

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Nutrition and Exercise Community Outreach Support

of Positions Available: 3

Industry/Company Description:

NSTEP (Nutrition Students Teachers Exercising with Parents) is a not-for-profit organization, which creates, develops and implements interactive nutrition and physical activity programs for children and communities. NSTEP's goal is for kids to have healthy habits for life.

The objective of this program is simple - to improve the health of children so they do not suffer from preventable chronic diseases associated with being overweight or obese. and to ensure that they can become healthy, active adults, contributing to our society.

In the past NSTEP has delivered all nutrition and physical activity lessons directly into each individual classroom through trained coordinators. A new service delivery model called NSTEP Eat Walk Live, uses professional development for teachers and individual classroom support to reach a greater number of students, teachers and schools. NSTEP Eat Walk Live addresses the need for school communities to build capacity and sustainability for a comprehensive health approach

NSTEP Eat Walk Live has a successful model that incorporates two components, physical activity and nutrition. It also includes the involvement of all three major stakeholders; students, teachers and parents. The NSTEP Eat Walk Live program provides opportunity and the tools for students to:

- Learn about healthy nutritional and life choices
- Assess their own physical activity and life choices
- Practice these skills

The main outcome of these three elements is to form long-term, sustainable, lifestyle skills. These are accomplished through interactive presentations which incorporate nutrition and physical activity. Interactive games and assessment tools help students have fun while learning. The NSTEP Eat Walk Live Professional Development model is practical, concrete and each grade level has one interactive theme to teach. NSTEP Eat Walk Live model has a foundation theme called "What are the Four Food Groups and what is an "other?" for Kindergarten and Grade 1 and builds sequentially on this theme with new, more advanced lessons through Grade 6.

NSTEP Teen Brain is for junior high students, focusing on the neurological, physiological changes that occur in the brain, once that cascade of hormones called puberty begins! Healthy eating, activity, drinking water, good quality sleep will help Teen Brains mature to adult brains. A Professional Development model with student presentations is the format we use. This program is based on the work of Dr. Ron Clavier but we are fortunate to have U of Calgary Professors involved too. Dr. Bonnie Kaplan (Nutrition and Mental Health), Dr. Larry Katz, Kinesiology, Dr. Charlene Elliott Media Literacy

Chef on NSTEP-is for after school programs, offered in recreation centers on food literacy skills plus activity.

Location: Various schools/locations across in the City of Calgary.

****Students must have access to own transportation**

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: Flexible – will work around the student's university schedule

Project Duties/Responsibilities:

The following are a list of some of the activities/duties the practicum student will experience:

- Assist Project Coordinators in delivery of professional development modules, going to the specific school and working with the teachers
- Assist Project Coordinators in classroom-support days, traveling to the school and going through the interactive lessons with the students
- Assist with design, implementation, and evaluation of either the nutrition component, or physical activity
- Assist in analysis of quantitative data
- Assist with student groups students/children to help implement the program, part of the student voice... This involvement could include participation with nutrition presentations, assistance with Snack Attack's, delivery of activity/nutrition games.
- Assist with developing setting up program display's and education resource development.
- Travel with Project Coordinators to Corporate Wellness events, where we present nutrition or activity modules to corporations in order to promote wellness in the community at large and raise funds for our school programs
- Create, develop and organize activity events, which may include parents, students and staff at schools.
- Some data entry, analysis, related to activity data or food assessment
- Develop your own project, with assistance of project coordinators, relating to some nutrition/activity component that can be distributed to students and communities
- **Please note** that students will be required to complete a Volunteer Clearance Form through the school district, there is no cost for this requirement.
- **Please note** that a confidentiality agreement must be signed. However, NSTEP needs to hire other employees as we expand into other schools for the following school year.

Required Student Qualifications:

KNES 237: Introduction to Nutrition required

KNES 437: Advance Nutrition an asset

We are seeking a student that will learn and grow with us *Experience, or an interest, working with children is an asset.* Strong inter-personal communication skills and a collaborative nature are necessary requirements for success in this experience.

NSTEP Eat Walk Live is a rapidly growing program that will have opportunities for employment in the future for the right candidates. We are looking for passionate students who care for students and the community and want to work with a team to improve as many futures as possible.

On-site supervisors:

Deb Hymers: deb.hymers@nstep.ca

Kylie Reid kylie.reid@nstep.ca