



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 agencies, 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.

Q5. Organization Name
Robert Morris University
Q6. Organization Location(s) - Include Addresses Of All Locations To Be Included As Part Of This Approval
1600 University Blvd. Coraopolis, Pa, 15018
Q10. URL of Website For Organization
https://rmucolonials.com/index.aspx
Q7. Name of Individual Who Will Receive Applications From Students
Robert Day
Q8. Email Address of Individual Who Will Receive Applications From Students
day@rmu.edu
Q9. Phone Number of Individual Who Will Receive Applications From Students
2154167546
Q11. Name of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations
Robert Day

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

day@rmu.edu	
Q13. Phone number of Individual Who Will Supervise Students Directly During Internship and Complete Evaluations	
215-416-7546	
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	f
✓ Undergraduate Students ✓ Graduate Students	
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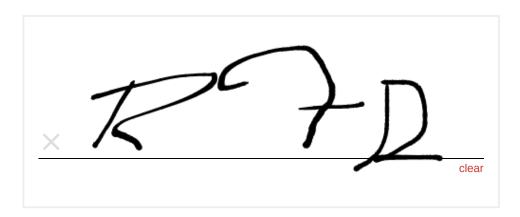
 $\it Q26.$  Please describe a typical day for the intern:

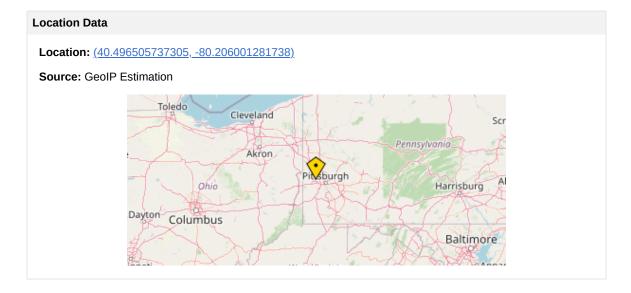
personal and professional development. Workouts can be back to bac Typically have eight hour long workouts spread throughout the day. At practice goes from 3p-6p - do hydration checks and weight in proir. Cl	ck or more spread out depending on the team practice and academic schedule. dditional extra work for athletes or make up workouts are also typical. Football lean up and prep for the next day. Out by 6:30p
Q28. All Interns (undergraduate and graduate) MUST because Outcomes (SLO's), though evaluation of all 9 the duties/responsibilities provided to interns at your or	is 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 app	roval form from you (if applicable)
Q29. Would you like to be added to the Department's li	ist of approved sites for future interns?
<ul><li>Yes</li><li>No</li></ul>	
Q32. Have you reviewed the APK Internship Policies at	nd Procedures Manual?
<ul><li>Yes</li><li>No</li></ul>	
Q30. Signature of Individual Who Will Be Receiving Into	ernship Applications

in at 5a for set up and workout review with job assignments, coach and execute assigned workouts throughout day. Staff training built into day for



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





Approved: 8/4/21

Blain Harrison

Blain Harrison - APK Internship Coordinator