

# Experiential Learning Newsletter

STUDENT EXPERIENCES IN REVIEW

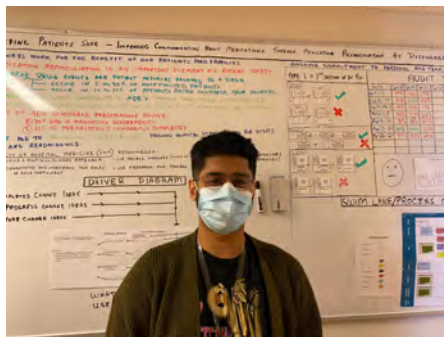
Winter 2021

## *Alumni in the Community*

Lauren Lipsius,  
BKIN 2019,  
Canadian Sport  
Institute Pacific

*Thank you to our Partners  
and the adaptations you  
have made to help our  
students achieve their  
learning objectives  
through the COVID-19  
Pandemic!*

*"Students applying Kinesiology and Health Study theories to practice,  
guided by professional community partners in community  
experiences."*



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# Bachelor of Kinesiology

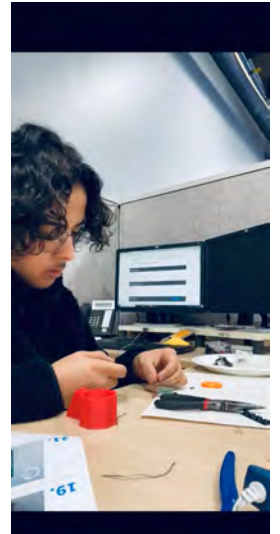
*Human Kinetics*



**Munir Abdulhadi**

**Neil Squire Society, Regina, SK**

My experience at Neil Squire was nothing short of amazing and an experience that will have many long-term impacts on the rest of my professional career. Neil Squire Society is a non-profit organization that specializes in employability programs for people with disabilities, assistive technology supports, and various other courses to help people with disabilities develop professional skills. Over the past semester, I had the opportunity to work as an assistive technology fieldwork student and my main responsibility was to assist clients with overcoming their workplace/home barriers through the use of technology or ergonomic supports. I had the pleasure of meeting many different people and dealing with clients with a wide array of complex experiences. I would research supports on behalf of the client after an assessment we do with them, and further discuss options with them to see what works best with them and their needs. I also had the chance to work in the makers making change department, which is a specialized department at Neil Squire that produces specialized supports for clients using 3D printing technology. In this department, we are able to make special items that fit exactly to the needs of our client by making a unique design that works for them, and 3D printing it, then assembling it thereafter. These can be things such as key turners, cup holders, sip and puff machines and more. What amazed me the most about Neil Squire Society is their level of innovation and the different approach they take to dealing with clients with disabilities and assessing their needs. Their forward-thinking application of technology in their support system has proven to be very useful for many clients already and will continue to be so as we progress further into a technological world.



*"Helping people overcome their barriers comes with a level of fulfilment that is unmatched to anything else."*

**540 Assessment and Support Program-** At Neil Squire we do assessments for clients with many or very complex barriers that require lots of supports, some of which are really expensive. The support budget is higher for 540 clients and it requires me to do a full detailed initial assessment on the client, research supports for the client, discuss support options with the client, get financial approval for the supports I think the client may benefit from, then ultimately order them and deliver them to the client.

**Michaela Allen**

**RCMP Training Academy, Regina, SK**

At the RCMP Academy Operational Conditioning Unit (OCU) I served as a learning facilitator where I was able to assist in the facilitation of the OCU curriculum. Here I taught RCMP cadets lectures on the principles of training, nutrition, rehabilitation and recovery techniques, and resistance, running, and circuit training classes. I also participated in troop uniform runs, scenario runs, and 5km and 8km time trials, where my role was mainly as a first aid responder but also to provide verbal motivation to cadets. The goal of the operational conditioning program is to develop functional law enforcement personnel equipped with the skills and abilities to effectively engage in their duties. With each OCU class I related the fitness learning objectives to skills and abilities required as a police officer and principles of tactical training to ensure cadets understood the practical application to their career.



**Running economy and mechanics / agility training clinics:** My special project consisted of the development of additional clinics outside of class time to help cadets improve their running mechanics and learn about agility training to assist in their fitness development and enhance their training. Many cadets had minimal experience with running prior to depot and appreciated the additional guidance to help them be successful in their running going forward.

*"The RCMP Operational Conditioning Unit was a great fieldwork experience. The staff are incredibly enthusiastic and passionate about their work. I learned tactical training techniques and to relate specific training principles to the development of functional police officers."*

# Bachelor of Kinesiology *Human Kinetics*



**Ashley Blechinger**

**OPEX Fitness Regina, SK**

OPEX Fitness Regina is a functional fitness training facility that provides personalized exercise programming, performed in a group environment, along with nutrition and lifestyle coaching to anyone at any level of fitness. At OPEX Regina, highly educated and supportive staff provide quality coaching with an intentional approach to fitness and lifestyle. Each client is provided an initial consultation followed by 3 fitness assessments which are carefully considered by their coach to create weekly individualized exercise programming. As a fieldwork student, I had the opportunity to learn through a clients perspective receiving a full physical movement assessment, InBody scans, personalized exercise programming and lifestyle coaching. Daily tasks and activities involved working alongside coaches in physical movement assessments, mastering movement technique corrections/modifications, developing and prescribing exercise programming and administering nutrition and lifestyle consultations. My experience at OPEX Regina has allowed me to apply theory learned in class, think critically, enhance leadership skills and become confident as an exercise professional.



*I am grateful for my experience at OPEX Regina as it has been substantial in equipping me with many valuable skills that will be beneficial as I transition towards my professional career.*

**Healthy Habits and Lifestyle Guide.** This project entailed taking responsibility of one clients individualized exercise programming along with weekly nutrition and lifestyle consultations for a total of 6 weeks. Throughout this process, the development of a brochure guide was created which includes nutrition, hydration, sleep, and behaviour change strategies. The purpose of this guide will be to assist coaches in providing nutrition and lifestyle education for clients who have high blood pressure.

**Rachel Burgoyne**

**Accountable Care Units, Pasqua Hospital  
Regina, SK**



*Never be afraid to step out of your comfort zone. You don't know if you're good at something until you try.*

The ACU's aims to create patient-centred approach to care when in hospital. They strive to achieve this through several principles including interdisciplinary bedside rounds, and accountability communication opportunities for all staff on the units. There are four ACU's in the Pasqua hospital, 3D, 4A, 4B and MSU. Of these units, I worked with the MSU to help find the reasons to why the unit's participation in the accountability and communication principles of an ACU had not been occurring on a consistent basis. This was done through hands on qualitative research in interviews with over 40 staff members that work on the unit at any given moment. I then participated in the analysing of the results of these interviews through transcription and theming to report to leadership to help create movement in potential solutions to better help the unit deliver quality care to their patients. I additionally participated in audits of other unit's practices to ensure the performance of the units on various principles of the ACU's to help continue the push to strive for improved patient care on the ACU's.

**MSU: SIBR and Patient Safety Quality Improvement Project.** For my project for MSU I conducted 43 qualitative interviews with staff that interact with MSU to find the reasons why the unit's performance in various areas has declined, and to get an understanding of quality and safety issues that have arisen on the unit. I then transcribed 250 pages of data, which demonstrated themes of concern that I can present to leadership for the unit and hospital to try and advocate for meaningful change to be brought to MSU to increase their quality, safety of patient care, and their adherence to ACU principles.

# Bachelor of Kinesiology *Human Kinetics*



## Alexandra Butler KHAOS Athlete Development Inc., Calgary AB

KHAOS Athlete Development is a facility that provides elite performance programs for all different types of athletes in Calgary. Although hockey is specialized, many other athletes train at KHAOS regarding sports such as ringette, lacrosse, basketball, volleyball, soccer, track and field, etc. KHAOS is driven to help every athlete pursue their goals. Programs are created specific to each athlete and can be changed on the fly to suit any limitations one might have. As a practicum student at KHAOS, I was able to shadow and partake in the role as a strength coach. This role consists of creating intro and advanced programming for different types of athletes, taking athletes through performance testing, learning cues to teach athletes effective movements, and learning how to increase strength, power, speed, stability, conditioning, etc. During my fieldwork, I was able to better myself both physically and mentally. I was able to work out and push myself to my limits. I also became more confident with the knowledge that I obtained throughout my degree. I learned how to apply my education and help young athletes reach their potential.



**How and why force plates should be implemented at KHAOS.** As the facility is already interested in the investment of force plates, I have done research as to why this would benefit the athletes. I outlined what KHAOS is already doing and how the force plates could improve it. This special project will relate to and help me achieve my learning objectives. I mentioned that I would like to conduct assessments and performance testing; Force plates can evaluate postural stability, explosive force, power, and reaction force from the ground. These all connect directly to sport. I also mentioned how I would like to gain knowledge on how each type of athlete trains differently. The outcomes of force plates differ between sports and play a part in injury prevention and rehabilitation.

*My fieldwork experience at KHAOS has provided me with not only new skills, but the confidence to help me achieve my future career goals.*

## Isbah Butt

### SHA Regina Chronic Pain Clinic - Department of Stewardship and Clinical Appropriateness

The Saskatchewan Health Authority's Regina Chronic Pain Clinic is focused on treatment plans for patients dealing with chronic (non-cancer) pain and chronic pain syndrome, as well as treatments involving opioid tapering and opioid agonist therapy. It falls under the primary healthcare system and involves direct engagement and support for patients by the clinic's physicians, LPNs, RPNs, RNs, pharmacist, office assistants, and my job, the exercise therapist. I worked as an exercise therapist within the Stewardship and Clinical Appropriateness Department, and I was required to find non-medicated, movement related alternatives that patients with chronic pain could incorporate into their lifestyle. Since Saskatchewan has a serious opioid crisis, the goal of this program is to encourage using other resources that can provide long-term pain relief but also prevent co-dependency on narcotic medications. My role was to create care plans that involved movement, and help to slowly transition these patients into a lifestyle with exercise and movement. My experience at the CPC was absolutely incredible and memorable. I was able to develop practical skills that were not learned in my 3.5 years of my degree, and I created strong relationships with co-workers and patients that will impact my interactions with individuals in my future career in the healthcare realm.



**Exercise Program Development for Chronic Pain – 5 Stage Strategy.** My project was to work with patients with chronic pain as an exercise therapist to find alternative and sustainable solutions to their pain management. I created exercise program plans catered towards each patient to assist with their needs. The goal of this program is to create long term solutions to alleviate chronic pain that can be incorporated in different lifestyles, and to prevent future co-dependency on narcotic medications.

*"The CPC has allowed me to step out of my comfort zone and reach unimaginable goals! It's definitely an accomplishment to be involved in the creation and development of a program with potential and future success as Saskatchewan's first initiative of an exercise therapy program!"*



# Bachelor of Kinesiology

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Kinesiology &  
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Carla Dayton

Central Avenue Physiotherapy, Swift Current, SK



Central Avenue Physiotherapy is a rehabilitation clinic located in downtown Swift Current, Saskatchewan, that utilizes physiotherapy and exercise therapy as treatment modalities to treat a wide variety of conditions, injuries, and pain. The therapists at Central Avenue Physiotherapy provide their highest quality of care by staying up to date with the current research and creating a safe and inviting environment. Central Avenue Physiotherapy strives to help clients improve and maintain their functional abilities, fitness and health, and prevent future injuries. My role here at the clinic was to participate in exercise rehabilitation, where I would assess patients, prescribe exercise programs, demonstrate and explain exercises, complete progress testing, write patient reports, correct form, and create professional relationships. This experience has been extremely rewarding, and I am so grateful to have had the opportunity to complete my fieldwork here at Central Avenue Physiotherapy. Aside from learning so much valuable information related to exercise and rehabilitation, I was able to help clients decrease their pain, restore their function, and get back to their active lifestyles. This experience has reassured me that the 4 years of education will be worth it to have a career helping individuals with their health and fitness goals.

**Enhancing Ease of Exercise Prescription.** I asked the therapists to create a list of exercises they would like uploaded to Physitrack (the online exercise prescription tool). I then created videos and descriptions of each exercise and uploaded them online. The purpose of this project was to make exercise prescription easier for the therapists, as well as to allow me to learn new exercises, create concise descriptions, and understand the biomechanics of movement.

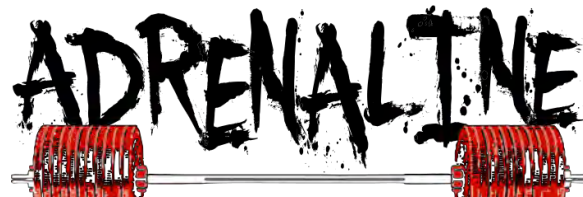
*Very rarely do clients follow a clear-cut path, don't be afraid to think outside of the box and try something new.*

## Cade Deal



## Adrenaline Strength and Conditioning, Regina, SK

Adrenaline Strength and Conditioning gave me the opportunity to experience athlete training from peewee hockey, club volleyball, elite level national and league players, to amateur and professional strong men and women. The facility is equipped to create strong powerful athletes and has equipment and tools you won't find anywhere else. A direct hands on practical approach is what is to be expected!



**Streamlining athlete and client programming** – to utilize technology to make program delivery more efficient.

*Because of my experience at Adrenaline, I am going to strive at being a strength and conditioning coach and gained two extremely knowledgeable mentors. -Cade Deal*

*"A strong athlete is a good athlete" – Derek Becker.*

# Bachelor of Kinesiology

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Health Studies

## Brayden Fatteicher

### Live Well Exercise Clinic, Regina, SK



*"LIVE WELL has given me the opportunity to practice skills and knowledge I have learned through my degree and has built confidence in my abilities as a future health professional."*

LIVE WELL Exercise Clinic is a private gym within Regina that focuses on preventing and helping people with chronic health conditions. LIVE WELL provides individualized exercise programs and health coaching designed to target a member's goals and abilities to improve their health and wellness. LIVE WELL works with members to develop healthy habits through lifestyle choices and provides members with the ability to take action. As a fieldwork student, I had the opportunity to take vitals, conduct warm ups and cool downs, lead group activities, prescribe exercise, create and design individualized exercise programs, health coach, communicate with physicians and complete baseline and progress assessments. These responsibilities at LIVE WELL allowed me to build and utilize knowledge I have learned throughout my degree and practice within a practical setting. Through LIVE WELL, I have been able to develop my skills as a health professional such as communication, resourcefulness and adaptability. LIVE WELL has provided me experiences which has given me confidence in myself and my abilities as a professional.

**Periodization Program and Assessments** - My special project involved creating a yearlong periodization program that targets risk factors for chronic conditions. This program will be utilized in all LIVE WELL Clinics and has set out a clear progression for CEPs and members to follow. Through this project, I have also developed assessment procedures to test member's abilities to help prescribe exercises. This program was piloted on 10 members over 5 weeks.

