

## KINESIOLOGY PRACTICUM DESCRIPTION

**Practicum Position Title:** Personal Trainer / Strength & Conditioning Assistant

**Agency/Company:** Built Strong Evolution

**Website:** <https://builtstrongevolution.com/>

**Location:** Bay #110 62 Fisher Place, Okotoks, AB

**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)

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

**Number of Positions:** 1

### Organization Description:

Built Strong Evolution is a private personal training studio and multi-disciplinary space that works with a range of clientele. The gym is designed to work with large groups of athletes ages 10-24, one-on-one training with a variety of clients, as well as group fitness classes such as bootcamps, TRX, and boxing classes. We work with clients on their physical health, mental health through performance mental training, and nutrition. We also host a massage therapist in house, as well as an osteopath, and physiotherapist.

### Project Duties/Responsibilities:

Under the supervision of the Lead Trainer, the practicum student will:

- Assist in training sessions and classes
- Create programming for clients and classes
- Communicate with staff members about their program goals
- Implement knowledge into real world settings in the gym
- Develop your own training style and showcase it in a final project for a training client or group class.
- Promote the gym, the community, and a healthy, balanced lifestyle
- Network with fellow trainers and coaches
- Gain experience with training clients, running classes, referrals, and marketing

### Required Student Qualifications:

- Completion of KNES 260, 251, 253, 263, 375
- Police Information Check

**Assets:** Students with a background in team sports.

**Contact:** Brianna Horton [bhorton.cpt@gmail.com](mailto:bhorton.cpt@gmail.com)

# Kinesiology Practicum Application

Submit together to

**knespracticum@ucalgary.ca:**

☐ Completed Practicum Application

☐ Confidentiality Agreement

Submit to organization:

☐ Police Check

## Placement: 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

### INSTRUCTIONS

- Contact the on-site supervisor to arrange an interview.
- Bring a copy of this application with the completed student portion to your interview to be completed by the On-Site Supervisor.
- 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) associated with this practicum (work, volunteer or personal)?		
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>	
<b>Phone:</b>	<b>Email:</b>
<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 (60-72 hours) <u>within</u> 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)</li><li>I will complete a mid-point and final evaluation for the practicum student</li><li>I will provide sufficient supervision, and guidance during this practicum placement</li><li>I will send any changes / updates to <a href="mailto:knespracticum@ucalgary.ca">knespracticum@ucalgary.ca</a> for approval / updating</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