

## KINESIOLOGY PRACTICUM DESCRIPTION

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

**Agency/Company:** [Crash Conditioning](#)

**Location:** 5907 3<sup>rd</sup> St SE, Calgary, AB

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

**Number of Positions:** 1-2

**Specified Schedule: 60-72 hours per term: TBD** according to Practicum Student's schedule (5-6 hours / week in Fall & Winter Terms and 10-12 hours / week in Spring Term) within the following hours: **Fall/Winter:** Weekdays 4:00pm – 9:00pm. **Spring:** Weekdays 12:00pm – 9:00pm, Weekends 10:00am – 2:00pm

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

*Crash Conditioning* provides training for elite hockey players of all ages. They use intelligent and intuitive coaching based on sports science research in order to build great athletes, and provide strength and conditioning, flexibility, movement and motor skills, mindset, nutrition, recovery and injury rehabilitation. Their specialized programs develop strength, endurance and explosive power while managing player readiness and fatigue levels. They address all aspects of the game through individualized training plans.

Practicum students will:

- Observe and learn proper assessment and testing techniques related to cardiovascular fitness (VO<sub>2</sub> testing), power output (measured jumps & presses-distance, Kaiser power output-watts,) flexibility (sit & reach, FMS) and strength (squat, clean, bench, pull-ups) for hockey players.
- Learn how to gather results and apply them in order to properly create strength and conditioning programs for each athlete.
- Support coaches on the gym floor. Work with hockey teams and small groups by leading warm-ups, assisting coaches in movement drills and spotting / correction form on strength exercises.
- Identify and recommend methods and techniques during warm-ups, speed, agility, and strength training.

### **Required Student Qualifications:**

- Completion of KNES 373 (Exercise Physiology)
- Completion and excellent recall of KNES 259/260 (Anatomy & Physiology)
- First Aid Certification

### **Assets:**

- KNES 375 (Tests & Measurement) an asset

**On-Site Supervisor:** To be determined

**Contact:** Douglas Crashley, BSc, CSCS [info@crashconditioning.com](mailto:info@crashconditioning.com)

# Kinesiology Practicum Application

Placement: [Crash Conditioning](#) 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

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.

<b>Submit together to</b> <b>knespracticum@ucalgary.ca:</b> <input type="checkbox"/> Completed Practicum Application <input type="checkbox"/> Confidentiality Agreement
<b>Submit to Crash:</b> <input type="checkbox"/> First Aid Cert.

### 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) (work, volunteer or personal) associated with this practicum placement? <b>If yes, please briefly explain the nature of the relationship:</b>	
<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>	

<b>ON-SITE SUPERVISOR PORTION</b>	
<b>Name:</b>	<b>Organization:</b> Crash Conditioning
<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: \_\_\_\_\_

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