

KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Assistant Strength Coach, Adult/50+ Training

Agency/Company: [Zeal Performance](#)

Location: Unit 208, 30 Springborough Blvd. SW Calgary

Terms Available: Fall, Winter, Spring

Number of Positions: 1 - 2

Specified Schedule: Student hours will be scheduled according to Practicum Student's schedule (5-6 hours / week in Fall & Winter Terms and 10-12 hours / week in Spring Term) within the following days / times: Weekdays 6am-1pm, 3:30pm-7pm; Saturday 8am-11am, Sunday 8am-1pm

Zeal Performance's Adult, or 50+, Fitness programs oversee the training goals and programs of over 100 adults. Clients come with a history of training backgrounds, limitations, and current training capacities. We train Masters Athletes preparing for international competitions while also accommodating clients who are coming back from intense surgeries - and everything in between. Our coaches specialize in accommodating for physical limitations such as osteoarthritis, joint pain, and osteoporosis. Zeal Performance offers adult small group training sessions daily throughout the morning and into the evening.

Project Duties/Responsibilities:

- Attend weekly development meetings and bi-weekly technical lifting sessions
- Work alongside current coaches to provide coaching and assistance to clients during training sessions
- Assist in client check-in and pre-session program preparation
- Shadow and assist with client initial assessments/testing
- Learn to lead Virtual Small Group training sessions with coach supervision
- Prepare and implement strength programs for select clients with coach oversight
- Complete assigned reading/assignments where required while keeping a log of new concepts learned
- Learn exercise modifications for common limitations (osteoporosis, osteoarthritis, joint pain, etc)
- Assist in development of video library/training platform

Assets:

- Adult CPR/AED and First Aid
- Access to own vehicle or the LRT station (69th Street)

On-Site Supervisor(s): Tessa Vanderveeken tessa@zealperformance.ca

Kinesiology Practicum Application

Placement: [Zeal Performance](#)

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		
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) (work, volunteer or personal) 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: Tessa VanDer Veeken	Organization: Zeal Performance
Phone:	Email: tessa@zealperformance.ca
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 (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)• I will complete a mid-point and final evaluation for the practicum student• I will provide sufficient supervision, and guidance during this practicum placement• I will send any changes / updates to knespracticum@ucalgary.ca for approval / updating• <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: _____