



KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Rehabilitation Specialist – Osteoarthritis – JointEffort Program/ GLA:D

of Positions Available: 3

Placement Description – JointEffort and GLA:D

1. JointEffort is a specialized pre and post rehabilitation program for individuals with hip and or knee osteoarthritis who do not qualify for surgery, are waiting for or have just experienced a hip or knee replacement. Clients in the six week JointEffort program receive an individualized program design, a nutrition lecture with a registered dietician and supervised exercise sessions. Clients in the follow-up Joint Effort classes continue with their rehabilitative programs and progress towards meeting their goals and becoming more independent.
2. **GLA:D Good Life Arthritis: Denmark**
GLA:D® is an education and exercise program developed by researchers in Denmark for individuals with hip or knee osteoarthritis symptoms. GLA:D includes two education sessions and 12 neuromuscular exercise sessions (clients rotate through four stations each class), each class is 60 minutes.

Location: Jack Simpson Gymnasium – Upper Track or KNB 70

Required Hours: 60-72 hours per term/5-6 hours per week

Academic Session: Practicum positions are available to students during the fall, winter and spring terms.

Project Duties/Responsibilities:

- The student must attend a practicum orientation once accepted into the placement. Background information on the programs, emergency procedures and specific exercises and progressions will be reviewed at this time. Students will be requested to review the pre-test protocols as outlined in the orientations and review the Nutrition and Arthritis handout.
- During the first 6-week session of JointEffort, students will observe the individualized program designs which entails creating a specific set of exercises for the client. Under the strict supervision of the instructors, the student will assist with pre-testing (explaining and timing a cardio, balance test and a strength test) using the appropriate testing protocols. The instructor and student will discuss the outcome of program design upon its completion. During the second 6-week session of Joint Effort, under strict supervision, students will take a more active role in the program design, make exercise recommendations, post-test the initial clients and pretest the incoming clients using the same protocol as indicated above.
- During the first 6 week session of GLA:D, with guidance from the GLA:D certified trainer, students will familiarize themselves with the four GLA:D exercises stations and the progressions within each station. During the second 6–week session, students will take a more active role in assisting the clients through the stations and helping them log their workouts at the end of each session.
- In the Joint Effort class, students will assist the clients through their individualized strength and range of motion exercise programs. In GLA:D, students will assist clients with the exercises outlined in each station.
- In both Joint Effort and GLA:D, the instructors will educate the students on proper technique, cuing and progressions.
- If possible, students will attend a nutrition/education lectures associated with both JointEffort and GLA:D programs. Nutrition sessions are held once per 6-week session and two education sessions are held per 6-week GLA:D session.

Student Qualifications:

- Must have 20 HCE completed (half way through kinesiology degree requirements)
- KNES 373 (Exercise Physiology) an asset
- Strong strength training background an asset

On-Site Supervisor:

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