

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

**Practicum Position: Personal Training Assistant (Small Group), TrymGym, University of Calgary**

**Number of Positions Available-** 1 Position Available

**Industry/Company Description: Small Group Personal Training Sessions at the University of Calgary**

**TrymGym:** Clients begin with a one on one consultation with a trainer to determine baseline fitness levels. The eight-week program consists of two one-hour exercise sessions per week, and is concluded by revisiting the initial assessment to determine how much the clients have improved over the course of the eight-week program.

**Fitness First Experience:** This program, in conjunction with the Ability Hub, is a ten week individualized fitness program with a one-hour exercise session per week. It is designed for young adults (ages 16-30) with Autism Spectrum Disorder.

We provide practicum students with *hands on experience* in personal training and health promotion for weight management participants.

**Location:** Faculty of Kinesiology, University of Calgary.

**Required Hours:** 60-72 hours per term/5-6 hours per week (M/W 5-7pm and/or T/R 7-9pm)

**Academic Session: Fall and Winter Only**

**Project Duties/Responsibilities:**

- Assist with the facilitation of group exercise sessions for healthy individuals as well as those with chronic conditions; Provide exercise technique demonstrations and, when necessary, correct form
- Recommend individualized progressive physical activity in order to maximize desired outcome
- Program design – if time permits, assist in the development of new exercise sessions which will capitalize on the safe, effective delivery of cardiovascular and strengthening exercise programs
- Modify exercises and programs to specific individuals while in group setting
- Provide encouragement to all participants during and after their exercise session

**Throughout this practicum the student should develop in the following areas:**

- Understanding the barriers to physical activity and how to build an action plan to address them
- Broaden knowledge base of personal training with clinical and healthy populations
- Develop an understanding of chronic conditions
- Develop strong leadership and supervisory skills in a group environment
- Build confidence in communication and active listening skills

If more hours are needed to complete the required hours, some program design work can be discussed.

**Qualifications:**

- KNES 373 (Exercise Physiology) required
- KNES 203 (Activity: Health, Fitness and Performance) required
- Kinesiology student with an interest in health education
- The student must attend a practicum orientation once accepted into the practicum. Email [fitness@ucalgary.ca](mailto:fitness@ucalgary.ca) to set up a time.

On-Site Supervisor: (Contact directly for an interview)

Nick Lapointe – [nicholas.lapointe@ucalgary.ca](mailto:nicholas.lapointe@ucalgary.ca)  
Coordinator – Personal Training and TrymGym  
Faculty of Kinesiology, University of Calgary  
403.220.6754  
[www.activeliving.ucalgary.ca/health\\_fitness](http://www.activeliving.ucalgary.ca/health_fitness)