## Jenelle Flett

### Level 10 Fitness, Regina, SK



*"This placement offers the opportunity to grow as an individual both personally and professionally. I am very thankful to have been part of this team."*

Level 10 Fitness is a highly respected and well-established fitness facility in Regina that offers training to a variety of clientele, ranging from private training to team training and everything in between. All fitness levels are welcome, whether you have never set foot in a gym before, or you're at the highest level of your competitive sport. As a fieldwork student at Level 10, I had the opportunity to shadow with all of the performance coaches in order to gain experience and witness a wide variety of training styles from different professionals. Throughout the course of the semester, I gained more responsibility and eventually progressed to training a wide range of clientele, whether by leading group fitness classes or privately training individuals. Completing my fieldwork at Level 10 helped me gain a huge amount of confidence while working with others, and allowed me to learn so much more about fitness, training, and overall health. The skills and relationships that I developed over my time at Level 10 will be sure to benefit me in all aspects of my future.

**Mother-Daughter Fitness Class** -For my special project, I ran a 10-week strength and conditioning class for mothers and daughters. This program allowed me to adapt for all levels of fitness and gain skills as a personal trainer, as well as provide significant benefits for these women over the course of the 10 weeks.



### Accountable Care Units, Pasqua Hospital Regina, SK

#### Bahar Ghomeshi



*"The ACU has allowed me to take an active role in recognizing and strategically utilizing available resources to transform an existing system of care delivery. Thank you UofR/ACU team!"*

The Accountable Care Unit (ACU) is a philosophy of care, whereby care delivery is viewed in a different light than traditional healthcare. Hospitals are complex environments with many gaps; however, ACUs seek to reduce these external complexities through geographical cohorting of patients and care providers in order to ensure safe and holistic patient-centred care. To develop a culture of safety, respect and accountability, teamwork and structured routines are woven into nearly every aspect of an ACU through a connected care strategy. As a remote-learning ACU fieldwork student, my role is involved in quality and strategy improvement, which is fulfilled through analyzing process audits and performance measures. The results of these audits are then taken under consideration by senior leadership and utilized for unit-based improvement initiatives. This placement has given me the opportunity to grow professionally and build rapport with healthcare staff to be a part of inpatient redesign for care delivery. Given the importance of communication, standardized routines and teamwork within the ACU, I will be able to directly apply and benefit from such skills in my future endeavours within the field of medicine.

**Co-leader in ACU provincial expansion work.** My special project was primarily involved in remotely building co-relations province-wide and aiding various communities in their initiative to establish an ACU. More specifically, my supervisors and I virtually met with stakeholders from different hospital sites to introduce the ACU philosophy, as well as an ACU Readiness self-assessment tool, which was completed upon the initial meeting. This has given **momentum** to progressing the most "ready" sites through an implementation plan.

#### Cassidy Hammett

### CBI Health Centre Park Street, Regina, SK

CBI Health Centre is a health group that provides rehabilitation services for individuals who were injured in either a work place incident or a car accident, as well as providing mental health services. As a student at CBI Health Centre I was able to observe and partake in the role of an exercise therapist. This role consists of functionally assessing injuries, developing exercise programs specific to the client's injury and functional abilities, progressing and modifying programs as clients get better or face barriers, as well as collaborate with other therapists on treatment strategies that will provide the best outcome for the clinic's clients. My experience at CBI Health Centre has expanded my knowledge on the rehabilitation process. In addition to the educational aspect of fieldwork, I was able to put my knowledge to the test assisting in a major confidence gain in my abilities to work with a variety of injury populations and a further career path in this field.

*"The fieldwork experience has provided me with a great deal of knowledge, skills and confidence in what I want to achieve in a career path. Applying this knowledge and experience to everyday job demands in the rehabilitation field will help me in my professional career moving forward."*

**At Home Rehabilitation Program.** My special project provides a way for exercise therapists to be able to functionally assess and treat client's injuries with at home exercises. I was able to both assist and implement a functional abilities assessment and develop exercise programs in clinic, helping me to simulate these assessments and exercises with all home essentials you wouldn't think you could use in your rehabilitation process. I have developed at home functional assessments as well as at home exercise programs for the most common injury sites that we see which include, shoulder, knee, ankle, and back.



# Bachelor of Kinesiology

Human Kinetics



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**Brittney Hoff**

## First Steps Wellness Centre, Regina, SK



*"If you don't ask questions, you're not going to find out what the answer is. Don't be afraid of asking them, because people will appreciate your curiosity."*

First Steps Wellness Centre (FSWC) is a non-profit organization that provides specialized rehabilitation programs for individuals with spinal cords injuries and other neuromuscular conditions. FSWC's methods focus on promoting functional gains below the level of injury through intensive, activity-based recovery methods. As the fieldwork students, we began by observing sessions and then transitioned into assisting the exercise therapist by assisting with lifts and transfers, setting up and taking down equipment, and cleaning up. Later we were given the opportunity to lead client sessions in the facility and essentially act as exercise therapists. This experience has allowed me to gain confidence while working with clients and gain a better understanding of neuromuscular rehabilitation. It has also exposed me to several different rehabilitation methods that I intend to educate myself further on in the future.

**Upper-body Strength Program.** For my special project, I designed an upper-body strength program for one client. After discussions with the client, we decided an upper-body focused program would help to complement his regular sessions at the facility. I assessed the client's upper-body strength and mobility prior to beginning the program and was able to see improvements as we moved through the program.

## Regina Sport and Physiotherapy Clinic, Regina, SK

**Reid Hoffman**

**Education session.** I collected research and held a presentation debating the differences of aerobic vs. resistance training in overweight adults.

*"Being at RSPC has helped me learn a lot about myself and getting this hands-on experience has assisted me regarding the career path I would like to take."*



Regina Sports and Physiotherapy Clinic (RSPC) is a multidisciplinary rehab centre that offers a variety of services that range from acute to chronic injuries, chronic pain management, psychological counselling, pelvic floor rehabilitation, and osteoporosis rehabilitation. They provide individual services to specifically fit the client's goals and develop treatment plans that support their objectives in rehabilitation. My main roles at the clinic involved exercise prescription/ one-on-one exercise instruction, functional testing, progressing/modifying exercises, creating client goals, billing, scheduling, documentation of reports and chart notes, and communication with clients for rapport relationship building. Throughout my fieldwork experience, the most important thing I have learned is building a rapport with the clients. I found this to be very useful because I noticed that having a good relationship with a client often led to better outcomes and more success. I also became familiar with the process of a multidisciplinary clinic and learned about how physiotherapists, exercise therapists, doctors, chiropractors, and psychologists all work together collaboratively.

# Bachelor of Kinesiology

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Peak Power Sports Development, Calgary, AB

## Emily Hutchinson



As a fieldwork student at Peak Power I was able to create programs for athletes and lead warm-ups and cool downs. I was also able to be involved in a lot of research about ACL injuries and how working on jumping mechanics and Olympic lifting can help to reduce the risk of injury. Throughout my placement I was able to focus a lot on injury prevention through research, observation, program planning, and coaching. At the start of my fieldwork, I observed the movement patterns of individuals and my supervisor made sure to show me how different movement patterns can lead to injury and how to prevent that. That led to me being able to cue the athletes and look for those indicators. From here I was also able to lead warm-ups and make programs keeping those things in mind.

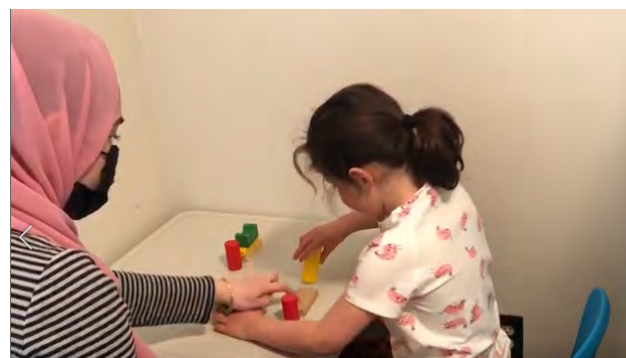
*"Peak Power helped me to achieve my learning objectives by putting injury prevention as a key focus in all exercises. I will know be able to use the knowledge that I have learnt from degree and apply it to my future career."*

**Neuromuscular Injury Prevention Program.** The purpose of my special project was to create a program that would help with mobility and stability of major joints as well as a program that would help cue athletes into better landing positions when jumping. I researched mechanisms of ACL injuries and included specific exercises in the program to help reduce the risk of ACL injury. I also took into consideration upper and lower cross syndrome and how it affects many athletes.

## Dana Ibrahim

Above and Beyond Autism Consulting Services, Regina, SK

Above and Beyond Autism Consulting Services (ABACS) is a Regina-based agency dedicated to maximizing the potential of children with autism by improving their skills and behaviours. They deliver service within a one-to-one context, providing programs that are customised to meet the needs of each individual kid. Their programs are derived from the scientific principles of Applied Behaviour Analysis, which states that reinforcing or rewarding a behaviour increases the chances of the reoccurrence of that behaviour. This makes it possible to teach new behaviour and change existing ones. In all fields of growth, ABACS is focused on using evidence-based approaches and teaching strategies to develop, sustain and generalize the skills of kids. As a fieldwork student, I am given the role of an Instructor Therapist (IT). This role includes running individualized programs, recording data to monitor each learner's progress and updating targets and programs. I worked directly with children and youth with autism, providing an intensive behavioural intervention in a one-on-one setting. I have undergone an intensive training on site about the principles of Applied Behaviour Analysis and Verbal Behaviour to be able to help kids gain and improve their verbal skills. I wrote communication notes to parents as well as took part in the administration and documentation of assessments. I am really glad I had the chance to gain valuable hands-on experience working with the young population.



*"I am so lucky I was able to run sessions independently and work with children, which has always been my passion. This has been a life changing experience for me as it taught me patience, dedication, creativity, enthusiasm, positivity, and to always prepare for the unexpected. I realized that just like how the kids were learning from me, I was also learning so many things from them. This experience really did give me the opportunity to grow as a person."*

My special project is on enhancing the current **Intake Package Visual Tour**. I created a magazine style set-up for it, in order to make it creative, appealing and easy to read for parents. It involves pictures to take the reader on a tour at the centre and explanatory write-ups of what happens.



# Bachelor of Kinesiology

Human Kinetics



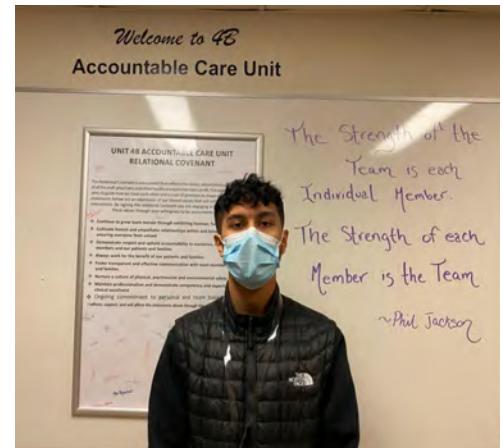
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## Accountable Care Units, Pasqua Hospital Regina, SK

## Haris Imran

The Accountable Care Units (ACU) at Pasqua Hospital focus on deconstructing the problems that exist within the complex healthcare system and attempt to initiate strategies that allow for a more patient-centred approach. Traditional models of healthcare have failed to acknowledge the intricacies associated with patient care which include acuity, social pressures and demanding responsibilities. By shifting the paradigm from staff remaining isolated in their own roles, ACUs are organized through dyadic networks with unit-based teams. The ACU was developed with intentions to improve the current quality of healthcare delivered by aiming for a more holistic approach. As a student, my role has been directly linked to quality improvement of care provision. I have been able to process various audits relating to COVID-19 protocol compliance of staff and performance metrics for each unit such as documenting valid reasons for patients not using non-permanent catheters. This data is then presented at weekly touchpoints to implement constructive feedback for improvement. My experience at the ACU has allowed me to understand first-hand the complexities present within the healthcare system. As well, I have built strong relationships and collaborative skills with healthcare staff while being part of an innovative form of healthcare delivery.



*Being involved in dyadic team networks present at the ACU, I have been able to deconstruct various issues that lead to inefficient and ineffective care provision.*

**Medication Reconciliation & Using Blood Wisely Projects:** Alongside Ali Khan, I have been involved in two special projects. We have implemented a feedback system for staff to reduce medication discrepancies for patients upon discharge on Unit 4B which entails synthesizing and interpreting errors on discharge prescriptions. We have also developed a criteria and grading system for physicians to be more cognizant of their ordering of blood transfusions while also providing a benchmark to compare themselves to other hospitalists.

## Canadian Sport Institute- Product Testing

## Georgia Kaluznick

Calgary, AB

The Canadian Sport Institute (CSI) – Calgary is a multidisciplinary training and support service for Canadian Olympic and Paralympic athletes, high-performance athletes and their teams. Athlete performance and centralized training areas within the CSI include Sport Medicine, Sport Science, Strength and Conditioning, Mental Performance, Biomechanics, and Nutrition. Also operating within the CSI is the Sport Product Testing (SPT) business unit. The SPT provides “...unbiased and objective third-party product testing for sports, fitness, wellness, and technology companies who are looking for best-in-class testing and validation services.” The nature of my role as a biomechanics and performance analyst with the SPT was to shadow, assist, and work independently at SPT with performance and data analysis, subject recruitment, design of testing procedures, data collection, and scientific writing. This placement provided me with the opportunity to gain practical experience in sport sciences and research and development.

*“When you walk into the CSI you are met by elite Canadian athletes who happen to be your test subjects in the SPT Lab. At the CSI-SPT we work as a team, lose as a team, and win gold as a team. My practicum with the SPT is an experience I will never forget or stop thinking about.”*



The project will provide students information about the testing, analysis, research processes that the Sport Product Testing business unit and lab undertake when independently analyzing and evaluating sport-related products. It will also describe the relationship between the SPT and the Canadian Sport Institute Calgary and how they collaborate to provide world-class opportunities to Canadian athletes.

# Bachelor of Kinesiology

Human Kinetics



University  
of Regina

Kinesiology &  
Health Studies

Jennifer Keller

Alpha Physiotherapy, Regina, SK

Alpha Centre is a primary multidisciplinary clinic that treats patients for workplace and motor vehicle accident-related injuries. The clinic also treats clients for various musculoskeletal and sport-related injury. Alpha Centre has two physiotherapists, two massage therapists, and a clinical exercise physiologist (CEP). I worked under the exercise therapist to treat and rehabilitate clients who have an exercise prescription, this could mean attempting to improve their injury, reduce pain, strengthen surrounding muscles or help them to acquire an improved range of motion and achieve functional movement patterns. One main area of focus for the exercise therapist and myself are creating a program for clients to return to work. My duties included performing assessments on new clients, working with the exercise therapist to create programs for clients, supervising and reviewing programs with clients, as well as daily documentation of sessions for each client. The care provided as an exercise therapist is person-centred and focuses on the needs of the client.



