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

Today’s Date: ___ 7 / 13 / 15___

Agency Name: Inside Outsidewellness Center & Medical Spa

Address: Methodist Plaza, 4499 Medical Drive, Ste 225, San Antonio, Tx 78229

Phone/Fax Number: 210-616-0836 Email address: drcbc@insideoutsidespa.com

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

Inside Outside is a Physician Directed Wellness Center which provides a wide range of services which include High Intensity Strength Training, Education about Zone/Paleo/LowCarb Nutrition, DXA Bone Density and Body Composition Testing and Medical Spa Services. Our goal is to help our clients take their Health, Strength and Appearance to a New Level utilizing evidence based and proven strategies.

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

NAME: Charles B. Christian, Jr. M.D. TITLE/RESPONSIBILITY: Medical Director PHONE#: 210-616-0836

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

Interns will have the opportunity to observe the interactions of a skilled and knowledgeable physician with a wide variety of clients with problems related to their health and appearance. They will learn our approach to High Intensity Strength Training and be allowed to work one-on-one with clients when familiar with our methods. They will learn various approaches to nutrition to help clients lose fat and gain muscle using variations of Zone/Paleo/LowCarb Nutrition and learn how to create a Nutrition Prescription. They will help prepare presentations for new client orientations and manage other clerical duties such as scheduling and maintaining equipment. They will observe and assist with a variety of Medical Spa Services to include Botox, Chemical Peels, Laser Procedures and Microdermabrasions. They will learn to perform Quality Control procedures on our DXA Machine and how to perform and analyze DXA Body Composition Scans and become familiar with Bone Density Scanning. The health effects of stress will be discussed and ways to manage Stress using Controlled Breathing and Heart Rate Variability software.

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

No restrictions apply to this internship. The Intern’s parking will be paid for and meals provided; otherwise there will be no monetary compensation.

Please return this questionnaire to:
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