



KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Health Promotion, Jump Rope for Heart Aide

Agency/Company: [Jump Rope for Heart](#), Heart & Stroke Foundation

Location: 200, 119 14 St NW, Calgary, AB

Terms Available: Winter Only

Number of Positions: 2

Project Duties/Responsibilities:

The Foundation's health promotion and advocacy programs across the country are saving lives every day. There is still a lot to do as heart disease and stroke remain a leading cause of death for Canadians, and 9 in 10 Canadians have at least one risk factor for heart disease or stroke. Up to 80% of premature heart disease and stroke can be prevented, and this is why health promotion is so important.

Within this placement, practicum students get the opportunity to promote health to children and youth, and have an impact on preventing disease, saving lives and promoting recovery. Practicum students get the chance to work with a dedicated team that is passionate about health, embraces diversity, allows for opportunities to learn every day, and empower young Canadians to live healthy lives and advocate for a healthier community.

Under supervision, practicum students will:

- Travel to Elementary and Junior High Schools in and around the Calgary area to help present *Jump Rope for Heart* Kick Off Assemblies
- Assist in the facilitation of presentations on heart health to Elementary and/or Junior High students to help them gain a better understanding of the program and the correlation between heart health and exercise
 - Help teach children how to keep their hearts healthy through physical activity, healthy eating, living smoke-free, and other heart healthy choices
 - Share FAST signs of stroke; empower children and youth to recognize, react, and save lives
 - Speak to students about prevention of heart disease and stroke through healthy eating habits
- Help teach students physical literacy through skipping
 - Depending on skipping experience, demonstrate a variety of fun skipping exercises during the presentations
 - Encourage students to learn new skills in a safe and supportive manner
- Help promote the *Heart & Stroke* mission and share our healthy living message with children and youth

Required Student Qualifications:

- Comfortable with public speaking
- Must have access to own vehicle

Assets:

- KNES 403 (Health Promotion) is an asset

On-Site Supervisor: Kerstin Wortmann, kerstin.wortmann@heartandstroke.ca

Kinesiology Practicum Application

Placement: [Jump Rope for Heart](#), Heart & Stroke Foundation

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: Kerstin Wortmann	Organization: Heart and Stroke Foundation
Phone:	Email: kerstin.wortmann@heartandstroke.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: _____