

## KINESIOLOGY PRACTICUM DESCRIPTION

**Practicum Position Title:** Video Analysis and Competition Assistant

**Agency/Company:** The Strength Guys Inc.

**Website:** <https://thestrengthguys.com/>

**Location:** Virtual online practicum

**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, or Spring

**Number of Positions:** 1

**Organization Description:** The Strength Guys Inc. is an online coaching company based out of Calgary, Alberta. The Strength Guys specialize in coaching drug-free powerlifters at the national and international level, including multiple IPF World & National Champions.

### Project Duties/Responsibilities:

- **Apprentice Coaching Assistant:** assist with the needs analysis and programming processes for powerlifting athletes by making data entries as instructed by your supervisor, and sharing your thoughts with your supervisor via email or Google Meet.
- **Workload Analysis & Athlete Monitoring:** learn to analyze workload metrics, readiness data, and performance testing results to understand training response and inform future training interventions.
- **Periodization and Program Design:** learn to create useful annual training plans and plan training to produce measurable performance improvements while managing injury risk by completing our online coach education course.
- **Research Assistant (optional):** carry out a research project on a topic approved by your supervisor to expand the knowledge of The Strength Guys' team of coaches and athletes.
- **Marketing Assistant (optional):** work with our marketing team to provide or edit content approved by your supervisor to help grow The Strength Guys' brand awareness on Instagram.
- **Video Analysis Assistant (optional):** work with your supervisor to develop and apply your skills in performing qualitative or quantitative biomechanical analysis of the power lifts to help The Strength Guys coaches.
- **Sports Science Assistant (optional):** get involved in sports science projects such as athlete and nutrition management system design, quantitative biomechanical analysis, and cleaning and organizing data for help with internal research.
- **Join The Strength Guys Team Communications (optional):** learn how The Strength Guys team operates their online coaching team and network with our staff to explore the work people are doing in the online coaching industry.

### Required Student Qualifications:

- Interest and aptitude in video and social media platforms
- Time management skills
- Must be dressed appropriately if attending a competition. Dress code includes: athletic footwear, black athletic pants, and a shirt. The Strength Guys will provide a shirt free of charge.

**On-Site Supervisor:** Jason Tremblay [jason@thestrengthguys.com](mailto:jason@thestrengthguys.com)

# Kinesiology Practicum Application

## Placement: The Strength Guys

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

##### Practicum Term

☐ Fall \_\_\_\_\_ (year)

☐ Winter \_\_\_\_\_ (year)

☐ 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](#).

☐ Yes ☐ No I have read and understood the University of Calgary's Code of Conduct.

☐ Yes ☐ 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:

- 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)

☐ I agree with the above-mentioned terms and conditions.

**Student's Signature:**

**Date:**

#### ON-SITE SUPERVISOR PORTION

**Name:** Jason Tremblay

**Phone:**

**Email:** [jason@thestrengthguys.com](mailto:jason@thestrengthguys.com)

##### As the On-Site Supervisor, I agree that:

- No salary or compensation will be given to the practicum student
- I will provide sufficient hours (60-72 hours) within 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)
- I will complete a mid-point and final evaluation for the practicum student
- I will provide sufficient supervision, and guidance during this practicum placement
- I will send any changes / updates to [knespracticum@ucalgary.ca](mailto:knespracticum@ucalgary.ca) for approval / updating

☐ 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](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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2500 University Drive N.W., Calgary, Alberta, Canada T2N 1N4