

## KINESIOLOGY PRACTICUM DESCRIPTION

**Practicum Position Title: Exercise Physiologist/Strength Coach**

**Agency/Company: [Peak Power Sport Development](#)**

**Location: SAIT Campus, 1301 16 Ave NW (Building V)**

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

**Number of Positions: 1**

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

*Peak Power Sport Development* is a Calgary-based company that focuses predominantly on working with teams and individual athletes. The company operates the “Athlete’s Training Centre” located within SAIT. The training centre and exercise physiology lab has been in full operation since January 2000. Their primary goal is to provide Peak Power Athletes a positive and focused environment where they can Learn, Train, and Achieve. This high quality service is provided through well-educated and experienced sport physiologists that continually work with the athletes. The Athlete’s Training Centre is a unique training environment that is designed specifically for athletic training and scientific testing.

The primary focus of this practicum will be 80-90% sport development, and 10-20% public relations. The majority of the practicum student’s time will be spent working with SAIT varsity athletes as well as Peak Power Teams. The student will also learn the intricacies of operating and managing a small business in the health and field.

Specific accountabilities /duties and responsibilities include:

- Attending an orientation session to be introduced to training procedures, registration, opening and closing.
- Reading, learning and practicing the training programs outlined in the Peak Power Manual, paying specific to the periodization plans.
- **Strength and Conditioning Program Development.** All athletes at the Athletes Training Centre are set up on periodical strength and conditioning programs for their sport and phase of training. Therefore, as part of the training service the strength coach and athlete(s) interact frequently to keep training volume and intensity adequate throughout their seasons (off-season and in-season training). Peak Power trains a wide range of athletes of all ages and sports. This requires the strength coach to design sport specific programs. The selected candidate will be responsible for the development of training programs for various athletes.
- **Strength and Conditioning Coaching.** The selected candidate will be responsible for overseeing training in the Athletes Training Centre. This will include all the SAIT varsity athletes and the private members of the centre. This duty involves:
  - Continuous interaction with the athletes in regards to their strength programs
  - Coaching specific lifting techniques - assist with the instruction of the Snatch and Clean & Jerk techniques to young athletes.
  - Spotting and motivation
  - Monitoring feedback of program
- **Peak Power Camps Development and Marketing.** Peak coordinates several sport specific conditioning programs for different sports. The candidate could be involved in the development, organization and marketing of these programs.

- **Peak Power Special Events.** The practicum student will be expected to attend and help promote the various special events that are scheduled throughout the term.
- **Fitness Testing – Field and Laboratory based.** Fitness testing is incorporated into all the training camps conducted by Peak Power. The selected candidate will have the opportunity to learn how to operate the Truemax Metabolic cart, Velotron Power Bikes and several other lab and field modalities. The degree of testing involvement will depend on the qualifications and experience of the candidate
- Assist in the compilation of the employee handbooks: Personal Training (PT) or Team Training

**Required Student Qualifications:**

- Completion of KNES 373 (Exercise Physiology)
- CSEP-CPT Certification
- CPR and First Aid Certification

**Assets:**

- Working towards National Coaching Certification (NCCP)
- Weightlifting Intro Course or Strength and Conditioning Certification (CSCS)
- KNES 375 (Tests & Measurements in Kinesiology) an asset
- KNES 479 (Advanced Fitness Appraisal & Exercise Prescription) an asset

**On-Site Supervisor: To be determined. Contact Michael Souster, [michael@sportdevelopment.com](mailto:michael@sportdevelopment.com)**

# Kinesiology Practicum Application

## Placement: [Peak Power Sport Development](#)

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 Sport Development:**  
 CSEP-CPT Cert.  
 CPR Cert.  
 First Aid Cert.

### INSTRUCTIONS

- Contact the on-site supervisor to arrange an interview.
- Bring a copy of this application with the completed student portion to your interview to be completed by the On-Site Supervisor.
- 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? 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>	Organization: Peak Performance Sport Development
<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, 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: \_\_\_\_\_