



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 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 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. 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.

Q5. Organization Name

CORTX Sports Performance

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

400 Sterling Plaza Dr Ponte Vedra, Florida 32081

Q10. URL of Website For Organization

Cortxperformance.com

Q7. Name of Individual Who Will Receive Applications From Students

AJ Basso

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

AJ@cortxperformance.com

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

9046542155

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?

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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.

Summer Monday 7:00am-2:00pm & 3:00pm-7:00pm Tuesday 7:00am-2:00pm & 3:00pm-7:00pm Wednesday 9:00am-1:00pm & 3:00-7:00pm Thursday 7:00am-2:00pm & 3:00pm-7:00pm Friday 7:00am-2:00pm This is a typical schedule year round. However, we have multiple NFL, MLB, NCAA QB, and NFL Combine athletes during there respective training seasons and training time be vary depending on the season.

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

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

N/A

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

No previous experience is necessary. Must be comfortable with communicating with athletes, and be able to absorb a dense amount of information and apply it at a high rate in a busy environment. Previous training experience will be beneficial and allow the intern to advance quicker into learning training design and programming.

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, background check, internship application, NDA.

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

- Observe athlete training session - learn and run the training session warm ups - learn program design -write training programs for youth and high school athletes - set up/break down lift and speed sessions - track training sessions and manage training schedule - learn how to use zybek timing system, VBT devices, and hawk dynamic force plates - submit data - maintain organization of the facility equipment - upkeep facility cleanliness

Q26. Please describe a typical day for the intern:

The intern will arrive at the facility at 6:45am for facility opening and session preparation. He/She will take athletes through mobility/stability series, and dynamic warm ups. Then aid in the lift session. We will typically head out to the turf field at a local park to meet the pro group for speed and throwing sessions. The field time will be 2-3 hours long, then head back for the pro lift session. We will be training athletes until around 2pm then have a break. High school and youth sessions will run from 3:30pm-7:00pm. On days where the training load is less we will have the opportunity to learn our training systems and program design, and how this industry works in the private sector.

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).

☒ 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.

☒ 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.

☒ 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

✕  clear

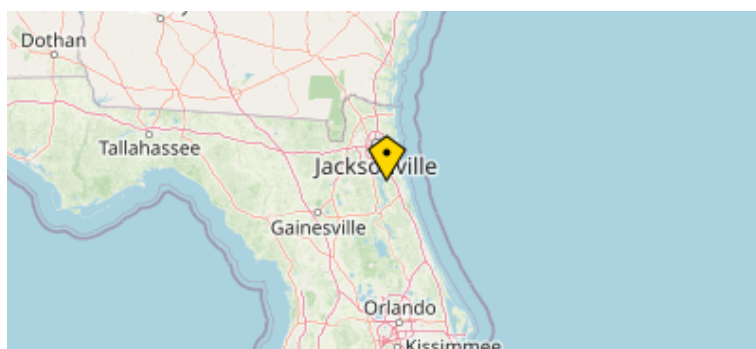
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

This question was not displayed to the respondent.

Location Data

Location: [\(29.9488, -81.5361\)](#)

Source: GeoIP Estimation



Approved: 7.10.24

Blain Harrison

Blain Harrison - APK Internship Coordinator