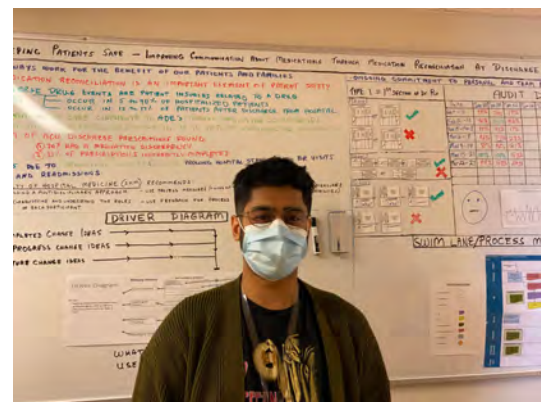
*My experience at Alpha centre has provided me a great environment to learn how to apply what I have learned throughout my degree such as performing assessments and creating programs.*

**Improving Functional Range of Motion.** My Special project revolved around using techniques to improve clients range of motion and functional use of the joint. Techniques used were controlled articular rotations as well as progressive angular isometric loading and regressive angular isometric loading. Key joints I addressed were hips and shoulders which showed promising results. Ankles, elbows and wrists were also targeted in this study to address range deficits.

Ali Khan

Accountable Care Units,  
Pasqua Hospital, Regina, SK

An Accountable Care Unit (ACU) distinguishes itself from traditional hospital care by co-locating healthcare staff and promoting teamwork. In an effort to reduce complexity, which contributes to iatrogenic harm and excess medical costs, the ACU looks to abolish the conventional fragmented and isolated framework by transforming the way care is given. Routines are created through structured interdisciplinary bedside rounds and team huddle, which are coupled with performance metrics audits to promote a culture of continuous improvement. As a fieldwork student, our role was contributing to quality improvement, which is at the heart of the ACU. I attend weekly touchpoints with staff for each unit and present data compiled for daily performance feedback and auditing processes such as how many patients are visited at the bedside and valid non-permanent catheter descriptions. As well, I compile COVID-19 protocol compliance of staff and compile hospital census data for physicians to track their workload. This experience has provided me with a glimpse inside hospital complexity by working alongside a variety of healthcare staff. I have gained the ability to develop professional relationships and learn the steps towards quality improvement. It is exciting to be part of a transformative movement towards improving patient centered care.



*"The ACU has allowed me to obtain first-hand experience with a diverse clinical microsystem, whilst engaging with many healthcare personnel and gain experience in the realm of quality improvement."*

**Using Blood Wisely Project & Medical Reconciliation Project.** Alongside Haris Imran, we outlined criteria pertaining to transfusions to create an audit and feedback system. This standardized benchmark reporting was coupled with educational materials to improve transfusion practices. Secondly, we also created a similar system to improve discharge prescriptions, alongside creating a driver diagram and process map. We then created a whiteboard that includes the data we compiled, which is presented weekly.



# Bachelor of Kinesiology

## Above and Beyond Autism Consulting Services Regina, SK

Above and Beyond Autism Consulting Services (ABACS) is a Regina based small business that provides individualized programming for children who are diagnosed with Autism Spectrum Disorder (ASD). ABACS uses the principles of Applied Behaviour Analysis (ABA) in their sessions with the children. Each program is individualized to the needs of the child. The programs are designed to maximize the potential of each child and provide them skills to be able to communicate and use language. As a fieldwork student at ABACS I took on the role of an Instructor Therapist (IT). After the intensive training period, I ran one on one programming sessions with all the different learners at the centre. Along with running the sessions, I learned how to collect data and set up new programs for learners. This experience allowed me to learn more about children with ASD by working hands on with them. I was able to learn the importance of adapting when faced with a challenge while doing this work. The training provided me with new skills on how to adapt quickly and effectively. It is very rewarding to be able to see the impact I made in the lives of these children who have ASD.

**My special project was an ABACS Social Media Guide.** I created a guide where the owners/employees at ABACS would be able to pull pictures, captions, and information from to easily post on their social media pages. This guide was made to help the agency have less stress when it came to coming up with posts for social media, and more ability to put what they do out there to hopefully bring more clientele in.

## Sophia Kourles



*Working with children with autism is such a rewarding experience that has expanded my knowledge on autism and has allowed me to learn how to better adapt in challenging situations.*

## Tanner Kyle



*"Trench Fitness is a great place to develop as strength and conditioning professional. Trench Fitness is a place where learning is encouraged and supported by all."*

## Trench Fitness, Regina, SK

Trench Fitness is one of the top rated gyms in Regina that specializes in health and fitness. Trench Fitness is made up of a team of kinesiology professionals who have years of experience in helping people learn to apply training and nutrition principles to achieve their health and fitness goals. Trench Fitness takes the guesswork out of nutrition and exercise so clients can stay motivated and develop a long lasting healthier lifestyle. My responsibilities as a fieldwork student at Trench Fitness included individualized program development and implementation, participating in nutrition consults, as well as maintaining a clean and safe facility. Part of my role was to design individualized, sport specific, and group programming. Another common task was to implement said programming by one-on-one training, two-on-one training, as well as small and large group training. These tasks that varied from day to day allowed me to build on the skills and abilities needed in order to become successful in the field of health and fitness.

**Periodized Strength and Conditioning Program for Hockey Players.** My special project was to develop a periodized strength and conditioning program that can be used for hockey players of all ages. This special project was developed with advanced research backing exercise selection and the FITT (frequency, intensity, type, time) principles. I chose to **develop this periodized program as my special project as I am looking to become a professional strength and conditioning specialist for specialized sport athletes.**



# Bachelor of Kinesiology

## Khristienne Lachance

### Adrenaline Strength and Conditioning, Regina, SK



*At Adrenaline I grew to be a well-rounded leader and personal trainer by instructing groups of all ages, athlete levels and chronic populations.*

Adrenaline is a warehouse style gym that offers a variety of speciality trainers, and fitness instructors. Adrenaline welcomes people of all fitness levels that want to become the best version of themselves. As a fieldwork student with Adrenaline, my role began with assisting all personal trainers and fitness instructors. This allowed me to assist in various forms of training and choose an area to specialize. Once finding a speciality and working closely with a trainer, I was able to progress to instructing sessions on my own. My experience at Adrenaline was amazing as it made me a well-rounded trainer. I learned how to instruct people of all ages, athletic levels, and chronic conditions. The most impactful experience of my practicum was finding my speciality. I got to assist in a children's fitness group, new to Adrenaline. This is where I learned a lot of my skills and was able to become the lead trainer. Watching the children progress, made me very happy and realize that I work best with children and wish to pursue training children as my future career.

**Adrenaline Promotional Video for Fitness Classes.** The goal of the project was to create content that would showcase what the class and instructor is like, to help new clients choose a class or old clients try a new one.



## Layne Legien

### Diverse Sports Physiotherapy, Calgary, AB

Diverse Sports Physical Therapy is a clinic located in Calgary, Alberta. Diverse strives to resolve all musculoskeletal, pelvic and balance disorders through the use of multidisciplinary services. These services include: motor vehicle injury, workplace injury rehabilitation, TMJ, vestibular therapy, massage therapy, and custom orthotics. Here at Diverse, the mission is to provide and optimize the most efficient, highly responsive and comprehensive rehabilitative care to all patients of all categories and all functional levels. Students play a major role here as they act as a physio assistant. The typical role involves learning to use physiotherapy modalities such as the ultrasound, TENS, IMS, cupping, and the pressure gun. In addition, students will typically learn more in the area of exercise prescription and client assistance. Diverse Sports Physical Therapy provides students with the opportunity to utilize their university knowledge and expand their practical experience in a physical therapy setting. I believe that this placement has left me with the knowledge and expertise to be successful in my future schooling and career.



*"Diverse Sports Physical Therapy promotes a positive learning environment and fosters students to become more knowledgeable in a practical setting."*

**Diverse Exercise Channel.** For my special project, I decided to create a completely accessible online channel for Diverse Sports Physical Therapy. This channel includes a variety of strengthening exercises that we use for rehabilitation purposes, as well as, many of the stretches that are provided at the clinic. The exercises and stretches at Diverse are typically adapted and completely tailored to various individuals and/or injuries. Thus, each video contains a demonstration along with appropriate cueing points to ensure that the individual performs the movement accurately and prevents further injury. In addition, there are also videos that incorporate progressions and challenges for individuals who are succeeding and moving forward with their rehabilitation.

# Bachelor of Kinesiology *Human Kinetics*

## Madison Libby



*"Courtside has given me so many valuable opportunities and provided me with exceptional support in enhancing my client-centred practices. My experiences during my practicum have equipped me with the skills to better contribute to the health and well-being of others in my career as a healthcare practitioner. The exceptional staff has shown me the standard for first-class client care, in which I aspire to emulate in my career."*

## Courtside Sports Medicine and Rehabilitation, Regina, SK

Courtside Sports Medicine and Rehabilitation is a multidisciplinary rehabilitation centre that employs a number of healthcare practitioners across many disciplines, including physical therapists, clinical exercise therapists, registered doctoral psychologists, and occupational therapists. Courtside primarily treats individuals injured at the workplace or in motor vehicle accidents, in addition to private clients. The knowledgeable and multifaceted team at Courtside provide a comprehensive, active, and functional approach to rehabilitation. Their approach to rehab truly embodies the phrase "movement is medicine". Students at Courtside work alongside the clinical exercise therapists where they play an integral role in the client's rehabilitation process. Students participate in exercise programming, prescription, modification, and progression with the clients, as well as helping to administer functional assessment evaluations. During the Covid-19 pandemic, students were given additional responsibilities in cleaning and sanitization to ensure client and staff safety.

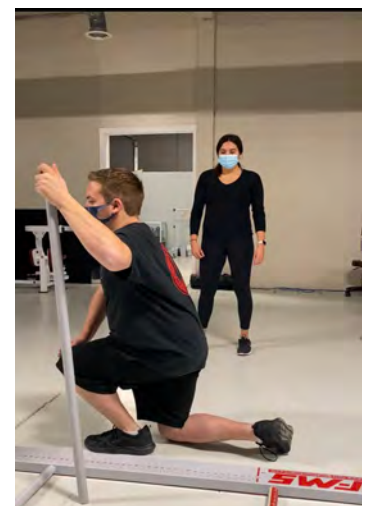
**Delivery of Regina Police Service Work Ergonomics Assessment.** Courtside physiotherapist Jennifer Butz conducted a workplace ergonomic assessment and biomechanical screening with sworn members of the Regina Police Service to shed light on the disproportionately high occurrence of chronic injuries that affected this population. I assisted Jennifer in a weekly seminar that was presented to members of the Regina Police Service outlining the findings of her data and the proceeding solutions (equipment modifications, corrective exercises) to combat the occurrence of these injuries.

## Amanda Martin

### First Steps Wellness Centre Regina, SK

First Steps Wellness Centre is a facility that offers activity-based rehabilitation. The agency was originally created for Spinal Cord injuries but has since expanded to a variety of neurological conditions. This was interesting since the pandemic has started, recovered Covid-19 patients have turned to FSWC to rehabilitate some of the long-lasting neurological effects. A day as a fieldwork student at this agency includes assisting in set up and take down of work areas, helping with client transfers and creating and supervising client training programs. This placement has given me such hands-on experience with such diverse populations. I have used the foundational knowledge I have gained over the course of my kinesiology degree and integrated it into essential skills. I have created interpersonal skills that no textbook can offer. Although the pandemic has changed how many clients are allowed in at a time it has not changed the sense of community within this facility. For that I am grateful for the skills I have learned and the connections I have made.

**Functional Movements and Brain Injuries.** My special project has been focused on at home zoom sessions working on the seven functional movements. The functional movement screening assessment was used. We completed at home zoom sessions every other week 2x2hr sessions. A subjective assessment was completed and my client was happy to see improvements in balance, depth of squat and more ease with coordination of movements. An in-person reassessment would be required to record quantifiable gains.



*"First Steps Wellness Centre has acted as a bridge for my transition from academia to practice. I was able to learn from various exercise therapists who were knowledgeable in different fields. This allowed me to learn hands-on skills that will assist me in becoming a well-rounded professional."*



# Bachelor of Kinesiology

## New Line Boxing Academy, Regina, SK

The New Line Boxing Academy (NLBA) is a high-level boxing club, where amateur boxing is managed professionally. The New Line Boxing Academy is a modern Olympic style boxing academy that offers sports conditioning, technical boxing conditioning, and Olympic-style boxing training to kids, youths, and adults of all capacity.

### Fuad Mohamed



*"To succeed is to try and quitting is the ultimate failure. I obsess over my goals and this is what allows me to continue to achieve them."*

New Line Boxing Academy is a boxing and fitness-oriented institution designed to bring the best out of its students in the ring and outside it. From fitness classes to skills training, advice to life coaching, New Line has been founded on mastering both the body and mind. The students will take on the role of coach of the students as well as personal assistant to Coach Moses in an office setting. These office tasks involve social media upkeep, invoicing and store inventory, basic accounting, and other miscellaneous tasks. You will also receive boxing skills training as well as conditioning training from Moses himself. The impact this experience had has been profound, teaching the student the importance of mentorship in the life of a child as well as how to coach and, more importantly, when to coach. On top of all of this, you will have your summer body ready by the end of the semester.

**The NLBA Strategic Marketing Blueprint** is the formula devised to guide the marketing and outreach aspects of New Line's operations for the next 3 semesters. This blueprint provides the guide for the channels, media, emphasis and consistency of the advertising New Line uses.

### Syed Moin



*"My learning objective was to get proficient at professional communication. I believe I have excelled at this as I now have an abundance of confidence which I never had before."*

My role was to be a junior coach which included me facilitating and leading boxing conditioning classes for adults, and also to coach and lead Olympic-style boxing training to kids and youth. Aside from the coaching aspect, I also have an administrative role in my office as the internal communicator for the agency. I must check the agency phone for new messages and voicemails, and I must check the computer for important emails. I have to constantly update memberships and be in regular contact with current members, new members, and potential members looking to sign up. I remind members when their membership is expiring, and accordingly sign new members up if there is a spot available in a class. I'm also in charge of managing the agency's accounts and processing all the receipts. I calculate the revenue and expenses for each month and report back to my supervisor.

**Elite Life Program.** The purpose of this program is to provide the youth with essential life skills to make them a better human overall. To achieve this certificate, students must: 1) Have a golden glove which includes competing in 12+ bouts 2) Have their drivers licence 3) Polished resumé 4) Educated in personal finance e.g. budgeting 5) Complete 60 hours of employment.



# Bachelor of Kinesiology

Human Kinetics



University of Regina  
Kinesiology & Health Studies

## Stapleford Health and Rehabilitation Centre, Regina, SK

Stapleford Health and Rehab Centre takes a multidisciplinary team-based approach in order to help individuals take charge of their own health and wellness. Although rehabilitation is the main focus of the clinic, they do have a full gym which allows for personal training, group training and yoga classes. As an Exercise Therapist our role is to create exercise programs that help clients work on their mobility, stability and functional strength in a safe and controlled setting. Through building relationships with clients and seeing their progress, this experience has been nothing but amazing. I was able to connect with people in a way that I never would have imagined and created memories that will stay with me for the rest of my life.

**Secondary Client Analysis.** For my special project I decided to work with a secondary SGI client from her initial assessment, which I conducted, all the way through to her final assessment and discharge from the clinic. Throughout her 12-weeks I was responsible for creating all of her programs and working with her one-on-one. We also worked on pain management strategies as well as breathing exercises to help her manage her chronic pain.

