

## KINESIOLOGY PRACTICUM DESCRIPTION

**Practicum Position Title: Exercise Physiology (Applied) Assistant**

**Agency/Company:** [Calgary Fire Department, Wellness Clinic](#)

**Location:** Calgary Fire Department Headquarters, 4144 11 St SE, Calgary, AB

**Terms Available:** Fall or Winter

**Number of Positions:** 1

**Specified Schedule:** Students must be available to start at 7:00 am and to complete a minimum of 6 hours within one day on either Tuesday, Wednesday, Thursday, or Friday.

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

The *Calgary Fire Department's (CFD) Wellness Clinic* specializes in occupational medicine and incorporates a multidisciplinary team approach to proactive screening and physiological testing. The clinic employs physicians, nurses and exercise physiologists that work together to conduct a medical assessment and exercise physiology testing.

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

#### Assemble and prepare the testing equipment:

- Learn to assemble masks, accessory equipment, room set up
- Calibrate gas and flowmeter systems
- Learn troubleshooting techniques for common set up issues

#### Conduct VO<sub>2</sub> max testing:

- Assess maximal and submaximal aerobic fitness levels,
- Explain and outfit participant properly for the test,
- Aid in test implementation and computer control,
- Interpret the data
- Identify anaerobic threshold

#### Conduct Bioelectrical Body Composition Analysis and Anthropometry:

- Operate and interpret results from the Inbody machine
- Landmark for waist and hip circumference measurements

#### The practicum student will also:

- Conduct various forms of musculoskeletal testing and measure strength, endurance, and power and flexibility measurements
- Collect data related to a number of exercise testing protocols used with firefighters, such as cardiovascular physiology, musculoskeletal physiology and training methods; explain results, provide guidance and motivate participants to exercise in relation to occupational health

From 5 datasets and client descriptions that represent common themes for *CFD* members, students will:

- Select ***one*** dataset to analyze.
- Design an exercise program based on the results of the analysis and client description
- Summarize the reasoning behind the chosen exercises, format, volume, repetition ranges, etc., in a two-page summary (bullet point format)
- Submit summary to designated on-site supervisor/s by the end of the term

**Required Student Qualifications:**

- Completion of KNES 373 (Exercise Physiology)

**Assets:**

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

**On-Site Supervisor:** Carrie Anderson, [carrie.anderson@calgary.ca](mailto:carrie.anderson@calgary.ca)

# Kinesiology Practicum Application

## Placement: [Calgary Fire Department, Wellness Clinic](#)

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](mailto: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](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? If yes, please briefly explain the nature of the relationship:	
<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>	

<b>ON-SITE SUPERVISOR PORTION</b>	
<b>Name:</b> Carrie Anderson	<b>Organization:</b> Calgary Fire Department, Wellness Centre
<b>Phone:</b>	<b>Email:</b> <a href="mailto:carrie.anderson@calgary.ca">carrie.anderson@calgary.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, supervision, and guidance during this practicum placement</li><li>• I will complete a mid-point and final evaluation for the practicum student.</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: \_\_\_\_\_