KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Exercise Physiology – Research Assistant

# of Positions Available: Maximum of 3 students per term.

Industry/Company Description: The laboratories of Drs. Martin MacInnis and Juan Murias investigate human responses to acute and chronic exercise and the extent to which these changes are influenced by training status, nutrition, sex, age, and the environment.

Location: The Exercise and Aging Laboratory is located in the Human Performance Laboratory (HPL).

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 or spring

Specified Schedule: Student’s schedules for this practicum will be largely dependent on the testing and training schedule of research participants; however, students will only be expected to attend the laboratory on weekdays. We will work with the students to create an accommodating schedule.

Duties/Responsibilities: Specific opportunities will depend on the nature of the ongoing projects; however, the laboratory is heavily focused on acute and chronic responses to aerobic exercise. In general, duties will involve:
- Supervising exercise training sessions (collecting data, motivating/monitoring participants, scheduling training sessions);
- Shadowing and assisting graduate students and postdoctoral fellows that are performing exercise testing (e.g., maximal oxygen uptake \( \text{VO}_2\max \), maximal lactate steady state, and specific physiological assessments (e.g., cardiac output, muscle oxidative capacity, etc.));
- Inputting, organizing, and summarizing data;
- Overseeing participant recruitment, knowledge translation, and equipment testing activities;
- Presenting on practicum experience to laboratory group at the end of the practicum; and
- Submitting a critical reflection on your practicum experience (~1 page in length).

Student Qualifications:
- KNES 373 (Exercise Physiology) and permission of Dr. Martin MacInnis and Dr. Murias
- Completion of related coursework is an asset
- CPR and first aid qualifications are an asset
- Passion for exercise physiology and interest in developing research skills
- Strong interpersonal skills and desire to lead exercise training sessions.

On-Site Supervisors: While Drs. Murias and MacInnis will co-supervise these practicums, all applicants should apply to Dr. Martin MacInnis (PhD, Assistant Professor, Faculty of Kinesiology, University of Calgary). To apply, please submit a resume and cover letter to martin.macinnis@ucalgary.ca.