

## APPLIED PHYSIOLOGY AND KINESIOLOGY (APK) **INTERNSHIP SITE APPROVAL**

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 for providing valuable internship opportunities to our students. The Department of APK requires that all undergraduates complete a 12-credit internship experience during their final semester. The experience requires a minimum of 520 clock hours, or 35-40 hours a week for 15 weeks, for the Fall and Spring semesters; and 520 clock hours, or 40 hours a week for 13 weeks, for the Summer semester. 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 within their specialization. The specializations within the department are:

**Exercise Physiology:** Prepares students interested in pursuing a career in one of the health professions or graduate study in exercise science. The curriculum provides a strong basic science background and requires additional course work in the biological aspects of exercise. For intern hours in this specialization, students are expected to complete hours in a biomedical research setting related to exercise and/or sport.

Fitness/Wellness: prepares students to function as an exercise technician, exercise specialist, and/or wellness instructor in hospital, corporate, private, or governmental agencies. The curriculum emphasizes practical aspects of fitness and wellness.

If you feel that you would like to provide internship opportunities for our students and would like to be included in the Department's list of approved intern sites, please provide us with the completed Internship Site Approval Form below, along with any additional information you would like to include about your site.

Instructions:

1. Please read the Applied Physiology and Kinesiology (APK) Undergraduate Internship Policies and Procedures Manual.

2. Please review and complete the Internship Site Approval Form\*. \*Based on UF policy, there must be an affiliation agreement in place between all internship sites and the University of Florida. Please provide the contact information for the individual responsible for reviewing and signing-off on these agreements here:

Name:     Trisha Turner     Title:     Assistant Program Manager		
Address: 505 N. Lasalle Street Suite 200	Chicago	60654
Street/PO Box	City	State/Zip
Email Address: <a href="mailto:trisha.turner@teanabroad.org">trisha.turner@teanabroad.org</a>		Phone: <u>312.239.3710</u>

- 3. Digitally sign and submit the completed site approval form to the Internship Coordinator by completing the following steps:
  - a. Click on the "Digital Signature" box. Please follow the instructions prompted by the wizard to create a "Digital Signature." Once created, the digital signature will auto-populate the textbox. You will be prompted to "Save" the document because the form contains a "Digital Signature."
  - b. Please save the file, but do not close the file.
  - Click "Submit" at the top right of the form (in the purple bar)
  - d. You will be prompted by a wizard which will ask if you want to send it via Outlook (or something similar) or via an Internet Provider (Webmail or Exchange).
    - If you have Outlook (or something similar) a prompt will appear for you to enter your name and your return email address. Once you click okay, the PDF will attach to an email and auto-reply to <u>drhodes@hhp.ufl.edu</u>.
  - e. If you are using an Internet Provider (Webmail or Exchange) you will be prompted to save the form, open a new message in your email account and attach the document yourself. Please email completed form to drhodes@hhp.ufl.edu with the subject "APK Internship Site Approval."



Location: Perth	v	/estern Aus	Date:	Date: 3.01.2018		
City		State				
Organization: Claremont Football Club						
*Contact Person(s): Trisha Turner *Must have at least a Bachelor's degree in a	a related field a	nd a minimum of	<sup>2</sup> 2 years' expe	rience within the discipline.		
Address: Claremont Showgrounds - 6 Keane Ave		Clarem	ont	WA 6010		
Street/PO Box		City		State/Zip		
Phone: <u>312.239.3710</u>		Fax: <u>312.239.3713</u>				
Email: trisha.turner@teanabroad.org		Website: ww	w.claremontfo	c.com.au		
What semesters is your organization available Fall (August-December)		erns? (January-April)	<b>r</b> S	ummer (May-August)		
Please check the specializations that best pert	tain to the inte	ernship experies	nce offered:			
☑ Exercise Physiology	Fitness,	/Wellness				
How many interns do you typically accept per	semester?	2				
Interns must complete a minimum of 35-40 h for your organization. Please indicate any eve				ormal working hours		
9am-5pm 4 days a week. Additional hours via cer	tification course	es and weekend	game days.			
Is office space available to interns?	✔ Yes	🗌 No				
			Comments			
Is a computer/scanner available to interns?	✓ Yes	□ No _	Comments			
Does your organization offer paid or non-paid	l internships?	🖌 Non-paid	l 🗌 Paid (a	amount)		
List other benefits your organization offers in	iterns (i.e. hou	sing, health ins	urance, trave	l reimbursement, etc.)		
Housing, 5 day orientation, cultural activities (3 mi services, academic component guidance and eval		nt director service	es, visa guidar	nce, airport arrival		

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):

None. Student will, however, be responsible for transportation to and from internship site.



