

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Neuro Rehab Assistant – GYM Program (Get Your Movement)

of Positions Available: 1-2

Industry/Company Description:

Dr. Culos-Reed's Health and Wellness Lab; Physiatry, Foothills Medical Centre

The GYM Program (Get Your Movement) is an after-hours exercise program offered exclusively to patients in Unit 58 (NeuroRehab). Referred by an Allied Health Care Professional (PT/OT), patients may attend the program ongoing during their in-patient stay. All patients referred to the program are screened by a Certified Exercise Physiologist (CEP), before a baseline assessment. Based on the referral, screening and assessment, the patient will have a weekly exercise program. Upon notice of upcoming discharge from Unit 58, the patient will receive a final assessment, and a report of changes will be made available to the patient and health care team.

Location: Foothills Medical Centre, Unit 58 (Tertiary Neuro Rehab) and Dr. Culos-Reed's Health and Wellness Lab, Faculty of Kinesiology, University of Calgary

Required Hours: 60-72 hours per term – evenly dispersed throughout term:

- 5-6 hours per week during fall or winter term (13 weeks)
- 10-12 hours per week during spring term (6 weeks)

Academic Session: Fall, Winter or Spring

Specified Schedule: Students must be available on both Tuesday and Thursday evenings, 6:30-8:30 p.m.;
Additional hours to be completed in Dr. Culos-Reed's lab as per agreed upon schedule, working on duties below

Project Duties/Responsibilities:

Under strict supervision, the student will:

- Assist certified exercise physiologist (CEP) with GYM program testing for U58 in-patient population. Testing assessments include functional movements (timed up and go), strength, balance and flexibility.
- Assist Certified Exercise Physiologist with GYM program delivery by assisting participants with individual programs. The student will be paired with an individual participant to perform activities; and/or may provide general overview to groups of patients that do NOT require one-on-one supervision and assistance.
- Complete any necessary communication paperwork with the U58 Allied Health Staff on the program participants. Paperwork is contained within a communication GYM binder, and includes reporting attendance, any changes to the exercise program, and any issues with exercises that may require feedback from the health care team.
- Enter individual fitness assessment data and compile baseline to completion health reports for participants
- Attend meetings as required with the GYM program team at the UofC (Dr. Culos-Reed's Lab) for any GYM modifications or feedback.

Student Qualifications:

Student must be a Kinesiology student with 20 HCE/90 credits completed

Required: CPR/First Aid Certification

Required: KNES 373 – Exercise Physiology

Required: Police security check, immunization record, HSPNet form (practicum coordinator will advise)

Asset: KNES 367 - Adapted Physical Activity

Asset: KNES 253 and/or 397 – Health and Exercise Psychology

Asset: Certified Personal Training (CPT) certification.

On-Site Supervisor: Students will contact this person directly for an interview.

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