

## PHYSICAL AND HEALTH EDUCATION COMMUNITY LEADERSHIP PLACEMENT

### **Placement Role: Student Research Assistant, Canadian Assessment of Physical Literacy**

**Host Organization:** Nipissing University in partnership with Healthy Active Living and Obesity Research Group (HALO) and Children's Hospital of Eastern Ontario Research Institute (CHEO).

**Placement Service Times:** Students to interview with host to discuss availability. To be negotiated with host based on the student academic schedule. Weekday, and evening hours will be required.

**Host Description:** The Canadian Assessment of Physical Literacy (CAPL) will develop an accurate and reliable way to measure physical literacy in order to gain the ability to identify children who are not learning everything they need to know for a healthy, active lifestyle. Development of this measure will also help to better evaluate programmes designed to encourage physical activity and healthy living so that children will not be at risk for the health problems that result from being overweight. Teachers, coaches and other physical activity leaders have told us they need a new way of measuring how well children are doing in physical and health education. The test HALO has created is called the Canadian Assessment of Physical Literacy. "Physical Literacy" means everything that children need to have or learn so that they can lead a healthy, active and enjoyable life.

**Placement Duties:** The placement student will spend a minimum of 50 hours training under the supervision of the lead research assistant and associated faculty.

Placement students will:

- Set up, observe and document a variety of physical literacy testing protocols in school, sport and youth group settings
- Record and enter testing data
- Interact with study participants – encourage and empower children
- Be available to answer questions about the testing protocol
- Assessments include:

Obstacle Course – Includes jumping, running, hopping, catching, throwing and kicking balls while running.

Grip Strength – Squeezing a handle as hard as possible

Plank – A core strength exercise commonly used in yoga-like activities and sport training holding a Push Up position while resting only on the toes and forearms

Sit and Reach - Reach toward the toes while sitting with their legs straight, to measure flexibility

PACER (Beep Test) - Run laps back and forth across the gym, starting at a slow speed and gradually getting faster. They will continue running until they are too tired or do not wish to continue running at the faster speed

Body measurements - Have their height and weight and size of their waist measured while they are dressed in their gym clothes. Waist size will be measured while wearing their gym clothes. The measurements will be done in a private area away from others

**Placement Requirements:** This placement is available to upper year students. Interest in health promotion or education is considered an asset. Placement students must be flexible, able to work independently and available during evenings. Valid police check, CPR Level C/FA. **Students applying for this placement must submit in hardcopy directly to the host; a resume, cover letter and be willing to interview for the limited number of positions available.**

**Number of Students Accommodated within placement:** (minimum 50 hours): Up to 5

**Deadline to Apply:** Sept 14th

**Contact person within organization:**

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Val Confessor

Research Assistant