

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

**Practicum Position Title:** Personal Training Assistant, Ironside Fitness Inc.

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

**Industry/Company Description:** Ironside Fitness is a leading fitness, wellness and nutrition training center with two locations in Calgary.

**Location:** NW Calgary - #114, 8060 Silver Springs Blvd NW.  
SW Calgary - #23, 8 Weston Drive SW.

**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, and Spring.

**Specified Schedule:** Will vary depending on applicant.

**Project Duties/Responsibilities:**

- Assisting our personal trainers in group fitness sessions including weight training, balance training, cardio vascular training and flexibility training
- Help plan workouts and assist clients to demonstrate proper form and modifications.
- Taking client measurements, weight, and body fat percentage.
- Become familiar with:
  - workout programs,
  - periodization and how we change the workouts to focus on different aspects of fitness as well as different muscle groups and intensity levels
- Help describe and demonstrate injury rehabilitation measures such as specific home workout exercises for wrists, shoulders, backs and knees for specific client needs.
- Assisting with technology such as using our Fit clients tracking software, body fat calculator, and social media aspects relating to the business including twitter, instagram, youtube and Facebook.

**Required Student Qualifications:**

- KNES 375 – Tests and Measurements in Kinesiology
- KNES 373 – Exercise Physiology
- Interest in personal fitness and well-being.
- Ability to discuss client goals openly and honestly with clients.
- Kinesiology background required.
- Past personal training experience an asset.

**On-Site Supervisor:**

Charmaine Ironside, B.Kin, Fitness & Holistic Nutrition Coach, Owner, Ironside Fitness Inc.–  
[charmaine@ironsidefitness.com](mailto:charmaine@ironsidefitness.com)  
403-247-0404