



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

St. Joseph's/Candler - Health Management

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

Wellness Center - 5353 Reynolds St. Savannah, GA 31405 Health Promotion - 5353 Reynolds St. Savannah, GA 31405 Cardiopulmonary Rehabilitation - 5354 Reynolds St. Savannah, GA 31405

Q10. URL of Website For Organization

Wellness Center - <https://www.sjchs.org/why-sjchs/wellness-center> Health Promotion - <https://www.sjchs.org/why-sjchs/health-and-wellness> Cardiopulmonary Rehabilitation - <https://www.sjchs.org/why-sjchs/health-and-wellness>

Q7. Name of Individual Who Will Receive Applications From Students

Brittany Hartl

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

russellbr@sjchs.org

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

912-819-8800

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?

6 total (2 per department)

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.

Working hours will be dependent on the department and time of year you are interning. Wellness Center is open 7 days a week. Health Promotion operates Monday through Friday. Hours are dependent upon scheduled screenings. Cardiopulmonary Rehabilitation is open Monday through Saturday. Hours are dependent upon in-patient and out-patient caseload.

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.)

As non-profit organization, we are unable to offer any monetary benefits to our interns. However, we are happy to provide any guidance or assistance with answering questions regarding the area, housing suggestions, etc.

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

Uniform Requirements: Top: Plain shirt, Scrub Top or Polo: (Colors: Navy, Hunter Green, White, Black) \*No hoods \*Shirts tucked in Bottom: Khakis or Black Scrubs \*Sneakers or comfortable closed-toe shoes

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

Internships are designed to help students gain experience within an area of interest. While no experience is required, preference may be given to students with a nationally accredited certification (ACSM, CSCS, NASM, etc.) and experience that is applicable to our departments. If you have any questions on this, please reach out to our internship site supervisor.

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)

Prior to extending an offer of interning, we will conduct and interview with any interested students. We want to ensure that this internship experience is a good match for SJ/C Health Management as well as the student. Students will be required to obtain Liability Insurance. If this is not available through your school, we suggest you purchase Student Professional Liability Insurance through an organization such as HPSO: <https://tinyurl.com/2thfvfzs> Students will also be required to complete an orientation on their first day. During this time, you will be given a tour of the hospital and each department and the responsibilities that go along with each. Your "home base" will be assigned during this time and this is the department you will spend most of your time. Your options: Wellness Center (up to 2 interns), Health Promotion (up to 2 interns), or Cardiopulmonary Rehab (up to 2 interns)

