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:

- PEDS 240  Introduction to Sports Injuries Management
- PEDS 334  Physical Activity, Nutrition & Energy Balance
- PEDS 335  Advanced Conditioning Methodology
- PEDS 400  Human Gross Anatomy
- PEDS 403* Application of Psychological Skills to Sport & Physical Activity
- PEDS 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 PEDS 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:

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

Other Desirable Courses but not absolutely required:
- PEDS 400 Human Gross Anatomy (or PHER 350 Anatomy)
- PEDS 440 Advanced Sports Injury Management
- PEDS 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 Oct 2015)