

## KINESIOLOGY PRACTICUM DESCRIPTION

**Practicum Position:** Nutrition & Exercise Community Outreach Support

**Agency/Company:** [NSTEP](#)

**Location:** Remote / virtual / various schools/locations across the City of Calgary. Students must have access to reliable transportation.

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

**Number of Positions:** 3

### Project Duties/Responsibilities:

**NSTEP (Nutrition Students Teachers Exercising with Parents)** is a registered charity organization which creates, develops and implements interactive nutrition and physical activity programs for children, community organizations and professionals that work with minors. The mission of NSTEP is for children and youth to have the tools and knowledge available to them to establish healthy habits for life. NSTEP's approach is proactive, and prevention based, in order to mitigate preventable chronic diseases associated with poor diet and inactivity.

Our most utilized program, **NSTEP Eat Walk Live**, focuses on professional development for teachers and interactive classroom curriculum-based programming for elementary students. A focal objective for this program is to support school communities in facilitating improved student learning and wellness through a comprehensive health approach. This program has a successful model that incorporates two components: physical activity and nutrition, involving three major stakeholders: students, teachers, and parents. This model places reciprocal responsibility by incorporating multiple levels of influence to expand the knowledge transfer mobilization. Programming has been designed to follow Alberta Education Curriculum requirements and builds sequentially from simple concepts in Kindergarten to progressively more advanced health skills.

The NSTEP Eat Walk Live program provides information, hands-on experience and the tools for students to:

- Learn about healthy nutritional choices and ways it impacts the brain and body
- Assess their own physical activity and how it interconnects with well-being
- Empower children to make healthy choices within the realm of their control, respectful of culture, preference and options available to them
- Problem solve through interactive games practicing food literacy, adaptive choices and complex categories
- Practice these skills through hands-on experiences such as our 'Snack Attacks' and developmentally adapted cooking classes known as 'CHEF on NSTEP'

Additional Programming:

**Teen Brain:** For junior high and high school students, NSTEP has developed a 'Teen Brain' course targeting how healthy eating, activity, staying hydrated and maintaining quality sleep habits impact the neurological and physiological changes that occur in the brain once puberty begins.

**CHEF on NSTEP:** Food preparation skills, food literacy and nutritionally dense recipes incorporating the 3 food groups designed for children and youth. This program is adapted to developmental stages from elementary to high school. We also offer resources to community groups that run the CHEF on NSTEP program within their organizations.

**No two practicums look alike and depending on our programming, students may:**

- Create and design program displays and educational resources
- Strategize, organize and participate in activity events, which may include: parents, students and staff at schools
- Attend Student Wellness meetings at various schools within Calgary. This involvement could include participation with nutrition presentations, assistance with Snack Attacks, and delivery of activity/nutrition games

- Assist Project Coordinators in delivery of professional development modules at assigned schools 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

**All Practicum Students will:**

- Complete the NSTEP Certificate Program
- Read Spark: The Revolutionary New Science of Exercise by John Ratey
- Attend online/in-person team meetings
- Attend a minimum of one school or community event
- Develop their own project, with assistance of project coordinators, relating to some nutrition/activity component that can be distributed to students and communities

Following the COVID-19 pandemic, NSTEP has taken a more hybrid approach in team collaboration. This has allowed for team members to connect both virtually and in person.

As NSTEP does not have a physical meeting location, this practicum will require remote independent work and some collaborative work with the NSTEP team and other practicum students. Strong time management skills will help the student acclimate to the evolving work opportunities at a non-profit organization.

We are seeking a student that will learn and grow with us! Experience with children is an asset. Strong interpersonal communication skills and a collaborative nature are necessary requirements for success in this experience.

**Required Student Qualifications:**

- Completion of KNES 237 (Introduction to Nutrition)
- Police information check with vulnerable sector search.

**Assets:**

- KNES 437 (Advanced Nutrition) is an asset

**On-Site Supervisor:** Jody Breen. [jody.breen@nstep.ca](mailto:jody.breen@nstep.ca)

Please contact both Jody and Stacey, [stacey.trim@nstep.ca](mailto:stacey.trim@nstep.ca), if you are interested in this position.

# 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**  
 Police Information Check

### 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) or group(s) associated with this practicum placement?<br>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> Jody Breen   | <b>Organization:</b> NSTEP Eat Live Walk                                   |
| <b>Phone:</b>   | <b>Email:</b> <a href="mailto:jody.breen@nstep.ca">jody.breen@nstep.ca</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, supervision, and guidance during this practicum placement</li><li>• I will complete a mid-point and final evaluation for the practicum student.</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 1 N4

[ucalgary.ca /knes](http://ucalgary.ca/knes)