KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Cardiac Rehabilitation Kinesiologist
Agency/Company: TotalCardiology | Rehabilitation
Location: MNP Sport Centre, 2225 Macleod Trail S, Calgary, AB
Available: Fall, Winter, or Spring
Number of Positions: 1-2

Project Duties/Responsibilities:
TotalCardiology | Rehabilitation (TCR) was established in 1995 and is the current provider of the Alberta Health Services contracted cardiac rehabilitation services. TCR is committed to the promotion of numerous heart healthy behaviours, including exercise training, nutrition guidance, and stress management. Their dynamic multi-disciplinary team of health professionals provide education, counseling, and interventions to achieve individualized risk factor modification and management. Through research and innovative treatment strategies, they strive to be leaders in the promotion of cardiac wellness and rehabilitation. Additionally, TCR aims to provide program participants with the knowledge and skills to take responsibility for their heart health and to foster a sense of accomplishment and life-long well-being. TCR has a dedicated team of over 30 full-time staffing equivalents with extensive experience and expertise, which include clinical exercise physiologists, kinesiologists, registered nurses, a registered dietitian, a clinical psychologist, and administrative support staff.

Treadmill Lab, Monday – Friday (hours to be determined)
Practicum students will be given the opportunity to:
• Observe and assist with TCR patient exercise stress testing procedures
• Learn and attempt resting and exercise blood pressures
• Observe live ECGs and gain exposure to basic ECG interpretation
• Learn to prep a patient for an ECG and exercise stress test

Exercise Health Coaching, Monday/Wednesday (8:00am - 4:00pm)
Practicum students will be given the opportunity to:
• Shadow and gain experience with motivational interviewing and other health coaching techniques in attempt to modify and manage risk factors of cardiac rehabilitation patients
• Learn and attempt resting and exercise blood pressures
• Facilitate cardiac patient exercise programs via assistance with patient flow, exercise equipment set up, warm up/conditioning phase/cool down procedures and explanation of exercise-related terminology

Additional practicum duties may include:
• Shadow and potentially lead stretching and resistance training classes
• Attending patient education classes for program orientation (optional)
• Reviewing patient resources to better understand TCR patient education material
• The option of completing either a 250-500 word final report on overall learning experience or facilitating a 10-minute presentation at the end of the term.

Required Student Qualifications:
• Completion of KNES 375 Tests and Measurements
• Completion of KNES 373 Exercise Physiology
• Up-to-date First Aid and CPR Certification

Assets:
• Exercise Physiology Major
• KNES 433 Health and Physical Activity
• KNES 495 Physiological Aspects of Aging
• KNES 437 Advanced Nutrition
• Working towards ACSM or CSEP Certified CEP

On Site Supervisors: Christina Ingram, CSEP-CEP, cingram@totalcardiology.ca; Nicky Wortley, ACSM-CEP, nwortley@totalcardiology.ca
Kinesiology Practicum Application

Placement: **TotalCardiology | Rehabilitation**

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

**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

<table>
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<tr>
<th>Practicum Term</th>
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<tr>
<td>□ Fall ________ (year)</td>
<td>□ Winter ________ (year)</td>
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<tr>
<th>Student Information</th>
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<tbody>
<tr>
<td>Name:</td>
<td>UCID:</td>
</tr>
<tr>
<td>Phone Number:</td>
<td>Email:</td>
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<tr>
<td></td>
<td>@ucalgary.ca</td>
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**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.

<table>
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<tr>
<th>Start Date (first day of lectures)</th>
<th>End Date (last day of lectures)</th>
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- □ I agree with the above-mentioned terms and conditions.

**Student’s Signature:** Date:

### ON-SITE SUPERVISOR PORTION

<table>
<thead>
<tr>
<th>Name: Christina Ingram, CEP; Nicky Wortley, CEP</th>
<th>Organization: TotalCardiology</th>
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</thead>
<tbody>
<tr>
<td>Phone: 403 571 6950</td>
<td>Email: <a href="mailto:cingram@totalcardiology.ca">cingram@totalcardiology.ca</a>; <a href="mailto:nwortley@totalcardiology.ca">nwortley@totalcardiology.ca</a></td>
</tr>
</tbody>
</table>

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 provide sufficient supervision and guidance during this practicum placement
- I will send any changes / updates to knespracticum@ucalgary.ca for approval / updating

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

On-Site Supervisor’s Signature: Date: 

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

Submit to TotalCardiology:
- □ First Aid & CPR Cert.
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

Signed: ____________________________  Signed: ____________________________

Print Name: ____________________________  Print Name: ____________________________

Title: ____________________________  Date ____________________________

Date: ____________________________

Student

2500 University Drive N.W., Calgary, Alberta, Canada  T2N 1N4  ucalgary.ca /knes