



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

GatorCare

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

UF Health Professional Park, 3300 SW Williston Road Gainesville, FL 32608

Q10. URL of Website For Organization

Main website: <https://gatorcare.org/> OR specifically the internship interest page: <https://gatorcare.org/contact-us/internships-volunteer-opportunities/>

Q7. Name of Individual Who Will Receive Applications From Students

Abigail Loose

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

aloo0001@shands.ufl.edu

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

3522658302

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.

Monday-Friday, ~8:00am-4:30pm (total of ~8 hours/day, with flexibility of exact start and end times). Occasional evening or weekend events may arise, but these are rare, and participation will be up to the intern. Internships are fully in-person. Interns will have their own desk space, computer, email account, access to our Share Drives, etc.

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.)

Interning or volunteering with GatorCare Wellness offers university students interested in health a unique opportunity to gain hands-on experience in promoting and managing employee health programs. This internship/volunteering experience provides exposure to various wellness initiatives, such as walking challenges, health screenings, wellness workshops, and more, allowing students to develop practical skills in program planning, implementation, and evaluation. Additionally, interning in worksite wellness allows students to network with health professionals and gain insights into potential career paths in corporate wellness, public health, and health promotion.

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

N/A Interns will have their own desk space, and all other required materials will be supplied. There is free parking available as well as shuttle and transit options. Our dress code is business casual.

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

- Self-starter that also works well on teams - Knowledge and interest in worksite/employee wellness - Teachable and willing to learn - Comfortable interacting with colleagues and employees - Strong communication skills, written and oral

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)

- All interns are required to have updated immunizations (per UF Health policy) - Interns should give themselves enough time to complete any missing immunizations prior to internship - Background check will be conducted

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

- Participation in the planning, implementation, and evaluation of employee health and wellness programs -Example topics: nutrition, exercise, stress management, sleep, weight management, etc. - Research and development of curriculum and materials (promotional materials, logos, handouts, etc.) - Conduct body composition screenings, blood pressure screenings, and health coaching with employees - Plan, develop and manage employee health challenges, like walking challenge, water challenge, sleep challenge, etc. - Provide input and assistance in creating and updating the GatorCare website - Write health and wellness program promotions and communications - Attend events on behalf of GatorCare such as employee wellness screenings, health fairs, and open enrollment - Become familiar with health insurance benefits and how a self-insured health plan operates

Q26. Please describe a typical day for the intern:

Each day as a GatorCare intern looks different depending on the programs that are currently being implemented and the wellness events taking place. However, the main responsibilities of an intern center around planning, developing, implementing, and evaluating wellness programs and presentations for our UF and UF Health employee population. An intern can expect to research, plan, and develop a curriculum and materials on a health topic that they are passionate about. This passion project will be implemented during the internship and evaluated by the intern if applicable. In addition to the creation of their own health education program(s), interns will participate in the daily communication efforts of our wellness programs and challenges. This includes creating newsletters, writing educational blog posts, producing marketing materials, and verbally promoting our programs to eligible staff members. The intern may also teach live-streamed fitness classes, conduct body composition screenings, and present to our population on a health topic of their choosing. Occasionally, the intern will attend offsite wellness events where they will have the chance to interact with other employees and educate them on a variety of wellness topics. Overall, an intern can expect to work independently and collaboratively with the GatorCare Wellness team to provide health education to UF and UF Health employees.

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)

N/A

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 on a white background. The signature is cursive and appears to read 'A. Sigal'. There is a small 'x' icon on the left and a 'clear' button on the right of the signature line.

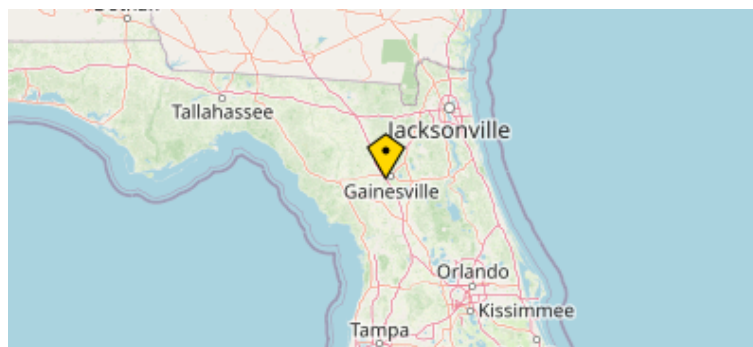
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

*This question was not displayed to the respondent.*

#### Location Data

**Location:** [\(29.6138, -82.386\)](#)

**Source:** GeoIP Estimation



Approved: 8.14.24

*Blain Harrison*

Blain Harrison - APK Internship Coordinator