

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Kinesiology Assistant

of Positions Available: 2

Industry/Company Description: United Active Living (2 locations in Garrison Green or Fish Creek)

United Active Living Inc. is a leader in the development and implementation of programs and services that support residents to “Live Well in Our Community.” United Active Living Inc. integrates new and creative ways to enrich life experiences, provide growth and inspiration, and promote independence for individuals in the community.

Location: 3028 Don Ethell Blvd. SW Calgary or
51 Providence Boulevard S.E., Calgary,

Required Hours: 60-72 hours during the term
5-6 hours per week during fall or winter terms and 10-12 during spring term

Academic Session: Fall, winter or spring terms

Specified Schedule: Monday-Friday 8am-5pm

Project Duties/Responsibilities:

Under strict supervision the student will:

- Assist with facilitating group exercises classes to increase range of motion, strength, endurance and decreasing the risk of falls for with persons with physical and cognitive impairments such as dementia, Alzheimer’s, stroke, joint replacements and musculoskeletal injuries.
- Assist in creating and implementing individualized home exercise programs and help execute the selected exercises. These will be based on resident goals, histories of injuries and medical background. Students will learn to adapt or progress these programs as the resident develops.
- Instruct residents on proper technique of exercises, proper posture and the correct ways to use gait aids (such as canes and walkers)
- Observe and help facilitate testing protocols used to measure balance, strength, flexibility and risk of falling (Berg Balance Scale, Seniors Fitness test, Balance Efficacy scale).

Student Qualifications:

Required: KNES 373 – Exercise Physiology

Asset: KNES 367 – Adapted Physical Activity

On-Site Supervisor: Contact directly for an interview and specify location preference:

Jenn Kitchen, Exercise Therapist/Kinesiologist

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