SITE APPROVAL FORM

Location: Washington (City) DC (State) Date: 1/24/2017

Organization: Physicians Committee on Responsible Medicine

*Contact Person(s): Hana Kahleova, MD

Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.

Address: 5100 Wisconsin Ave NW (Street/PO Box) Washington (City) 20016 (State/Zip)

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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

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:

9am-5:30pm

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.):

Housing accommodations near the Physicians Committee office may be available at no cost if needed. Interns may be **reimbursed for taking public transit to the office.**

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

An educational background in medicine, nutrition or public health. Excellent research, writing, and problem solving skills. A strong attention to detail. Enthusiasm for the Physicians Committee's vision to create a healthier world through a new emphasis on disease prevention and plant-based nutrition.

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

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

The Physicians Committee's clinical research department is currently running a study on diet and postprandial metabolism. This randomized, controlled trial aims to determine whether the weight reduction that results from a plant-based dietary intervention is caused, in part, by altered postprandial metabolism. The study will measure changes in postprandial metabolism and insulin sensitivity of patients who have been following a low-fat, plant-based diet for 16 weeks.

The Clinical Research Intern will help the clinical research team with a number of key study tasks, including:

- Performing DXA scans
- Collecting, keeping, and completing study-related data
- Helping with the plant-based nutrition education classes for the participants
- Providing support for the study participants to adhere to their diet and to come to all the appointments (on phone and in person)

Please describe a typical day for the intern:

An intern working at PCRM at the Clinical research department comes early in the morning, calibrating the indirect calorimetry and DXA devices. The indirect calorimetry and DXA measurements follow, and typically take the whole morning. In the afternoon, the results need to be evaluated, reports including lab results have to be printed out, all data are to be entered into an Excel spreadsheet, and presented to the supervisor.

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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** *(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.	• 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.
☑ Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	• 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.
☑ Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).	• 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.
☑ Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.	• 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.
☐ Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	• Intern can explain why resting HR and BP are reduced following endurance training. • Intern can identify immediate and long-term benefits of resistance training.
☐ Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.	• 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.
☐ 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.	• 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.
☑ Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	• 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.
☑ 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.	• 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: 1/24/2017
Date

Site Signature: Hana Kahleova Digitally signed by Hana Kahleova Date: 2017.01.24 14:06:39 -05'00' Date: 1/24/2017

Department Approval: Blain Harrison Digitally signed by Blain Harrison DN: cn=Blain Harrison, o=Applied Physiology and Kinesiology, ou, email=blainharrison@ufl.edu, c=US Date: 2017.05.22 13:27:07 -04'00' Date: _____