

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

**Practicum Position Title:** Strength Coach/Exercise Physiology Assistant

**Number of Positions Available:** 1

**Industry/Company Description:** Peak Power Sport Development is a Calgary based company that focuses predominantly on working with teams and individual athletes. The company operates the “Athlete’s Training Centre” located within the Southern Alberta Institute of Technology (SAIT). The training centre and exercise physiology lab has been in full operation since January 2000. Our primary goal is to provide Peak Power Athletes a positive and focused environment where they can Learn, Train, and Achieve. This high quality service is provided through well-educated and experienced sport physiologists that continually work with the athletes. The Athlete’s Training Centre is a unique training environment that is designed specifically for athletic training and scientific testing.

**Required hours per week:** 60-72 hours within the framework of the academic term (approx. 5-6 hours per week)

**Terms:** Fall and Winter

**Schedule:** Days of the week: Monday - Thursday - . Work hours consist of mornings, daytime, and evening (some weekend time may be required)

**Location:**

**1301-16th Avenue NW (SAIT Campus)** Calgary, Alberta Telephone: (403) 284-7175 Fax: (403) 210-4354 Email: peakpower@sportdevelopment.com  
Directions within SAIT - We are located on the bottom floor of the Campus Centre (Building V) next to the hockey rink. Simply go down through the hockey rink and you'll see our Peak Power facility signs. Jeff Osadec Peak Power Sport Development 1301-16th Avenue NW (SAIT Campus) T: (403) 284-7175)

**Duties and responsibilities:**

**Orientation session**

- Attend session where student will be introduced to training procedures, registration, opening and closing.
- Read, learn and practice the training programs outlined in the Peak Power Manual, paying specific to the periodization plans.

**Strength and Conditioning Program Development**

- Under supervision, assist with the periodized strength and conditioning programs for athletes of all ages and develop training programs for various athletes

**Strength and Conditioning Coaching**

Oversee training in the Athletes Training Centre. This will include all the SAIT varsity athletes and the private members of the centre. This will involve:

- Continuous interaction with the athletes in regards to their strength programs; spotting, motivating and monitoring
- Coaching specific lifting techniques - assist with the instruction of the Snatch and Clean & Jerk techniques to young athletes.

**Peak Power Camps and Special Events - Development and Marketing .**

- Attend and help promote the various special events that are scheduled throughout the term.
- Assist with the organization of camps
- Fitness testing is incorporated into all the training camps conducted by Peak Power. The selected candidate will have the opportunity to learn how to operate the Truemax Metabolic cart, Velotron Power Bikes and several other lab and field modalities. The degree of testing involvement will depend on the qualifications and experience of the candidate

**Student Qualifications:****Mandatory:**

1. KNES 373 KNES Exercise Physiology – Mandatory Requirement
2. CSEP-CPT required
3. CPR and First Aid

**Assets:**

1. Working toward National Coaching Certification (NCCP) - weightlifting Intro course or CSCS (Strength and Conditioning) Certification
2. KNES 375 Tests and Measurement in Kinesiology
3. KNES 479 Advanced Fitness Appraisal & Exercise Prescription

**On-Site Supervisor: - interested practicum students should Michael Souster directly ([michael@bigplans.org](mailto:michael@bigplans.org)) for an interview**

**NOTE:**

It is recognized by the student that all intellectual property developed at Peak Power Sport Development under the Peak Power name belongs solely to Peak Power Sport Development. All materials must be returned to Peak Power at the end of the term. Under no circumstances should Peak Power programs, computer files or books be photocopied or sent via e-mail for personal use. All materials must remain at Peak Power.