KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Kinesiologist Assistant

# of Positions Available: 1

Industry/Company Description: INLIV Full Circle Health works closely with individuals and corporations to deliver premium corporate, executive and personal health services. Our full circle health care includes medical doctors, physiotherapists, fitness trainers, dieticians, exercise physiologists and acupuncturist.

Location: Suite 217, 1111 Olympic Way SE, Calgary AB

Required Hours: 60-72 hours per term/5-6 hours per week

Academic Session: Fall, Winter or Spring

Specified Schedule: 2 days/week for 3 hrs or 1 day for 5-6hrs

Project Duties/Responsibilities:

Under strict supervision, the student will:

- Assist exercise physiologist with routine executive medical health screens such as flexibility, pulmonary function, posture analysis, muscular strength and endurance, body composition, and submax VO2 testing.
- Assist exercise physiologist with VO2 max testing, as well as internal tiered aerobic and anaerobic testing; Interpret results and assist in debrief and design of training program.
- Observe and assist physiotherapists, kinesiologists, and fitness trainers.
- Observe and assist exercise physiologist with the design and implementation of training programs and exercise regimes. These programs are based on individual measured analysis of physiological performance for selected clientele.
- Facilitate self-guided research seminars regarding various training, rehabilitation, and sport related topics
  - The student will choose a topic of interest, present topic to on-site supervisor mid-way through the term and teach fitness trainers new skill or protocol learned.

Student Qualifications:
- Required: KNES 373 (Exercise Physiology)
- Asset: First aid and CPR.
- Asset: Experience in a fitness facility or training environment recommended.

On-Site Supervisor:
Jeff Barrett – barrettj@inliv.com – CSEP-CEP