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, cardiovascular 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:
  o workout programs,
  o 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
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