## Sara Morrison



*"Although this is not my future career, it has taught me about client relations and given me a better understanding of the rehabilitation process."*

## Level 10 Fitness, Regina, SK

## Diego Orellana



*"I highly recommend Level 10 to anyone who is truly passionate about becoming a great sports performance coach."*

Level 10 fitness is a place where fieldwork students are given the opportunity to learn about what the life of a sports performance coach is all about. It is a place that works with all kinds of different people, there are clients old, young, athletes, or even people who just want to stay fit. There is an opportunity to learn about any type of client. The role of the student here is to learn as much as possible. This is a very autonomous fieldwork placement which means you will learn as much as you want to. The trainers will teach as much as you want to know which means you can make it a very rewarding opportunity. While learning, the job of the student is to help the trainers throughout their classes. This could mean helping clients with their form, setting up and putting away equipment, and due to the new safety measures, it could mean helping sanitize all the equipment. The impact that this opportunity had on me was very significant, it showed me that this is something I can see myself doing as a career path and it is something that I truly am passionate about.

My group was 3 golf/hockey athletes and their goal was to improve performance. In week one I performed 3 tests on them to figure out their base. We did a 5-10-5 speed and agility, a broad jump and a rotational med ball throw. After 7 weeks of training we went back and did those same exact tests and all 3 athletes improved their scores in all of the tests. This was a unique experience for me because I have never played those sports before.

# Bachelor of Kinesiology

Human Kinetics



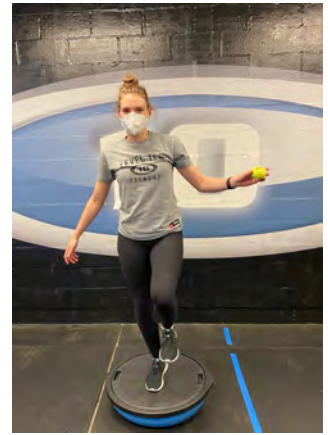
University  
of Regina

Kinesiology &  
Health Studies

Mattea Polivka

Level 10 Fitness, Regina, SK

Level 10 Fitness is a training facility that trains a wide variety of clientele in individual and group sessions. All of the trainers at Level 10 have a university degree in kinesiology as well as a personal training certification. This ensures that every fitness session is designed with the exercise principles learned in kinesiology. Level 10 also employs Physiotherapists, Massage Therapists, Registered Dietitians, and yoga instructors. The fieldwork student's role at Level 10 is to assist the trainers with exercise programming, instruction of individual and group training sessions, and general tasks including the cleaning and organization of exercise equipment. My experience as a fieldwork student at Level 10 was very beneficial. I had the opportunity to train clients by myself in individual and group sessions which greatly improved my confidence in exercise programming and communication.



**Common Musculoskeletal Injuries in Basketball, Football, and Hockey (College/Junior) and Exercises for their Prevention:** I created a booklet that includes injury rates, modifiable risk factors, as well as injury prevention exercises with photos for four common musculoskeletal injuries (ankle ligament sprains, knee internal derangements, shoulder injuries, and muscle strains in the hip region) in basketball, football, and hockey.

*"After my experience at Level 10, I feel more prepared for a career in the field of injury rehabilitation because of what I learned about exercise prescription and instruction, exercise technique cues, as well as exercise modifications."*

Sarah Rankin

Regina Police Service, SK



*"Dedication, consistency and hard work opens the doors to endless opportunities."*

The Regina Police Service has a mission of Public Service First, they have been serving and protecting the community for over 129 years but also have a huge focus on the wellbeing of their sworn and civilian employees. The role of the fieldwork student at the Regina Police Service is the Wellness Coordinator Assistant, this position works in the Human Resources department. The fieldwork student can expect to have many different responsibilities. The main responsibilities were assisting, teaching and participating in daily workout classes, as well as having your own night class once a week. During the night class, I was presented with the opportunity to work with two mentorship individuals at RPS on their fitness and wellbeing in preparation to become a recruit. I provided them with educational handouts, weekly work outs and practicing techniques of different exercises. This provided me with the experience of expanding my leadership and organizational skills. Aside from working in the office, there is also the opportunity to go out to the Police College and observe/ assist in workouts, fitness testing and bootcamp with the recruits three times a week. The Regina Police Service presents the opportunity to grow and to develop many professional skills along the way. It is an extremely educational, unique and rewarding experience!

**RPS Fitness Website.** The RPS fitness manual was taken over from a prior fieldwork student, My task was to film and edit all exercises being demonstrated with individuals of RPS. From there the next step was to create a private website so that members and their families can utilize this resource for a proper, educational, safe and motivating workout.

# Bachelor of Kinesiology

**Cameron Ross**

**KHAOS Athlete Development, Calgary, AB**

*Human Kinetics*



University  
of Regina

Kinesiology &  
Health Studies

Khaos Athlete Development is a locally built, high performance training centre in Calgary, Alberta. Khaos specializes in athlete specific and team training. Using scientific based approaches, athletes are able to receive training specific to their needs and goals. Khaos also provides personal training for the general population as well as massage therapy.

As a strength and conditioning coach at Khaos, I was responsible for set up and take down of the facility, leading the warmup for each session, and running athletes through their program.

As a coach, I was able to learn proper techniques and cues for movements, build relationships with the athletes, and apply my knowledge into practice. As a student, I was able to get a deeper understanding of scientific topics related to strength and conditioning, learn to apply those concepts into programming and use them to teach athletes about what they are doing and why.



**Fitness Test for Climbers:** To build a fitness test suitable for climbing athletes. Tasks included creating a sport analysis, comparing sport demands to testing methods, and selecting exercises and how to scale/score them.

*“Khaos welcomed me in and made me feel like family right away. The coaches hold themselves to the highest standard and make the facility a place that people want to be. Completing my fieldwork at Khaos has allowed me to gain hands on experience, build relationships with athletes, program for athlete needs, and further develop my passion for strength and conditioning.”*

**Leo Saccary**



## **Inclusion Regina (apart of the Creative Options Regina), SK**

Inclusion Regina is a community organization, committed to inclusion, acceptance, and participation for people experiencing intellectual disability. Inclusion Regina is a part of the Creative Options Regina (COR) family and runs a variety of programming for people supported by COR, as well as other community members. These activities include *The Next Chapter Book Club*, *Let's Connect*, *Tell It Like It Is*, *Short Breaks*, and *Sir Dancelot*. While at Inclusion Regina, I have been actively involved in numerous book clubs, facilitated the *Tell It Like It Is* program, organized and participated in a Zoom club initiative, gave one-on-one support to individuals, and developed and piloted a new financial literacy program called *Cents & Sensibility*.

**Cents & Sensibility.** Cents & Sensibility is a financial literacy and money safety program developed to help diverse learners feel empowered and excited about taking charge of their finances, while having a greater understanding of money safety and management. Cents & Sensibility was developed following a multi-model approach, aiming to engage participants with conversations, videos, and interactive activities.

*The people you support become your friends. You learn about their likes, dislikes, family, and friends – while making meaningful connections and showing them they are safe, loved, loving, and engaged.*



# Bachelor of Kinesiology

*Human Kinetics*



Kinesiology &  
Health Studies

## Cassidy Schindler

### Regina Community Clinic, SK



*As an aspiring healthcare professional, my fieldwork experience at the RCC provided me with valuable hands on experience. Specifically, enhancing my knowledge in exercise prescription and programming and working with a diverse population.*

The Regina Community Clinic is a primary health service provider. They are a multi-disciplinary group of health professionals that work together with the ultimate goal to build a healthy population by offering support that concentrates on diagnosis, treatment, disease prevention and patient education. Under the supervision of a certified exercise therapist, I had the opportunity to lead initial and follow up consultations with patients, create and adapt exercises programs, assist patients through their exercise programs and teach online group exercises classes. As a future health care professional by having these opportunities, I was able to gain confidence in my abilities to work with a diverse population. Specifically, enhancing my ability to prescribe and implement the program through demonstrating and teaching various exercise to clients.

**Pregnancy and Exercise Information Session.** My special project was an education session that was delivered over a “lunch and learn” to the RCC staff. The presentation delivers an overview on discussing the benefits of exercise pertaining to pregnancy. The presentation explores the benefits that exercise can have on both the mother and child before, during and after pregnancy. The overall goal was to bring more awareness to this topic, as previous guidelines were often overly conservative.

### The Saskatchewan Association for the Rehabilitation of the Brain Injured, Regina, SK

## Jennafer Shultz



*“While working at SARBI I have built relationships and developed many skills that have helped me grow both personally and professionally. I am grateful to the SARBI community for their encouragement and support.”*

The Saskatchewan Association for the Rehabilitation of the Brain Injured (SARBI) is a non-profit organization dedicated to enhancing the quality of life for individuals who experience an acquired brain injury (ABI). SARBI offers psychosocial programs to facilitate education and reintegration into the community for ABI survivors. My fieldwork experience as the Student Program Coordinator provided me with many opportunities to improve and enhance both my written and oral communication to ensure it is appropriate and the clients are engaged. I provided weekly newsletters to stay connected with the clients through COVID-19 as in-person programming was suspended. In addition, I created a series of educational plans for virtual programming. I have been able to form connections and relationships with the clients through phone calls and socially distanced visits. I have gained experience in learning how to adapt to certain situations and utilize critical thinking when approaching obstacles in many different situations. I have gained a lot of valuable knowledge while navigating the administrative side of the organization. The SARBI community has helped me realize how much of an impact being positive and striving for inclusivity can have on the staff, clients and community.

**iPad Pilot Project.** My special project is centered around the idea of engaging clients through virtual programming using iPads while in-person programming is suspended due to COVID-19. I developed an acceptable use contract that was used province wide at SARBI. I assisted in choosing appropriate applications and programs for the iPads. I then created an iPad How to Guide for the clients to refer to when using the iPads as many have not used this technology before. I developed 5 weeks of educational programs that can be delivered virtually. These programs are theme based and are meant to keep the clients engaged and motivated. I have also created newsletters that align with the virtual program plans for the clients that are not receiving iPads.



# Bachelor of Kinesiology

## Ignite Athletics, Saskatoon, SK

Ignite Athletics is a private, high performance facility located in Saskatoon, SK. The clientele that train at the facility ranges from general population to elite athletes, this also includes a diverse range of ages and sports. Parallel to strength training, Ignite Athletics provides many other services in-house including physiotherapy services, massage services, nutrition consultation, anthropometry measures, and a coffee and smoothie bar. The variety of services support the holistic approach that Ignite Athletics believes in. The initial role of an intern at Ignite is to assist and shadow the fellow strength and conditioning coaches, along with learning the philosophies that each coach uses to conduct their training. During my time with Ignite Athletics, I have spent time working alongside many leaders in Saskatchewan and Canadian sport such as, Joel Lipinski who is the U of S huskies and football Canada head strength and conditioning coach. Jordan Harbaugh; the U of S huskies Men's Basketball Strength and conditioning coach along with many other high calibre coaches. It is clear that the overarching goal of the student intern is to build on their responsibilities as their internship progresses. This group of coaches along with the amazing facility allow for a student to gain practical experience while being immersed in the workplace and gain confidence in their abilities as they learn from the provided feedback of the highly qualified coaches.

*"Through hard work, perseverance, and networking I hope to further the boundaries of sports science as it stands today."*

## Saad Siddiqui



## Creative Options Regina, SK

Creative Options Regina (COR) is a non-profit organization that provides personalized support services for people experiencing intellectual and/or physical disabilities. COR's business revolves around the philosophy of gentle teaching, instilling the feelings of safety and unconditional love in the hearts of individuals marginalised by the community. COR takes a holistic approach by empowering individuals that are relegated by society while concurrently nurturing an inclusive environment. My role as a program facilitator at COR involves the creation and facilitation of various programs that are offered in the COR Studio. The purpose of these support programs is to provide individuals with the opportunity to engage in inclusive activities that they enjoy. Working with COR has allowed me to isolate disabilities from an individual and see the person for who they are. Facilitating their independence creates significant impacts on the lives of the people we support and enhances their quality of life.

**Program Creation.** To improve health and wellbeing within the COR community, I decided to engage a sedentary population in a physical activity program. This program encompasses activities that the people I support enjoy participating in and promotes an inclusive environment. A significant aspect of program creation involves refining the program to meet the dynamic needs of the people I support.

## Parker Scott



**Team Builder Exercise & Programming database.** Renaming all exercises into a specific nomenclature, adding a taxonomy of exercises and sorting them by tags, Ensuring each and every exercise has a subsequent video explaining how to perform the exercise, Completing this database, I have helped the organization by improving the efficiency and ability to design exercise plans for Ignite Athletics clientele, I have improved the autonomy of the athletes as they are now able to complete unknown exercises through video demonstration

*"Transitioning from sympathy towards empathy enables us to empower those that we support and adequately facilitate their independence."*

# Bachelor of Kinesiology

Human Kinetics



University  
of Regina

Kinesiology &  
Health Studies

## Delaney Swystun

### Hillside Physical Health and Fitness, Prince Albert, SK

Hillside Physical Health and Fitness is a rehabilitation clinic that treats primary, secondary and tertiary injuries as well as personal training, team training and fitness programs/testing. At the clinic there are physiotherapists, exercise therapists, psychologists and an occupational therapist. As a team they have created a safe environment for individuals to heal and progress in a physical and psychological matter. Hillside works alongside SGI and WCB by providing clients with treatment to recover from injuries as well as being a staple in the community. As a fieldwork student I was supervised under the exercise therapists here at the clinic. My role was to provide guidance and training to the clients, to build relationships, work collaboratively with the other professions, create specific exercise prescriptions for certain injuries as well as overlook their progress and make any adjustments needed. This fieldwork experience has been significantly impactful and has really made me understand what I can do in this field in the future. I have learnt the importance of communication, repour, teamwork and how impactful and important fitness and recovery is. I would highly recommend this agency to future students.



*"Choosing Hillside as my fieldwork was the best decision, I have learnt many things in the field of exercise and rehabilitation, as well as the importance of communication and client patient relationships."*

For my special project, my first week at my placement I took on a tertiary client that was in need of rehabilitation of a knee injury. With the collaboration of WCB, the physiotherapist and exercise therapist, I got to create an exercise program for the client to regain strength in their knee. For 12 weeks with my supervision, my client worked on regional and global exercises, with the end goal that they would return to work pain free as well as gain ROM, stability, mobility and endurance for overall health.

## Suzan Temnewo

### Creative Options Regina, SK



*"My fieldwork was an incredible experience to expand vital communication skills and knowledge. It reminds me of the importance of practicing the Gentle Teaching philosophy to all aspects of our lives."*

Creative Options Regina (COR) is a non-profit organization that provides individuals with disabilities and mental health struggles with personalized support. COR is committed to provide nurturing and meaningful relationships by assisting those they support in living the life they want. COR embraces the philosophy of Gentle Teaching in all the aspects of the work's environment, by making the people served feeling safe, loved, loving and engaged using our presence, words, hands and eyes. Through the COR studio, many programs are offered to people such as art therapy and music therapy which creates a friendly environment between COR's employees and the people they support. COR collaborates with the City of Regina, Campus for All, and 4to40 to provide a Travel Training program that teaches people with disabilities how to use public transportation on their own. The initiative seeks to offer knowledge and realistic expertise necessary to use city transit rather than relying on paratransit to all age groups, ranging from high school students to seniors. My favourite aspect of working at COR besides building my professional skills, is getting to meet new people and building relationships with them by just being kind and establishing mutual understanding.

