

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Neuro Rehab - Kinesiology Assistant

of Positions Available: 1-2

Industry/Company Description: **Spinal Cord Injury Alberta**, founded in 1961, provides support, direct service, information and advocacy to Albertans with spinal cord injuries and other physical disabilities.

Location: 5656 3 St SW (Just north of Chinook Centre)

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 sessions

Specified Schedule: Office Hours Monday – Friday 8:00 am to 5:30pm (Practicum Schedule Negotiable)

Project Duties/Responsibilities:

- Assist Specialized Fitness Coordinators in safely transferring and helping clients set-up on the specialized fitness equipment including standing frame elliptical trainers, a recumbent stepper, raised mats and adapted resistance training equipment
- Assist participants with flexibility and strengthening exercises
- Assist Specialized Fitness Coordinators during Functional Electrical Stimulation (FES) Cycling training sessions and broaden knowledge of skeletal muscle properties
- Educate participants on the benefits of exercise; discuss progress and provide support through active listening
- Broaden knowledge of clinical exercise physiology specific to spinal cord injury through recommended readings and exercise program design assignment

Required Student Qualifications:

- Must have 20 HCE completed
- KNES 373
- Standard First Aid and CPR Level C (or Health Care Provider) with AED
- Completion of Criminal Records Check (via Calgary Police Service) with Vulnerable Sector
- Orientation to all equipment and Fitness Centre policies will be provided

Assets:

- KNES 375 and KNES 479
- CSEP-CPT (Certified Personal Trainer)

On-Site Supervisors: Please contact Alex directly for an interview:

Alex Hepworth – alex.hepworth@sci-ab.ca
Specialized Fitness Coordinator