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

Student must have exposure to sports medicine though either coursework or volunteer/internship experience. Student must also be certified in cpr and first aid.

Special Requirements (i.e. special application, proof of health insurance, immunizations, etc.) *Please note: All interns are required to purchase professional liability insurance coverage for \$1,000,000* 

CPR and first aid certification.

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

Attending regular training sessions and games

Attending medical, physio and sports science workshops and presentations by both internal staff and outside experts and consultants including attending the Level 1(Aus) Sports Trainer Course.

Providing assistance in the performance and conditioning activities within the club by conducting various fitness assessments and interpreting results, Developing exercise prescriptions for injured athletes and putting in place monitoring and follow up measures to ensure targets are being met.

Other related duties as required by the club

Attending club school Health and other promotions seminars and other events.

Please describe a typical day for the intern:

Over the course of the program, the interns will be given exposure to the following areas, which ideally will give them a comprehensive overview of the Sports Medicine field in Australia.

Roles & Responsibilities of the Level 1 (AUS) Sports Trainer Structure & Function of the Musculo Skeletal System (Anatomy) Warm-Up/Stretching/Cool-down Post Game Recovery Immediate Assessment, Management & Referral of Sports Injuries Management of Soft Tissue Injuries Rehab Analysis & Technique Strength and Conditioning Sports Massage Technique Ankle, Thumb & Finger Taping (Advanced taping possible) Advanced Taping **Medical Conditions** Nutrition Crisis Management (C.P.R)/Spinal Injury Management Fracture Management Transport of the Injured Athlete

## UF FLORIDA

Interns must be evaluated on at least 6 of the following Student Learning Outcomes (SLO's). Please check each SLO that applies to the duties/responsibilities provided to interns at your organization.

-	K Student Learning Outcomes (SLOs)	<b>Applied Examples</b> (These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)
	Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments.	<ul> <li>Intern can perform body composition calculations.</li> <li>Intern can identify socioeconomic impacts on health and fitness behaviors.</li> <li>Intern can calculate target and max heart rates in order to prescribe aerobic exercise.</li> </ul>
	Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	<ul> <li>Intern can identify muscles used in specific exercises and name other exercises that use those muscles.</li> <li>Intern can name specific structures damaged by pathologies like diabetes.</li> </ul>
	Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).	<ul> <li>Intern can explain the baroreflex.</li> <li>Intern can explain why skeletal muscle cells atrophy when immobilized.</li> <li>Intern can describe the impact of respiration on blood pH.</li> </ul>
•	Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.	<ul> <li>Intern can explain how exercise helps depression.</li> <li>Intern knows where to locate information related to psychological health impacts of various activities.</li> <li>Intern can identify and properly refer individuals with eating disorders.</li> </ul>
<b></b>	Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	<ul> <li>Intern can explain why resting HR and BP are reduced following endurance training.</li> <li>Intern can identify immediate and long-term benefits of resistance training.</li> </ul>
	Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.	<ul> <li>Intern can select a safe fitness test for a cardiac patient.</li> <li>Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.</li> </ul>
	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.	<ul> <li>Intern can describe which populations might be prone to ankle sprains.</li> <li>Intern can identify medications which might lead to an impaired ability to perform aerobic exercise.</li> <li>Intern can prescribe exercise to suit the goals of clients based on fitness assessments.</li> </ul>
	Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	<ul> <li>Intern can perform a submaximal VO2 test and use the collected data to classify the subject's level of fitness.</li> <li>Intern can perform a laboratory experiment and compare their results to other similar studies.</li> </ul>
	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.	<ul> <li>Intern can explain to a patient the importance of hydration during exercise.</li> <li>Intern can generate professional emails to ask scientific or medical questions.</li> <li>Intern can generate an abstract to present research at a scientific or medical conference.</li> </ul>

Would you like to be added to the Department's list of approved sites for future interns? Yes 🗌 No

Name of student requesting completion of the site approval form (if applicable): \_\_\_\_

I have reviewed the APK Undergraduate Internship Policies and Procedures Manual:		9.16.14			
Site Signature: John	-	Olaitelly sizes of fey John Measure			Date
Site Signature:	TUCUIII	email=john yocum@teanabroad.org, c=US Date: 2014.09.16.14.14:07 -06:00'	_ Date:	9.16.14	
Department Approval: dlrh		Digitally signed by dishedes@ull.edu	_ Date:	9/16/14	