As a Travel Training supervisor, the goal is to promote independent travel to people with disabilities by providing access to information, training and support. Following an individualized and intensive course of instruction my role is to teach Individuals about TransitLive, Pedestrian's road signs and safety, as well as problem solving skills to encourage people with disabilities to achieve independence using city transit as opposed to relying on the paratransit.



# Bachelor of Kinesiology

Human Kinetics



University  
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Kinesiology &  
Health Studies

## Elizabeth Tooth



*"Fieldwork is an all-encompassing opportunity that challenges you as a transitioning student to build and develop your personal and professional skills! My experience at FSWC was nothing shy of amazing!"*

### First Steps Wellness Centre, Winnipeg, MB

In my time at First Steps Wellness Centre- Winnipeg (FSWC) I have learned an outstanding amount of information about spinal cord injuries (SCIs) and programming using exercise-based therapy. FSWC is a non-profit organization that provides exercise-based therapy to individuals living with SCIs or associated neurological disorders. The main goal and objective of FSWC is to improve quality of life through utilization of aerobic, resistance, and supporting equipment that permits for functional movement patterns to be achieved. As part of the FSWC team, I supported therapists during programming, assisted in transferring clients, set up exercise stations, programed for a variety of conditions, and led sessions independently. During my time at FSWC I enhanced and developed my professional skills that will be immensely valuable in my future opportunities in the workforce. Being able to work with such a unique population expanded my previous knowledge in exercise programming and also introduced me to multiple exercise modalities and pieces of advance equipment.

**4- Week Client Specific Program.** For my special project, I created a 4-week exercise program for a client at FSWC. Based on the goals and assessment from the initial interview, the program focused on the upper body strength and endurance to encourage independent transfers and independence throughout everyday living. At the end of the project I also created an exercise manual of upper body stretches and exercises to be done at home and at the gym to maintain and continue his functional gains.

## Julia Verhelst



**You're Never too Old to Stop Acting Your Age.** I used peer reviewed research and my experience working with older adults to create a series of exercise videos for older adults. I included a resistance, balance, and seated cardio workout. I also wrote a blog post to address how ageist attitudes could be a barrier to physical activity, as well as the benefits of exercise for older adults.

### Encompass Fitness, Estevan, SK

Encompass fitness studio focuses primarily on group-based fitness, but also offers personal training and nutrition services. Encompass is unique because of the atmosphere which welcomes people of all fitness levels, ages, body shapes and sizes. Classes are adaptable so that injuries, chronic conditions, age, or fitness level do not prevent clients from being active. Fieldwork students shadow personal training and group fitness classes, gradually increasing responsibility as the supervisor and student see fit. Eventually students are responsible for programming and implementing group classes and personal training sessions, correcting form, and adapting fitness classes to individual needs. There are also opportunities to learn about the business operations and marketing of a successful fitness business. My time at Encompass showed me how the social support created by group fitness promotes exercise adherence. My career goal has always been to help people exercise who may not have otherwise had the opportunity, such as those with neurological or chronic conditions. My time at Encompass has shown me that group fitness for these populations is feasible, and the skills I have learned at my placement could help me achieve this goal.

*Having the skills to adapt group fitness to various abilities ensures that the positive effect of exercise and social support is available to people of all abilities, ages, and sizes.*

# Bachelor of Kinesiology

Human Kinetics



University  
of Regina

Kinesiology &  
Health Studies

## Makenna Weir

### Courtside Sports Medicine and Rehabilitation, Regina, SK



*"My experience at Courtside allowed me to practically apply all of the knowledge gained in my undergrad in a rehabilitative facility. I now feel confident entering the kinesiology field as professional."*

Courtside Sports Medicine & Rehabilitation (CSMR) is a multi-disciplinary clinic that aims to provide rehabilitation through an active functional rehabilitation approach. This is achieved by empowering the clients with the techniques, tools, and knowledge needed to facilitate their own recovery. CSMR treats a variety of clients including private clients, individuals injured at work or in motor vehicle accidents, and those sponsored by insurance companies. Fieldwork students at CSMR are paired with a certified exercise physiologist and are involved with all the daily tasks of their supervisor. Fieldwork students shadow the exercise physiologist to get an understanding of how CSMR operates and to learn how to apply their education towards helping clients. They also assist in rehabilitation programs by educating on posture mechanics, anatomy, exercise selection and hurt vs. harm. As the semester progresses, kinesiology students develop a more independent active role with clients including performing certain fitness tests on their own, progressing programs, and discussing program progressions with other members of the client's rehabilitative team. Other responsibilities of the fieldwork student include utilizing the Cybex, laundry, charting, billing, and providing hot and cold packs for clients.

**"Stick it to 'Em"** – My project was to develop and upload a variety of dowel-based exercises along with descriptions onto the database that Kinesiologists and Physical Therapists at the clinic use. The dowel exercises included a variety of movements for, shoulder mobility, thoracic mobility, hip hinging cues, and core exercises. This allows Kinesiologists and Physical Therapists at the clinic to utilize these new movements in exercise prescription.

## Braedy Will

### Special Olympics Manitoba AND Full Speed Athletics, Winnipeg, MB



*"I have found it crazy just how connected SOM is within the community. Almost every conversation I have had there is a connection through professional relationships"*

Due to the current pandemic outbreak many of Special O's operations have been affected. However, the organization has shown a great level of resiliency applying new strategies and incorporating technology as a means to continue fulfilling their mission. From day 1 I have found myself quickly adopted by the entire SOM staff. With a primary role focused on assisting the sports programming side of the agency. With all of Special O's programs being moved to a virtual program I was given opportunities to help develop and deliver their winter Spirit Series program. Additionally, I was provided opportunities to work on various other virtual programs, school programs, fundraising opportunities, Special Olympics Canada coaching certification courses and all available technical training workshops. This experience has allowed me to both showcase and refine allot of knowledge gained throughout my degree path. And it also has provided me with a very meaningful and rewarding experience working with the agency.

**University Unified Rec. Program:** This program looks to provide unified sports programs at the university level. Special Olympics currently offers unified programs at the K-12 level. However, lack any recreation opportunities outside club programs. This proposed program looks to create unified opportunities at the university level with a goal of provided individuals with intellectual disabilities further avenues to participate, develop friendships and generate school spirit. Additionally, there are opportunities for experiential learning for Kin students.



Full Speed Athletics is a fairly new agency starting up in the wake of the pandemic. FSA offers a little bit of everything to meet the needs of all populations. Specifically focused on group/1-on-1 training and sport specific athlete training. Through the use of technology and funding FSA has been able to provide hundreds of Manitobans opportunities to stay fit throughout quarantine. As a fieldwork student with FSA, I have been provided with opportunities to develop, participate and lead group workout sessions as well as apply personal sport experience to athlete training. This opportunity has directly provided me with experience associated with my degree while also providing me with guidance of a true professional in the field under Andrew Kliensasser.



# Bachelor of Kinesiology *Human Kinetics*

## Tanner Williams

### CBI Health Group, Moose Jaw, SK



A picture of myself loaded into a wheelchair assisting a client in performing a functional task.

*“Fieldwork is a great opportunity to find out a lot about yourself; what you like, dislike. I am very thankful for the opportunity CBI Health Centre gave me and how much I learned about myself from it.”*

CBI Health Centre Moose Jaw is focused primarily on the rehabilitation of clients insured by Workers Compensation Board and SGI with goals geared towards returning to work. During my fieldwork placement, I worked under the supervision of several Kinesiologists. My primary focus areas consisted of exercise program development and modification, assessment, and exceeding client needs. A large portion of my time at CBI consisted of exercise programming and modification for secondary and tertiary level clients. I was also responsible for leading the secondary and tertiary level clients through education sessions that aimed to inform clients of healthier ways of living in addition to what to expect throughout their programs. I observed several Functional Abilities Evaluations and carried out the reporting measures for many of them to gain an understanding of what criteria/job demands were being assessed. Lastly, I spent a considerable amount of time constructing professional relationships with many clients through conversation in an attempt to help clients feel supported. My fieldwork experience taught me a great deal about different mechanisms and treatments for various types of soft tissue injuries and I gained a lot of practical knowledge and technical skills along the way.

**Return to Work Conditioning Assessment.** My project was to develop and carry out a conditioning assessment for a client in the late stages of returning to work. This included a thorough understanding of the client’s injury and limitations in addition to the client’s job demands by which we were assessing if the client was meeting their job demands. This opportunity allowed me to learn about different assessment techniques within the field of rehabilitation.

## Alex Zerff

### The Centre for Health, Wellness & Performance

#### University of Regina, SK



*“I am thankful for my fieldwork experience because it allowed me to push myself out of my comfort zone, and has given me the opportunity to learn something new each day that I can use in my future career.”*

The Centre for Health, Wellness & Performance is a facility located at the University of Regina, which provides many high-quality services to individuals in the community. These programs include Love2Live (cardiac rehabilitation), Rock Steady Boxing, occupational training and testing, exercise therapy, and physical therapy. Working alongside health and exercise professionals, my role as a student consisted of planning, developing, and leading exercise programs for a wide range of population groups, from athletes to patients with chronic diseases. I also had the opportunity to perform physical and measurement assessments on clients. Along with that, I participated in programs offered in-person and online where I had the opportunity to grow as an individual personally and professionally. Working at the Centre has had a great amount of impact on me as I have had the chance to see first-hand how providing high-quality services has benefited others.

**Return to Campus Exercise Program.** My special project consisted of developing an exercise program for participants in the Enrich program to allow for a smooth transition back to campus once restrictions are lifted. I decided to design this project in a way that is easy for participants to follow, and also for staff to easily place each participant in a category that best suits their needs after assessments, since participants in this program vary in neurological conditions.



# Bachelor of Health Studies

## Brittany Dmuchowski

### Street Culture Project, Regina, SK Youth Emergency Shelter



*"This experience has opened my eyes to the realities of the intergenerational trauma experienced by Regina's indigenous populations. I am grateful for my fieldwork placement for giving me the opportunity to positively impact the youth that are struggling with these realities, and likewise for them to positively impact me."*

Street Culture Project is a non-profit agency that works towards providing at risk youth with basic needs, housing, work experiences and mentorship. The role of a student at the youth emergency shelter is to provide support, engage with the youth, and aid in helping staff with day-to-day duties such as cleaning, reporting youth interactions and outreach services. The impact of these roles comes from both what I have gained as a student as well as what the youth gain from having these services. The impact for the youth is having their basic needs fulfilled as well as the opportunity to have positive adults in their lives and various resources. For staff and students, the impact is being able to play a major role in the youth's lives and make a difference within the community. Furthermore, this experience has allowed me to grow as a person and develop the crucial skills involved in working with at risk youth. It has also given me opportunity to develop a more concrete understanding of the stages of government involved in youth care and intervention.

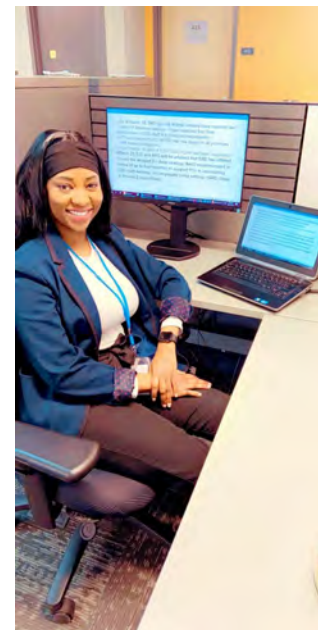
**Program planning and facilitation.** For my special project, I have taken on the role as program planner and facilitator for Street Culture's Outreach Program Experience (S.C.O.P.E). Included in my weekly planning for S.C.O.P.E, I have developed a youth cookbook that will be distributed to youth transitioning into independent living and used it as the centre for one of my program facilitations. Aside from specific facilitations, I have been planning our monthly calendar and budgeting for the program. My project has involved a lot of different projects and responsibilities but is centred on giving the youth opportunities to gain experiences while they are in the shelter.

### Public Health Agency of Canada, Regina, SK

Public Health Agency of Canada (PHAC) is a federal government agency that promotes the health and well-being of Canadians. The agency collaborates with other partners and organizations, which include but not limited to red cross, health professionals, commissioners and other government facilities to focus on disease control, injury prevention and emergency preparedness response. As a fieldwork student at PHAC in the MB/SK region, I was placed in the planning team at the Regional Emergency Coordination Centre (RECC). My role as a fieldwork student was to assist in analyzing and summarizing emerging issues and information relevant to COVID-19; including testing sites, vaccines, contact tracing, different points of entries, vaccination, variants at the regional, national and international levels. I also attend various virtual meetings to plan on different strategy measures to reduce the spread of COVID-19. Lastly, I have also had the opportunity to attend meetings with the president of PHAC; laying out approaches to follow as well as future plans to protect the health of Canadians. While working as a fieldwork student at PHAC, I gained experience in areas such as emergency preparedness and response, information management and strategic thinking.

**Substance users and COVID-19 is the title of my research project.** The purpose of the research project is to examine and be informed on the ways in which COVID-19 and measures such as (isolation, social distancing) put in place by PHAC to save the public can also have negative consequences on substance users. Also, feedback, method, and limitation experienced during the research project was also taken into consideration to strengthen the research project.

## Doris Edomwonvi

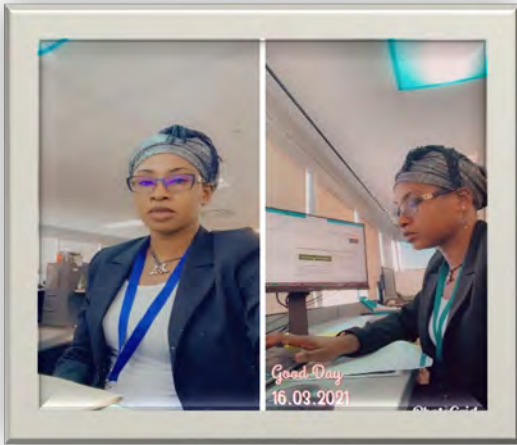


*"I am thankful to have the opportunity to contribute to the pandemic preparedness response team. I cannot think of any better organization to improve my skills than the Public Health Agency of Canada."*

# Bachelor of Health Studies

## Fawziya Hallaru

### Public Health Agency of Canada, Regina, SK



*"When you cannot control what is happening with regards to COVID-19, challenge yourself by controlling the way you respond to the situation as that is where your true power lies."*

The Public Health Agency of Canada (PHAC) was formed to deliver on the Government of Canada's commitment to protecting Canadians' health and safety. PHAC's current focus is on the response to COVID-19 public health emergency, although their responsibilities include preventing chronic diseases and promoting good physical and mental health. I undertook my fieldwork placement with the Regional Emergency Coordination Centre unit (RECC); MB/SK Region of PHAC; within the Operations team, which is one of five teams of RECC. The Operations team is the first contact once there is an emergency and it was exciting to have witnessed and contributed to emergency response during my time with PHAC. As a Student- Policy Analyst, my role included supporting the team with research on COVID-19 and the impacts; reviewing and keeping files updated; filling, and populating important information in an assigned daily database. Additionally, I have completed a comprehensive analysis of the effects of the Covid-19 testing requirement on travelers returning to Canada regarding access to the test and payments. Further, I created deployment information documents, including datasheets, debriefs, and checklist, for surge support. The fieldwork provided me with experience in professional setting including critical thinking; taking initiatives; multitasking and meeting expectations in a fast pace work environment.

