

KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Nutrition & Exercise Community Outreach Support

Agency/Company: [NSTEP Eat Walk Live](#)

Location: Various schools/locations across Calgary. Students must have access to transportation.

Terms Available: Fall, Winter, or Spring

Number of Positions: 4

Project Duties/Responsibilities:

NSTEP (Nutrition Students Teachers Exercising with Parents) is a not-for-profit organization, which creates, develops and implements interactive nutrition and physical activity programs for children and communities. *NSTEP's* goal is for kids to have healthy habits for life. The objective of this program is to improve the health of children so they do not suffer from preventable chronic diseases associated with being overweight or obese, and to ensure that they can become healthy, active adults, contributing to our society.

A new service delivery model called *NSTEP Eat Walk Live*, uses professional development for teachers and individual classroom support to reach a greater number of students, teachers and schools. *NSTEP Eat Walk Live* addresses the need for school communities to build capacity and sustainability for a comprehensive health approach. *NSTEP Eat Walk Live* has a successful model that incorporates two components, physical activity and nutrition. It also includes the involvement of all three major stakeholders: students, teachers and parents. The *NSTEP Eat Walk Live* program provides opportunity and the tools for students to:

- Learn about healthy nutritional and life choices
- Assess their own physical activity and life choices
- Practice these skills

The main outcome of these three elements is to form long-term, sustainable, lifestyle skills. These are accomplished through interactive presentations which incorporate nutrition and physical activity. Interactive games and assessment tools help students have fun while learning. The *NSTEP Eat Walk Live* Professional Development model is practical, concrete and each grade level has one interactive theme to teach. *NSTEP Eat Walk Live* model has a foundation theme called "What are the Four Food Groups and what is an "other?" for Kindergarten and Grade 1 and builds sequentially on this theme with new, more advanced lessons through Grade 6.

NSTEP Teen Brain is for junior high students, focusing on the neurological, physiological changes that occur in the brain once puberty begins. Healthy eating, activity, drinking water, good quality sleep will help *Teen Brains* mature to adult brains. A Professional Development model with student presentations is the format we use. This program is based on the work of Dr. Ron Clavier, and they also work with UofC Professors such as Dr. Bonnie Kaplan (Nutrition and Mental Health), Dr. Larry Katz (Kinesiology), and Dr. Charlene Elliott (Media Literacy). *Chef on NSTEP* is for after school programs, offered in recreation centers on food literacy skills plus activity.

Practicum students will:

- Assist Project Coordinators in delivery of professional development modules, going to the specific school and working with the teachers
- Assist Project Coordinators in classroom-support days, traveling to the school and going through the interactive lessons with the students
- Assist with design, implementation, and evaluation of either the nutrition component, or physical activity
- Assist in analysis of quantitative data
- Assist with student groups students/children to help implement the program. This involvement could include participation with nutrition presentations, assistance with Snack Attack's, delivery of activity/nutrition games
- Assist with developing setting up program display's and education resource development
- Travel with Project Coordinators to Corporate Wellness events, where they present nutrition or activity modules to corporations in order to promote wellness in the community at large and raise funds for our school programs
- Create, develop and organize activity events, which may include parents, students and staff at schools.
- Complete some data entry, analysis, related to activity data or food assessment
- Develop their own project, with assistance of project coordinators, relating to some nutrition/activity component that can be distributed to students and communities
- Complete a Volunteer Clearance Form through the school district; there is no cost for this requirement.

Required Student Qualifications:

- Completion of KNES 237 (Introduction to Nutrition)
- Volunteer Clearance Form (through NSTEP)

Assets:

- KNES 437 (Advanced Nutrition) is an asset

On-Site Supervisor: To Be Determined. Contact Deb Hymers, deb.hymers@nstep.ca

Kinesiology Practicum Application

Placement: [NSTEP Eat Walk Live](#)

Students must have 60 units completed to qualify for a practicum, including 30 units of KNES
Students may participate in up to three practicums, with no more than two at the same location

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

Submit to NSTEP
 Coordinate Volunteer Clearance

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		
<input type="checkbox"/> Fall _____ (year)	<input type="checkbox"/> Winter _____ (year)	<input type="checkbox"/> 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 .		
<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) or group(s) associated with this practicum placement? If yes, please briefly explain the nature of the relationship:	
I agree that:		
<ul style="list-style-type: none">• 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)	
_____	_____	
<input type="checkbox"/> I agree with the above-mentioned terms and conditions.		
Student's Signature:	Date:	

ON-SITE SUPERVISOR PORTION	
Name:	Organization: NSTEP Eat Live Walk
Phone:	Email:
As the On-Site Supervisor, I agree that:	
<ul style="list-style-type: none">• 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.	
<input type="checkbox"/> 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: _____