

## KINESIOLOGY PRACTICUM DESCRIPTION

**Practicum Position Title:** Undergraduate Intern

**Agency/Company:** [The Vital Posture™ Clinic](#) (A NUCCA Practice: National Upper Cervical Chiropractic Association)

**Location:** Kensington Terrace: #303, 1220 Kensington Rd NW

**Terms Available:** Fall or Winter

**Number of Positions:** 1

**Specified Schedule:** Within clinic hours: Monday/Thursday 9:00am – 6:00pm, Tuesday/Friday 8:00am – 5:00 pm according to Practicum Student's schedule (5-6 hours / week in Fall & Winter Terms)

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

The *Vital Posture™ Clinic* recognizes that your posture is vital; the position of the head and neck has a profound influence on your body's posture and general health. NUCCA practitioners are interested in the upper cervical spine and its influence on the central nervous system and brain stem function, and the NUCCA procedure focuses on restoring the appropriate biomechanical and positional relationship between the head and neck. Within this field of chiropractic, investigations are ongoing into relationships between an injury to the upper cervical spine and diseases ranging from chronic pain and migraine headaches, to post-concussion syndrome and neurodegenerative disease. The NUCCA procedure supports healing by restoring body balance to optimize health. More information on NUCCA research can be found at <http://www.ucrf.org/>.

The practicum student will spend 50% of their time interacting with clients in the clinic as outlined below, and 50% of their time on literature reviews/research (workspace is available in clinic).

### **Clinical Component (50%)**

During the practicum, the student will observe examinations (and sometimes assist under strict supervision) such as:

- **Paraspinal Thermography (scans/heat readings):** A thermocouple device is used on either the upper cervical or full spine of the patient before or after intervention to measure radiant infrared heat relating to the level of blood flow in the subcutaneous capillaries. The resulting body surface image will indicate points on the spine which have autonomic imbalances, and clinical correlation will be investigated.
- **Surface Electromyography sEMG scans of the full spine:** Electrode(s) are placed on some patients in order to assist with understanding the of levels of paraspinal muscle over/under-activity.
- **Postural Analysis:** Position client on Gravity Stress Analyzer (GSA) in order to determine postural imbalances. Calculate vertical/horizontal alignment of the spine, head, shoulders, and hips.
- **Radiographic (x-ray) Analysis:** NUCCA radiographic analysis includes screening for pathology as well as biometric analysis and adjusting vector calculation based on an understanding of typical and atypical spinal biomechanics and lever systems.

- Bilateral Blood Pressure Tests: Observe and study case appropriate testing (orthopedic, neurological and gait analysis).

### **Research Component (50%)**

- Complete literature reviews by summarizing articles of interest to the student and the clinic.
- Assist with ongoing research projects by data entry, prepare documents for grant applications, monitor budgets, recruit/interview subjects, acquire necessary supplies for project, and investigate appropriate standardized outcomes assessments.
- Projects or research topics may be created based on the mutual interest of the selected intern and the supervisor.
- Based on the student's desire and availability of the supervisor, work towards potential publication of the research paper.
- Past research topics by other practicum students have included:
  - Degenerative Changes in the Cervical Spine and its Relationship to Contact Sports
  - Neurodegenerative Disease, Inflammation, and the CCJ
  - Migraines and the Neck
  - Balance and the Neck
  - Posture and the Impacts of Modern-Day Society

### **Required Student Qualifications:**

- Completion of KNES 373 (Exercise Physiology)
- Completion of KNES 375 (Test and Measurements in Kinesiology)

**On-Site Supervisor:** Jeffrey N. Scholten, DC

**Contact for Initial Interview:** Kira Scholten [admin@vitalposture.com](mailto:admin@vitalposture.com)

# Kinesiology Practicum Application

## Placement: [The Vital Posture™ Clinic](#)

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

- 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) (work, volunteer or personal) 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> Jeffrey N. Scholten	<b>Organization:</b> The Vital Posture™ Clinic
<b>Phone:</b>	<b>Email:</b> <a href="mailto:info@vitalposture.com">info@vitalposture.com</a>
<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 (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)</li> <li>I will complete a mid-point and final evaluation for the practicum student</li> <li>I will provide sufficient supervision, and guidance during this practicum placement</li> <li>I will send any changes / updates to <a href="mailto:knespracticum@ucalgary.ca">knespracticum@ucalgary.ca</a> for approval / updating</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: \_\_\_\_\_