KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Strength and Conditioning Coach Assistant

Agency/Company: Calgary Flames, NHL

Location: Scotiabank Saddledome, 555 Saddledome Rise SE, Calgary, AB

Terms Available: Fall or Winter

Number of Positions: 1

Specified Schedule: Dependent on game schedule

Project Duties/Responsibilities:

Practicum students will:

• Support coach on gym floor by assisting in the administration of the training plan. This includes, but is not limited to: setting up and talking down the equipment in the gym, spotting players during specific exercises, coaching exercise technique once proficient.

• Aid in the collection of physiological and performance data by helping set up testing apparatus, recording values, and possibly generating reports.

• Under strict supervision, assist the coach in creating strength and conditioning programs for the athletes based on the results of the data.

• Under strict supervision, learn how to create a yearly training plan for a professional/elite hockey player. The practicum student will investigate basic periodization models and training plans from the literature and produce a draft training plan based on results of investigation.

• Learn proper movement and exercise technique for hockey players to improve performance and reduce injury. The practicum student will accomplish this by observation and discussion with the Head Strength and Conditioning Coach and supplemental reading.

• Aid in the preparation and administration of pre-, during-, and post-game nutrition. The student will help make pre-, during-, and post-game nutritional shakes and make sure these shakes/drinks are replenished during games for consumption between periods

Required Student Qualifications:

• Completion of KNES 373 (Exercise Physiology)

• Completed or in the process of completing CSEP-CPT (Certified Personal Trainer)

On-Site Supervisor: Ryan van Asten, rvanasten@calgaryflames.com. Attach resume to email.
### Student Portion – Complete Prior to Interview

#### Practicum Term
- [ ] Fall ________ (year)
- [ ] Winter ________ (year)
- [ ] Spring ________ (year)

#### Student Information
- **Name:**
- **UCID:**
- **Phone Number:**
- **Email:**

#### 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:
Ryan van Asten  
**Organization:** Calgary Flames, NHL

#### Phone:  
**Email:** ryanasten@calgaryflames.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:**

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

Submit to Flames:
- [ ] CSEP-CPT Cert.
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

Signed: ___________________________  Signed: ___________________________

Print Name: _________________________  Print Name: _________________________

Title: _______________________________  Date _______________________________

Date: _______________________________

Student

2500 University Drive N.W., Calgary, Alberta, Canada  T2N 1N4  ucalgary.ca/knes