

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Adapted Physical Activity Assistant

of Positions Available: 1 per term

Industry/Company Description: University of Calgary Active Living: Adapted Physical Activity for Kids (APAK) and Kid's Adapted Climbing Series (KACS)

The APAK program offers children 4-14 years old with special needs the opportunity to gain independence and health benefits in an encouraging and understanding environment. Each child will work one on one with a volunteer, and will be offered a variety of activities to take part in. The 75-minute program is designed to introduce fundamental movement skills as well as develop existing skills in a fun environment.

The KACS program is designed to introduce children with special needs to the challenges and rewards of indoor climbing. Each child will work one on one with a volunteer and participate in 45 minutes of climbing within a one hour block.

Location: University of Calgary, Faculty of Kinesiology

Required Hours: 60-72 hours per term – evenly dispersed throughout term:

- 5-6 hours per week during fall and winter terms (13 weeks)

Academic Session: Fall or Winter

Specified Schedule: Must be available to assist in the instruction of the APAK program that takes place on Fridays from 4:45pm-7:45pm and the KACS program that takes place on Saturdays from 1:30-3:00pm.

Project Duties/Responsibilities:

The student will be asked to keep an academic reflection journal throughout the semester to document their experiences as the Adapted Physical Activity Assistant. The journal entries should be approximately 300 words long for each APAK and KACS session. The journal will be reviewed at the mid-point practicum evaluation. At the end of the term, the student will prepare a presentation that summarizes the current best practices in the field (using qualitative research methods) and their personal experiences as the Adapted Physical Activity Assistant (using data from their journal entries). The presentation should be 10-15 minutes long and the student must submit their journal and their presentation notes at the conclusion.

The student will also have specific responsibilities for both the APAK and KACS program, which are outlined below.

APAK

Under strict supervision, the student will:

- Assist in the preparation of scheduled activities relating to the weekly theme. Themes may be related to any sport (for example, basketball) and therefore activity preparation may include finding/ creating a game that teaches basketball skills, like dribbling, or one that uses modified basketball rules. Before every class, the student will help the instructor to set up the activities for the class, help to sign children in as they arrive to the program, and provide extra assistance to volunteers who may be an extra hand.
- Assist in the instruction of the APAK program.
 - The program runs two times per week, 75 minutes per session.
 - The students' primary role will be to support the volunteers who help with the APAK program by providing extra help where needed. This will involve working directly with children with physical and/or cognitive disabilities. (2.5 hours per week of instruction).
 - Other roles of the practicum student include:
 - communicating with the parents before and/ or after the APAK session
 - planning and teaching games to the children (either on-on-one or in a group), with consideration of their unique needs and learning abilities

- The practicum student is expected to be able to step in if a volunteer is ill or if there are not enough volunteers to be paired on-on-one with the children.
- Assist with the facilitation of a training program for APAK volunteers by conducting a short literature review on one disability which will examine the effects of exercise and recreation for this cohort.
 - The training program occurs one week prior to the beginning of the APAK sessions, therefore the short literature review will be one of the student's first roles in the practicum position
 - The student will select the type of disability that they would like to review. The topic for review will be approved by the supervisor.

KACS

Under supervision, the student will:

- Assist with the execution of a successful climbing experience for the participants and volunteers. Before every class, the student will help the instructor to set up for the class, help to sign children in as they arrive to the program, and provide assistance to volunteers who may need an extra hand. The student will also be required to communicate with the parents before and/or after the KACS session.
- Assist in the instruction of the KACS program.
 - The program runs once per week, one hour per session.
 - The students' primary role will be to act as a "Team Lead Volunteer" by supporting the volunteers and providing extra help where needed. This will involve working directly with children with physical and/or cognitive disabilities. (1 hour per week of instruction).
 - The student will work with climbing staff to help identify the need for specialized equipment such as a chest harness or adaptive chair.
 - The student will receive training on how to belay children and, if comfortable, will step in if another volunteer is absent.
 - Communicate with the parents before and/ or after the KACS session

The following is a breakdown of allocation of a practicum student's time throughout the term:

Journal/ Academic reflection	15%
Presentation	10%
Participation in the KACS program	25%
Participation in the APAK program	50%

This practicum is heavily focused on participation, which involves the following from the student:

- Leadership
- On-time and present
- Supporting the instructor and volunteers
- Knowledgeable (willing to find answers with resources available)
- Encourages participants
- Sensitivity to unique needs of the participants

Required Student Qualifications:

- Pre-requisite or co-requisite of KNES 367 (Adapted Physical Activity)
- Experience working with people with disabilities is preferred
- Experience top rope climbing is an asset
- Valid police check is required.

On-Site Supervisor: Heather Leitner, hmlleitne@ucalgary.ca