

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Cardiac Rehabilitation Kinesiologist

of Positions Available: 1 - 3

Industry/Company Description: TotalCardiology Rehabilitation Inc.

TotalCardiology™ Rehabilitation Inc., formerly Cardiac Wellness Institute of Calgary Inc., was established in 1995 and is the current provider of the AHS contracted cardiac rehabilitation services.

TotalCardiology™ Rehabilitation Inc. (TCR) is committed to the promotion of heart healthy behaviours. Our dynamic multi-disciplinary team of health professionals provides education, counseling and intervention to achieve individualized risk factor modification. Through research and innovative treatment strategies, we strive to be leaders in the promotion of cardiac wellness and to provide our program participants with the knowledge and skills to take responsibility for their heart health, and to achieve a sense of accomplishment and lasting well-being.

TCR has a dedicated team of over 30 full-time staffing equivalents with extensive experience and expertise that includes clinical exercise physiologists, registered nurses, registered dietitian and administrative support staff.

Location: TotalCardiology™ Rehabilitation and Risk Reduction, Repsol Sport Centre (formerly Talisman Centre), 2225 Macleod Trail South

Required Hours: 60-72 hours per term: 5-6 hours per week during fall and winter – 10-12 hours/week during spring. The schedule will be determined between the TCR On-site supervisor and the student following the completion of their interview.

Academic Session: Fall, winter or spring terms

Practicum Position Options/Responsibilities:

1. Treadmill Lab (completion of KNES 375 – Tests and Measurements and KNES 373 – Exercise Physiology - required for this area of focus)
Monday – Friday (time to be determined)
 - The opportunity to observe and assist with TCR patient exercise stress testing procedures.
 - Learn and get the opportunity to take resting and exercise blood pressures
 - Have the opportunity to see live running ECGs, get exposures how to interpret basic ECGs
 - Learn how to prep a patient in anticipation for an ECG and exercise stress test
2. Exercise health coaching (completion of KNES 373 – Exercise Physiology – required for this area of focus) Monday – Thursday 8am - noon
 - Familiarization with the cardiac rehabilitation population via gradual immersion into full participation with our health coaching model
 - Shadow clinical exercise physiologists and kinesiologist in a health coaching model
 - Learn and get the opportunity to take resting and exercise blood pressures
 - Shadow then lead stretching and resistance training classes
 - Facilitation of cardiac patient exercise programs via assistance with patient flow, exercise equipment set up, warm up/conditioning phase/cool down procedures and explanation of exercise-related terminology.

Additional Practicum Duties are as follows:

1. Attend patient education classes for program orientation (Optional).
2. Review Patient Resources to better understand TCR patient education material.
3. Students have the option of completing either a 250-500 word final report on the students overall learning experience or facilitating a 10-minute presentation at the end of the term.

Student Qualifications:

- Must have 20 HCE completed. Exercise Physiology Majors preferred, but not required.
- Required: KNES 373 (Exercise Physiology)
- Required: Up-to-date First Aid-CPR certification
- Asset: KNES 433 (Health and Physical Activity)
- Asset: KNES 495 (Physiological aspects of Aging, Disease and Physical Activity)
- **Working toward** ACSM® Certified CEP or CSEP-CEP® preferred

Students must contact the following on-site supervisors for an interview:

Brad Tannahill
Clinical Exercise Physiologist, TotalCardiology Rehabilitation and Risk Reduction
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