

Fitness Testing

& CORPORATE WELLNESS & ATHLETIC THERAPY

OCCUPATIONAL FITNESS TESTING

Testing location: David Atkinson Gymnasium, MacEwan University Sport and Wellness, 10800-105 Ave.

Registration/Withdrawal Deadline: 48 hours prior to testing.

Cancellation notice must be sent via email to WelcomeDesk@MacEwan.ca

Cancellation Policy: Prior to withdrawal/transfer cut off date/time receive a full refund or transfer to a future test. Verbal or written confirmation is required from Sport and Wellness before the 48-hour deadline. After withdrawal/transfer cut off there will be no refund or transfer unless medical documentation is provided.

Please arrive 10 minutes prior to start time and provide valid medical clearance and a piece of photo ID.

PARE Testing

Physical Abilities Requirement Evaluation (*PARE*) is a job-related physical abilities test that evaluates your physical capacity as it applies to law enforcement/police work. Various law enforcement agencies require successful completion of the PARE as part of the application process. **Medical clearance required.** Visit alberta.ca and search 'PARE test' for the Medical Consent Form.

COPAT Testing

The Correctional Officer Physical Ability Test (*COPAT*) evaluates your capacity to meet the physical demands of correctional services work. It is the occupational assessment used by the Solicitor General of Alberta in selecting candidates applying to Correctional Peace Officer positions. **Medical clearance required.** Visit alberta.ca and search 'COPAT test' for the Medical Consent Form.

Testing is subject to cancellation if minimum registration is not met.

Applicants will be assigned a starting time within the window listed in the charts below.

Specific times cannot be requested; applicants must be available for the entire testing window.

LEGEND: S/M/P = MacEwan Student / Member / Public

PROGRAM	DAY	DATE	TIME	CODE	PRICE	WITHDRAW/TRANSFER BY 8 A.M.
PARE Testing	Wed	Jan 17	8-10 a.m.	10644	S/M/P \$99	Jan 15
			10 a.m.-12 p.m.	10645		
		Feb 21	8-10 a.m.	10646		Feb 19
			10 a.m.-12 p.m.	10647		
		Mar 20	8-10 a.m.	10648		Mar 18
			10 a.m.-12 p.m.	10649		
		Apr 24	8-10 a.m.	10659		Apr 22
			10 a.m.-12 p.m.	10660		

CORPORATE WELLNESS

OFFERING

DESCRIPTION

DETAILS

Corporate Wellness Initiatives	We specialize in fun and educational strategies to enhance employee retention, job satisfaction and work motivation. Examples of our Corporate Wellness initiatives include:			Consultation and Implementation Sessions range from a basic one-hour Lunch N' Learn to a full-day workshop/event, and can be hosted at MacEwan or at your location. For more information and pricing, please contact Terra at 780-497-5692 or GiggeyT@MacEwan.ca
	Team-Building Activities <ul style="list-style-type: none"> Scavenger Hunts Amazing Race Fitness Classes <ul style="list-style-type: none"> Yoga Pilates Zumba Barre Fitness Spin Resistance Training TRX Jiu-Jitsu 	<ul style="list-style-type: none"> Cardio Box Cardio Dance Power Walking Core Conditioning Sport Training Classes <ul style="list-style-type: none"> Triathlon Swim Bike & Run Training Off-Ice Hockey, Basketball, Volleyball and Soccer Conditioning 	Injury and Disease Prevention Classes <ul style="list-style-type: none"> Myofascial Release Fall Prevention Posture Realignment Mobility Enhancement Diabetes Management Cancer and Heart Disease Prevention Fitness Challenges <ul style="list-style-type: none"> How Fit Can You Get Weight Loss 	
Corporate Memberships	Sport and Wellness has Corporate Membership Discounts available. Inquire at the Welcome Desk if you work for any of the following organizations to receive 20% off regular membership pricing:			If you are interested in setting up a corporate discount for your business or organization please contact Andrea at 780-497-5372 or vonAlbedyh11A@MacEwan.ca

- Alberta Blue Cross
- Alberta Government
- Alberta Health Services
- Cameron Corporation
- Clark Builders
- Downtown Edmonton Community League
- Edmonton Public Schools
- Health Benefits Cardholder (i.e. AISH)
- MacEwan University Health Centre
- NorQuest College
- PainWorth
- RE/MAX River City
- Stantec
- WBF - Women Building Futures
- WCB - Workers' Compensation Board

Family living in the same household as a membership holder will receive a **10% discount.**

PROGRAM	DAY	DATE	TIME	CODE	PRICE	WITHDRAW/TRANSFER BY 12:30 P.M.
COPAT Testing	Wed	Jan 17	12:30-2:30 p.m.	10661	S/M/P \$99	Jan 15
		Feb 21	12:30-2:30 p.m.	10662		Feb 19
		Mar 20	12:30-2:30 p.m.	10663		Mar 18
		Apr 24	12:30-2:30 p.m.	10664		Apr 22



ATHLETIC THERAPY

Do you suffer from chronic pain or acute orthopedic injuries? Athlete or not, call our qualified Athletic Therapists at **780-497-5492** to book your appointment.

SESSIONS

PRICE

Initial Assessment & Treatment*	S/M \$90 P \$100
Follow-up Treatment*	S/M \$70 P \$78
6 Treatments	S/M \$402 P \$450
5 Treatments & 1 Assessment	S/M \$425 P \$475

**Many insurance companies cover athletic therapy directly through your health plan or your health spending account.*