



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 PThER 350 Structural Human Anatomy)
KIN 403	The Application of Psychological Skills to Sport & Physical Activity
KIN 435	Applied Resistance Training (<i>formerly PAC 490</i>)
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