

KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Exercise Physiology (Applied) Assistant

Agency/Company: [Clinical & Translational Exercise Physiology \(CTEP\) Lab](#)

Location: University of Calgary, Foothills Campus (TRW Building)

Terms Available: Fall, Winter or Spring

Number of Positions: 1

Project Duties/Responsibilities:

The purpose of the *CTEP* lab is to foster a healthier Canada by advancing the field of exercise physiology for the prevention and management of disease. Specifically, the *CTEP* lab aims to facilitate innovative exercise physiology research by using state-of-the-art testing equipment and certified exercise technicians. We are currently involved in research projects on healthy aging, as well as cardiovascular, cerebrovascular, and neurodegenerative diseases. Beyond research goals, we want to develop educational and translational opportunities within the Faculty of Kinesiology, the Cumming School of Medicine, the wider Calgary community, and with other exercise physiology labs nationwide to promote proper exercise prescription and evidence-based strategies for lasting behavior modifications for health. This will be done by implementing multifaceted communication and education strategies.

Under strict supervision of the exercise physiologist, the practicum student will:

Prepare and calibrate testing equipment:

- Assist with the preparation and calibration of VO₂max testing equipment, gait analysis equipment, bioelectrical impedance analysis system, grip dynamometer, skinfold calipers
- Learn how to identify and interpret prior ECG tracings (on file) and identify abnormal rhythms
- Assist in implementing safety measures when testing clinical populations
- Assist in cleaning and stowing equipment properly following testing
- Assist in quarterly testing of treadmill, cycle ergometer, and metabolic measurement cart using bionorms to ensure validity and reliability of equipment

Assist in exercise testing:

- Interact with clinical study populations (explain testing procedure, address any concerns, present oneself as an exercise professional while still working within scope of practice)
- Become proficient in resting blood pressure and heart rate, height, weight, waist and hip circumference measures
- Learn to administer bioelectrical impedance analysis
- Assist in the preparation of participants with 12-lead ECG setup prior to exercise test
- Assist in monitoring participant during VO₂max testing
- Become familiar with test termination criteria and emergency procedures for VO₂max testing
- Assist in administering walking gait testing with dual-task component

Assist in data analysis

- Learn to identify and determine ventilatory thresholds
- Learn to identify VO₂peak or max values
- Learn to interpret basic gait variables
- Assist in the interpretation of grip strength, BMI-Waist circumference, body fat %, and VO₂max values by comparing against normative data

Required Student Qualifications:

- Completion of KNES 373 (Exercise Physiology)

Assets:

- KNES 375 (Tests and Measurements in Kinesiology)
- KNES 479 (Advanced Fitness Appraisal & Exercise Prescription)
- CPR and First Aid Certification

On-Site Supervisor: Karen Kendall, karen.kendall@ucalgary.ca

Kinesiology Practicum Application

Placement: [Clinical & Translational Exercise Physiology \(CTEP\) Lab](#)

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: Karen Kendall | Organization: CTEP Lab |
| Phone: | Email: karen.kendall@ucalgary.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, 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: _____