

## **KINESIOLOGY PRACTICUM DESCRIPTION**

**Practicum Position Title:** Rehabilitation Specialist – Osteoarthritis

**Agency/Company:** JointEffort/ GLA:D (UCalgary Active Living)

\*This practicum may be a combined practicum with the UC Neuro Rehabilitation & Fitness Program

**Location:** Faculty of Kinesiology, Jack Simpson Gymnasium

**Schedule:** TBD according to the Organization and the Practicum Student's schedule (5-6 hours / week in Fall & Winter Terms and 10-12 hours / week in Spring Term).

**Terms Available:** Fall, Winter, or Spring

**Number of Positions:** 3

### **Project Duties/Responsibilities:**

*JointEffort* is a specialized pre and post rehabilitation program for individuals with hip and or knee osteoarthritis who do not qualify for surgery, are waiting for, or have just experienced a hip or knee replacement. Clients in the 6-week *JointEffort* program receive an individualized program design, a nutrition lecture with a registered dietician and supervised exercise sessions. Clients in the follow-up *JointEffort* classes continue with their rehabilitative programs and progress towards meeting their goals and becoming more independent.

*GLA:D* is an education and exercise program developed by researchers in Denmark for individuals with hip or knee osteoarthritis symptoms. *GLA:D* includes two education sessions and 12 neuromuscular exercise sessions (clients rotate through four stations each class). Each class is 60 minutes.

\*This practicum may be a combined practicum with the UC Neuro Rehabilitation & Fitness Program depending on client availability, to ensure the 60 hour minimum for each student practicum. The duties within both programs are the same, the only difference is that the clientele have different physical limitations. The supervisor remains the same, but would connect with the Rehabilitation & Fitness supervisor for feedback prior to meeting with current students in regards to their evaluations.

### **Practicum students will:**

- Attend a practicum orientation. Background information on the programs, emergency procedures and specific exercises and progressions will be reviewed at this time. Practicum students will be requested to review the pre-test protocols as outlined in the orientations and review the *Nutrition and Arthritis* handout.
- During the first 6-week session of *JointEffort*, students will observe the individualized program designs which entails creating a specific set of exercises for the client. Under the strict supervision of the instructors, the practicum student will assist with pre-testing (explaining and timing a cardio, balance test and a strength test) using the appropriate testing protocols. The instructor and student will discuss the outcome of program design upon its completion. During the second 6-week session of *Joint Effort*, under strict supervision, practicum students will take a more active role in the program design, make exercise recommendations, post-test the initial clients and pretest the incoming clients using the same protocol as indicated above.
- During the first 6-week session of *GLA:D*, with guidance from the *GLA:D* certified trainer, practicum students will familiarize themselves with the four *GLA:D* exercises stations and the progressions within each station. During the

second 6-week session, practicum students will take a more active role in assisting the clients through the stations and helping them log their workouts at the end of each session.

- In the *JointEffort* class, practicum students will assist the clients through their individualized strength and range of motion exercise programs. In *GLA:D*, practicum students will assist clients with the exercises outlined in each station. In both *JointEffort* and *GLA:D*, the instructors will educate the practicum students on proper technique, cueing and progressions.
- If possible, students will attend a nutrition/education lecture associated with both *JointEffort* and *GLA:D* programs. Nutrition sessions are held once per 6-week session and two education sessions are held per 6-week *GLA:D* session.

**Assets:**

- KNES 373 (Exercise Physiology) an asset
- Strong strength training background an asset

**On-Site Supervisor:** Emma Smith [smithe@ucalgary.ca](mailto:smithe@ucalgary.ca) and Rianne Rogan [r.rogan@ucalgary.ca](mailto:r.rogan@ucalgary.ca) if combined

# Kinesiology Practicum Application

Placement: JointEffort/ GLA:D (UCalgary Active Living)

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

Is this practicum combined with the UC **Rehabilitation and Fitness Program Exercise Instructor (Assistant)**? \_\_\_ yes \_\_\_ no

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

## INSTRUCTIONS

- Contact the on-site supervisor to arrange an interview.
- Bring a copy of this application with the completed student portion to your interview to be completed by the On-Site Supervisor.
- Submit application and required documentation (if applicable) to [knespracticum@ucalgary.ca](mailto: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

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

## ON-SITE SUPERVISOR PORTION

<b>Name:</b> Emma Smith	<b>Organization:</b> UCalgary Active Living
<b>Phone:</b>	<b>Email:</b> <a href="mailto:smithe@ucalgary.ca">smithe@ucalgary.ca</a>
<b>As the On-Site Supervisor, I agree that:</b>	
<ul style="list-style-type: none"><li>No salary or compensation will be given to the practicum student</li><li>I will provide sufficient hours (60-72 hours) <u>within</u> the term dates above, and spread evenly throughout the term (approx.. 5-6 hrs/wk in Fall and Winter / 10-12 hrs/wk in Spring)</li><li>I will complete a mid-point and final evaluation for the practicum student</li><li>I will provide sufficient supervision, and guidance during this practicum placement</li><li>I will send any changes / updates to <a href="mailto:knespracticum@ucalgary.ca">knespracticum@ucalgary.ca</a> for approval / updating</li></ul>	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.	
<b>On-Site Supervisor's Signature:</b>	<b>Date:</b>

## **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](mailto: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: \_\_\_\_\_