I conducted a project entitled *"The impact of COVID-19 restrictions on the Aboriginal Peoples of Manitoba and Saskatchewan (MB/SK), New Zealand, and the Aboriginal Peoples of Australia"*. The result showed that The Aboriginal peoples of New Zealand and Australia were relatively less impacted in comparison with MB/SK due to early lockdowns and precautionary measures implemented.

## Bojana Malinovic

### Canadian Mental Health Association, Regina, SK

The Canadian Mental Health Association (Saskatchewan Division) (CMHA – SK) is an organization that is committed to promoting mental health for all individuals through advocacy and education. Initially, my interest in research connected me with CMHA – SK but I also gained exposure to other areas such as advocacy, program development, and health system navigation during my fieldwork experience. I am immensely grateful for my time with CMHA – SK, as I developed an enhanced understanding of mental health and its gaps within the health care system. Going forward, this information will help in creating initiatives to better assist those living with mental health challenges/illness. I will use my newfound knowledge to create positive changes in the lives of my clients and colleagues throughout my career.



*"Mental health is overlooked in the health care system. Perseverance is necessary in making the changes to improve the lives of those living with mental health challenges."*

**Chronic Illness and Mental Health.** I developed a program that offers peer support sessions to those living with chronic illness and mental health challenges/illness. The purpose of this program is to provide these individuals with effective coping strategies that help manage the mental health aspect of living with chronic illness.

# Bachelor of Health Studies

## Tara Mitschke

### Public Health Agency of Canada, Regina, SK



The Public Health Agency of Canada more specifically the Regional Emergency Coordination Center, is dedicated to keeping Canadians safe from COVID-19. They have dealt with everything from lockdown to vaccination to dissemination. My role was split between two teams so I was able to gather an overarching sense of the work that is done. Not just within my teams individually, but together and within and working with all the other aspect of this agency. I was assigned firstly to create a decision-making tool that would aid managers in scheduling the three different types of people (nurses, epidemiologist/ analyst and programmers), finally creating a tool that could be used. This tool was then presented to the regional managers. I was also tasked with updating a whole bunch of media lists for the region (Saskatchewan, Manitoba, North West Territories Yukon and Nunavut). As well as researching and compiling stakeholder lists for six different target groups (seniors, Youth, Multicultural, families, 2SLGBTQ+ and immigrants). I then created a database through excel that had all the above lists compiled. One could use this database to select for a specific target group, a specific location, a specific category, or all three. I presented this tool to my manager before the end of the term. Overall, this was an experience that I will never forget nor will I potentially ever have again.

*"My experience at PHAC was the best being able to apply and gain more knowledge about health with regards to the general public but also with seniors"*

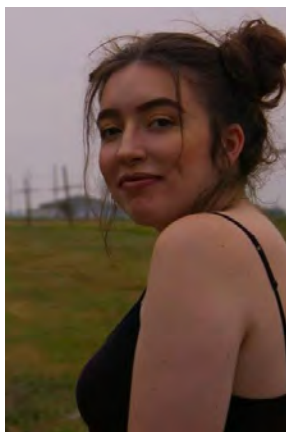
I created a policy paper called **"The effects that COVID-19 has had on the Elderly and long-term care"**. This paper outlines how COVID has contributed to negative health affects seen by seniors in care home. This paper discussed topics such as isolation, depression, and anxiety. It also provided possible cost-effective recommendations that could be put in place to alleviate those health effects. This document started a base line for discussions about what else can be done for seniors; by providing some base knowledge.

## Bachelor of Arts

## Health Studies

### Ranch Ehrlo Society, Regina, SK

## Kimberly Third



Ranch Ehrlo Society is a non-profit organization with national accreditation for mental health and developmental services available in Regina, Saskatoon, Prince Albert, and surrounding areas. Participants are referred to Ranch Ehrlo Society from across Canada for services such as: assessment, counselling, family therapy, early learning, treatment foster care, residential treatment for individuals with mental health, developmental disorders, and addictions needs and others. I was provided ample opportunities to learn about policies, procedures, and gain experience with employee relations issues during my time in Ranch Ehrlo Society's head office in Regina, SK. When working in a residential unit on the Pilot Butte Campus, in Pilot Butte, SK, I was able to gain hands-on experience working with participants as they progress through their individualized treatment programs.

*"I was entrusted to take the lead and develop an updated handbook for all volunteers participating at Ranch Ehrlo Society. This project was key in progressing my leadership, development and networking skills in a professional setting."*

**Volunteer Handbook Development.** The goal of my special project is to update and develop a new Volunteer Handbook to be distributed agency-wide to all current and oncoming volunteers of Ranch Ehrlo Society. This project familiarizes me with policies and procedures that are intended to protect all parties involved at the agency. In order to complete the project, I was required to research company policies, host meetings to discuss drafts and required changes, and reach out to various departments for input.



# Bachelor of Arts

**Berfin Tunc**

**The Learning Disabilities Association of Saskatchewan,  
Regina, SK**



*My experience at LDAS has been extremely valuable as I have truly understood that regardless of age or background, invisible disabilities can affect one's life tremendously. The skills and knowledge I have attained has not only led to achieving all of my learning objectives but it has prepared me*

For my special project, I developed a detailed action plan sharing the information, tools, and resources needed to run the **LEGO Club** for future use. The LEGO Club was designed to help children with Autism and other conditions such as ADHD or learning disability develop social skills such as communicating, taking turns, sharing, negotiating, problem solving and building friendships. Though asking questions and using different research tools, I was able to develop a successful program.

## Julian Wotherspoon

### *Health Studies/ Health Promotion*

**Non-profit Sector Engagement Toolkit.** This practical toolkit is aimed at ensuring a healthy nonprofit sector able to mobilize knowledge and resources in the best interest of the Prince Albert community. The tool is designed to help PAMWA identify and engage key community leaders. PAMWA will use this toolkit to build collaborative networks and relationships with other organizations who serve PAMWA clients in a variety of capacities.

## *Health Studies*

The Learning Disabilities Association of Saskatchewan is a non-profit organization that offers programs such as adult education, academic tutoring, homework club and ADHD coaching. LDAS also offers psychoeducational assessment to screen for intellectual, academic and behavioural differences.

I was fortunate enough to have completed my practicum at LDAS. All throughout my practicum, I was assigned several different roles and responsibilities that included marketing, administration and tutoring. A large project that I was assigned at the beginning of the practicum was to create content to bring awareness for learning disabilities, ADHD and the organization. On a daily basis, I was constantly interacting and communicating with the teachers and students about education, opportunities or their overall life.

## Bachelor of Health Studies

**The Prince Albert Metis Women's Association, SK**

The Prince Albert Métis Women's Association is a health and human service organization offering cultural, educational, and social service support to the Prince Albert area. Community-based programs in HIV prevention, access to cancer treatment, housing and job training support, and others put PAMWA at the front lines of community health in Prince Albert and the surrounding areas. While most PAMWA programs are open to anyone in need, the organization focuses on the leadership and empowerment of Métis women as key caregivers and change makers within the community. This placement was research focused, with the student contributing literature reviews and focus group facilitation as well as policy analyses and development. This placement is ideal for students interested in pursuing a career in the non-profit sector because it offers the opportunity to contribute to the provision of health and human service programs and involved work at the board level and executive. The placement was facilitated and supervised by PAMWA's program evaluator, Chad Nelson, and the Living Skies Centre for Social Inquiry which provided mentorship in community research and evaluation.

*"This placement presented a variety of challenges, giving me a lot of valuable practice in applying my past work experience and academic skills in really creative and fulfilling ways."*

# Bachelor of Sport and Recreation Studies

## Therapeutic Recreation

### Erica Archer City Hospital Convalescent Unit 6200 and Community Health Centre at Mark Mall, Saskatoon, SK



The Convalescent Unit (CU) at City Hospital provides care for patients who are medically stable, but need more therapy before they can return home. The Community Health Centre supports clients 50+ with complex medical needs in their homes in order to prevent hospital admissions and remain independent. My role on CU is to get patients involved in meaningful leisure opportunities in hospital and obtain referrals to appropriate community programs and services to prevent future hospital admissions. My role in community is to provide clients (18+ living with chronic conditions) with recreation/leisure resources they can participate in at home or in a community setting. This practicum experience has impacted me as I have been able to adapt services in two separate settings to allow clients/patients to successfully achieve their leisure and recreation goals.

*"My experiences during my final practicum placement have taught me the importance of Recreation Therapy and how it can contribute to patient outcomes both in a community setting and in hospital."*

**Raising the Bar for Recreation Therapy in a Convalescent Unit.** For my special project assignment, I completed an SBAR document to advocate for a permanent full time Recreation Therapy position working on the Convalescent Unit at City Hospital.

### Broadway Terrace, Eden Care Communities, Regina, SK

#### Hailey Beckett

Broadway Terrace is an assisted living home with over 100 residents. Harvest Haven which is a personal care home is also located inside of Broadway Terrace. We follow the Eden Alternative which strives to combat the three plagues of loneliness, boredom, and helplessness. We try to eliminate these by giving a variety of recreation opportunities to residents. My role as a student was to help plan and implement recreation programs that the residents will find joy and purpose in doing. I also completed assessments to better suit programming to the residents' wants and needs, as well as evaluated resident participation and how the programming went overall. Recreation programs usually consist of small groups, large groups, and one on one interventions. Being at Broadway Terrace has impacted me greatly as I have created meaningful relationships with residents and I have learnt the value of working in assisted living and personal care during COVID-19.



*"Working at Broadway Terrace has given me the opportunity to grow in this profession. I was given the independence and creative freedom I needed to prepare myself for when I become a Recreation Therapist."*

**COVID-19 Program Binder.** My special project was to create a binder that has COVID-19 friendly recreation programs. The binder is separated into sections for isolation, small groups, and larger groups. I tried to focus on each domain of health in each section of the binder. Along with the programs, I wanted to find evidence based research that supported the programs. I also implemented a couple of the programs from the binder myself which turned out well.

# Bachelor of Sport and Recreation Studies



University  
of Regina

Kinesiology &  
Health Studies

## Therapeutic Recreation

## College Park II Retirement Residence

Regina, SK

### Shalyne Dodd



*"Prior to fieldwork, I was not certain what direction I wanted to take with my future career; however, this placement brought forward a passion for continued work with the geriatric population."*

College Park II Retirement Residence is an All Seniors Care Living Centre which offers all-inclusive packages and includes independent living, personal care, memory care, and assisted living options. The services at College Park II can be customized to the varying needs of each residence. With a person-centered philosophy, this facility strives to maintain independence, improved quality of life, and to enable peace of mind while offering opportunities to engage in meaningful and enjoyable recreation activities. Students who are granted the opportunity to complete their fieldwork at College Park II will be given ample opportunities to grow in various and diversified professional aspects. The fieldwork experience at this facility provided a chance to build professional relationships, network, and enhance both organization and decision-making skills. Additionally, I gained professional experience with assessments, interventions, program planning, leading activities in all areas of functioning, evaluating outcomes, documentation, participating in meaningful one-on-one sessions, and ensuring residents are engaging in social aspects. This experience has been immensely impactful as I now have the tools needed to move forward with my professional career and apply these newly acquired skills. The fieldwork aspect of a degree offers real-life experiences that academics alone may not provide. Skills like program planning, conducting assessments and taking medical history. I also developed my interpersonal skills as I was working with a diverse group of clients through the different programs.

**One-on-One Referral Program:** The purpose of my special project is to enable other professionals, students, and/or volunteers within College Park II to have a better understanding of the residents who are socially isolated. The goal is to incorporate more social aspects to the residents that fall into this specific category; furthermore, to possibly ignite willingness for them to engage in recreational activities outside of their suites that will hopefully enhance their lives.

### Jordyn Hilbig

## William Booth Special Care Home, Regina, SK

At the WBSCH, I am under the supervision of Recreation Therapist, Linda Ostryzniuk. The WBSCH is a long-term care home that offers respite care, convalescence care, palliative care, and of course long-term care. As a recreation therapy student, I focused my time on the residents in the long-term care units. The WBSCH is resident-centred, meaning it is our job to make the residents feel comfortable and happy within their home. We facilitate activities that focus on the social, emotional, physical, intellectual and spiritual domains, to increase resident overall quality of life. My overall job description at the WBSCH, involves assessing residents' leisure interests and strengths, designing care plans for each resident, evaluating their progress and documenting any findings. The WBSCH offers diverse recreation programming with many options and opportunities for the residents. I am so fortunate to have had the opportunity to spend my fieldwork placement here, as I have made so many friendships with both staff and residents that will last a lifetime. The WBSCH is welcoming, friendly, and feels like home.



**Daily Dancin'.** My special project is a multi-genre dance program that allows seated dance modification for residents. The purpose of this program is to introduce residents to dance movements that encourage rhythm, coordination, self-expression and reminiscent emotions. Each week the residents learn a new genre of dance. So far, we have done jazz, tap, ballet, polka, waltz, and line dancing. This program happens at 4:00pm on Mondays and Wednesdays and will continue for a total of 8 weeks. By the end of the program, I hope to see an increase in self-expression and quality of life within the residents.

*"This is their home, and we are just guests in it". This contributes to my learning objective, of being comfortable and confident when working with all residents. By openly communicating with residents and getting to know them on a personal level, I was able to become confident when working with all of the residents.*



# Bachelor of Sport and Recreation Studies

**Rose Isaac**

## Therapeutic Recreation

### College Park II Retirement Residence, Regina, SK



College Park II is an aging in place residence located in Regina, SK. There are three independent floors and one personal and memory care floor. College Park II is very unique in the fact that they have two Certified Therapeutic Recreation Specialists. I spent a majority of my placement on the personal and memory care floor. I would work with the Recreation Therapist on the independent floor once or twice a week. I planned and implemented a variety of programs for residents including exercises, reminiscing, meditation, science week and national events. I completed assessments on new residents and re-assessments when necessary. I worked with the Occupational Therapist and other members of the interdisciplinary team to help best support the residents. I was able sit on care conferences with residents' family, Director of Care, and Executive Director.

**Sensory Room Program Plan.** I created a program plan for the sensory room at College Park II, which included outcomes, and evaluation forms. I created two evaluation forms for the residents. One evaluation form is for more independent residents and is an interview style form. The second evaluation form is for residents who have dementia and is an observation style.

*"This placement was a valuable learning experience and I learned so much. This placement was out of my comfort zone but I fell in love with working with older adults. I would suggest to get out of your comfort zone! I gained the skills and knowledge to be a successful Recreation Therapist."*

**Hanna Nodwell**

### Regina Lutheran Home, Eden Care Communities, Regina, SK



Me dressed up as a "Tacky Tourist". We had a Hawaiian party where the Elders decided what items we dressed up in. We then had a dance all dressed up.

