

**We asked students about their
co-op work terms and these
were their answers**

Donna Friedrich

Bachelor of Sport and Fitness
Leadership - Exercise and
Wellness



About

Camosun College BSFL in Exercise and Wellness student, Donna Friedrich, applied their academic knowledge at Parkway Physiotherapy & Performance Center

Work Term

1. What was your biggest take-away from your work term?

Overall, I became more confident in myself and in my abilities as a future kinesiologist. I was able to interact with many diverse clients.

2. What was your favourite part of your position, did you work on any interesting projects?

My favourite part was being able to use the machines Parkway has, one is the BTE (Baltimore Therapeutic Equipment) machine for doing POET (post-offer employee test) assessments for SYSCO employees, and functional assessments for ICBC and WorkSafeBC clients. The second is called the RAM4 which is a machine that can test your neck strength to help prevent concussions. I was certified on both machines and able to work with clients using these.

3. How did co-op benefit you personally and professionally?

It helped to push me out of my comfort zone and build confidence in myself and my abilities. Professionally, it helped me to get a job. Parkway offered me a kinesiologist position at their Sooke location. So, currently I am the main kinesiologist there, working primarily with ICBC clients and private clients.

4. Anything you would like to say to other students looking for a co-op?

Do it! Take the opportunity. There are a lot of resources here so don't be afraid. Do it even if it's not required because it's always good to get experience.

Co-op Position:

Kinesiologist/
Physiotherapist
Assistant

Company:

Parkway Physiotherapy &
Performance
Center

Relevant Skills:

- Adaptability
- Multitasking
- Time management

Micah Collins

Bachelor of Sport Management

About

Camosun College Bachelor of Sport Management student, Micah Collins, applied their academic knowledge at Taranis Athletics



Work Term

1. What was your biggest take-away from your work term?

My biggest take-away from my work term would be getting a better understanding of how decisions are made in a sports organization.

2. What was your favourite part of your position, did you work on any interesting projects?

I think the most rewarding part/favourite part of the work term was watching our team train for the CrossFit Games, which is a competition with the best athletes in the world. Our team came 13th overall and I was covering their training and competitions throughout the summer. The events made it more exciting rather than doing the same thing every day.

3. How did co-op benefit you personally and professionally?

The co-op benefited me professionally by gaining new skills and gaining connections at Taranis that can help me to get future opportunities in the sports industry.

4. Anything you would like to say to other students looking for a co-op?

Get to know everyone, most likely you'll end up working with them. Teachers are a great resource for opportunities/networking as well! Also, do the internship, even if you're doing the diploma. It looks good on a resume and opens opportunities for the future.

Co-op Position:
Social Media Manager

Company:
Taranis Athletics

Relevant Skills:

- Communication
- Building connections
- Transparency

Rob Nichol

Diploma - Sport Management

About

Camosun College Sport Management student, Rob Nichol, applied their academic knowledge at James Bay Athletic Association (JBAA)



Work Term

1. What was your biggest take-away from your work term? Do you have a specific story or experience you would like to share?

My biggest take-away from the first half of my work term was the importance of communication. This was especially apparent as I mostly worked from home on admin duties, and most often coordinating with people who have other jobs. I make a point to answer someone within 24 hours, if not immediately upon receiving the email. I also developed a greater appreciation for phone or in-person conversations to ensure clarity.

2. What was your favourite part of your position, did you work on any interesting projects?

In general, I look after administration, development, and recruitment for the rugby club's youth section. I really enjoy interacting with a variety of people within our club and also local schools to get ideas as to how we can improve the sport in the region. In particular, I've enjoyed developing two large coach resources - a wiki with a wealth of modern, research-backed information, and a manual with diagrams.

3. How did co-op benefit you personally and professionally?

This co-op has taught me how to juggle a variety of tasks and liaise with many different stakeholders.

4. Why did you decide to do a co-op?

I wanted to get practical work experience in a sport environment. I highly recommend that everyone try something like this!

Co-op Position:
Youth Rugby
Coordinator

Company:
James Bay Athletic
Association (JBAA)

Relevant Skills:

- Communication skills
- Time management
- Research