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KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Strength and Conditioning Athletic Assistant

Number of Positions Available: 2 Per Semester

Location: Edge School for Athletes & Duckett Performance Center
33055 Township Rd 250, Calgary AB (Springbank area)

Required Hours: 5–6 hours/week (60–72 hours/semester)

Industry/Company Description: Edge School for Athletes is a Calgary based private school developing excellence in athletics, academics, and character building. Edge's athletes specialize in a variety of sports including Hockey, Soccer, Golf, Dance, Tennis, Equestrian, and Gymnastics. The school's \$40 million facility features 2 NHL-sized ice rinks, 2 gymnasiums, indoor golf training facilities, 2 dance studios, and the Duckett Performance Center - a 9,200 sq. ft. high performance training facility, through which private services are also offered for local and international elite athletes.

Student Accountabilities/Duties

Under strict supervision, practicum students will:

- Observe and assist in implementing training programs for athletes involved in Hockey, Soccer, & Golf.
- Assist in the measurement and analysis of performance characteristics in teams and individuals.
- Learn to develop global movement efficiency through progressions of corrective exercises (e.g. improving hip flexor functionality via dynamic stretching and reflexive activation)
- Learn to operate within a holistic model of athletic development, integrating concepts in functional biomechanics, physiology, sports nutrition, sport psychology and motor control.
- Supervise and/or assist in team and individual workouts by offering advice and consultation to staff and clients.
- Supervise and/or assist in team and individual testing and evaluation (Testing Supervision, Data Analysis, Data Entry, Event Co-Ordination, Event Management) (e.g. hosting a hockey school at Edge School may involve helping to organize tours of the facility, etc.)
- Complete assigned readings and/or assignments where required -- Bi-Weekly Assignments will be given (e.g. keeping a log of new concepts learned)
- Readings from new cutting-edge publications will be assigned weekly.
- Operate within the standard of Ethics and Professionalism required by staff and clients at Edge School and the Duckett Performance Center.

Required Student Qualifications:

- KNES 261, KNES 263, Anatomy
- KNES 473 an asset (not required)
- Students must have access to their own vehicle

On-Site Supervisors:

To arrange an interview, practicum students should contact:

Ross McCain, Assistant Director of High Performance Training
Edge School for Athletes/Duckett Performance Centre

rmccain@ilearn.edgeschool.com
403-246-6433