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

Duties and responsibilities may be adjusted or enhanced based on proficiencies and experience. General Objectives for Interns in Wellness Center, Cardiopulmonary Rehab and Health Promotion: 1. Observe and co-instruct group fitness classes 2. Take accurate blood pressures, heart rates, and blood sugars for clients in both the Wellness Center and Cardiac Rehab. 3. Take accurate blood pressures, heart rates, height, weight & BMI, as well as finger sticks as needed, on Health Promotion Screenings. 4. Effectively identify at-risk individuals based on biometrics and lab results from Health Promotion Screenings. 5. Administer FMS testing for EMTs and NFPA WFI protocols for Fire Fighters 6. Perform fitness assessments and assist with exercise prescriptions for clients based on goals, medical history and population 7. Instruct clients on proper form and techniques on strength and cardiovascular equipment. 8. Research educational topics and develop power point presentations and/or pamphlets to be given to Wellness Center and Cardiac Rehab clients. 9. Assist with quarterly newsletter for the Wellness Center. General Responsibilities for Interns: 1. To assist the staff during fitness assessments and exercise instructions with the clients. 2. Provide support to the staff in their efforts to implement programs utilized to motivate and educate clients in the area of health and fitness. 3. Monitoring of the fitness center by assisting clients in the proper use of exercise equipment and technique. 4. Learning and implementing the proper techniques for assessing biometrics (Ht, Wt, BP, HR) on clients. 5. Clean and maintain exercise equipment for the fitness floor, pool area and locker rooms. 6. Clean and maintain organized clinic and screening space for Health Promotion. 7. Attend water aerobics, chair aerobics, circuit training, and summer camp programs or Strength and Conditioning. 8. Co-instruct with staff on programs listed above. 9. Assist with preparation for and execution of Health Promotion Screenings. Other areas to gain experience: 1. Co-Worker Clinic. An on-site clinic that is staffed by a Nurse Practitioner for employees (and spouses on SJC insurance) to be seen when not feeling well, in place of going to their primary care doctor. 2. Dietetics: We have Registered Dietitians on staff who work with a variety of clients ranging from diabetes management, weight management to specific disease management. They are also well versed in lectures that are presented to employees and the community including topics from Mindful Eating, Food Prep and Label Reading to name a few. Programs: • City of Savannah Firefighter Physicals and Fitness Assessments • Chatham Emergency Services Physicals and Fitness Assessments • Weight Management Program- A comprehensive weight management program for St. Joseph's/Candler hospital employees and City of Savannah employees who qualify under their insurance plan. • Wellness Center quarterly newsletter- Newsletter to promote wellness center services, healthy lifestyle education and incentive challenges for members. • Wellness Center Personal Training program-observe personal training sessions for healthy individuals, special populations and weight management clients. • BeHealth Summer Program in Richmond Hill for children ages 5-12. Instructors will be utilizing the We Can! Program (Ways to Enhance Children's Activity and Nutrition). We integrate fun/engaging/creative exercise games and activities with nutrition topics and hands-on demonstrations led by exercise physiologists, health educators and dietitians. Intern Performance Standards and Evaluation Wellness Center, Cardiopulmonary Rehabilitation and Health Promotion At the conclusion of the internship, the student should be able to demonstrate a competency in the following areas that have been identified as applicable to their specific internship experience. Students will be evaluated in each category according to the corresponding performance evaluation 1. Wellness Center Health/Fitness Assessments a. Critical Skills – i. Health History, Injury History, and Patient Screening ii. Medications iii. Resting Heart Rate iv. Resting Blood Pressure v. Glucose Testing vi. Body Composition Testing vii. Hip/Waste Ratio viii. Cardiovascular Endurance Testing ix. Muscular Strength/Endurance Testing x. Flexibility Testing b. Performance Evaluation – Perform Complete Fitness Assessment per Wellness Center protocols under supervision of Exercise Physiologist or Health Educator. 2. Exercise Prescription a. Critical Skills – i. Developing exercise plan based on fitness test and recommendations from physician per policy and procedure ii. Understanding exercise programming for different populations and risk factors iii. Understanding progression of exercise programming and necessary adjustments to elicit desired response based on clients goals b. Performance Evaluation – Providing exercise plan for different populations of clientele. 3. Health Education a. Critical Skills – i. Understand the treatment and prevention of chronic diseases to provide clients with most recent information ii. Effective communication of symptoms, risks and health behaviors iii. Ability to educate and counsel based on identified needs and interests that are customized according to the client's educational level, learning barriers, and readiness to change iv. Ability to utilize technology and other media sources to present health information to clients, including but not limited to fliers, bulletin boards, social media and internet based education. b. Performance Evaluation – Coordinates, develops and presents educational opportunities for clients. 4. Exercise Instruction a. Critical Skills – i. Knowledge of safe and effective warm-up and cool-down ii. Knowledge of proper exercise movements and positions to safely and effectively utilize aerobic equipment iii. Knowledge of proper exercise movements and positions to safely and effectively utilize machine based strength training equipment iv. Knowledge and proper exercise movements and positions to safely and effectively utilize free weight training v. Ability to communicate and effectively demonstrate exercises and assess participants safety via monitoring body mechanics and appropriate responses to exercise (e.g. heart rate, blood pressure, technique, etc) b. Performance Evaluation – Provide exercise program orientation to new participants under supervision of Exercise Physiologist. 5. Customer Service a. Critical Skills – i. Knowledge of System/Departmental patient satisfaction/customer service scores as posted in the department ii. Ability to verbalize understanding of importance of patient satisfaction and excellent customer service iii. Understands how his/her individual actions affect System/Departmental Performance b. Performance Evaluation – This will be a subjective evaluation by our Department Manager and Intern Preceptor. 6. Health/Biometric Screening a. Critical Skills – i. Resting Heart Rate ii. Resting Blood Pressure iii. Height & Weight iv. BMI v. Understanding of normative values for biometrics vi. Effective use of equipment for finger sticks to assess lipid panel and A1C vii. Effective identification of at-risk individuals based on biometric and lab results b. Performance Evaluation – This will be a subjective evaluation by our Department Manager along with completion of off-site screenings and preparations of screening results. 7. Emergency Personnel Fitness Assessments a. Critical Skills – i. FMS ii. NFPA WFI b. Performance Evaluation – Successful Administration of FMS testing for EMTs and NFPA WFI protocols for Fire Fighters under supervision of Exercise Physiologist or Health Educator.

**Q26. Please describe a typical day for the intern:**

A typical day will vary greatly depending on the department you are in and the time of year that you are completing your internship. The information below can give you some insight as to what you can expect to see in each department. WELLNESS CENTER St. Joseph's/Candler Wellness Center is a hospital-based Wellness Center open to the public that promotes physical activity by offering fitness assessments, individualized exercise programs and state of the art exercise equipment. Other programs and services offered by the Wellness Center include Aerobic classes (aquatic, chair and circuit training) Personal Training, Post Therapy, and cardiac rehabilitation maintenance. HEALTH PROMOTION St. Joseph's/Candler Health Promotion promotes collaboration among a multi-disciplinary health care team. This team navigates through the process of assessing, planning, implementing, evaluating and delivering of client care, health education, screenings and prevention programs. Health Promotion hosts biometric screenings and flu clinics for contracted companies and SJCHS employees. Additionally, an employee health clinic is operated by the department to assist with non-emergent and non-chronic issues. CARDIOPULMONARY REHABILITATION St. Joseph's/Candler offers both cardiac and pulmonary rehabilitation for patients affected by heart or lung disease. Accredited by the American Heart Association, our specially trained rehabilitation experts are able to help patients with a structured and individualized plan that includes monitored exercise, modifications to lifestyle and behaviors, counseling, and education for long term success.

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: [\(31.99, -81.1032\)](#)

Source: GeoIP Estimation



Approved: 7.10.24



Blain Harrison - APK Internship Coordinator