

THE UNIVERSITY OF TEXAS AT SAN ANTONIO

KINESIOLOGY AND HEALTH INTERNSHIP

Agency Information Sheet

Today's Date: 4/1/2020

Agency Name: Inside Outside Medical Spa and Wellness Center

Address: 4499 Medical Drive, San Antonio, TX 78229

Phone/Fax Number: (210) 616-0836 Email address: info@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.

Briefly, Inside Outside is a Physician directed Wellness Center which focuses on teaching Effective and Timewise Strategies about Nutrition and Exercise to our clients. We have about 110 clients who visit our facility once or twice a week for Exercise and Nutrition. We teach the Zone nutrition program and have a High Intensity Strength training gym using the SuperSlow protocols. DXA Body Composition and Bone Density testing are used to set goals and measure progress.

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

Name Charles B. Christian Jr, MD Title/Responsibility Medical Director

Phone #210-616-0836 Office Address: 4499 Medical Drive, San Antonio, TX 78229

Email: info@insideoutsidespa.com Type of Company (LLC, Non-for Profit, etc.): _____

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, 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. Do you want to be listed on the HCAP Internship website?

<https://hcap.utsa.edu/kinesiology/current-students/internships/>

Yes.

5. 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 position. The intern's parking will be paid for, otherwise there will be no monetary compensation.

6. Is your organization a HIPPA covered agency? YES ___X___ NO _____

7. Do you require background checks for interns? YES _____ NO ___X_

8. Are you available for Fall 20 hrs/wk ___YES___, Spring 20 hrs/wk ___YES___, and Summer 30 hrs/wk ___YES___?