PRACTICUMS IN EXERCISE REHABILITATION

If you have an interest in the area of Exercise Rehabilitation in a Physical Therapy or Rehabilitation Clinic, the following courses are highly recommended for an optimal practical experience:

- KIN 240  Introduction to Sports Injury Management
- KIN 311  Assessment of Fitness & Health
- KIN 334  Physical Activity, Nutrition & Energy Balance
- KIN 335  Advanced Conditioning Methodology
- KIN 400  Human Gross Anatomy (or PHER 350 Structural Human Anatomy)
- KIN 403  The Application of Psychological Skills to Sport & Physical Activity
- KIN 435  Applied Resistance Training (formerly PAC 490)
- KIN 440  Advanced Sports Injury Management

OTHER RECOMMENDATIONS:
- CPT Certification (CSEP) or CFT Certification (Provincial Fitness Unit) – may or may not be required depending upon the clinic
- Alberta Fitness Leadership Certification Association (AFLCA)
- CPR
- First Aid
- Previous experience prescribing exercise

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