

## **KNES 441/443/445 – PRACTICUM COURSE**

**Practicum Position Title: Occupational Therapy Assistant**

**# of Positions Available: 1**

**Industry/Company Description: University of Calgary, Staff Wellness**

**Focus on Ergonomics:** Regular stretching and moving throughout the day combined with a safe and comfortable workstation are essential in maintaining good health and preventing potential problems caused by the demands of today's jobs. This placement will focus on proper workstation settings and ergonomic assessments in a variety of environments at the University of Calgary. Emphasis will be placed on the importance of lifting safely, moving regularly and stretching frequently.

**Focus on Health Promotion:**

**Location: MSC 275**

**Required Hours: 60-72 hours per term – evenly dispersed throughout term: (5-6 hours/week)**

**Academic Session: Winter term only**

**Specified Schedule: 9:00 a.m.-12:00 p.m. Tuesday and Thursday**

**Duties/Responsibilities:**

- With close supervision from Occupational Therapist, student will assist in conducting interviews with employees regarding their ergonomic concerns, take measurements of office furnishings, make appropriate adjustments to equipment to improve ergonomics, and provide verbal education and recommendations to employees to limit ergonomic risk factors.
- Collaborate with Occupational Therapist to identify equipment solutions for ergonomic issues noted in assessments.
  - Investigate possible vendors and, using an excel spreadsheet, develop a list of commonly recommended ergonomic equipment that can be provided to staff, departments, and external service providers to address ergonomic issues on campus.
  - Indicate the application for each piece of equipment on the spreadsheet
- Complete 3, 2-page literature reviews of best practices regarding common ergonomic issues in office environments. Submit to Occupational Therapist at the end of the term
- Develop educational handouts on common ergonomic issues that will be provided to staff and faculty as a preventative strategy to avoid future injuries, improve posture and overall well-being..
  - Handouts will include exercises and stretches for staff in a number of different environments at the University of Calgary. Adapt the handouts according to specific situations and individuals.

**Student Qualifications:**

Required: KNES 213 – Introduction to Research in Kinesiology

Required: KNES 259/260 – Human Anatomy and Physiology –excellent recall required

Asset: KNES 263 – Quantitative Biomechanics

Asset: KNES 363 – Biomechanics of Biological Materials

**On-Site Supervisor:** Students will contact Laura Stephenson directly for an interview:

Laura Stephenson, Occupational Therapist, MScOT, BA (Hons)

Staff Wellness, University of Calgary, MS 275

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