KNES 441, KNES 443, KNES 445 – 9 UNITS (3 HCE) – PRACTICUM COURSE

NOTE: THIS PLACEMENT IS INTENDED FOR STUDENTS WHO ARE INTERESTED IN OBTAINING 9 UNITS (3 HCE) DURING EITHER THE FALL OR WINTER TERM AT BE FIT FOR LIFE

Practicum Position Title: Health Promotion Assistant (Physical Literacy) - Be Fit For Life

# of Students Required: One

Industry/Company Description:

The Be Fit For Life (BFFL) Network is a provincial initiative comprised of nine regional Centres, working in coordination to support a more physically active Alberta. The Network is supported by operational funding from the Recreation and Physical Activity Division of Alberta Culture and Tourism and by additional project grant funding from Alberta Sport Connection and Sport Canada. Each Centre is located within and works in partnership with a College or University across the province.

Location: Faculty of Kinesiology at the University of Calgary (KNB 265) and various locations throughout the City

Required Hours per Week: 15-18 hours/week

Academic Term: Fall or Winter terms

Specified Schedule:

TBD based on Student’s academic schedule. BFFL hours fall mostly within the normal Monday through Friday workweek however, weekend and evening work is sometimes required.

Overview of Placement:

This placement will offer the following areas of focus:

1. **Community Outreach and Engagement**: Student will gain experience in facilitating, coordinating and evaluating community based education workshops, events and programming.
2. **Project Based Work**: Be Fit For Life often is working on funded projects that reflect the current area of focus and/or need for physical activity/physical literacy interventions and resource development. The focus of project based work changes from year to year.
3. **Professional Experience in the Field of Health Promotion**: Students will gain experience in a professional setting that includes an office environment, community partnership work and meetings, communication skills and public speaking.

Required Projects:

Given the dynamic nature of BFFL, student projects will reflect the current work of the Calgary BFFL and the BFFL Network. Project work will be determined at the beginning of the term. By the end of September or January (depending on the term), the practicum student will submit a 2 page double-spaced learning contract to the Practicum Coordinator (Monika Del Rizzo), Faculty Representative and On-site Supervisors (Leah Yardley) which will provide a detailed outline of specific projects and their associated deadline dates.
Powerpoint Presentation
Students are responsible for arranging an end of term powerpoint presentation during the final week of term with their respective on-site supervisor/s and their team, Practicum Coordinator (Monika Del Rizzo) and practicum Faculty Representative.

Presentations should be approximately 20 minutes in duration and should include:
- Overview of practicum placement, population served
- Describe a typical ‘day in the life’ during your placement. Include pictures.
- Primary responsibilities/duties during placement and explain three examples of new, concrete knowledge gained.
  - How have you translated theory (classroom learning) into the workplace?
- Summary of project. Give visual examples of what this project entailed (i.e. handouts or physical demonstration).
  - Describe challenges, surprises and new learning associated with your project.
- Three personal observations/insights that you will retain from this opportunity.
- Is this career for you?

Required Student Qualifications:
- KNES 311 (Leadership Foundations) required
- KNES 369 (Physical Activity, Health and Aging required
- KNES 331 (Foundations of Coaching) an asset
- Access to a vehicle (asset)
- Own laptop required
- CPR/First Aid (asset)
- Police check (asset)

On-Site Supervisor: Leah Yardley – leah.yardley@ucalgary.ca
Interested students should contact Leah Yardley for an interview. Note: This placement is intended for students who are interested in obtaining 9 units (3 HCE) during either the fall or winter term at Be Fit for Life.