday 5:00 AM to 4:00 PM Saturday 7:00 AM to 10:00 AM Sunday Closed Typical day Group Lessons - 1 hour 5:30 AM, 4:00 PM and 5:30 PM Semiprivate Group Lessons - 1 hour Scheduled Semiprivate personal training 1-hour Scheduled Private Personal Training 1-hour Scheduled Nutritional consultations 1 hour Scheduled

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.)

Discounted Housing (expense to intern but significantly discounted) \$30 a month for gasoline if commuting over 25 miles a day Assist intern in obtaining their NASM Certification as a Personal Trainer. Also assist them in obtaining advanced certifications in nutrition and specialty training certifications Free use of gym for personal training

Q22. List required purchases for interning with your organization (i.e. parking pass, uniform, I.D. Badge, etc.)

FloMotion Fitness Key FOB, hat, and shirt - approximately \$30 Housing optional if intern commuting significant distance may be of interest to intern. Includes laundry facility, kitchen, private bath, pool access and WIFI.

Q23. List required skills or previous experience necessary for interning with your organization

CPR- prefer student be certified. Can obtain online prior to beginning internship Prefer but not mandatory - student have experience in personal training Prefer but not mandatory - training and experience with social media, e.g. blogging, tagging, promoting Prefer but not mandatory - that student have some experience working directly with the public in service industry or healthcare

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 - obtain online Urine drug testing - Done Here Personal Liability Policy with FloMotion Fitness, LLC named in rider as co-insured - preferred but not mandatory HIPPA regulations apply Pre-intern interview and if accepted will have orientation

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

1. Be available during listed work hours and additional hours as needed 2. Participate in group training classes (group, semiprivate and private) 3. Participate in semiprivate and private personal fitness training 4. Participate in semiprivate and private nutrition consultations 5. Participate in semiprivate and private initial consultation sessions a. Previous exercise, limited medical and general health history b. Initial assessment of physical status 1. physical measurements 2. Calculation of BMI and body composition c. Assess Goals and expectations 1. set realistic expectations for client d. Design exercise programs for clients 1. short term goals 2. long term goals e. Schedule periodic assessments of client's progress 1. consultations f. help clients manage their underlying health problems by helping them understand role of exercise in their management program 6. Help in maintaining a clean and safe facility 7. Filing and office management 8. social media posting for education and promotion 9. Public speaking to educate public about the value of exercise, physical fitness and nutrition in overall health 10. Participate in quarterly educational seminars for clients. 11. Demonstrate personal initiative, desire to assume responsibility and willingness to help regardless of how trivial or difficult the issue.

Q26. Please describe a typical day for the intern:

Arrive by 5:00 am and participate with trainers in group and personal training sessions. Work with trainers in maximizing clients exercise program. provide back-office assistance in updating client charts and performing periodic physical assessments of clients with trainers. Days may periodically include cleaning and maintenance activities as required to maintain a clean safe facility. All covid protocols required will be followed. Interns are expected to shoe personal initiative and will be given more independence as they demonstrate proficiency in required responsibilities and activities. Students will be required to assess clients periodically with update BMI, resting pulse, maximin heart rate determinations and measure other physical parameters of good health and improvement Assist the trainers in helping clients understand a realistic progression and time frame to achieve their goals. As the student matures additional responsibilities will be added.

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.

- | | |
|---|---|
| <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 checked="" 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)

Claire Bible

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

Erin J. Lee



clear

Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

Erin J. Lee



clear

Location Data

Location: ([29.682495117188,-82.36060333252](#))

Source: GeoIP Estimation

