

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Adaptive Sports Program Assistant

of Positions Available: 1

Industry/Company Description: Ultimate Wheelchair Sports Foundation is a multisport, charitable organization. Our mission is to support people with disabilities by providing opportunities in adaptive sport. We have a large inventory of equipment available to our members. As well as equipment, we provide scheduled training sessions with coaching and instruction in an exciting and motivational environment.

Locations:

Para Nordic Program: Confederation Golf Course

Junior Adaptive Cycling Program: 200m track at Mount Royal University Recreation

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

- 5-6 hours per week during winter term (13 weeks)

Academic Session: Winter term only

Specified Schedule:

Para Nordic Program: Sundays 1.00-3.00pm (55%) – students must be available at 12:30 p.m. to assist participants.

Adaptive Junior Cycling Program: Sundays, 4.00-5.30pm (45%) – students must be available until 6:00 to wrap up.

(Between 3:00-4:00 students will be transporting equipment, setting up and assisting participants)

Project Duties/Responsibilities:

Under supervision and with thorough training, the student will:

Para Nordic Skiing Program

Under strict supervision of the Program Coordinator and Coaches of the Para Nordic Program, the student will:

- Assist in the supervision of participants with various disabilities such as amputations, spinal cord injuries and stroke by:
 - Assisting in the proper handling of equipment; move equipment out in and out of storage and vehicles
 - Transferring participants in/out of equipment,
 - Fitting participants with appropriate gear.
 - Providing exercise instruction to improve technique and motivate participants during the session.
- Write session-report to Supervisor after every session describing attendance, session structure, possible incidents and other observations of participants such as energy levels, motivation and progress
- Provide feedback and suggestions for change and improvement by discussing elements such as attendance, time management, structure of the program and participant motivation with Program Supervisor every 4 weeks.

Junior Adaptive Cycling Program

Under strict supervision, the student will:

- Assist in the organization of a weekly Junior Adaptive Cycling Program for children with various disabilities such as cerebral palsy, muscular dystrophy and Down syndrome by:
 - Organizing equipment from storage to program location (both at MRU).
 - Assisting in the instruction of participants in safe and efficient cycling skills
 - Assisting in the organization of games and exercises; provide feedback on exercises and motivational strategies.
- Write session-report to Supervisor after every session describing attendance, possible incidents, parents involvement and other observations of participants such as energy levels, number of stars provided on their session feedback card, progress etc.
- Provide feedback and suggestions for change and improvement by discussing elements such as attendance, time management, program structure and participant motivation with Program Supervisor every 4 weeks.

Both Junior Adaptive Cycling and Para Nordic Skiing

- Investigate and compose two (one for each program), one-page proposals involving new adapted sport activities to incorporate into the existing programs and present these to the on-site supervisor during or at the end of the term.

Student Qualifications:

- Required: First Aid and CPR certification
- Required: KNES 367: Adapted Physical Activity
- Asset: KNES 311: Leadership Foundations
- Asset: Experience working with children and people with disabilities

On-Site Supervisor:

Program Supervisor: Suzanna Tangen, Adaptive Physical Activity Specialist

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