Work Report Assignment

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 Prior to placement Kathie set out goals and tasks for me to complete. One of the first tasks to complete was research on foam rolling. Kathie uses this fascial release technique with many of her clients and wanted to be able to have scientific evidence and support to show the reasons why it can be so beneficial. I worked independently to find articles on fascial release techniques as well as their benefits etc. Once I found enough research material I also summarized the articles and began to build a PowerPoint presentation for Kathie. She provided me with pictures and descriptions of the exercises and I used the summaries to fill in context and build the presentations. The final product of this project will be used by Kathie in an upcoming presentation/workshop that she has planned to help further educate other trainers and clients. The next project that I was assigned was the research and construction of walking and running plans for the Walk of Life. Kathie is very passionate about this event that will be hosted by the Cardiac Health Foundation of Canada in May. I built templates of 5 walking and running plans (1km walk, 3km walk, 5km walk, 5km run, and 10km run). These templates were then presented and shared with other trainers from the other locations of Women’s Fitness Clubs of Canada. Each different location was assigned a trainer in charge of rallying this event for their location. I sat in on this meeting with Kathie and the other trainers as well as one of the coordinators for the Walk of Life event. After this meeting there was a Heart Wise exercise workshop held for all of the personal trainers of the Promenade location. I participated in this workshop along with the other trainers. This was part of one of the goals that Kathie and I set out. Throughout my time at placement I was able to attend the Heart Wise workshop as well as Kathie’s level 1 training course that she runs for trainers to further their knowledge of rehabilitation techniques that are more focused towards a kinesiology background. This was a 3 part course that I attended and participated in. I believe that all of the goals set out by Kathie and myself were met through all of the projects, courses, workshops, and tasks I was required to complete. Another goal that Kathie and I discussed once we had already started our time together was for me to get an opportunity to shadow her with clients. Since my placement time was usually Mondays, she and I discussed the possibilities and advantages of me shadowing her. For the last few sessions of placement I was able to come in on Tuesday and Thursday mornings to see her in a different environment with her usual clients. I also helped her run her Osteo-Fit classes on Thursday mornings. I think that this was a good change to our goals that we previously laid out because it gave me the opportunity to experience a real typical day for her.

 I was able to make a few insights into my future career objectives through my placement with Kathie. I did enjoy the research aspect of my placement, as I did have an interest in foam rolling and self fascial release myself. I do not believe that I would enjoy a career solely based on research, but it was a good opportunity for me to put my skills to use and learn many new things about a topic that I was interested in. As much as I loved working in a gym environment I am not sure if it is the place for me to work all the time. It is hard to know where I see myself since there are so many different opportunities. I spend enough of my own time in the gym working out, as an athlete that I wonder if I could spend even more time there. I love the aspect of helping others achieve their goals but I don’t know if I would tire of the gym atmosphere. I don’t think this to be a negative part of the experience; I just see it as more of an eye-opening experience than anything. I think that shadowing Kathie was a great part of my placement involvement. I had the chance to see how the interaction with clients is different than the aspect that I thought kinesiology was in the gym setting. From my previous projects with Kathie I thought that was all that she did but I soon found out that there was much more to her job than simply running workshops and planning events.

 I think that the most valuable/rewarding aspects of my experience were the opportunity to sit in on the workshops and courses that Kathie was involved in. Being present at these courses and workshops allowed me to gain knowledge of the industry and further my skills and background to training. I especially enjoyed being a part of the courses that Kathie ran with other trainers to teach them more Kin based training techniques. I found these courses to be good review of my knowledge but also developed my skills for training my own client. I was also required to demonstrate some of the exercises being taught and I found out some of my own imbalances, which Kathie was able to correct. Through this course I am now able to work on these new exercises to benefit myself. I also found that shadowing Kathie was beneficial to my learning and experience. It was nice to see how a typical training session would run. I was able to ask Kathie about exercise selection based on the history of her clients since many of them had very unique histories. Kathie explained to me all of her choices in exercises and repetitions based on each client. It was interesting to see her thinking behind each exercise and often before I asked Kathie questions I would think of why “I” would choose a certain exercise. It was also beneficial to see how working with different populations is an actual reality of the job. When I imagine training a client I often think of training a high level athlete, someone such as myself. It was interesting to experience how training general population differs from what I imagine training to be. I also found it beneficial to work independently. Kathie assigned me certain tasks and activities to complete on my own, including research and presentation building. I liked the opportunity to work independently and present my findings to Kathie.

