

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Strength and Conditioning Coach Assistant

of Positions Available: 1

Industry/Company Description: Calgary Flames National Hockey League Club

Location: Scotiabank Saddledome

Required Hours: 60-72 hours per term – evenly dispersed throughout term:

- 5-6 hours per week during fall and winter terms (13 weeks)

Academic Session:

- Fall and winter terms

Specified Schedule: Variable depending on game schedule

Project Duties/Responsibilities:

Exercise Assistance (43 hours)

- Support coach on gym floor by assisting in the administration of the training plan. This includes, but is not limited to, setting up and talking down the equipment in the gym, spotting players during specific exercises, coaching exercise technique once proficient.
- Learn proper movement and exercise technique for hockey players to improve performance and reduce injury. The student will accomplish this by observation and discussion with the Head Strength and Conditioning coach and supplemental reading provided by the Head Strength and Conditioning Coach.

Data Collection and Interpretation (14 hours)

- Aid in the collection of physiological and performance data by helping set up testing apparatus, recording values, and possibly generating reports
- Under strict supervision, assist the coach in creating strength and conditioning programs for the athletes based on the results of the data

Preparation and Administration of Pre-, During-, and Post-game Nutrition (14 hours)

- The student will help make pre-, during-, and post-game nutritional shakes and make sure these shakes/drinks are replenished during games for consumption between periods

Student Qualifications:

Required: KNES 373 (Exercise Physiology)

Required: CSEP-CPT (Certified Personal Trainer)

Asset: KNES 479 (Advanced Fitness Appraisal and Exercise Prescription)

On-Site Supervisor:

Ryan van Asten (Head Strength and Conditioning Coach)

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