

## **KINESIOLOGY PRACTICUM DESCRIPTION**

**Practicum Position Title: Strength and Conditioning Intern**

**Agency/Company: The Strength Guys Inc.**

**Locations:**

On-site/online as appropriate

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

**Number of Positions: 2**

**Specified Schedule: To be determined.**

**Organization Description:**

The Strength Guys Inc. is an online coaching company based out of Calgary, Alberta. The Strength Guys specialize in coaching drug-free powerlifters at the national and international level, including multiple IPF World & National Champions. Additionally, The Strength Guys provide Sports Science services to the Calgary Flames.

**Practicum duties and responsibilities**

**Meeting attendance**

Students will attain their practicum hours by attending meetings with practicum supervisor Jason Tremblay (President & Co-Founder) on Google Meets. Students are expected to be on-time and attentive during these meetings. Students will learn how to conduct video analysis, programming, and athlete monitoring, create competition strategies, and review the communication process in online coaching.

**Research assignments**

Students may be asked to conduct research assignments on their own time and must be prepared to discuss this information during meetings. Research assignments will be focused on the physiology and biomechanics of strength training

**Content creation**

Students may be asked to assist with social media content creation. This will provide students with the opportunity to learn how a leading online coaching company strategically plans and executes marketing campaigns and promoting its services.

**Sports science projects**

Students may be asked to carry out special projects related to performance documentation, data analysis, competition scouting, or application testing. Students will learn how to organize and review performance data and will be on the front lines of innovation in online coaching for powerlifting

**Competition coaching**

Students may be asked to shadow coaches at competitions held within Calgary. Students will learn how to communicate with athletes on competition day, how to organize and prepare the warm-up area, and how to understand the dynamics of powerlifting competition.

Note: Must be dressed appropriately if attending a competition. Dress code includes athletic footwear, black athletic pants, and a shirt. The Strength Guys will provide a shirt free of charge.

**Assets:**

CPR and First Aid

**On-Site Supervisor:** Jason Tremblay [jason@thestrengthguys.com](mailto:jason@thestrengthguys.com)

All applicants should submit a resume and cover letter.

# Kinesiology Practicum Application

## Placement: u=- 'ouk-V8u= '8y' o'@/#

Students must have 60 units completed to qualify for a practicum, including 30 units of KNES  
Students may participate in up to three practicums, with no more than two at the same location

Submit together to  
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 account within 5 business days with next steps for you and your On-Site Supervisor.

### STUDENT PORTION – COMPLETE PRIOR TO INTERVIEW

#### Practicum Term

Fall \_\_\_\_\_ (year)                       Winter \_\_\_\_\_ (year)                       Spring \_\_\_\_\_ (year)

#### Student Information

Name: \_\_\_\_\_ UCID: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_ @ucalgary.ca

Student Practicum Expectations: Why have you chosen this practicum placement? (1-2 sentences)

#### Code of Conduct

Students are responsible for compliance with the [University of Calgary's Code of Conduct](#).

- Yes    No   I have read and understood the University of Calgary's Code of Conduct.  
 Yes    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:

#### I agree that:

- No salary or payment will be received based upon my participation in a Kinesiology practicum placement
- I will meet the expectations of the practicum placement for which I am applying
- I will be punctual throughout my practicum placement and will adequately notify the On-Site Supervisor about any absence(s).
- I will complete 60-72 hours within the dates of the term.

Start Date (first day of lectures)                      End Date (last day of lectures)

I agree with the above-mentioned terms and conditions.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### ON-SITE SUPERVISOR PORTION

Name: Jason Tremblay                      Organization: The Strength Guys Inc.

Phone: \_\_\_\_\_ Email: [jason@thestrengthguys.com](mailto:jason@thestrengthguys.com)

#### As the On-Site Supervisor, I agree that:

- No salary or compensation will be given to the practicum student
- I will provide sufficient hours, supervision, and guidance during this practicum placement
- I will complete a mid-point and final evaluation for the practicum student.

I agree with the above-mentioned terms and conditions.

On-Site Supervisor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **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: \_\_\_\_\_