

## **KINESIOLOGY PRACTICUM DESCRIPTION**

**Practicum Position Title: Cardiac Rehabilitation Kinesiologist**

**Agency/Company: [TotalCardiology | Rehabilitation](#)**

**Location: Repsol Sport Centre, 2225 Macleod Trail S, Calgary, AB**

**Terms Available: Fall, Winter, or Spring**

**Number of Positions: 1-3**

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

*TotalCardiology | Rehabilitation (TCR)* was established in 1995 and is the current provider of the Alberta Health Services contracted cardiac rehabilitation services. *TCR* is committed to the promotion of heart healthy behaviours. Their dynamic multi-disciplinary team of health professionals provides education, counseling and intervention to achieve individualized risk factor modification. Through research and innovative treatment strategies, they strive to be leaders in the promotion of cardiac wellness and to provide our program participants with the knowledge and skills to take responsibility for their heart health, and to achieve a sense of accomplishment and lasting well-being.

*TCR* has a dedicated team of over 30 full-time staffing equivalents with extensive experience and expertise that includes clinical exercise physiologists, registered nurses, registered dietitian and administrative support staff.

### **Treadmill Lab, Monday – Friday (hours to be determined)**

Practicum students will be given the opportunity to:

- Observe and assist with *TCR* patient exercise stress testing procedures
- Learn and get the opportunity to take resting and exercise blood pressures
- Have the opportunity to see live running ECGs, get exposures how to interpret basic ECGs
- Learn how to prep a patient in anticipation for an ECG and exercise stress test

### **Exercise Health Coaching, Monday – Thursday (8:00am – 12:00pm)**

Practicum students will be given the opportunity to:

- Gain familiarization with the cardiac rehabilitation population via gradual immersion into full participation with our health coaching model
- Shadow clinical exercise physiologists and kinesiologist in a health coaching model
- Learn and get the opportunity to take resting and exercise blood pressures
- Shadow then lead stretching and resistance training classes
- Facilitate cardiac patient exercise programs via assistance with patient flow, exercise equipment set up, warm up/conditioning phase/cool down procedures and explanation of exercise-related terminology

### **Additional practicum duties include:**

- Attending patient education classes for program orientation (optional)
- Reviewing patient resources to better understand *TCR* patient education material
- The option of completing either a 250-500 word final report on overall learning experience or facilitating a 10-minute presentation at the end of the term.

**Required Student Qualifications:**

- Completion of KNES 375 (Tests and Measurements)
- Completion of KNES 373 (Exercise Physiology)
- Up-to-date First Aid and CPR certification

**Assets:**

- Exercise Physiology Major
- KNES 433 (Health and Physical Activity) an asset
- KNES 495 (Physiological aspects of Aging, Disease and Physical Activity) an asset
- Working toward ACSM Certified CEP or CSEP-CEP

**On-Site Supervisor: Brad Tannahill, CEP, [btannahill@totalcardiology.ca](mailto:btannahill@totalcardiology.ca)**

# Kinesiology Practicum Application

## Placement: [TotalCardiology | Rehabilitation](#)

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

**Submit to TotalCardiology:**  
 First Aid & CPR Cert.

### 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> Brad Tannahill, CEP	<b>Organization:</b> TotalCardiology
<b>Phone:</b>	<b>Email:</b> <a href="mailto:btannahill@totalcardiology.ca">btannahill@totalcardiology.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: \_\_\_\_\_