THE UNIVERSITY OF TEXAS AT SAN ANTONIO
KINESIOLOGY AND HEALTH INTERNSHIP
Agency Information Sheet

Today’s Date: 8.24.11

Agency Name: Foundation Surgical Hospital of San Antonio

Address: 9502 Huebner Road, Suite 301, San Antonio, Texas 78240

Agency Phone Number: 210-478-5332   Email address: Rolando.Torres@foundationhospitals.com

1. Please briefly describe the scope of your agency’s work. Printed brochures or fact sheets explaining your organizational goals may be attached.

   Our goal is to directly affect the life-style changes necessary to combat the high failure rate often seen in programs with only a single focus. Our exercise physiology department specifically creates individualized exercise prescription – specific to the patients’ health restrictions, current fitness level, goals, exercise environment, and current lifestyle. We perform a series of initial fitness assessments (to include metabolic testing) and constantly review and reevaluate the patient’s exercise prescriptions to ensure their bodies do not “plateau”. We use different fitness progression techniques to keep our patients focused and on track with their weight loss goals.

2. Indicate the most appropriate person(s) to contact within your agency regarding internship possibilities.

NAME                        TITLE/RESPONSIBILITY            PHONE#
Rolando Torres               Fitness Program Coordinator          210-478-5332

3. Briefly describe the internship experiences available with your agency.

   **Fitness Specialist position**: Oversees all patients’ exercise and their progress on the gym floor. Maintains a safe exercise environment by monitoring exercise equipment maintenance, cleanliness of gym, assists clients with proper form for performing different exercises, and takes appropriate action with any concerns or mishaps on the gym floor. Understands exercise protocols. Helps members follow and understand his/her individual exercise prescription provided by the exercise physiologist. Tracks gym memberships and personal training sessions. Orient new members to the Foundation Fitness Center. Answers the phone and responds to fitness related questions; schedules members for future appointments when necessary. Leads group personal training sessions. Works Health Fairs and other projects when directed by supervisor.

4. Are there any restrictions to an internship that the student or university should be aware of? Will this be a paid position?

   The interns will need to provide proof of:
   
   -negative TB skin test or CXR
   -proof of immunization against MMR (measles, mumps, rubella), Varicella (chicken pox); basically a copy of an immunization record.
   -CPR certification

   This is not a paid position.