The Regina Lutheran Home is a long-term care facility that hosts about 62 Elders. At the Regina Lutheran Home they refer to the people in their care as Elders vs. residents out of respect. There is a strong emphasis of making the home feel like the Elders home. Allowing the Elders to come and go throughout the building as they please (outside of COVID). During my practicum placement at the Regina Lutheran Home my role as a student was someone who was there to learn, ask questions, and participate in programs. I was also expected to act and participate as an employee and part of the interdisciplinary team. This would include helping staff members and elders in any ways possible, share in team rounds every morning, and follow the ten principles of Eden Care. My experience at the Regina Lutheran Home has been very positive and encouraging. As an upcoming graduate entering the workforce it makes me feel optimistic and excited for my future. I feel very lucky to have ended up at the Regina Lutheran Home working with the individuals that I did. I look forward to having Alicia, my supervisor, as well as other co-workers as resources in the future.

**Individualized Isolation Kits.** When an Elder moves in they are automatically put on a two week isolation period. This can create feelings of loneliness, boredom, and sadness; in order to combat these negative emotions/experiences I created these individualized kits. I would meet the Elders and ask them about things they enjoy and if there was anything I could provide them. I then developed a personalized kit, and went over the items with the Elder.

*"My experience at the Regina Lutheran Home has made me a more confident person. Working with the Elders over the past four months has made me realize how much I enjoy geriatric care and TR's role within it. I look forward to working in a field I am so passionate about."*



# Bachelor of Sport and Recreation Studies

## Sabrina Srochenski      *Therapeutic Recreation*

### SHA Wascana Rehabilitation Centre, Regina, SK

I completed my fieldwork placement at Wascana Rehabilitation Centre (WRC) in the Adult Rehabilitation Program working as a recreation therapy (RT) student. The Adult Rehabilitation Program is a multidisciplinary team that receives referrals from Southern Saskatchewan and treats clients who have had a stroke, a spinal cord injury, Multiple Sclerosis, etc. Recreation therapy uses functional intervention, leisure education and recreation participation to help rehabilitate clients. Throughout my placement it was my job to bring out my creative side and plan interventions to implement with inpatient clients while using my leisure kits I created for my special project. This experience has given me a solid foundation for a future career in healthcare. I have had the opportunity to work with a diverse clientele while running a 4-week Friday fun group. It has pushed me out of my comfort zone and provided me with the ability to adapt to workplace challenges. I have had the opportunity to work in a team setting and build professional relationships and I have also learned more about the therapeutic recreation profession and the best way to implement this practice for the future.

**Inpatient Leisure Kits.** I had the opportunity to develop and implement five different leisure kits for the inpatients within the Adult Rehabilitation Program at Wascana. The themes for the leisure kits were creative pursuits, dice and cards, accuracy, communication and knowledge. These kits help inpatients develop fine motor and socialization skills to further their progress through rehabilitation. I know that these kits will greatly benefit the program therapeutic recreation, and patients.



*“WRC has taught me that there’s a million ways to adapt things, never assume you have figured out every option and never be afraid to go out of your comfort zone there will always be help and support along the way”*

## Fieldwork Special Project Videos

3-Minute Videos...Students share their reflections of professional growth and development

In a three-minute video, students reflect on their growth and development because of participating in their special project. Throughout the semester, they monitor the planning, application and reflection of their special project and present the valuable skills they learned through the process of the project. They are not evaluated on their special project (as that is a part of the pass/fair component of Fieldwork) but are evaluated on their ability to share what they learned in a concise and creative manner.

From the beginning of their placement, students have been brainstorming, planning, preparing and carrying out their special project. This special project is a way to leave their mark at their agency as well as practice and develop valuable professional skills and knowledge that will serve them well with their future careers. They are to imagine themselves at a job interview where they will share experiences working on this special projects and how it helped them gain the skills, knowledge and increased confidence in their program area.

Special Project videos from the Winter 2021 Semester can be found on the Winter 2021 playlist on the URAAllKinected Youtube Page.

# Bachelor of Sport and Recreation Studies



University  
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Kinesiology &  
Health Studies

## Elvis Awa *Sport and Recreation Management (SRM)*

### Saskatchewan Rattlers Basketball, Saskatoon, SK



The Saskatchewan Rattlers won the 2019 championship of the Canadian Elite Basketball League (CEBL). The club's head office is located in downtown Saskatoon. The club's purpose is to Create a fan-first professional experience that allows Canadian sports fans to watch competitive level pro basketball close to home while providing Canadian and international athletes with the opportunity to pursue a career in pro basketball within Canada's borders. The office is small and consists of two departments: the sales and sponsorship department and the marketing and communications department. Students on an internship can work in either department plus game day operations as need be. I worked in both departments gaining aspects of marketing, communications, sponsorships. I did not get the opportunity to learn ticket sales because of the impact of covid19. Fans might not be in the arena when the season begins. The placement has an overall positive impact as my writing skills have improved alongside my marketing and sponsorship skills. I also made improvements in my creative skills, communications skills, and research skills.

**Rattlers Elite Basketball challenge.** My unique project was about designing an elite skills challenge for students in high schools in Saskatchewan's major cities. The purpose was to increase brand awareness, create community and fan engagement. The challenge in future can increase fan attendance and merchandise and ticket sales. The club is still waiting as schools have not been able to engage because of covid19. The recent spike in Regina is a call for concern to the entire province.

*My quote for my internship is, "he/she who gets out of his/her comfort zones, learns more."*

### Saskatoon Blades Hockey, Saskatoon, SK

The entire Saskatoon Blades (Western Hockey League) staff welcomed me with open arms, I felt apart of the team. When you feel a part of something it makes it so much more enjoyable to come into work every day. I learned more than I thought I would, it's crazy to think that those 4 months flew by. My role was Game Day & Events intern. Though at the start of my placement the season was delayed due to COVID-19, I was able to help in many different departments throughout my time. I get some experience in Communications, Business, Customer Service and Corporate Sponsorship. All different faucets of the business on what goes on in the hockey industry. All these different parts of the Blades have helped me grow with new skills and confidence. Being able to do different tasks for different departments allowed me to grow in different areas, teach me new skills and skills I need to approve on, I was able to receive feedback on anything I questioned. This has impacted myself immensely, I feel more confident, determined, and feel like I can make an impact somewhere. This entire experience has made me more comfortable and has just added more to my skillset that I can bring to team, business or community.

My special project was creating a game day that the Saskatoon Blades can use. I created a theme of **"Frontline Heroes Night"** this was a project I took a lot of pride in, I worked hard at learning the many different programs and understanding the whole process of what it truly takes to run a game day.

## Liam Boyle



*"Don't be afraid of a new challenge or opportunity, embrace it and worked hard at it" This was my mindset every day, it helped.*



# Bachelor of Sport and Recreation Studies

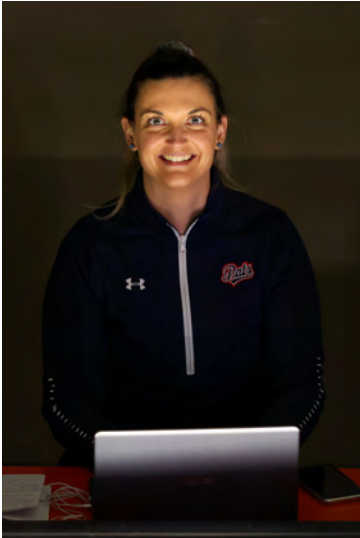


Kinesiology &  
Health Studies

## *Sport and Recreation Management (SRM)*

### Alicia Dorwart

#### Regina Pats Hockey, Regina, SK



*“My background in sport is primarily football, it was great for me to get out of my comfort zone and learn about a new sport and a new organization.”*  
– Alicia Dorwart

The Regina Pats are the oldest operating junior hockey team in Canada, established in 1917. They joined the Western Hockey League (WHL) in 1966, where they currently play. My role with the organization was Marketing & Communications Intern assisting the Director of Brand Marketing & Communications with tasks such as social media content, updating the team website, and media relations. Due to COVID-19, Regina hosted 7 seven teams in the WHL East Division Hub, where we put on 84 hockey games in 48 days. I was the volunteer coordinator in the Hub, not only managing volunteers, but also the registration of all personnel entering the rink as we had strict protocols to follow. I was fortunate to take on a leadership role in my short time with the organization which helped me learn and grow, not only professionally, but also personally. I built many lasting relationships and developed professional skills to help me in my future career. The Pats treated me with respect and provided me with the tools and support I needed to achieve my learning objectives: and in turn.

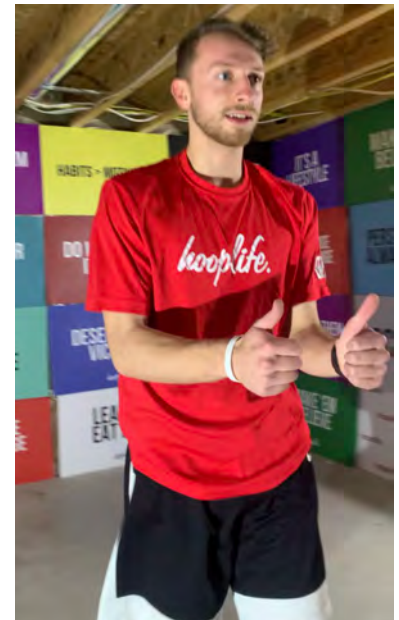
**Historic Game Results.** I created a database with all game results from the 1966-67 season to the current season. Data includes, but not limited to, goals for, goals against, home and away records, records per opponent. This database allows the Pats to pull information from a given season or overall, to use for communications such as social media content and game notes.

#### HoopLife Basketball, Regina, SK

### Austin Filipchuk

HoopLife Basketball is the largest basketball training organization in Saskatchewan. They focus on using basketball as a tool to build successful athletes with strong character traits. During my fieldwork I was in the Admin Office Manager role. I was trusted to be a leader in the organization as I have had previous work experience with HoopLife. The responsibilities that I had consisted of sales and relationship building, operating the social media accounts, creation of curriculums and the Throne League, and coaching virtual sessions. By being placed in a role with high expectations, I have been able to learn new ways to organize my time and ensure that I make the most out of every second. It has prepared me to continue working toward becoming more effective and efficient in every task I perform.

**Throne League Development.** This league is designed to help the top athletes in Saskatchewan get scouted. The top 50 players face off against each other in order to present their skills to the coaches of post-secondary teams all across Canada. The league will be a tool for athletes to use in order to help them work towards basketball scholarships once they graduate from high school.



*“HoopLife has been a great experience and I look forward to continuing my journey with them to become the biggest basketball organization in North America”*

# Bachelor of Sport and Recreation Studies

## Sport and Recreation Management (SRM)

Athol Murray College of Notre Dame, Wilcox, SK

Carter Hiebert



*"Athol Murray College of Notre Dame allowed me to achieve every goal I set out for myself, while allowing me to experience a broad range of unique skill-building opportunities"*

Athol Murray College of Notre Dame is a Private School within the Village of Wilcox, Saskatchewan. The College prides itself on helping teenagers develop their spiritual, emotional and physical needs as they become the next leaders of society. My role within the organization was within the Marketing and Communication sectors, where I was able to create content for the social media accounts. I was also able to work within the Enrolment Strategy and Alumni Engagement teams through creating a variety of different images and videos to inform future hounds, and the hounds of the past. My experience has allowed me to become a more versatile person as I was able to work with industry professionals, who helped to guide me through tasks, and gave different perspectives from their unique experiences.

**A Day in the Life.** My special project challenged the narrative that Notre Dame is only a "Hockey School", as it highlights the education, facilities and additional experiences students partake in at the school. The Vlog features three "Four-Year-Hounds" who each have vastly different sporting experiences within the college but epitomize the "Notre Dame Man or Woman" through hard work and leadership.

Mountain Recreation, Eagle, Colorado, USA

Trever LaFramboise

**International**



*"There is always something to do at work whether it is helping others or doing individual tasks therefore it important to always be a team player and work hard"*

Mountain Recreation is a recreation district located in Eagle County Colorado 2 hours west of Denver. The recreation district oversees 3 main facilities and multiple outdoor municipalities. My position was Rink Maintenance / General Staff at Eagle Pool and Ice Rink which is one of the 3 main facilities. My tasks included anything from ice maintenance (Zamboni), skate sharpening and rentals, front desk operations, scorekeeping, janitorial work, programmer, and supervisor on duty shifts. The impact of this position is to be a jack of all trades. It was beneficial to the agency because if there was a need at any position, I could take over that shift for the day and know exactly what to do. I also got to experience the all-encompassing operations of an ice rink in a recreation and practice/ game setting. This placement is for anyone who likes to know a bunch about ice rink operations and learn everything that each staff member does.

**Kids Night Out** is a youth program designed to give kids ages 5 through 12 a fun two and a half hour long program on Friday nights that includes a theme, main activity, games, and dinner. The themes I ran were disco and glow skate ice skating nights. This program is now on the docket for next year's programming cycle.

# Bachelor of Sport and Recreation Studies

## *Sport and Recreation Management (SRM)*

### Josh MacNeil



*"KidSport gave me the opportunity to grow in ways I didn't think were possible. I can't wait to see what comes next in my professional career."*

### KidSport Saskatchewan, Regina, SK

KidSport is a national charity administered in Saskatchewan by SaskSport which provides support to children to remove financial barriers that prevent them from playing organized sport. KidSport Saskatchewan's goal is to remove these barriers and help get kids off the sidelines to ensure *ALL* kids can play! Coast to coast, KidSport has raised \$40+ million dollars over the past five years helping over 188,000 kids play organized sport. During my time with KidSport, I was able to partake in a variety of committees which include: KidSport Canada ambassadors, provincial KidSport, fund development, KidSport month and sport committee. Being a part of all these committees gave me a great inside look to all the different aspects of KidSport and all the planning that has to go on to make it successful. I enjoyed every second of my experience with KidSport over the past four months. I believe that the skills I have gained and the work I took part in at KidSport are going to have a major impact on my success in the workforce outside of university.

**Ambassador Program.** For my special project, I was tasked with creating a new, robust ambassador program for KidSport Saskatchewan. I came up with a plan for KidSport to use when they are boarding ambassadors. The plan gives the program structure so in the future, no steps are missed when the organization is bringing on ambassadors. I was also able to onboard multiple athlete ambassadors to the KidSport ambassador program.

### Courtney Saboe



*"This experience has been extremely valuable in preparing me for working in the recreation industry. Working with an organization who really cares about their students and wants to see them succeed."*

### Saskatchewan Parks and Recreation Association, Regina, SK

Saskatchewan Parks and Recreation is a network of recreation professionals and consultants dedicated in making sure the province of Saskatchewan has recreation. Their mission is to provide leadership and support services that contribute to recreations' impact on the quality of life for people in Saskatchewan (Saskatchewan Parks and Recreation Association, 2020). My role during my fieldwork placement was to work with the program team, specially the Youth Engagement Consultant. The youth engagement consultant focuses on the youth engagement strategies for SPRA. This includes the High Five and Take the Lead certification programs, as well as other professional development offerings. My role included tasks such as creating the March 2021 electronic newsletter from SPRA, interviewing a provincial recreation association about their youth leadership initiatives and creating a blog post based on that interview for SPRA to promote, and creating a resource for SPRA to use for promoting youth leadership. This experience has been incredibly impactful to me. SPRA really cares about students and does whatever they can to make sure they get what they want out of their placement and go that extra mile to help students reach their goals.

