



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

Progressive Therapy Center

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

12651 S. Dixie Highway, Suite 205. Pinecrest, FL 33156

Q10. URL of Website For Organization

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

Luis Aguirre or Greg Welch

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

pinecrest@progressivetherapy.net

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

(305)232-9222

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

Oscar Espinosa PT, DPT

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

pinecrest@progressivetherapy.net

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

(305)232-9222

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.

Monday/Wednesday: 10am-7pm Tuesday/Thursday: 8am-2pm Friday: 9am-5pm

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 skills or experience 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)

CPR/First aid certification strongly recommended but not required. No other special credentials or documents are necessary.

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

Assist in Patient Assessments: - Observe patient evaluations under the supervision of licensed physical therapists. - Record patient medical histories and relevant background information. - Help measure range of motion, strength, and flexibility. Support Treatment and Therapy Sessions: - Aid in the setup and application of therapeutic modalities (e.g., heat, cold, ultrasound). - Assist patients with exercises and stretches during their rehabilitation programs. - Monitor and record patient progress during therapy sessions. - Provide patient education on exercise techniques and safety. Equipment Maintenance and Preparation - Ensure all therapy equipment is cleaned, sanitized, and properly maintained. - Prepare treatment areas and equipment before sessions. Research and Data Collection: - Assist in conducting research or gathering data related to physical therapy practices or patient outcomes. - Help with gathering evidence to support the clinic's physical therapy methods. Patient Interaction and Customer Service: - Greet patients and provide a welcoming environment. - Assist in answering patient questions and providing basic guidance on their treatment plans. - Observe patient progress and communicate relevant updates to therapists. Collaboration with Clinical Team: - Work closely with physical therapists, assistants, and other healthcare professionals. - Participate in team discussions regarding patient care plans and progress. Professional Development: - Attend clinic workshops, training, and seminars to enhance knowledge and practical skills. - Participate in shadowing sessions with experienced professionals to learn best practices in physical therapy.

Q26. Please describe a typical day for the intern:

A typical day for an intern begins with assisting in preparing the treatment areas, ensuring all equipment is sanitized and ready for use. The intern may help set up for therapy sessions by preparing modalities like heat or ice packs, as well as assisting patients with stretches and exercises. Throughout the day, the intern observes patient evaluations, takes notes on progress, and sometimes records range of motion or strength measurements under supervision. Between therapy sessions, the intern may participate in team discussions with physical therapists and assistants. The day often includes opportunities for learning and shadowing experienced clinicians, as well as gaining exposure to the hands-on aspects of patient care and rehabilitation.

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.

☒ Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.

☒ 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

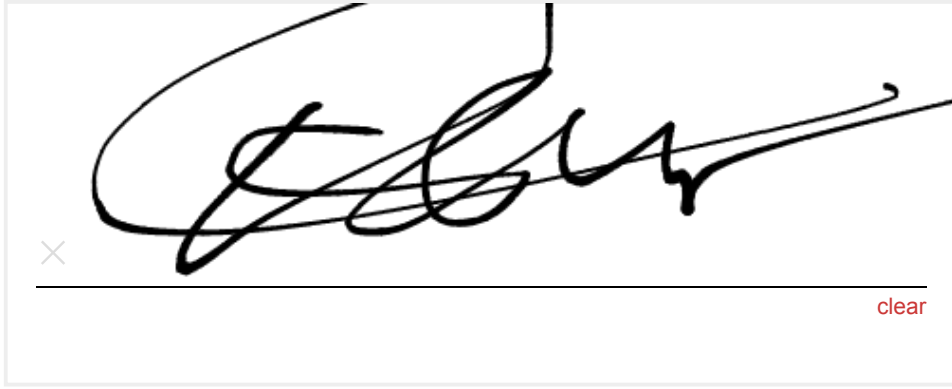
☐ No

Q30. Signature of Individual Who Will Be Receiving Internship Applications



A handwritten signature in black ink is displayed within a rectangular box. The signature is stylized and appears to be a cursive 'JL'. In the bottom left corner of the box, there is a small 'x' icon. In the bottom right corner, there is a red 'clear' button.

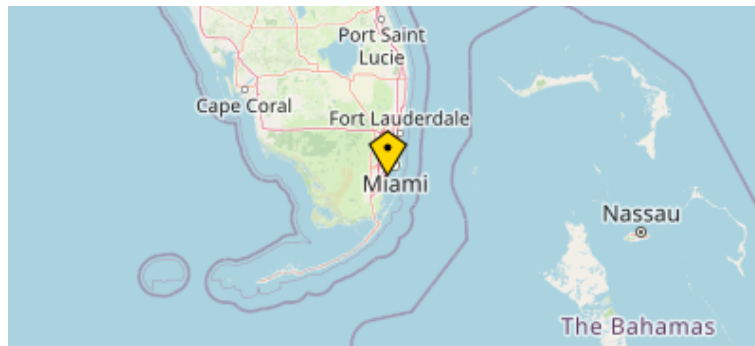
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship



Location Data

Location: ([25.6696](#), [-80.2875](#))

Source: GeolIP Estimation



Approved: 3.24.25

Blain Harrison

Blain Harrison - APK Internship Coordinator