KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Strength & Conditioning Assistant - Sport Scientist

# of Positions Available: 1

Company Name: ORKA Performance- www.orkaperformance.com

Location: Edge School for Athletes

Industry/Company Description:

As part of this practicum placement, you will become part of an integrated learning experience that combines theory and practice from the latest evidence based principles surrounding strength & conditioning. At ORKA Performance we train a wide variety of athletes, all at different levels in their careers.

Required Hours: 60-72 hours within framework of academic term
5-6 hours/week during 13-week fall and winter terms; 10-12 hours/week during 6-week spring term

Academic Session: Fall, Winter and Spring terms

Specified Schedule: 2 x 3 hour blocks, evening and weekend based

Project Duties/Responsibilities:

Under strict supervision, the student will:

• Assist strength & power sessions in the gym, where technique and quality of execution exceeds load lifted.
• Assist speed, agility, jump and endurance testing using Brower Timing Gates, Force Plates, VBT and other scientific tools.
• Assist with the rehabilitation of injured players by demonstrating strengthening exercises for the specific injury. Learn to understand the underpinning scientific rationale behind each individual program.
• Attend in-house Sport Science Workshops, to observe and understand how drills and exercises will fit together to build the season’s periodization.
• Assist monitoring of markers of workload, fatigue, injury and growth, giving feedback of appropriate information.
• To always dress, communicate and behave in a professional manner when assisting or delivering sessions.

Student Qualifications:

• Required: KNES 373 – Exercise Physiology
• Asset (but not required): Some training in Speed/ Agility Training and Athlete Development
• Must have own transportation – not accessible via LRT
• Basic competencies on excel & word
• Desire to work hard

On-Site Supervisor:
Taylor Evernden, Director of Performance
Taylor@orkaperformance.com