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 12-credits of internship experience once becoming eligible. Undergraduate students must earn a minimum of 520 clock hours in the process of completing the 12-credits of the internship course. However, undergraduate students may choose to complete all 12-credits in a single semester, or split the credits over two semesters. Students choosing to split the internship credit into two, 6-credit, semesters are required to complete a minimum of 260 clock hours at the internship site each 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 a health care team that administers, assesses, and develops programs for clinical, general public, or high-performance populations.

PleasereviewtheAPKInternshipPoliciesandProcedures Documenttogainabetterunderstandingofthe 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. We recommend holding the ctrl button on your keyboard when clicking the link to open it in a new browser tab.

Q5. Organization Name

Neuromuscular disease and exercise lab

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

CTRB, 2004 Mowry Road

Q10. URL of Website For Organization

Q7. Name of Individual who will receive applications from students and whom students should contact about Internship availability

Tanja Taivassalo

Q8. Email Address of Individual who will receive applications from students and whom students should contact about Internship availability

ttaivassalo@ufl.edu

Q9. Phone Number of Individual who will receive applications from students and whom students should contact about Internship availability

352-339-6666

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)

- [x] Fall (August - December)
- [x] Spring (January - April)
- [x] 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

- [x] Undergraduate Students
- [x] Graduate Students

Q16. How many interns is your organization willing and able to support per semester?

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Q35. APK Undergraduate students are permitted to complete a single 12-credit (520 hour minimum) internship in a single semester or two, 6-credit (260 hour minimum) internships over two semesters. Are you willing and able to provide a part-time internship experience (~20 hours per week), full-time (~40 hours per week), or either to our undergraduate students depending on the student's internship plans?

- ( ) Part-Time Internship (~20 hours per week)
- ( ) Full-Time Internship (~40 hours per week)

- (●) Either Part-Time or Full-Time depending on the student's internship plan

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.

Normal working hours vary. Days where we test patients (boys with Duchenne muscular dystrophy) may start at 7:30 (depends on availability of MRI) and typically will end by 4:30 pm. When no patient testing is taking place, normal hours are 8:30 to 4:30. Evening or weekend hours may be required and involves remote training of patients enrolled in our study. The training schedule and time depends on the patient availability (school) and may be done after 4:30 or on the weekends once or twice a week.

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 reimbursement; involvement in preparation and presentation of results at scientific meetings (within 2-3 hour drive of Gainesville, where transportation is provided).

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

none required

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

knowledge in exercise physiology; familiar and comfort in working with kids

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)

HIPPA training

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

- perform calibration of metabolic cart for CPET; equipment set up (place ECG leads, explain protocol, size bike); assist PI with CPET (obtaining blood pressure, heart rate, rating of perceived exertion), demonstrate tricycle -assist with patient needs (get Gatorade, parking pass, escort to study room) -assist patient in MRI (set up on table, provide exercise instructions) -learn and oversee remote exercise training sessions (done by patient at home and supervised by study team); help create and monitor exercise prescription, upload exercise data (heart rate, Garmin-derived cycling data) -perform data analysis of CPET and MRI; engage in lab meetings, prepare abstracts (when appropriate)

Q26. Please describe a typical day for the intern:

A typical patient testing day involves the intern calibrating the exercise equipment. Once patient arrives, the intern will greet the family in the CTRB lobby, provide them with a parking pass, escort to the testing area and take the patient height/weight. Help the study team (PI and research assistant) prepare patient for exercise testing (putting on ECG leads, taking blood pressure, help situation patient on stationary bicycle) and explaining the Borg RPE scale. Once the cycle test starts, the intervention will obtain the RPE from the patient every minute and be ready to assist the PI when needed. After the test, take vitals, get the patient gatorade and interact with the patient. After a rest period, help the PI set up for other exercise testing: either another submaximal cycle test performed on a tricycle or a 6 minute walk test using a portable metabolic gas analyzer. After lunch, the intern may escort the patient and family to the MRI (in the McNight Brain Institute) and help the PI set up the patient in the scanner. The intern may also assist in the MIR exercise protocol. On a non-patient testing day, the intern will meet with the PI on Monday morning to go over tasks for the week. These may include data entry and verification in RedCap, analysis of MRI (drawing regions of interest around muscles with the quadriceps and hamstrings; quantifying cross sectional area and fat infiltration); and exercise (peak exercise variables; submaximal cycle testing and 6 minute walk test) data.

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

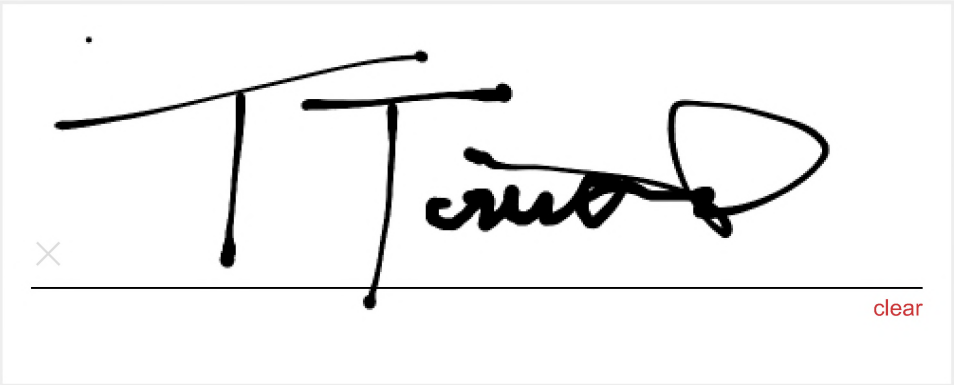
Q29. Would you like to be added to the Department's list of approved sites for future interns?

- (●) Yes
- ( ) No

Q32. Have you reviewed the APK Internship Policies and Procedures Manual? 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



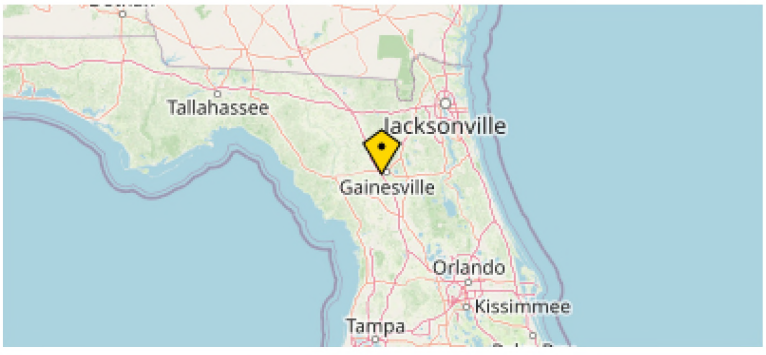
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

This question was not displayed to the respondent.

Location Data

Location: (29.6138, -82.386)

Source: GeoIP Estimation



Approved: 11.13.25 Blain Harrison Blain Harrison - APK Internship Coordinator