 The technical skills that I learned through placement were mostly through the courses that Kathie taught. I was able to learn new skills and practice them in a learning environment along with other trainers. I was able to take these technical skills from placement and try new techniques with my client and also try and teach my friends these new skills while we worked out together. I liked working in the course environment because I was able to practice and learn these skills in a practical scenario. I think that I was able to develop my skills in training by shadowing Kathie. Kathie’s clients seemed to enjoy a new face in their training sessions and were very welcoming and interested in my learning. I was given the opportunity to think critically about each training session and ask Kathie questions about each client. I think I was able to develop my skills from school through the assignments and projects that were assigned to me. I liked that I was able to use my research skills to further my knowledge of a topic of interest to both Kathie and myself.

 I think I learned about personnel dynamics in a small environment. Since my placement usually entailed Kathie and I working closely together I did not get an opportunity to work with many different employees of the gym. I was able to experience a smaller work environment with the majority of my interaction being between myself and Kathie, one-on-one. A typical day at the beginning of my placement would involve Kathie and I working in her treatment room on our computers. She would be working on admin items for other clients and other projects, while I worked on research and building training plans. I liked the opportunity to work one-on-one with Kathie at the beginning of my placement because we were both getting to know each other. I did not often interact with other trainers while at my placement, aside from when participating in or helping run courses and workshops. It was nice to observe the dynamic between the different trainers in the gym while in the workshops. I was also able to observe trainer and client interactions when I shadowed Kathie. I watched Kathie and her client as well as other trainers and their clients. I watched different training styles. I think that this was a good experience for me since I had the opportunity to watch from the outside and see all of the differences. I ultimately learned that there is a large group or team component to working in a gym environment. Many trainers ask advice from one another as well as look to Kathie, being one of the more experienced Kinesiologists, for some guidance with training. During meetings and workshops I was able to see how the team dynamic worked with all of the trainers and management. I think that I would thrive in an environment such as this because of my team experience as an athlete as well as my skills for working with others. I enjoy learning new things from others and what they are passionate about.

 I think that I did receive adequate training and supervision throughout my placement. Kathie did rely on me to be able to work independently and then present my findings to her. Kathie always had a task prepared for me to keep me busy and engaged. I liked the independent work during the beginning of placement but also liked that Kathie and I progressed to working on more demanding projects. I liked being part of workplace meetings and workshops. I enjoyed participating in her courses and demonstrating some of the exercises. To make my placement experience better I think that I could have done more shadowing and could have been more involved in training clients. I think that this aspect would require me to be at placement on a more regular basis and would be better for a field placement II experience. I also think that in order for me to assist in training I would need to have certain certifications to provide input in the training sessions.

 I think that my placement experience opened my eyes to different aspects of the world of kinesiology. I think that I used to have a very narrow view on what a kinesiologist does, and through my placement I was able to see that there are still many avenues to take. I think that I got adequate experience in the training aspect of kinesiology as well as the research and course work aspect. I think that I was able to experience both of characteristics of the job in my placement. I liked that I was able to shadow Kathie and her clients in the work environment and not have the pressure of creating a training plan. It was great for me to see what training really entails and how Kathie conducts herself in the work environment with clients and other trainers. I especially liked helping her lead the Osteo-fit classes since I had taken my practicum in group exercise this semester. It gave me the chance to see different populations and how she runs different classes. I think that all of my experiences at placement helped me think more critically about my overall career goals. I still have not set my sights on a career but through the people I met at placement and through the courses I gained more knowledge about where my degree can take me. I learned that there are still many career options for me out there and through different types of certifications and courses I will gain knowledge and experience. I think that through this placement I did realize that I am in the right field of work that truly interests and excites me. I think that my time spent with Kathie was very helpful in my recognition of this. Kathie has so much knowledge and experience of the field through the years. She is part of the Kin council at the College of Kinesiologists of Ontario and has many connections there that she was able to give me a better understanding of where that path would lead me.

 I think that my overall first placement experience was successful. I think that I was in a good environment for learning and helping me think about my future. I looked forward to a full Monday of tasks every week since I did something new almost every week. I think that this was a great experience and I look forward to something new for field placement II, as I will be looking for more career oriented placement options and hopefully narrowing my scope on something that I am even more passionate about.

