

KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Strength & Conditioning Student Coach

Agency/Company: Attack Sports

Website: <https://www.attacksports.ca/>

Location: 7835 Flint Rd SE

Schedule: TBD according to the Organization and the Practicum Student's schedule (5-6 hours / week for 12 weeks in Fall & Winter Terms and 10-12 hours / week for 6 weeks in Spring Term) during weekday evenings.

Terms Available: Fall, Winter, Spring

Number of Positions: 6

Organization Description:

Attack Sports is a multifaceted athletic development organization that prides itself in developing well-rounded athletes. You will work with our performance staff throughout this practicum to learn what it takes to be a great S&C Coach.

Project Duties/Responsibilities:

- Develop Coaching Skills in Live Environment
 - Assist in delivery of individual, team, and group training sessions. Progress from shadowing to co-coaching and leading small groups. Practice coaching cues, observation, and feedback.
- Participate in Weekly Educational Workshops
 - Attend a 1-hour sport science presentation each week and contribute to group discussion.
- Participate in Practical Training Sessions
 - Participate in a 1-hour group workout weekly to learn coaching methods, exercise progressions/regressions, proper technique, and different loading strategies.
- Complete Professional Certifications & Development
 - Work through the IUSCA Level 1 Certification during the first half of the practicum.
 - Engage in weekly learning assignments to explore S&C history, leadership skills, coaching techniques, and more.
- Lead a Sport Science Presentation and Attend a "Field Trip" to another Performance Gym
 - Create a short sport science presentation and lead a workout for the rest of the group.
 - Join the group on a site visit to another performance gym at the end of the semester (within Calgary).

Required Student Qualifications:

- A strong desire to work in the field of Strength & Conditioning and learn the intricacies of performance training
- Police Information Check

Contact: Austin Ross performance@attacksports.ca

Kinesiology Practicum Application

Placement: Attack Sports Strength & Conditioning Assistant

Category: Performance, Leadership & Coaching

Requirements:

- Students must be a current Faculty of Kinesiology undergraduate student in good academic standing with 60 units completed, including 30 units of KNES courses
- Students may participate in up to three different practicums (one per term) with no prior personal, work or volunteer relationship with the organization

☐ Yes ☐ No I have read and understood the criteria

☐ Yes ☐ No I meet the criteria for this practicum

Submit together to

knespracticum@ucalgary.ca:

☐ Completed Practicum Application

☐ Confidentiality Agreement

Submit to organization:

☐ Police Check

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; 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

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) associated with this practicum (work, volunteer or personal)?

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: Austin Ross

Organization: Attack Sports

Phone:

Email: performance@attacksports.ca

As the On-Site Supervisor, I agree that:

- No salary or compensation will be given to the practicum student
- I will provide sufficient hours (60-72 hours) within the term dates above, and spread evenly throughout the term (approx. 5-6 hrs/wk in Fall and Winter / 10-12 hrs/wk in Spring)
- I will complete a mid-point and final evaluation for the practicum student
- I will provide sufficient supervision, and guidance during this practicum placement
- I will send any changes / updates to knespracticum@ucalgary.ca for approval / updating

☐ 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.

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: _____