Pre-Requisites for Exercise Rehabilitation Practicums In a PHYSIOTHERAPY CLINIC

If you have an interest in the area of Exercise Rehabilitation and want to be placed in a PT clinic, you should have the following courses completed or in progress:

KIN 240  Introduction to Sports Injuries Management
KIN 334  Physical Activity, Nutrition & Energy Balance
KIN 335  Advanced Conditioning Methodology
KIN 400  Human Gross Anatomy
KIN 403*  Application of Psychological Skills to Sport & Physical Activity
KIN 440  Advanced Sports Injury Management
PAC 490  Applied Resistance Training (and/or Previous Experience Prescribing Exercise)

(*Desirable but not absolutely required)

OTHER REQUIREMENTS:
1. CPT Certification (CSEP) or CFT Certification (Provincial Fitness Unit) — may or may not be required depending upon the clinic
2. PThER 350 acceptable- if unable to enroll in KIN 400
3. Alberta Fitness Leadership Certification Association
4. Previous experience prescribing exercise
5. CPR
6. First Aid

Note: Students may apply for these positions without all of the above courses however preference will be given to those students who have these courses
Pre-Requisites for Exercise Rehabilitation Practicums
In a REHABILITATION CLINIC

If you have an interest in the area of Exercise Rehabilitation, in a Rehabilitation Clinic (ie. CBI Health; Millard Health; LifeMark Health), working with an Exercise Therapist/Kinesiologist, you should have the following courses completed or in progress:

KIN 240 Introduction to Sports Injuries Management
KIN 311 Assessment of Fitness & Health
KIN 334 Physical Activity, Nutrition & Energy Balance
KIN 335 Advanced Conditioning Methodology
PAC 490 Applied Resistance Training (and/or Previous Experience Prescribing Exercise)

Other Desirable Courses but not absolutely required:
KIN 400 Human Gross Anatomy (or PHER 350 Anatomy)
KIN 440 Advanced Sports Injury Management
KIN 403 The Application of Psychological Skills to Sport & Physical Activity

OTHER REQUIREMENTS:
1. CPT Certification (CSEP) or CFT Certification (Provincial Fitness Unit) – may or may not be required depending upon the clinic
2. Alberta Fitness Leadership Certification Association
3. CPR
4. First Aid

Note: Students may apply for these positions without all of the above courses however preference will be given to those students who have these courses

(Updated Feb 2016)