



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

University of Miami - Herbert Wellness Center

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

1241 Dickinson Drive Coral Gables, FL 33146

Q10. URL of Website For Organization

[www.miami.edu/wellness](http://www.miami.edu/wellness)

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

Tony Musto, PhD

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

[tmusto@miami.edu](mailto:tmusto@miami.edu)

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

305-804-8538

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

Same

Q12. Email Address of Individual Who Will Supervise Students Directly During Internship and Complete Student Evaluations

Same

Q13. Phone number of Individual Who Will Supervise Students Directly During Internship and Complete Student Evaluations

Same

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?

1

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.

Typically 7am to 5 pm. There maybe special events or programs that require evening and weekend hours.

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.)

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

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

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

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

• Assist with laboratory testing (VO2 max, anaerobic threshold, REE, blood chemistry, body composition), fitness assessment, exercise prescription and individual fitness/wellness consultations. • Assist with the LIFE Senior Strength Training Program and perform routine functional tests on program participants. • Assist with Cardiovascular Wellness Program, a scientifically based exercise program for individuals at risk for heart disease. • Assist with managing the facility personal training program. Responsibilities include coordinating personal training clientele and provide continuing education for personal trainers. • Complete 40 hours of personal training clinical/special population clients in the Wellness Center • Develop exercise/fitness programs for University community. • Assist in research projects. • Complete a semester-long project targeting program development and/or employee training • Create educational materials for Wellness Center patrons. • Attend and participate in all staff meetings and pertinent University events. • Complete assignments as required by professional staff supervisor. Tony Musto, Ph.D. University of Miami Department of Wellness and Recreation Associate Director, Fitness Programs 1241 Dickinson Drive Coral Gables, Florida 33146 Application Deadlines: Fall applications: June 1 Spring Applications: November 1

Q26. Please describe a typical day for the intern:

The days vary based on the demand for tasks highlighted above. The intern will vary their schedule accordingly.

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).

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.

Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.

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.

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)


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.

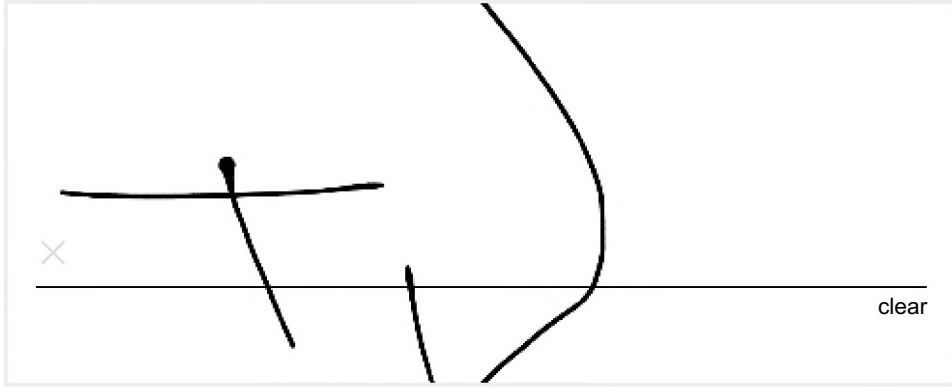
- Yes  
 No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



A digital signature box containing a handwritten signature in black ink. The signature is stylized and appears to be 'T. S.'. In the bottom left corner of the box is a small grey 'x' icon, and in the bottom right corner is the word 'clear' in red text.

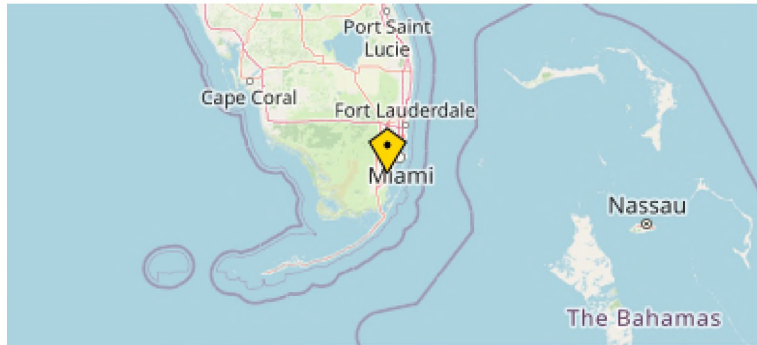
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship



**Location Data**

**Location:** [\(25.6062, -80.3452\)](#)

**Source:** GeolIP Estimation



Approved: 1.5.26

*Blain Harrison*

Blain Harrison - APK Internship Coordinator