

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

**Practicum Position Title: Athletic Therapy Assistant**

**# of Positions Available: 1**

**Industry/Company Description:**

**Location: Fortius Rehabilitation Systems - 7835 Flint Rd SE inside Vergie Speed Field – various locations throughout the city of Calgary**

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

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

**Academic Session:** Fall, Winter, Spring

**Specified Schedule:** Varied, but would include some evenings and weekends

**Duties/Responsibilities:**

**Under strict supervision**, the student will:

- Assist Athletic Therapist with the prescription, application, supervision and education of patients' Therapeutic Exercise Programs including: Active Range of Motion (AROM), PROM, stretching, proprioception, coordination, balance and strengthening
- Assist Athletic Therapist and understand rational behind hands on treatment techniques including: trigger point release, Friction massage, Proprioceptive Neuromuscular Facilitation (PNF) Stretching, and exercise-based rehab
- Assist Athletic Therapist in the development of exercise and therapy rehabilitation programs
- Students will have the opportunity to apply knowledge learned throughout the practicum on patients or other clinicians
- Observe the treatment of patients in the clinic and on the sideline

**Student Qualifications:**

- KNES 259/260 – Human Anatomy and Physiology
- KNES 372 – Foundations of Sports Medicine
- Own Transportation
- Standard First Aid/CPR
- Desire to learn

**On-Site Supervisor:** Charne Goosen BKin, CAT(C)

Certified Athletic Therapist

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