



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

Virginia High Performance

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

310 Tenth Ave, San Diego, CA 92101

Q10. URL of Website For Organization

<https://vhpmmission.com/>

Q7. Name of Individual Who Will Receive Applications From Students

Jacob Lonowski

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

Jacob@vhpmmission.com

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

404-788-7217

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?

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.

No weekend work ever. Normal schedule will be 0600-1400 M,Tu, Th & F; 0600-1430 W.

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.)

None

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

None

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

None specific, but mast pass interviews & screening process.

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)

Liability insurance is assumed to be provided through the partnering university.

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

• Develop Personal Client Programs: The VHP Strength Coach works with his/her personal Client to design training programs that revolve around the Client's individual & unique strengths, limitations, abilities, and personal goals. The program will begin with baseline assessments, bloodwork, Musculo-skeletal evaluation and a one-on-one sit down with the client/ athlete and will consist of the covering of all relevant history to ensure optimal client experience & program outcomes. They must account for procedures and regulations under the Company's code of conduct and ethics and use the training program not just to optimize client goals and performance, but also to minimize risk of injury. • Educate Clients: Educate and train assigned clients of beneficial approaches to reach their performance goals in a holistic, interdisciplinary & dynamic team setting. • Evaluate Clients: The VHP Coach observes training, practice, and performance and uses their observations in conjunction with client's goals to assess strengths and weaknesses and design programs accordingly. Interpersonal relationship skills and social sensitivity such that they can relate to a variety of Active Duty and Veteran service members from diverse backgrounds. • Maintain Proper Records: The VHP Coach must maintain detailed, accurate and updated records/ workouts in order to track Client's progress. They communicate this information with Clients and Management and use data in order to assess training programs for effectiveness. • Perform Client tracking: The VHP Coach is responsible for tracking Client attendance and ensuring records, both financial and legal, are maintained to the expectation of the company. • Maintenance of Facility & Equipment: Participate in the maintenance and sanitation of all facilities & equipment to ensure all are always operational and safe. This includes but is not limited to opening & closing cleaning & set-up duties and more infrequent equipment maintenance like draining, cleaning & chemically treating therapy tubs. • Contribute as an Asset in a Multi-Disciplinary Elite Team Setting: It is critical to the success of VHP's CM program that all team members are solution oriented and motivated to be active in the resolving of the client's issues as they present in real time. This includes the weekly participation in a team roundtable in which all clients are discussed as well as communication of all relevant information to other appropriate teammates as novel information emerges.

Q26. Please describe a typical day for the intern:

An intern will be on a multi-week training program to get them up to speed on all responsibilities & tasks that need to be performed. This can take as little as 3 weeks and as much as 9 weeks depending on how rapidly the individual intern learns & adapts. The hours, as stated prior, are 0600-1400 on M,Tu,Th & F. There are four one hour client blocks in the morning & afternoon -- 0600-1000 & 1200-1600 respectively. During the 1000-1200 hours, all coaches, interns included, have time to eat, train and perform any ancillary duties. On Wednesdays, there are four one hour training sessions, 0600-1000, followed by a 1 hr break, then an all staff meeting from 1100-1200 where all clients are discussed and then team professional development from 1230-1430.

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.

- | | |
|---|---|
| <input checked="" type="checkbox"/> Integrate principles and methods of math, social sciences, and/or arts and humanities to applied physiology and kinesiology, health, wellness, and/or fitness environments. | <input checked="" type="checkbox"/> Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments. |
| <input checked="" type="checkbox"/> Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity. | <input checked="" type="checkbox"/> 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. |
| <input checked="" type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems). | <input checked="" type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context. |
| <input checked="" type="checkbox"/> Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles. | <input checked="" type="checkbox"/> 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. |
| <input checked="" type="checkbox"/> 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 approval form from you (if applicable)

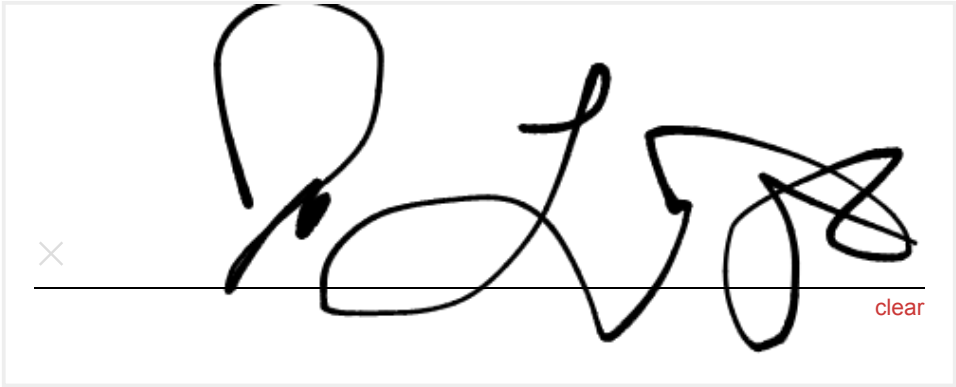
Q29. Would you like to be added to the Department’s list of approved sites for future interns?

- ☒ 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



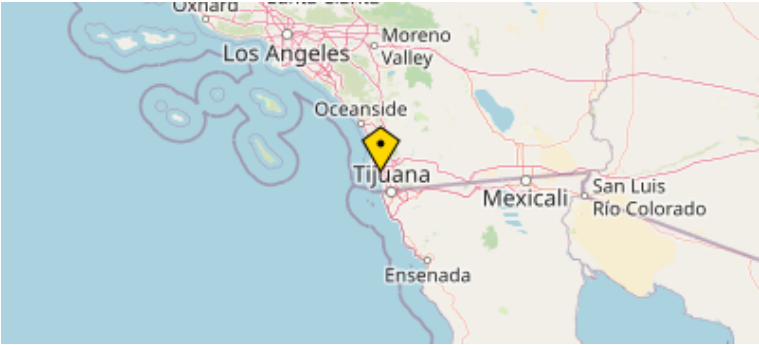
Q31. Signature of Individual Who Will Be Supervising And Evaluating Students During The Internship

This question was not displayed to the respondent.

Location Data

Location: [\(32.7203, -117.1552\)](#)

Source: GeolIP Estimation

A map of the San Diego-Tijuana area. A yellow diamond marker is placed on the border near Tijuana, Mexico. Labels on the map include Oxnard, Los Angeles, Moreno Valley, Oceanside, Tijuana, Mexicali, San Luis Río Colorado, and Ensenada.