

## KINESIOLOGY PRACTICUM DESCRIPTION

**Practicum Position Title:** Personal Training Assistant (in-person sessions)

**Agency/Company:** Endure Health & Performance

**Website:** <https://www.endurehp.com/>

**Location:** Evolve Royal Oak 8888 Country Hills Blvd NW #600, Calgary, AB T3G 5T4

**Schedule:** TBD according to Practicum Student's schedule (5-6 hours / week in Fall & Winter Terms and 10-12 hours / week in Spring Term).

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

**Number of Positions:** 1

**Organization Description:**

Endure Health & Performance is an in-person and online personal training business serving health and fitness enthusiasts, powerlifters, and everyone in between.

**Project Duties/Responsibilities:**

Under supervision, the practicum student will:

Client Assessment and Goal Setting:

- Assist with comprehensive fitness assessments for clients, including body composition analysis, flexibility tests, and strength assessments.
- Collaborate with clients to establish realistic and achievable fitness goals based on their individual needs, preferences, and any specific health considerations.

Personalized Workout Program Design:

- Assist in the development of customized exercise programs tailored to each client's goals, fitness level, and any specific health conditions or limitations.
- Continuously update and modify workout plans to ensure progression and address the evolving needs and abilities of clients.

One-on-One Training Sessions:

- Assist the Lead Personal Trainer with one-on-one personal training sessions, providing guidance, motivation, and proper technique instruction to clients during workouts.
- Monitor and track client progress, adjusting training intensity and exercises as needed to optimize results and enhance overall well-being.

Nutritional Guidance and Support:

- Offer nutritional advice and guidance to complement clients' fitness goals, emphasizing the importance of a balanced diet in achieving optimal results.
- Assist clients in developing sustainable and healthy eating habits, providing resources and educational materials to support their nutritional journey.

Client Education and Empowerment:

- Educate clients on various aspects of fitness, including the principles of exercise, the importance of recovery, and lifestyle factors that contribute to overall health.
- Empower clients with the knowledge and skills to make informed decisions about their health and wellness, fostering a sense of autonomy and long-term adherence to a healthy lifestyle

**Required Student Qualifications:**

- KNES 260 *Human Anatomy and Physiology II*
- Current CPR and Standard First Aid

**Assets:**

- KNES 237 *Introduction to Nutrition*
- KNES 373 *Exercise Physiology*

**On-Site Supervisor:** Matthew Flynn [matthew@endurehp.com](mailto:matthew@endurehp.com)

# Kinesiology Practicum Application

## Placement: Endure Health & Performance

Students must have 60 units completed to qualify for a practicum, including 30 units of KNES  
Students may participate in up to three practicums.

Submit together to  
[knespracticum@ucalgary.ca](mailto: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 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) (work, volunteer or personal) associated with this practicum placement? 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> Matthew Flynn	
<b>Phone:</b>	<b>Email:</b> <a href="mailto:matthew@endurehp.com">matthew@endurehp.com</a>
<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: \_\_\_\_\_