

KINESIOLOGY PRACTICUM DESCRIPTION

Practicum Position Title: Exercise Physiology (Applied) Assistant

Agency/Company: [Clinical & Translational Exercise Physiology \(CTEP\) Lab](#)

Location: University of Calgary, Foothills Campus (TRW Building)

Terms Available: Fall, Winter, or Spring

Number of Positions: 3

Project Duties/Responsibilities:

The purpose of the CTEP lab is to foster a healthier Canada by advancing the field of exercise physiology to prevent and manage disease. Specifically, the CTEP lab aims to facilitate innovative exercise physiology research using state-of-the-art testing equipment and certified exercise technicians. We are currently involved in research projects regarding healthy aging and cardiovascular, cerebrovascular, and neurodegenerative diseases. Beyond research goals, we want to develop educational and translational opportunities within the Faculty of Kinesiology, the Cumming School of Medicine, and the wider Calgary community. This will be done by implementing multifaceted communication and education strategies.

Under strict supervision of the exercise physiologist, the practicum student will:

Prepare and calibrate testing equipment:

- Assist with the preparation and calibration of VO₂max testing equipment, gait analysis equipment, bioelectrical impedance analysis system, and grip dynamometer
- Assist in implementing safety measures when testing clinical populations
- Assist in cleaning and stowing equipment properly following testing
- Assist in quarterly testing of the treadmill, cycle ergometer, and metabolic measurement cart using norms to ensure the validity and reliability of equipment

Assist in exercise testing and data collection:

- Interact with clinical study populations (explain the testing procedure, address any concerns, present oneself as an exercise professional while still working within the scope of practice)
- Become proficient in resting blood pressure and heart rate, height, weight, waist and hip circumference measures
- Learn to administer bioelectrical impedance analysis
- Assist in the preparation of participants with 10-lead ECG setup
- Assist in monitoring participants during VO₂max testing
- Become familiar with test termination criteria and emergency procedures
- Assist in administering gait testing
- Assist in administering cognitive evaluation

Assist in data input and analysis

- Become familiar with raw data files from participant tests and
- Learn how to export and save them to a shared research drive
- Learn how to communicate professionally with all research personnel
- Learn to refine and comprise data from participant tests
- Learn to use Microsoft Excel algorithm to determine data values from raw files
- Assist in the data input into the data bank

Required Student Qualifications:

- Completion of KNES 373 (Exercise Physiology)
- Standard First Aid and CPR-C Certification

Assets:

- KNES 372 (Foundations of Sports Medicine)
- KNES 375 (Tests and Measurements in Kinesiology)
- KNES 479 (Advanced Fitness Appraisal & Exercise Prescription)

On-Site Supervisor: Heather Hinz heather.hinz@ucalgary.ca

Kinesiology Practicum Application

Placement: [Clinical & Translational Exercise Physiology \(CTEP\) Lab](#)

Students must have completed 60 units 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)	<input type="checkbox"/> 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 .		
<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:	
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: CTEP Lab
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 their 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: _____