KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Applied Exercise Physiology Assistant

# of Positions Available: 2

Industry/Company Description: Canadian Sport Institute Calgary

Location: Sport Performance Laboratory, Markin McPhail Centre, Canada Olympic Park

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

- 5-6 hours per week during fall term (13 weeks)
- 10-12 hours per week during spring term (6 weeks)

Academic Session: Practicum positions are available to students during the fall and spring terms.

Specified Schedule: This practicum requires the student to be available for blocks of 3 hours at a time (or more), 1-2 times per week.

Project Duties/Responsibilities:

- Learn the basic required skills for pre-screening athletes and other test subjects (heart rate, blood pressure, and PAR-Q+), and to assist in data collection.
- Become skilled in the setup, calibration, cleaning, and maintenance of a variety of exercise physiology testing equipment (e.g., sphygmomanometers, metabolic measurement cart & accessories, Monark cycle ergometers, Velotron cycle ergometers, Lode cycle ergometers and arm ergometers, Woodway treadmills, Monark Wingate ergometers, SRM powermeters, OptoGate, etc.
- Become familiar with various advanced exercise physiology testing protocols and understand the related theory and physiology (e.g., incremental lactate test, Wingate anaerobic test, critical power test, maximal lactate steady state test, VO2max test, cardiac output test, field tests, etc.).
- Attend meetings, seminars, and journal clubs as required, and to be prepared to complete up to 3 assignments designed to enhance the student’s understanding of topics in exercise physiology.
- Prepare a 30 min presentation on a test or topic in exercise physiology (agreed upon with supervisor).

Required Student Qualifications:

- Functional understanding of Microsoft Excel and PowerPoint
- KNES 373
- KNES 479 an asset
- CPR and Standard First Aid an asset
- Hepatitis B vaccination (or in process of getting vaccinated)
- CSEP Certified Personal Trainer (CPT) an asset

On-Site Supervisor: Interested students should contact Rosie Neil directly for an interview
Rosie Neil – rneil@csicalgary.ca
Kelly Quipp
Canadian Sport Institute Calgary, Markin McPhail Centre