

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

**Practicum Position Title:** Kinesiologist - Personal Training Practicum Student

**# of Positions Available:** 4

**Industry/Company Description:** The JCC is a non for profit recreation center that serves Calgary's southwest community. The JCC serves as the Jewish 'living room' of the community, while offering social, educational, recreational and cultural programming to individuals and families of all ages, stages and backgrounds.

**Location:** 1607 90 Ave SW, Calgary AB, Canada

**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:** To be determined

**Project Duties/Responsibilities:**

**Under Strict Supervision of a JCC Fitness Professional**

- Assist in designing individualized one on one personal training program for general and clinical populations.
  - Assist in leading the following classes:
    - Healthy Living: clinical population that has been sent to the Alberta Health Services program. All of the participants are living with a chronic condition.
    - Active Living: graduates of the Healthy Living program that are looking to continue exercising move into our Active Living program.
    - PWR! Moves: an exercise program design to counter the hallmarks of Parkinson Disease. A clinical program that incorporates fundamental movements, strength and resistance training and cardio.
- During all three classes, the student will be involved in running warm ups/cool downs, demonstrating resistance band training techniques, setting up exercise circuits and ensuring the safety of participants.
- Assist personal trainers with program delivery by attending team training and small group training sessions.

**Required Student Qualifications:**

- Must have 20 HCE completed
- KNES 373 – Exercise Physiology required
- Interest in working with a clinical population.
- Interested students must be working toward obtaining their CSEP-CPT or CEP designation.
- Valid Standard First Aid Certification and CPR Level C.
- Valid police clearance.

**On-Site Supervisor:**

Scott Russell, Fitness Manager, Calgary Jewish Community Center, [srussell@cjcc.ca](mailto:srussell@cjcc.ca), 403-444-3150.