

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 the start time and provide valid medical clearance.

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	Sep 20	8-10 a.m.	10484	S/M/P \$99	Sep 18
			10 a.m.-12 p.m.	10485		
		Oct 18	8-10 a.m.	10486		Oct 16
			10 a.m.-12 p.m.	10487		
		Nov 22	8-10 a.m.	10488		Nov 20
			10 a.m.-12 p.m.	10489		
		Dec 6	8-10 a.m.	10490		Dec 4
			10 a.m.-12 p.m.	10491		

CORPORATE WELLNESS

Downtown Edmonton Community League members receive access to Sport and Wellness pool and recreation facilities **every Sunday, 2-4 p.m.** Proof of membership is required to get in for **FREE!** DECL members receive **20% off** annual or monthly memberships or **10% off** 10-visit passes. Contact WelcomeDesk@MacEwan.ca for details.

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: <div>Team-Building Activities<ul style="list-style-type: none">• Scavenger Hunts• Amazing Race</div> <div>Fitness Classes<ul style="list-style-type: none">• Yoga• Pilates• Zumba• Barre Fitness• Spin• Resistance Training• TRX• Jiu-Jitsu</div> <div>Sport Training Classes<ul style="list-style-type: none">• Triathlon Swim• Bike & Run Training• Off-Ice Hockey, Basketball, Volleyball and Soccer Conditioning</div> <div>Injury and Disease Prevention Classes<ul style="list-style-type: none">• Cardio Box• Cardio Dance• Power Walking• Core Conditioning• Myofascial Release• Fall Prevention• Posture Realignment• Mobility Enhancement• Diabetes Management• Cancer and Heart Disease Prevention</div> <div>Fitness Challenges<ul style="list-style-type: none">• How Fit Can You Get• Weight Loss</div> <div>Workshops/Webinars<ul style="list-style-type: none">• Stress & Time Management• Healthy Eating• Staying Active in the Office, at Home or on the Road• Mind & Body Balance• Office Ergonomics• Healthy Sleeping Habits• Mindfulness• Goal Setting</div>	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
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 : <div><ul style="list-style-type: none">• Alberta Blue Cross• Alberta Government• Alberta Health Services• Catholic Social Services</div> <div><ul style="list-style-type: none">• Central McDougall Community League• Clark Builders• Downtown Edmonton Community League• Edmonton Public Schools</div> <div><ul style="list-style-type: none">• Health Benefits Cardholder (<i>i.e. AISH</i>)• MacEwan University Health Centre• PainWorth• RE/MAX River City</div> <div><ul style="list-style-type: none">• Stantec• WBF - Women Building Futures• WCB - Workers’ Compensation Board</div> Family living in the same household as a membership holder will receive a 10% discount .	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

PROGRAM	DAY	DATE	TIME	CODE	PRICE	WITHDRAW/ TRANSFER BY 12:30 P.M.
COPAT Testing	Wed	Sep 20	12:30-2:30 p.m.	10492	S/M/P \$99	Sep 18
		Oct 18	12:30-2:30 p.m.	10493		Oct 16
		Nov 22	12:30-2:30 p.m.	10494		Nov 20
		Dec 6	12:30-2:30 p.m.	10495		Dec 4



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.*