



KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Exercise Instructor for Research Study

Agency/Company: University of Calgary Brain in Motion Study II

Location: Cumming School of Medicine (UCalgary, Foothills Campus) and Faculty of Kinesiology (UCalgary, Main Campus).

Terms Available: Fall or Winter

Number of Positions: 2-4

Specified Schedule: TBD according to the Organization and the Practicum Student's schedule (5-6 hours / week for 12 weeks in Fall & Winter Terms and 10-12 hours / week for 6 weeks in Spring Term). **Includes exercise sessions on Mondays, Wednesdays and Fridays from 7:00 - 8:00 am, plus time to work with data.**

Project Duties/Responsibilities:

The *Brain in Motion II Study* is a CIHR-funded project that investigates the effects of regular exercise on cerebrovascular reserve and cognition in older adults at risk for Alzheimer's or dementia. The *Brain in Motion II Study* has recruited women and men ages 50-80 years to participate in an 18-month randomized control trial. Throughout the 18 months, participants partake in a series of physiological tests including VO₂max testing, cerebrovascular flow measurements, fasting blood work and cognitive function assessments. During the 18-months, participants are randomized to one of two 6-month exercise interventions. These exercise programs are three days a week and consists of either walking/running on a track or exercising with resistance bands.

Successful practicum students will meet their hours by directly assisting with all aspects of the exercise intervention under supervision of the exercise trainer, including set-up/take-down, providing directions & modifications to participants, and ensuring proper data collection and entry. They will attend a practicum orientation meeting during which background information on the study design and goals and emergency procedures will be covered. Practicum students will be requested to review documents detailing the study purpose and protocols as well as the specifics of the exercise programs.

Under the Supervision of the BIM II Exercise Trainer(s), the practicum student will:

Assist with aerobic or stretching and toning exercise sessions by:

- Assisting with running group exercise sessions for older adults who may have a variety of health conditions.
- Assisting with equipment set-up and clean-up before and after exercise sessions.
- Observing exercise sessions and, under guidance of the trainer, provide demonstrations for exercise, learn important exercise cues and modifications, and progress toward leading warm-up and stretching routines during the first half of the practicum.
- Motivating and engaging with participants during exercise sessions.
- Ensuring participants complete exercise sessions and fill out forms properly to ensure data quality.
- Leading participants through warm-ups, program exercises, and stretching during the latter half of the practicum. Responsibilities will include explaining exercises, providing a variety of cues, monitoring and correcting form where necessary, and providing recommendations for maintaining the required exercise intensity as needed.

- Providing individualized exercise modifications or recommend alternatives for participants with musculoskeletal limitations when appropriate and within scope of knowledge.

Assist with data entry & management from exercise sessions by:

- Becoming familiar with Polar Team 2 software: learn how to check over, download and export heart rate data from exercise sessions and how to troubleshoot technological problems.
- Assisting with inputting data into study database (will help develop Microsoft Excel skills).
- Communicating with the head trainer/study coordinator to ensure data quality.

Observe VO₂max testing, cerebrovascular flow measurements, fasting blood work and cognitive function assessments

- If time permits, students may have the opportunity to observe the above-mentioned tests. This practicum isn't focused on training practicum students to do the testing, but if practicum students are interested, efforts will be made to accommodate practicum students' requests based on testing schedule and the practicum students' availability.

Areas the student will develop in this practicum:

- Broader knowledge base of exercise instruction for clinical and healthy populations.
- Improved knowledge of chronic conditions and necessary exercise modifications.
- Practical, hands-on skills in exercise instruction and cuing, taking initiative in demonstrating and correcting technique.
- Client interaction and interpersonal skills.

Required Student Qualifications:

- Completion of KNES 203 (Activity: Health, Fitness and Performance)
- Completion of KNES 373 (Exercise Physiology)
- Personable and highly motivated; interested in working with older adults in a research-related setting
- Good communication and interpersonal skills

Assets:

- Personal Training or Group Fitness certification / experience an asset

On-Site Supervisor: Elnaz Ehteshami Afshar bimstudy@ucalgary.ca

Kinesiology Practicum Application

Placement: [Brain in Motion II Study](#)

Category: Performance, Leadership and Coaching

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

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)
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) (work, volunteer or personal) 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: University of Calgary
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 (60-72 hours) <u>within</u> 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 for approval / updating	
<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: _____

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