



Location: Oldsmar FL Date: 6/12/2014
City State

Organization: Real Athletics & Wellness

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

Address: 13323 West Hillsborough Avenue Suite #101 Tampa FL/33635
Street/PO Box City 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? 3

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:

6am-730pm

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.)
TRRX Suspension Trainer courses (\$300 value)

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

None



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

Excellent interpersonal skills, Great communication, problem solver, proactive, reliable transportation, availability

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:

- Daily Cleaning (Mat, Trash, Vacuum, Offices, Bathrooms clean & have toilet paper and paper towels).
- Boot Camp Instruction
- Semi-Private Instruction
- Check and Return Emails
- Member Check In Emails/ Data Entry/ Down Time List
- Social Media Status update (2 per day)
- Trouble Shooting
- Take at least 2 pics per day to post on FB
- Tag Members on FB for working hard/ achievements

Please describe a typical day for the intern:

- Daily Cleaning (Mat, Trash, Vacuum, Offices, Bathrooms clean & have toilet paper and paper towels).
- Boot Camp Instruction
- Youth Training Instruction
- Member Check In Emails/ Data Entry/ Down Time List
- Taking pictures for social media
- Generating new leads out in the field marketing
- Discussing business goals, intern goals, and problem solving
- Closing list
 - ___ Make sure ALL windows are closed and locked
 - ___ Make sure ALL exterior doors are closed and locked
 - ___ Make sure ALL interior doors are closed
 - ___ Make sure ALL trash is empty
 - ___ Make sure ALL equipment is stored away where it belongs

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 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 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. | <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 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): N/A

I have reviewed the APK Undergraduate Internship Policies and Procedures Manual: 6/12/14
Date

Site Signature: _____ Date: 6/12/14

Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu
DN: cn=dlrhodes@ufl.edu Date: 2014.06.13 12:27:06 -04'00' Date: 6/13/14