

## **KINESIOLOGY PRACTICUM DESCRIPTION**

**Practicum Position Title: Exercise Physiology Assistant**

**Agency/Company: [TCR Sport Lab](#)**

**Location: 1817A 10 Ave SW, Calgary, AB**

**Terms Available: Fall or Winter**

**Number of Positions: 1**

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

*TCR Sport Lab* is an applied testing and training centre for the general public. *TCR* has a metabolic lab, altitude lab, Computrainer studio, robotic bike fitting lab, a strength area and a custom bicycle shop. Practicum students will be required to design and conduct a small project and/or case study(s). The project must be within the scope of what *TCR* offers in services. The practicum student and supervisor will work together to design, implement and write up the project adhering the allotted time commitment.

**Under strict supervision**, the practicum student will:

- Assist the exercise physiologist with fitness assessments and tests including body composition, resting metabolic rate, V02 Max, blood lactate levels, hemoglobin/hematocrit levels and running gait analysis.
- Use the Dynamic Fitting Unit (DFU), a robotic bike fitting device, to make adjustments such as proper frame size, stem length, saddle height, crank length, bar width and drop depth.
- Monitor clients using the treadmills and stationary bicycles. Training in the altitude lab takes place in an environment which simulates elevations ranging from sea level to 14,000 ft (4267m).
- Assist in the development of individualized exercise programs based on the athlete's ability to adapt to this unique training environment. Students will compare pre and post VO2 results and hematocrit/hemoglobin levels, and create a chart demonstrating changes over time.
- Assist with Functional Movement Screening in order to establish an athlete's baseline using the Functional Movement Screen and Y Balance Test to determine potential weaknesses that need to be addressed in training.
- Learn how to identify the movement patterns of an individual through a point-based system in order to improve athletic ability and minimize injury.
- Assist the coach in the Computrainer Studio by monitoring an athlete's performance using this indoor stationary bicycle. The student will use the live data from each workout to help each participant and learn how to provide appropriate feedback for improvement.

### **Required Student Qualifications:**

- Completion of KNES 373 (Exercise Physiology)
- Active person with an interest in endurance sports (cycling, running, hiking, triathlon, strength training)

**Assets:**

- KNES 479 (Advanced Fitness Appraisal & Exercise Prescription) an asset
- CSEP-CPT or CSCS certification an asset
- CPR and Standard First Aid Training an asset

**On-Site Supervisor:** Cory Fagan, BPE, MSc, [cory@tcrsportlab.com](mailto:cory@tcrsportlab.com) (students welcome to come for tour prior to applying)

# Kinesiology Practicum Application

## Placement: [TCR Sport 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](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> Cory Fagan, BPE, MSc	<b>Organization:</b> TCR Sport Lab
<b>Phone:</b>	<b>Email:</b> <a href="mailto:cory@tcrsportlab.com">cory@tcrsportlab.com</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: \_\_\_\_\_