KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Health Promotion- Jump Rope for Heart Aide (Note: Skipping experience not required)

# of Positions Available: 2

Industry/Company Description: Heart&Stroke Foundation
The Foundation’s health promotion and advocacy programs across the country are saving lives every day. There is still a lot to do as heart disease and stroke remain a leading cause of death for Canadians, and 9 in 10 Canadians have at least one risk factor for heart disease or stroke. Up to 80% of premature heart disease and stroke can be prevented, and this is why health promotion is so important.

More moments. More life. That’s why Heart&Stroke leads the fight against heart disease and stroke.

Within this placement, you get the opportunity to promote health to children and youth. You have the opportunity to have an impact on preventing disease, saving lives and promoting recovery. You get the chance to work with a dedicated team that is passionate about health, embraces diversity, allows for opportunities to learn every day, a chance to make a difference and becomes extraordinary together. You get the opportunity to empower young Canadians to live healthy lives and advocate for a healthier community.

Location: 200 - 119 14th Street NW

Required Hours: 60-72 hours per term – evenly dispersed throughout term:
- 5-6 hours per week during winter term only (13 weeks)

Academic Session: Winter term only

Specified Schedule: To be negotiated

Project Duties/Responsibilities:

Jump Rope for Heart (skipping experience not required)

Under supervision, students will:
- Travel to Elementary and Jr. High Schools in and around the Calgary area to help present ‘Jump Rope for Heart’ Kick Off Assemblies
- Assist in the facilitation of presentations on heart health to Elementary and/or Jr. High students to help them gain a better understanding of the program and the correlation between heart health and exercise
  - Help teach children how to keep their hearts healthy through physical activity, healthy eating, living smoke-free, and other heart healthy choices
  - Share FAST signs of stroke; empower children and youth to recognize, react, and save lives
  - Speak to students about prevention of heart disease and stroke through healthy eating habits
- Help teach students physical literacy through skipping
  - Depending on skipping experience, demonstrate a variety of fun skipping exercises during the presentations in order to promote physical activity
  - Encourage students to learn new skills in a safe and supportive manner
- Help promote Heart&Stroke mission and share our healthy living message with children and youth in the Calgary Area

Required Student Qualifications:
- KNES 403 (Health Promotion) an asset but not a requirement
- Interest in health promotion
- Comfortable with public speaking
- Must be willing to take initiative
- Must have access to own vehicle

On-Site Supervisor: Please contact directly for an interview
Kerstin Wortmann
Coordinator, Fund Development - Jump, Alberta | Heart & Stroke
kerstin.wortmann@heartandstroke.ca