



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.

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

Q5. Organization Name

Duke Sports Sciences Institute

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

3475 Erwin Road Durham NC 27705

Q10. URL of Website For Organization

<https://www.dukehealth.org/duke-sports-sciences-institute>

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

Harry Stafford MD

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

harry.stafford@duke.edu samantha.wells817@duke.edu

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

9196601183

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

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.

Working hours are typically 7:00 AM to 5:00 PM. In addition, we have coverage responsibilities for athletic events at Duke as well as at local universities. There are also periodic conferences, meetings, and events that may begin earlier in the morning or extend into the evening.

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.)

We can possibly have them in university housing. We will need to check on this.

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

No required purchases. We will provide those.

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

Be familiar with team environments. Good communication skills. Familiarity with Nutrition, strength and conditioning, body composition, and sports analytics.

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, we will get them to complete background check forms. We will complete the orientation when they arrive the first day. If they have a personal training certification it would be nice but not required.

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

Sports Performance Performance knowledge Goal: To gain knowledge to recognize common disorders of the body that are seen in the sports medicine clinic. Objectives: The intern will be able to:

- Readily able to conduct an informed discussion of the relevant information concerning common patient care problems and draw on their knowledge base to demonstrate a good understanding of the biological, biochemical, and disease process information that is applicable to all aspects of Sports Performance.
- Be skilled in finding the information and answers to clinical questions that they do not have immediately available as part of their knowledge base.
- Understand normal anatomy, physiology, and biomechanics of the musculoskeletal, neurologic system, respiratory, cardiac and gastrointestinal systems.
- The pathology, pathophysiology, diagnosis and treatment of acute and chronic issue seen in the sports performance clinic.
- Become highly proficient in evaluation and training of clients with sports medicine injuries in the clinic including application of physical examination tests specific to the diagnosis.
- Be able to perform a detailed evaluation of the foot and ankle system, as well as assess the need for and fit foot orthotics.
- Be able to perform an evaluation of the musculoskeletal system.
- Be able to interpret diagnostic testing results (Body Composition, strength dynamometer)
- Be able to train clients in an efficient and effective strength or speed session.

Normal anatomy, physiology, and biomechanics of the musculoskeletal and neurologic system.

- The pathology, pathophysiology, diagnosis and possible treatments of acute and chronic injury, including soft tissue, bone and nerve injury, under the direction of the treating physician.
- o Recovery after muscle and soft tissue injury
- o Recovery and advanced training after ligament and tendon injuries
- o Recovery and training after fractures have healed.
- Preventative performance exercises that can help prevent injuries.
- Soft tissue behavior including the effects of immobilization and exercise.
- Attend and participate in any journal clubs and conferences during the internship.
- Attend and participate in sports performance outreach programs.

Athletic Care Goal: To develop the skills to recognize common issues seen in sports clinic

Objectives: The sports performance intern will be able demonstrate:

- The ability to observe a focused exam and interview of a patient and integrate the above history, physical and laboratory test findings and discuss with the provider.
- Therapeutic and on-going management skills with respect to health and injury
- The ability to retrieve, analyze, and synthesize relevant and current data and literature, using information technologies and library resources, in order to help improve treatment of our performance clients and collegiate athletes.
- Propose performance training decisions utilizing methods which integrate the best research evidence with clinical expertise to provide excellent sports performance care.

Professionalism Goal: To demonstrate commitment to carrying out professional responsibilities, adherence to ethical principles and sensitivity to diversity when dealing with sports performance issues.

- Demonstrate strict adherence to performance/ ethical principles
- Treat all clients with respect, empathy and always provide compassionate care.
- Recognize the importance of social, economic, emotional, and work-related implication that an illness or injury may represent for the patient
- Adherence to HIPPA guidelines.
- Reliably perform duties including clinic, speed and strength sessions and training room.
- Be available for trainers, staff, colleagues, and athletes.

Interpersonal Communication Skills Goal: To communicate effectively with performance professionals, staff, and clients concerning the evaluation and management of sports Performance conditions.

- Demonstrate ability to effectively communicate with all members of the sports performance, sports medicine team, medical students, residents, nurses, and other learners.
- Demonstrate the ability to recognize important cultural and gender differences that may affect performance care, and to apply appropriate changes in approach to these clients that respect those important differences.
- Demonstrate the ability to understand and respond appropriately to client inquires.
- Demonstrate effective listening and communication skills with clients which may include both verbal and non-verbal skills.
- Demonstrate the ability to accurately document client training sessions.

Q26. Please describe a typical day for the intern:

A typical day begins at 7:00 AM with training sessions for athletes from various sports, led by a certified strength and conditioning coach. Following the morning training block, interns participate in shadowing experiences within Physical Therapy, Sports Medicine, or Nutrition clinics. Lunch occurs at noon. Afternoon responsibilities include additional athlete training sessions or continued clinical shadowing. Interns also have opportunities to work with the speed development staff to gain exposure to speed training methodologies. The student will also be given time for a mandatory research project. They will work with Dr. Morgan Smith who is a graduate of your program. Evening game coverage opportunities are available from a physician, therapist, and strength and conditioning perspective. This schedule is repeated throughout the semester. Some training sessions and game coverage may occur on weekends; however, weekend participation is not mandatory. A detailed schedule will be provided to the intern prior to arrival.

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.

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.

- 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.

- 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)

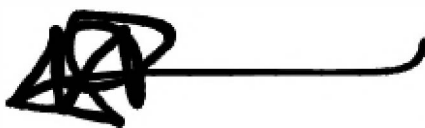
Q29. Would you like to be added to the Department's list of approved sites for future interns?

- Yes
- No

Q32. Have you reviewed the APK Internship [Policies and Procedures Manual?](#) 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



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clear

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:** ([38.9609, -77.3429](#))

**Source:** GeolIP Estimation



Approved: 1.12.26

*Blain Harrison*

Blain Harrison - APK Internship Coordinator