



Location: Chiefland FL Date: 05/01/2017
City State

Organization: Heartland Rehabilitation Services

*Contact Person(s): Steven Smith PT
**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 2014 NW 11th Drive Chiefland FL 32626
Street/PO Box City State/Zip

Phone: 352 493 7776 Fax: 352 493 0337

Email: chiefland@heartlandrehab.com Website: hcr-manorcare.com

What semesters is your organization available to accept interns?
☒ Fall (August-December) ☒ Spring (January-April) ☐ Summer (May-August)

Please check the specializations that best pertain to the internship experience offered:

☐ Exercise Physiology ☐ Fitness/Wellness

How many interns do you typically accept per semester? 1-2

Interns must complete a minimum of 35-40 hours per week (520 hours total). List the normal working hours for your organization. Please indicate any evening or weekend time commitments:

Monday, Tuesday, Thursday 8am - 6pm
Wednesday, Friday 8am-3pm

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 internships? ☒ Non-paid ☐ Paid (amount) _____

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

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

Uniform - business casual (black / khaki shirt / pants, closed toed shoes)



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

entry level A&P courses, basic patient / client care skills, basic exercise theory, computer proficiency for EMR completion

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

None

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

- * assist clients with set up and progression of exercise and wellness program
- * counsel clients in regards to basic weight management concepts
- * complete fitness screening on wellness clients (inclusive of balance, flexibility, functional assessment screens)
- * fitness goal setting
- * complete submaximal O2 / MET testing.
- * assist treating clinicians with appropriate therapeutic exercises where / when applicable.
- * complete an in-service related to relevant to fitness/wellness in the physical rehabilitation setting.
- * maintain gym / wellness center - assist with maintaining fitness equipment / linens.
- * maintain standards of professionalism (including awareness with HIPPA / patient privacy, coworker interactions, etc)

Please describe a typical day for the intern:

Daily functions may include the following:

greeting clients upon arrival, reviewing case load /charts for physical therapy patients, reviewing lists of scheduled screenings for wellness members, facility set up - mat tables / equipment in order, consult wellness members and assist clinicians as requested, assist with documentation of exercise programs completed, completion of fitness screens which would included monitoring vitals (HR / BP / O2 sat %), flexibility / range of motion, functional movement / mobility screens, and daily communication with treating physical therapists as to client / patient response (as appropriate). Equipment cleaned and laundry assistance throughout the day.

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.

APK Student Learning Outcomes (SLOs)	Applied Examples <i>(These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)</i>
<input checked="" type="checkbox"/> Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments.	<ul style="list-style-type: none"> • Intern can perform body composition calculations. • Intern can identify socioeconomic impacts on health and fitness behaviors. • Intern can calculate target and max heart rates in order to prescribe aerobic exercise.
<input checked="" type="checkbox"/> Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	<ul style="list-style-type: none"> • Intern can identify muscles used in specific exercises and name other exercises that use those muscles. • Intern can name specific structures damaged by pathologies like diabetes.
<input checked="" type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).	<ul style="list-style-type: none"> • Intern can explain the baroreflex. • Intern can explain why skeletal muscle cells atrophy when immobilized. • Intern can describe the impact of respiration on blood pH.
<input 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.	<ul style="list-style-type: none"> • Intern can explain how exercise helps depression. • Intern knows where to locate information related to psychological health impacts of various activities. • Intern can identify and properly refer individuals with eating disorders.
<input checked="" type="checkbox"/> Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	<ul style="list-style-type: none"> • Intern can explain why resting HR and BP are reduced following endurance training. • Intern can identify immediate and long-term benefits of resistance training.
<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.	<ul style="list-style-type: none"> • Intern can select a safe fitness test for a cardiac patient. • Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.
<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.	<ul style="list-style-type: none"> • Intern can describe which populations might be prone to ankle sprains. • Intern can identify medications which might lead to an impaired ability to perform aerobic exercise. • Intern can prescribe exercise to suit the goals of clients based on fitness assessments.
<input type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	<ul style="list-style-type: none"> • Intern can perform a submaximal VO₂ test and use the collected data to classify the subject's level of fitness. • Intern can perform a laboratory experiment and compare their results to other similar studies.
<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.	<ul style="list-style-type: none"> • Intern can explain to a patient the importance of hydration during exercise. • Intern can generate professional emails to ask scientific or medical questions. • Intern can generate an abstract to present research at a scientific or medical conference.

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: completed 5/1/2017

Site Signature: **STSMITH** Digitally signed by STSMITH Date: 2017.05.01 12:42:36 -04'00' Date: 5/1/2017

Department Approval: **STSMITH** Digitally signed by STSMITH Date: 2017.05.01 12:42:55 -04'00' Date: 5/1/2017