

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Strength and Conditioning Assistant - University of Calgary Swim Club

of Positions Available: 2

Industry/Company Description: The University of Calgary Swim Club is one of Canada's top competitive swim teams offering high quality professional coaching for all ages and abilities. The club consists of 400+ swimmers ranging from 6 years old in the development program to international swimmers in the competitive program.

Location: University of Calgary

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

- 5-6 hours per week during fall and winter terms (13 weeks)

Academic Session: Fall and Winter

Specified Schedule: Hours will be determined based on students class schedule and swimmer's dryland schedule, but hours can be anytime from Monday to Friday between 4:30 – 7pm.

Duties/Responsibilities:

Under the direction of the head strength coach, the student will deliver strength and conditioning/injury prevention programs to developmental athletes (swimmers ages 12-17)

The practicum student will:

- Provide instruction on proper technique and ensure proper execution of all strength/injury prevention exercises including body weight squats, push-ups, hip hinge patterns and core exercises
- Modify and progress the strength and condition/injury prevention program as needed to meet the athlete's needs. i.e. individualize program for certain swimmers, alter program depending on training phase and tapering
- Assist with monitoring peak height velocity – measuring seated height, standing height, and arm span
- Assist the head strength coach with delivery and supervision of weight program for national level swimmers as needed.

Student Qualifications:

- Interest in working with teenage athletes
- Competitive swimming experience would be an asset but not necessary
- KNES 373 (Exercise Physiology) required
- KNES 375 (Tests and Measurements) asset
- First Aid/CPR an asset
- CSEP CPT or working toward it is an asset

On-Site Supervisor:

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