



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

One Body Performance, LLC

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

2023 E Silver Springs Blvd, Unit 303, Ocala, FL

Q10. URL of Website For Organization

<https://www.instagram.com/onebody.performance/?hl=en>

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

Elizabeth Corkern

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

[lcork.onebody@gmail.com](mailto:lcork.onebody@gmail.com)

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

3523611544

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?

1-2

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.

We are open from 5:15 am to 6:30 pm Monday - Friday. We are happy to work with interns on a schedule within our operating hours that is both a good fit for them and us as the internship site. We would ideally like to allow them the opportunity to work with clients either from 5:15-10:30 am in the morning or in the afternoons from 2:30-6:30 pm with intern education time being held midday at noon.

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.)

N/A, our focus will be on equipping our interns to experience hands-on coaching experiences, allowing them to run sessions/design programs, and giving them a letter of recommendation for their future pursuits. Future employment is on the table for top performers.

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

Black Athletic Polo & Black Athletic Pants for uniform. No other purchases required

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

We require that interns have coaching experience at any level whether that is commercial gym experience or previous collegiate/private facility coaching experience. CSCS or CPT certifications are preferred/encouraged but not required.

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)

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

- Assist coaches in the implementation of individualized and group strength & conditioning sessions - Observe and progressively lead dynamic warm-ups, movement prep, and mobility circuits - Learn and apply proper coaching cues for foundational and advanced movement patterns (squat, hinge, push, pull, carry, rotate) - Support client onboarding processes, including movement assessments and baseline data collection - Gain experience in program design principles for various populations (youth athletes, high school athletes, and general population clients) - Assist in monitoring and tracking client progress, including strength metrics, movement quality, and conditioning benchmarks - Develop communication and interpersonal skills through daily client interaction and coaching feedback - Maintain a safe and professional training environment, including equipment setup, breakdown, and organization - Participate in staff education sessions covering topics such as biomechanics, corrective exercise, and long-term athletic development - Learn foundational business operations of a performance facility, including scheduling, client management systems, and retention strategies - Assist with content creation and marketing initiatives (optional, based on interest), including social media and community outreach - Progress toward independently coaching portions of sessions as competency and confidence improve under supervision

Q26. Please describe a typical day for the intern:

Morning Shift: 5:00 AM – 1:00 PM Afternoon/Evening Shift: 10:30 AM – 6:30 PM Daily Structure Includes: Coaching & Client Interaction (Approx. 5 hours): Interns will assist in training sessions, working with approximately 3–10 clients per shift. (Supervised and assisted by the intern coordinator or another staff person) Responsibilities include supporting session flow, coaching warm-ups and exercises, reinforcing proper technique, and gradually leading portions of sessions as competency improves. Intern Education (1 hour): Dedicated time for structured learning, including topics such as program design, biomechanics, corrective exercise, and coaching methodology. This may include staff-led discussions, case studies, or practical application. Independent Work / Professional Development (1 hour): Interns will have time to complete academic requirements, reflect on sessions, review programming, or work on assigned projects related to their internship experience. Intern Training Session (1 hour): Interns are required to participate in their own workout to better understand the training experience from a client perspective and to reinforce movement quality, coaching cues, and program design principles. Throughout the day, interns are expected to maintain a high level of professionalism, actively engage with clients, seek feedback from coaches, and take initiative in their learning and development.

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 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 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 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)

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



×

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: [\(33.8775, -84.5017\)](#)

Source: GeolIP Estimation

