



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 undergradaute 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 <u>APK Internship Policies and Procedures</u> 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		
D1 Training Lakewood Ranch		
Q6. Organization Location(s) - Include Addresses Of All Locations To Be Included As Part Of This Approval		
3025 Lakewood Ranch Blvd #102, Lakewood Ranch, FL 34211		
Q10. URL of Website For Organization		
https://www.d1training.com/lakewood-ranch/? gclid=CjwKCAjwsfuYBhAZEiwA5a6CDOXSLkYVQtjMR6FCib8WZ95yt0f8p0XMpPZnNaZ5nYLlezPbO_C4txoCyQEQAvD_BwE		
Q7. Name of Individual Who Will Receive Applications From Students		
Dakota Gier (Undergraduate): Dulce Scott (Graduate)		
Q8. Email Address of Individual Who Will Receive Applications From Students		
dakota.gier@d1training.com dulcescott@d1training.com		
Q9. Phone Number of Individual Who Will Receive Applications From Students		
9415655464 : 9412268623		
Q34. Will the person receiving internship applications from students be the same person supervising the student and completing the student evaluations during the internship?		

YesNo

Q11. Name of Individual Who Will Supervise Students Evaluations	Directly During Internship and Complete Student
This question was not displayed to the respondent.	
Q12. Email Address of Individual Who Will Supervise Student Evaluations	Students Directly During Internship and Complete
This question was not displayed to the respondent.	
Q13. Phone number of Individual Who Will Supervise Student Evaluations	Students Directly During Internship and Complete
This question was not displayed to the respondent.	
Q14. What Semester(s) Is Your Organization Available	e To Accept Interns? (select all that apply)
✓ Fall (August - December)	
Spring (January - April)	
Summer (May - August)	
	erns must hold at least a bachelor's degree and those of . Based on this policy, for which category of students is
✓ Undergraduate Students	✓ Graduate Students
Q16. How many interns is your organization willing an	d able to support per semester?
4	
willing and able to provide a part-time internship experweek), or either to our undergraduate students dependently on the part-Time Internship (~20 hours per week) Full-Time Internship (~40 hours per week)	our minimum) internships over two semesters. Are you rience (~20 hours per week), full-time (~40 hours per ding on the student's internship plans?
 Either Part-Time or Full-Time depending on the student's internsi 	пр рап

Q17. Describe the normal working hours anticipated for an intern at your organization. Please indicate

	Normal working hours vary from 15-40 per week, depending on the credit and hour requirements of the student. These hours may be distributed across anywhere from 3 hour shifts to 8-9 hour full days, depending on multitude of factors. Our facility is open from 5AM until 8:30PM M-F and 8-11:30AM Saturday. Saturday evenings and Sundays are closed besides for special events. Should an intern wish to focus on adult 1-on-1 and class training, their hours will be centered around mornings. If the focus on future career paths centers on athletics, then hours may range greatly from mornings to late evenings, with a high focus on evening hours during Fall and Spring semesters. Students will spend this time on coaching, tasks, assignments, classes, operations, shadowing, meetings and more.
Q	18. Does your organization offer non-paid or paid internships?
	Non-paid
	O Paid (amount)
	21. List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, c.)
	Free use of of recovery lounge. Discounts on all products, apparel, and supplements. Full use of facility during off-hours. Initial uniform, Fox 40 stopwatch, and whistle provided free of charge. CEU opportunities for certain certifications. Future employment and networking opportunities with D1.
Q	22. List required purchases for interning with your organization (i.e. parking pass, uniform, I.D. Badge, etc.)
	Athletic shoes, shorts/pants will be required to purchase if not owned beforehand
Q	23. List required skills or previous experience necessary for interning with your organization
	While not required, it is strongly encouraged that the intern possesses: A background in athletics. Previous personal training/Health and Wellness industry experience.
Li	24. List any special credentials or documents required to intern with your organization (i.e. CPR/First Aid, ability Insurance, Personal Training Certification, OSHA training, HIPPA training, Pre-Internship orientation, ackground check)
	While not required, it is highly encouraged that a prospective intern possess: CPR/First Aid through the AHA or the American Red Cross P.T. certification from a nationally-accredited association

likelihood and circumstances surrounding any evening or weekend time commitments.

Q25. Provide a bulleted list of duties/responsibilities you	ur organization expects to be fulfilled by interns:
	cility upkeep • Handling of sensitive documents • Note-taking • Facility operations • nunication skits • Assessment skits • Event support • Mock event design • Weekly s assignments
Q26. Please describe a typical day for the intern:	
facility. If shadowing and assisting in coaching, they will then communic supervising/spotting when progressed far enough within the program. It leadership staff either at the front or throughout the facility such as with coaching, and operation to handle weekly assignments and study lecture the day. This is the typical schedule and is made to ensure the interning among a group of professional coaches of varied backgrounds and specific supervisions.	or any miscellaneous updates, and to greet any members/staff in the front of the cate with the coach on the floor, setup where needed, and assist in When assisting with operations, the intern will handle tasks assigned by the data input and recording. The intern will also use time in between shadowing, are material. If it is a lecture day, the intern will attend a 1-2 hour educational ed is outlined in the syllabus. They will also attend any staff meetings planned for ets a comprehensive experience in the private fitness industry working in and ecialties. The goal of the program is to have interns leave confident and able to run high school/collegiate athletes to older general population adults, to even
Q28. All Interns (undergraduate and graduate) MUST be Learning Outcomes (SLO's), though evaluation of all 9 it the duties/responsibilities provided to interns at your organical stress of the duties	s preferred. Please check each SLO that applies to
Integrate principles and methods of math, social sciences, and/or ✓ arts and humanities to applied physiology and kinesiology, health, wellness, and/or fitness environments.	Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.
Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	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).	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 appro	oval form from you (if applicable)
Q29. Would you like to be added to the Department's lis	st of approved sites for future interns?
Yes	

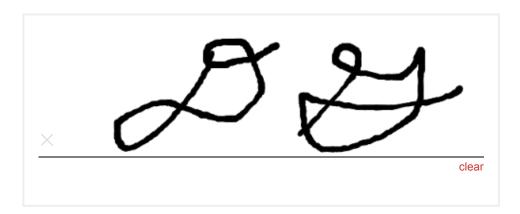
○ No

Q32. Have you reviewed the APK Internship <u>Policies and Procedures Manual</u>? 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.



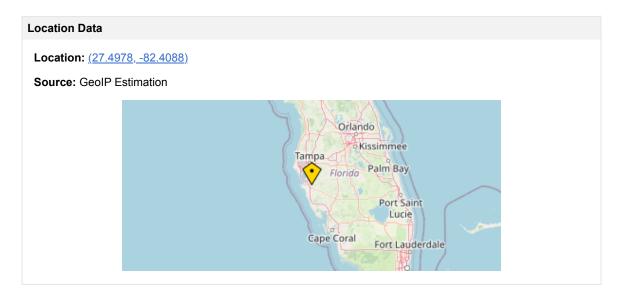
O No

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.



Approved: 4.30.24

Blain Harrison

Blain Harrison - APK Internship Coordinator