

## **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](http://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  
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