
KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Neuro Rehabilitation - Exercise Instructor (Assistant)

of Positions Available: 4

Location: Rehabilitation and Fitness Program – University of Calgary – Jack Simpson Gym(Upper Track)

Industry/Company Description: The Rehabilitation and Fitness Program at the University of Calgary has been in existence since 1989. It provides individuals with physical disabilities the opportunity to continue their rehabilitative and fitness goals in a community setting. This program is designed to increase the participants' understanding and involvement in the health and fitness area and encourages integration back into other community programs. The participants in this program are referred to University from a number of sources such as physiotherapists, doctors, friends, and associations/agencies. Each client must consult with their physician prior to starting an exercise program so that any precautions can be noted and taken into account when designing their program.

The program provides a service to any person with a physical disability who needs assistance with an exercise program and has completed all the necessary paperwork. Participants in the program will vary in their need for assistance. Some of the participants are fully dependent on a care worker for support, others may need assistance for only a few exercises and some participants may work completely independently to complete their exercises.

Some of the common disabilities in the program are:

- Multiple Sclerosis
- Cardiovascular Accident (i.e. Stroke)
- Spinal Cord Injury
- Neurological Disorder
- Cerebral Palsy

This program is a social program as well as an exercise program. The clients perform their exercises in a group setting at a designated time, therefore the clients can benefit from the psychosocial component and the physical component. For some of our clients the social component is extremely important.

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

Academic Session: Fall, Winter and Spring

Specified Schedule:

- Monday and Wednesdays 10:00am-12:00pm, 2:00pm-4:00pm
- Wednesday and Fridays 12:00-1:45
- Tuesdays and Thursdays 10:00am-12:00pm, 2:00pm-4:00pm, 7:00pm-9:00pm

Note: Students are not required to be present at all of the above days and times. Students will choose which schedule will fulfill the required 5-6 hours/week – total 60-72 hours within term.

Project Duties/Responsibilities:

- Adapt to different communication styles and physical needs to accommodate people with different physical, cognitive and verbal abilities
- Research the disability of primary/main clients in order to understand proper exercise protocols
- Provide instruction in group warm up and cool down exercises
- Provide instruction to clients with a variety of disabilities
- Ensure safety of each client by monitoring and supervising their activities at all times

Required Student Qualifications: AFLCA and CPT certification an asset but not required

On-Site Supervisor: Sarah Barber – sarah.barber@ucalgary.ca