**Invest in Youth Leadership.** My project was to research youth leadership initiatives and create a resource for SPRA to use to show recreation professionals. The project consisted of two parts, the first part was researching a variety of youth leadership initiatives around Saskatchewan and Canada. The second part of the project consisted of designing an info-graphic resource promoting youth leadership to recreational professionals and programmers. This resource was created into a postcard style info-graphic.



# Bachelor of Sport and Recreation Studies



Kinesiology &  
Health Studies

## *Sport and Recreation Management (SRM)*

### Matthew Sprung

#### Saskatchewan Junior Hockey League, Regina, SK



The Saskatchewan Junior Hockey League is one of many Junior A hockey leagues in Canada, they have developed many players that have moved on to professional and education opportunities. During my placement I filled the role of marketing intern, working under the marketing director as well as the coordinator of marketing and communications. Some of the major responsibilities entrusted to me during the placement were: writing press releases, applying for grants, booking guests for the SJ @ Noon podcast, meeting sponsorship deliverables, and keeping track of important information in spreadsheets. This experience exposed me to the inner workings of a sports league, allowing me to gain experience with sponsorship, marketing, social media, and many other things that go into running a league successfully. Working with the SJHL vastly improved my communications skills and made me a better professional.

**SJHL Best in Sask. Circuit Series.** My special project was the SJHL Circuit Series. It is an esports gaming tournament put on by the league in the absence of hockey. 72 players compete in an NHL 21 tournament for \$2500 and the right to be named the best NHL 21 player in Saskatchewan. I took the leading role on this project, planning and executing the event.

*“The SJHL is an amazing place to have a fieldwork experience. I learned so much about the sports industry and how a league operates behind the scenes”.*

### Derek Wagner

#### Saskatchewan Lacrosse Association, Regina, SK



The Saskatchewan Lacrosse Association is a Not-for-Profit Sport organization that features many clubs across the province, they provide programming and support to players, parents and volunteers that love the sport of lacrosse! The administration coordinator position provides work opportunities such as program development, program planning and unique relationship building duties. While also providing the opportunity to work along side the executive director in general operations. The exposure you receive during a work term with the SLA will help set you on the right path as you begin your professional career!

**College Recruitment Handbook.** My project was to create and develop a handbook to outline post-secondary options for all amateur lacrosse players in the province. This included types of testing, academic requirements, scholarships, and other options of funding for schools in Canada and the United States.

*“The Fieldwork Placement provided myself the opportunity to become comfortable being uncomfortable, as I begin my professional work career. It gave myself the mindset to win or learn with every opportunity I received”.*

# Bachelor of Sport and Recreation Studies

***Paid Internship***

***Sport and Recreation Management***

**Special Olympics Saskatchewan, Regina, SK**

**Sara England**

Special Olympics Saskatchewan is a nonprofit organization with a mission is to enrich the lives of individuals with an intellectual disability through sport. Special Olympics is a global grassroots movement, bringing community programs and competition opportunities. Special Olympics is more than an event, it's a social movement. In Saskatchewan, they reach over 1,800 athletes in 16 communities and offer 18 different sports, year-round. Special Olympics Saskatchewan is offering more than an opportunity to compete in sport, but also a chance to increase confidence levels, independence, and other life skills in their athletes. Their message goes beyond sports and into everyday life fighting for social change for a more inclusive world. Special Olympics reminds us that we are all more alike than different.



*"I think this Internship program is a great opportunity for students to get more experience under their belts before entering the work force. I thoroughly enjoyed my year as an Intern and would recommend it to anyone who is interested!"*



A new project I have been working on this past term was the creation of **Special Olympics Monthly Staff Introductions videos**. There have been some new staff members added to the team, and we wanted to take the time to re-introduce the membership to the office staff. This was also an opportunity for me to work on video editing skills, as I have not had much experience. With each month I began to get more comfortable with the software and began to explore different edits to enrich the video. It also allowed for creativity amongst the staff and myself when filming the videos, which makes videos even more enjoyable.

# Bachelor of Sport and Recreation Studies

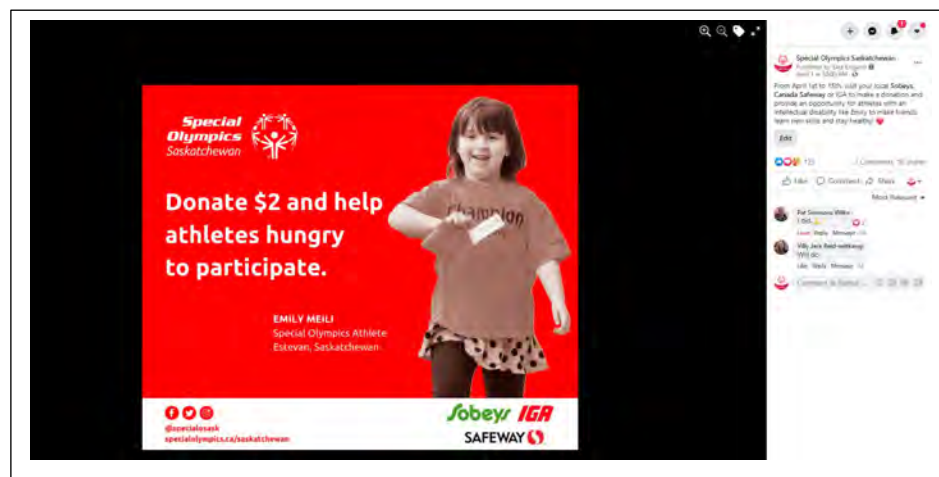
## *Sport and Recreation Management*

### Special Olympics Saskatchewan, Regina, SK

## Sara England

In February, Special Olympics Saskatchewan ran the first-ever virtual Polar Plunge. The Polar Plunge is an annual event, however with the pandemic is allowed us to go virtual. I took the task of event promotion for this fundraiser. With it being online, that was where we spent most of our efforts in promoting it. It had a hashtag #FreezinForAReason, which was a new addition to have participants post on their social media braving the cold (doing something normally done in hot weather in the cold). In promoting the fundraiser, I put together an instructional video to better explain the changes and additions to participants.

The last major project I worked on this term was the **Sobeys Campaign for Special Olympics Canada**. This is an annual fundraiser that Sobeys, a national partner, puts together to support Special Olympics. My tasks were to find a Special Olympics Saskatchewan athlete to be on the Saskatchewan campaign posters. I was given certain parameters that Sobeys would like to see and a deadline. Once I found the athlete, I worked with Special Olympics Canada in putting together their information was correct and the right photos and videos were available. Once the campaign began, I had the task to promote the campaign on Special Olympics Saskatchewan's social media accounts, as well as provided our communities with content to post.



If your organization is interested in supporting a student through the Sport and Recreation Management Paid Internship, please contact us for more details!

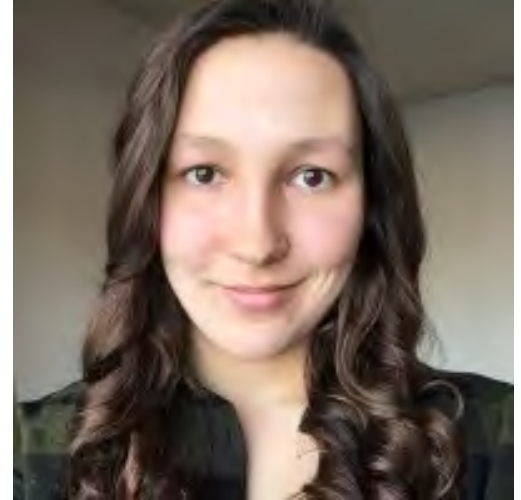
Khs.fieldwork@uregina.ca





## Graduate Assistant Strength and Conditioning Coach for the Canadian Sport Institute Pacific, Whistler, BC

The Canadian Sport Institute (CSI) Pacific is an organization that provides a world-class training environment for national and team BC athletes. CSI Pacific focuses on providing national and provincial sport organizations with interdisciplinary support. This integrated support team includes strength and conditioning coaches, sport psychologists, biomechanists, physiologists, physiotherapists, dietitians and doctors.



I started in the Kinesiology program at the University of Regina without a solid direction. I knew that I had an interest in working with athletes, and was passionate about the balance between performance and injury reduction. After completing the introductory biomechanics course, I realized that I was also interested in quantitative data collection. I began to look into careers that involved movement science, research, working with athletes, and injury reduction, and found the Canadian Sport Institute (CSI) Pacific. The careers that interested me generally required a Master's degree, so I reached out to **Dr. John Barden** to discuss the field of biomechanics and potential research directions for an undergraduate honours thesis to create a bridge into a Master's program. I focused my project into knee injury risk while landing in ski boots and found that I really enjoyed doing research.

### Fieldwork Spring Summer 2019: Canadian Sport Institute Pacific-Whistler, BC, BKIN, Human Kinetics

I Based on what I wanted to learn, I made it my goal to complete my fieldwork at CSI Pacific. To confirm my placement, I was persistent in reaching out to them until I received a response. With much discussion about what the company does, my experience and my interests, I secured my placement in a role that would focus on strength and conditioning as well as data collection for biomechanics.

In Summer 2019, I began my fieldwork position under the Head Strength and Conditioning Coach at CSI Pacific. I had the incredible opportunity to design strength programs for the BC freestyle ski teams, and shadow the strength and conditioning coaches for the national ski cross and national moguls teams. I collected data using force plates, timing gates, video, and force handles, and worked with the many incredible professionals at CSI Pacific.

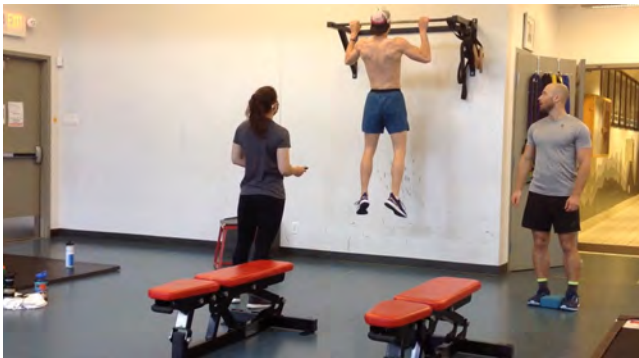


## Alumni in the Community

### Lauren Lipsius, Fieldwork 2019

The connections I made during my fieldwork were invaluable. After expressing interest in pursuing a Master's degree, one of my supervisors put me in touch with a professor at the University of Victoria to discuss potential projects. Shortly after beginning my placement, I was accepted, with financial award, into the Master of Science program in Kinesiology at the University of Victoria in Victoria, British Columbia. Within this program, I have had the opportunity to work as a teaching assistant for a biomechanics course, learn how to build programs in multiple computer languages, network with other professionals in the community, work as a strength and conditioning coach for the University of Victoria varsity swim team, develop a thorough understanding of force-velocity profiling and its applications, and perhaps most importantly, maintained my connections with CSI Pacific.

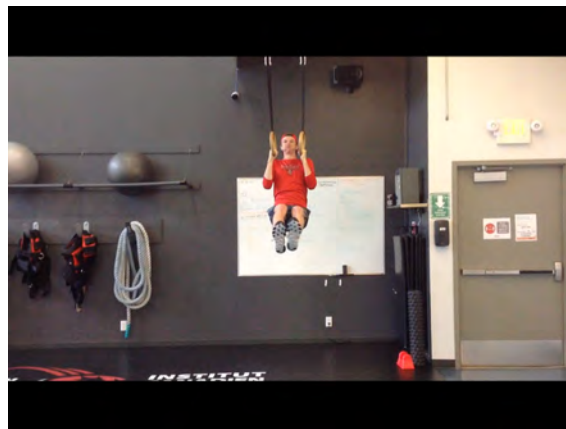
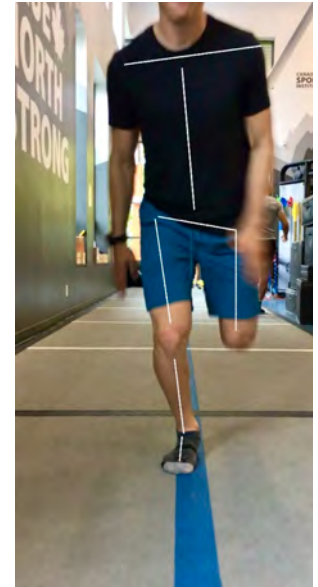
When COVID-19 brought my research to a stand-still, I spent my time focusing on some self-identified career weaknesses. The skills I had learned throughout my fieldwork and first year of graduate school allowed me to develop these knowledge gaps. I explored the use of different monitoring tools for strength and conditioning, and reviewed the literature to improve my understanding and design of the Long-Term Athlete Development model.



In Fall 2020, a job at CSI Pacific was posted. I had not completed my Master's degree, which made me underqualified for the posting. I was invited back for an interview, and was able to display all that I had learned in my fieldwork, and could clearly outline my learning objectives. Further, I demonstrated that I had identified my weaknesses and significantly improved on them since my time there. In December, a position was created specifically with my situation in mind.

I am currently a Graduate Assistant Strength and Conditioning Coach at CSI Pacific in Whistler. I work with four provincial and development teams, and provide assistance to some national team athletes. I develop science-backed strength programs, as well as injury reduction and return to play programs. I complete movement assessments, strength testing, and force plate testing regularly to track the progress of the athletes while continuing to test and develop protocols for relevant monitoring tools. I also join my teams in their sport environments to assess sport transfer and aid with data collection for the biomechanics team. I find working with athletes in an interdisciplinary environment very rewarding. From performance to rehabilitation, every athlete is unique and responds to training differently. Every day presents a new challenge.

I am looking forward to completing the MSc program, publishing my work and continuing to move the profession, and our Canadian athletes, forward through continued research and application, publications, and conferences.





# All Our Relations: kahkiyaw kiwâhkômâkaninawak

In accordance with the U of R's Strategic Plan "All Our Relations", I would like to acknowledge our interconnectedness and the power of community shown by our Partner Fieldwork Agencies this Winter 2021 Semester. **THANK YOU!**

*All Our Relations* signifies a strong sense of mutuality and interdependence embodying respect for each other in thought, word, or deed. In this spirit, the University of Regina believes that our strength lies in our relationships and our interconnectedness and that together we are stronger. We believe in the power of community and by acknowledging *All Our Relations* we can honour who we are, where we are, where we have been, and where we are going. -U of R Strategic Plan

Thank you to our many, many partner agencies for committing to our students through one of the most difficult times in your business and/or responsibilities. Not only have you guided students in the transition of achieving their learning objectives however you were able to, you have also modelled professional behaviors in adaptability to support the people you serve.



Brandy West-McMaster  
CK 164.12

Faculty of Kinesiology and Health Studies  
University of Regina

<https://www.uregina.ca/kinesiology/fieldwork-opportunities/index.html>

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(Fieldwork Coordinator)



University  
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