

KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Recreation Assistant

Agency: [Association for the Rehabilitation of the Brain Injured \(ARBI\)](#)

Location: 3412 Spruce Drive SW, Calgary AB or Talisman Centre (see below)

Terms Available: Fall or Winter

Number of Positions: Varies per term

Project Duties/Responsibilities:

Association for the Rehabilitation of the Brain Injured (ARBI) is a community based non-profit organization providing rehabilitation and recreation based programming to individuals with moderate to severe acquired brain injury including strokes. In the recreation based program known as the Community Integration Program (*CIP*), clients are assessed by a Recreation Therapists who will recommend activities that are meaningful to each individual and also related to their rehabilitation goals. These programs help clients improve their abilities through leisure skills. Brain injury survivors who have undergone intensive rehabilitation apply their relearned skills in the group programs, which focus on music, communication, leisure, social and sensory abilities.

The student will be involved with one or two of the below group programs:

Aquatics Group - Mondays 9:45 a.m. – 12:30 p.m. and/or 1:00-3:30 p.m. (Talisman Centre)

This group is offered at a community pool and allows clients to experience freedom of movement as well as provide an active and social experience. The practicum student will be paired with one individual each week and assist that person through the weekly activities set out by the Recreation Therapist. Two Community Rehabilitation Workers are in attendance for direct supervision as well. Assistance in program set-up and assistance with client clothing changing (in/out swimwear) may also be required.

Wood Working Group - Wednesdays 1:00 – 3:00 p.m.

In this group the practicum student will help facilitate each week's activity along-side *ARBI* staff. The group will use a multi-faceted approach to assist clients on planning their leisure lifestyle. Participants utilize woodworking to practice constructional hand activities, discuss community leisure options and access the community as a group. Under the guidance of a Recreation Therapist, the student will have the opportunity to plan and lead a weekly activity.

Community Kitchen Group - Thursdays 10:00 – 11:30 a.m.

In this group the student will help facilitate each week's activity along-side *ARBI* staff. The group is intended for clients having an interest in cooking recreationally or for the purpose of skill re-learning. The intent is to assist participants in the use of adapted kitchen tools and practices, assuring safety and encouragement. Under the guidance of a Recreation Therapist, the practicum student will have the opportunity to plan and lead a session.

Walking Group – Fridays 1:00 -3:30 p.m. (Talisman Centre)

The Walking Group is offered year-round for clients to increase their current level of physical functioning. In the summer, the group explores outdoor community parks throughout the city. In the winter, the group walks around a track. The practicum student will be paired with one individual weekly and will assist that person physically (if required) through motivation, feedback and socializing throughout the session. Due to the uniqueness of each client's physical capabilities, the group is divided into two sub-groups allowing clients to walk at a suitable and therapeutic pace.

Exercise Group- Mondays 1:00-2:30 p.m. and/or Fridays 1:00-2:30 p.m.

This is a seated fitness group offered to individuals waiting for acceptance into our intensive rehabilitation program. Clients attend this group twice a week and practicum students can attend one or both sessions depending on their schedule. The staff monitors each client's participation, exercise tolerance and motivation to determine if they are ready for the intensive one-to-one rehabilitation program. The group is run by trained staff and volunteers. It includes wheelchair fitness, mental stimulation activities, cognitive activities and social interaction. Under the supervision of *ARBI* staff, the student will have the opportunity to plan and lead a weekly session.

Required Student Qualifications:

- Completion of KNES 367 (Adapted Physical Activity)
- Completion of KNES 373 (Exercise Physiology)

On-Site Supervisor: To Be Determined. Contact Erica Bell, volunteer@arbi.ca

Kinesiology Practicum Application

Placement: [ARBI](#) (Recreation)

Students must have 60 units completed to qualify for a practicum, including 30 units of KNES
Students may participate in up to three practicums, with no more than two at the same location

Submit together to
knespracticum@ucalgary.ca:
 Completed Practicum Application
 Confidentiality Agreement

INSTRUCTIONS

1. Contact the on-site supervisor to arrange an interview.
2. Bring a copy of this application with the completed student portion to your interview to be completed by the On-Site Supervisor.
3. Submit application and required documentation (if applicable) to knespracticum@ucalgary.ca; our office will email your @ucalgary address within 5 business days with next steps for you and your On-Site Supervisor.

STUDENT PORTION – COMPLETE PRIOR TO INTERVIEW

Practicum Term		
<input type="checkbox"/> Fall _____ (year)	<input type="checkbox"/> Winter _____ (year)	<input type="checkbox"/> Spring _____ (year)
Student Information		
Name:	UCID:	
Phone Number:	Email:	@ucalgary.ca
Student Practicum Expectations: Why have you chosen this practicum placement? (1-2 sentences)		
Code of Conduct		
Students are responsible for compliance with the University of Calgary's Code of Conduct .		
<input type="checkbox"/> Yes <input type="checkbox"/> No	I have read and understood the University of Calgary's Code of Conduct.	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you have a pre-existing relationship(s) with person(s) or group(s) associated with this practicum placement? If yes, please briefly explain the nature of the relationship:	
I agree that:		
<ul style="list-style-type: none">• No salary or payment will be received based upon my participation in a Kinesiology practicum placement• I will meet the expectations of the practicum placement for which I am applying• I will be punctual throughout my practicum placement and will adequately notify the On-Site Supervisor about any absence(s).• I will complete 60-72 hours within the dates of the term.		
Start Date (first day of lectures)	End Date (last day of lectures)	
_____	_____	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.		
Student's Signature:	Date:	

ON-SITE SUPERVISOR PORTION	
Name:	Organization: ARBI
Phone:	Email:
As the On-Site Supervisor, I agree that:	
<ul style="list-style-type: none">• No salary or compensation will be given to the practicum student• I will provide sufficient hours, supervision, and guidance during this practicum placement• I will complete a mid-point and final evaluation for the practicum student.	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.	
On-Site Supervisor's Signature:	Date:

CONFIDENTIALITY AGREEMENT

Practicum students and the agency must complete the signed confidentiality agreement and submit it (along with the practicum application form) to knespracticum@ucalgary.ca.

THIS AGREEMENT is made as of the _____ day of _____, 20_____.

BETWEEN:

(hereinafter called the "**Agency**")

AND:

(hereinafter called the "**Student**")

Whereas:

It is the Student's legal and ethical responsibility to protect the privacy, confidentiality and security of all records, proprietary information and other confidential information relating to the Agency, including business, employment and medical information relating to patients, members, employees and health care providers. ("Confidential Information").

And whereas:

The Agency has adopted policies and procedures regarding Confidential Information including its policies and procedures for complying with the *Freedom of Information and Protection of Privacy Act* and the *Health Information Act* ("Policies and Procedures").

In witness hereof, the parties agree as follows:

1. The Agency agrees to disclose and the Student agrees to receive Confidential Information in furtherance of participating in his/her practicum with the Agency, as set out in the Practicum Agreement.
2. The Agency agrees to advise, instruct and guide the Student as to the Policies and Procedures.
3. Upon receipt of the information set out in paragraph 2 herein, the Student agrees to use his/her best efforts to comply with the Policies and Procedures and to protect the Confidential Information, or any part thereof, and prevent it from being disclosed to any person contrary to the Policies and Procedures.

IN WITNESS WHEREOF, the parties have duly executed this Agreement effective as of the day and year first written above.

Agency

Student

Signed: _____

Signed: _____

Print Name: _____

Print Name: _____

Title: _____

Date _____

Date: _____