

## **KINESIOLOGY PRACTICUM DESCRIPTION**

**Practicum Position Title: Personal Training Assistant (Small Group)**

**Agency/Company: [TrymGym](#) (University of Calgary)**

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

**Terms Available: Fall, Winter, or Spring**

**Number of Positions: 1**

### **Project Duties/Responsibilities:**

In *TrymGym's* Initial program, clients begin with a one-on-one consultation with a trainer to determine baseline fitness levels. Clients then participate in an eight-week program that consists of two one-hour exercise sessions per week, as well as two nutrition presentations lead by a Registered Dietician. To conclude the eight weeks clients and trainers revisit the initial assessment to determine client improvement over the course of the program. The Follow-Up classes are for those who have gone through the initial program and would like to continue to stay active. These classes are designed to continue where the Initial program left off, promoting lifelong physical activity.

We provide practicum students with hands on experience in personal training and health promotion for all participants, regardless of current fitness levels.

Practicum students will:

- 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, which involves assisting 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 a 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

### **Required Student Qualifications:**

- Completion of KNES 373 (Exercise Physiology)
- Completion of KNES 203 (Activity: Health, Fitness and Performance)

**Practicum Supervisor: Rachel Hall, [rachel.hall@ucalgary.ca](mailto:rachel.hall@ucalgary.ca)**

# Kinesiology Practicum Application

## Placement: [TrymGym](#) (University of Calgary)

Students must have 60 units completed to qualify for a practicum, including 30 units of KNES  
Students may participate in up to three practicums.

Submit together to  
[knespracticum@ucalgary.ca](mailto:knespracticum@ucalgary.ca):  
 Completed Practicum Application  
 Confidentiality Agreement

### INSTRUCTIONS

1. Contact the on-site supervisor to arrange an interview.
2. Bring a copy of this application with the completed student portion to your interview to be completed by the On-Site Supervisor.
3. Submit application and required documentation (if applicable) to [knespracticum@ucalgary.ca](mailto:knespracticum@ucalgary.ca); our office will email your @ucalgary address within 5 business days with next steps for you and your On-Site Supervisor.

**STUDENT PORTION – COMPLETE PRIOR TO INTERVIEW**

<b>Practicum Term</b>		
<input type="checkbox"/> Fall _____ (year)	<input type="checkbox"/> Winter _____ (year)	<input type="checkbox"/> Spring _____ (year)
<b>Student Information</b>		
<b>Name:</b>	<b>UCID:</b>	
<b>Phone Number:</b>	<b>Email:</b>	@ucalgary.ca
<b>Student Practicum Expectations:</b> Why have you chosen this practicum placement? (1-2 sentences)		
<b>Code of Conduct</b>		
Students are responsible for compliance with the <a href="#">University of Calgary's Code of Conduct</a> .		
<input type="checkbox"/> Yes <input type="checkbox"/> No   I have read and understood the University of Calgary's Code of Conduct.		
<input type="checkbox"/> Yes <input type="checkbox"/> No   Do you have a pre-existing relationship(s) with person(s) or group(s) associated with this practicum placement? If yes, please briefly explain the nature of the relationship:		
<b>I agree that:</b>		
<ul style="list-style-type: none"><li>• No salary or payment will be received based upon my participation in a Kinesiology practicum placement</li><li>• I will meet the expectations of the practicum placement for which I am applying</li><li>• I will be punctual throughout my practicum placement and will adequately notify the On-Site Supervisor about any absence(s).</li><li>• I will complete 60-72 hours within the dates of the term.</li></ul>		
<b>Start Date</b> (first day of lectures)	<b>End Date</b> (last day of lectures)	
_____	_____	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.		
<b>Student's Signature:</b>	<b>Date:</b>	

**ON-SITE SUPERVISOR PORTION**

<b>Name:</b> Rachel Hall.	<b>Organization:</b> University of Calgary, Active Living
<b>Phone:</b>	<b>Email:</b> <a href="mailto:rachel.hall@ucalgary.ca">rachel.hall@ucalgary.ca</a>
<b>As the On-Site Supervisor, I agree that:</b>	
<ul style="list-style-type: none"><li>• No salary or compensation will be given to the practicum student</li><li>• I will provide sufficient hours, supervision, and guidance during this practicum placement</li><li>• I will complete a mid-point and final evaluation for the practicum student.</li></ul>	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.	
<b>On-Site Supervisor's Signature:</b>	<b>Date:</b>

## **CONFIDENTIALITY AGREEMENT**

Practicum students and the agency must complete the signed confidentiality agreement and submit it (along with the practicum application form) to [knespracticum@ucalgary.ca](mailto:knespracticum@ucalgary.ca).

THIS AGREEMENT is made as of the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

BETWEEN:

\_\_\_\_\_

(hereinafter called the "**Agency**")

AND:

\_\_\_\_\_

(hereinafter called the "**Student**")

**Whereas:**

It is the Student's legal and ethical responsibility to protect the privacy, confidentiality and security of all records, proprietary information and other confidential information relating to the Agency, including business, employment and medical information relating to patients, members, employees and health care providers. ("Confidential Information").

**And whereas:**

The Agency has adopted policies and procedures regarding Confidential Information including its policies and procedures for complying with the *Freedom of Information and Protection of Privacy Act* and the *Health Information Act* ("Policies and Procedures").

**In witness hereof, the parties agree as follows:**

1. The Agency agrees to disclose and the Student agrees to receive Confidential Information in furtherance of participating in his/her practicum with the Agency, as set out in the Practicum Agreement.
2. The Agency agrees to advise, instruct and guide the Student as to the Policies and Procedures.
3. Upon receipt of the information set out in paragraph 2 herein, the Student agrees to use his/her best efforts to comply with the Policies and Procedures and to protect the Confidential Information, or any part thereof, and prevent it from being disclosed to any person contrary to the Policies and Procedures.

IN WITNESS WHEREOF, the parties have duly executed this Agreement effective as of the day and year first written above.

**Agency**

**Student**

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

Print Name: \_\_\_\_\_

Print Name: \_\_\_\_\_

Title: \_\_\_\_\_

Date \_\_\_\_\_

Date: \_\_\_\_\_

2500 University Drive N.W., Calgary, Alberta, Canada T2N 1N4

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