

## **KNES 441/443/445 – PRACTICUM COURSE**

**Practicum Position Title: Strength and Conditioning Assistant**

**# of Positions Available: 1-2**

**Industry/Company Description: Crash Conditioning - Development of elite hockey players from the bantam age through to professional levels.**

**Location: Crash Conditioning - 102 5855-9St. S.E.**

**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:** Fall/Winter 4-9pm weekdays, spring 12-9pm weekdays, 10am-2pm Sat/Sun

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

- Observe and Learn proper assessment and testing techniques related to cardiovascular fitness (VO2 testing), power output (measured jumps & presses- distance, Kaiser power output- watts,) flexibility (sit & reach, FMS,) and strength for a hockey players (squat, clean, bench, pullups).
- Learn how to gather results and apply them in order to properly create strength and conditioning programs for each athlete.
- Support coaches on the gym floor. Work with hockey teams and small groups by leading warm-ups, assisting coaches in movement drills and spotting / correction form on strength exercises.
- Identify and recommend methods and techniques during warm-ups, speed, agility, and strength training.

### **Student Qualifications:**

- KNES 373 (Exercise Physiology) required
- KNES 375 (Tests and Measurements) asset
- First Aid certification
- Excellent recall of anatomy/physiology

**On-Site Supervisor:** Douglas K.W. Crashley BSc. CSCS  
President of Crash Conditioning  
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