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of Regina**Faculty of
Kinesiology &
Health Studies

Dean's Report - Winter, Spring & Summer 2025

Happy Spring/Summer! Hope you had a great winter. I wanted to touch base with you about several activities that took place over the last 6 months and some items we are anticipating for the fall.

This short report is will be deliberately focused on three of our pillars:

- ***Student Success***
- ***Quality Programs, Academics and Research, and***
- ***Community Connections***

Read on...

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Student Success

Dean's List

Dean's List Criteria: *achieved an average of 85% or higher in 12 or more graded credit hours in a particular semester.*

Winter Semester Dean's List

Our letters to our Dean's List recipients for the winter semester of 2025 went out in the last few weeks. A total of 52 students received the recognition. The GPA's ranged from 85% to 97.2%. The top two students were Braxton Snell (97.2 - a student in the joint BKin/BEd degree program) and Madison Sagert (97% - BKin student). Students from all three degree programs (BKin, BSRS, BHS) were represented on the list.

New Award Established

This past March, we recognized the inaugural recipients of the ***Dean's Award of Academic Excellence***. To be eligible for this recognition, students must have (a) been on the Dean's List for two of the three semesters (i.e., winter, spring/summer, fall) in a calendar year (i.e., 2024, 2025, etc.), and (b) had a GPA for those two/three semesters of at least 90%. The top 3 students are provided with a monetary award; other students receive a gift certificate to use in the KHS Store.

In the inaugural year of **2024**, the following students were recognized:

Gold Award (\$750): Wyatt Neufeld - (97.6 - 30 credit hours) BKin

Silver Award (\$500): Madison Sagert - (95.89 - 27 credit hours) BKin

Bronze Award (\$250): Donovan Buskey (93.8 - 30 credit hours) BKin Honours

Honourable Mention (Gift Certificate):

- Gracie Christiansen (91.0 - 27 credit hours) - BKin
- Micaela Keywoski (90.33 - 27 credit hours) - BKin
- Zachary Popowich (91.9 - 30 credit hours) - BKin
- Astha Shah (90.25 - 24 credit hours) - BKin
- Zunaira Siddiqi (93.25 - 24 credit hours) - BKin
- Dylan Sies (90.22 - 27 credit hours) - BKin

Congratulations to all these outstanding students!



2025 Spring Convocation

(Thursday, June 12)

This year's Spring Convocation celebrated 133 graduates (50 BKin, 2 BKin Honours, 5 BKin/BEd joint degree, 8 BHS, 14 BSRS, 1 BSRS/BBA joint degree, 28 Certificate HS and 25 Diploma HS).

This year's Dean's Medal recipient and University Prize in Kinesiology recipient are the same individual: Donovan Buskey (BKin).

Congratulations to Donovan and all of the graduates!



Student Spotlight: Jade Belmore



University of Regina women's basketball player Jade Belmore was named one of the recipients of Top 8 Academic All-Canadian honours for the 2023-24 season.

Belmore maintains a grade-point average well in excess of 80% as she pursues a Bachelor of Kinesiology degree with a major in human kinetics. Belmore is a two-time All-Canadian in hoops and a four-time recipient of Academic All-Canadian honours. She has also gained experience on the international scene, playing for Canada's under-23 team at the GLOBL Jam in Toronto in 2023 as well as representing Canada with Team Calgary at the FIBA 3x3 Women's Series event in Massachusetts in 2024.

The Top 8 honourees were selected from the 4900 student-athletes who achieved U SPORTS Academic All-Canadian status during the 2023-24 season. Only one female student-athlete and one male student-athlete were selected from each of the four conferences.

Belmore is the first University of Regina student-athlete to receive Top 8 honours since men's hockey player Kyle Ross in 2009. The U of R had

a four-year run of recipients back during their affiliation with the Great Plains Athletic Conference. Men's track & field student-athlete Darren Peters won it in 1998, his brother Shawn Peters earned the nod in both 1999 and 2000, and women's hockey player Brandy West won in 2001.

Jade will be beginning her graduate studies this fall under the direction of Dr. Larena Hoeber.

2025 Alumni & Awards Reception (March 14th)

The 12th annual KHS Alumni Awards and Reception took place on March 14th, 2025. This event recognizes the achievements among alumni in the Faculty of Kinesiology & Health Studies at the University of Regina. The evening also recognizes the Academic Award and Scholarship recipients in the Faculty during the 2024 calendar year.

12th Annual Alumni & Awards Reception Program







The **Distinguished Alumni Award** is presented to an individual who has achieved professional excellence within his or her career, has given back to society and inspired others with leadership, and has contributed remarkable community or humanitarian service. This year, **Linda Ostryzniuk (Wright)** was recognized as distinguished alumnus (posthumously) and **Landon Watson** was recognized as distinguished recent alumnus.

Linda Ostryzniuk (Wright)



Landon Watson



OPEX Fitness Regina



Outstanding Fieldwork Agency recognition was given to **OPEX Fitness Regina**. OPEX Fitness Regina is a fitness facility dedicated to helping men and women over the age of 40 achieve personalized, sustainable health and fitness goals. Their mission is to empower our clients by teaching them about their unique health needs and helping them find fitness solutions that work specifically for them.

Fieldwork Update

The **Fieldwork Newsletter** for Fall 2024 and Winter 2025 is now available. As always, the newsletter also includes links to student videos highlighting the project they completed on for their agency.

[Read the Fall 2024 Fieldwork Newsletters](#)

[Read the Winter 2025 Fieldwork Newsletters](#)

If you are interested in exploring the possibility of hosting a fieldwork student in the future, please contact our fieldwork coordinator.

[Contact the KHS Fieldwork Coordinator](#)

Quality Programs, Academics & Research

Faculty News: Welcome New Instructors

On May 1, the Faculty welcomed two new instructors: **Dr. Andi Céline Martin** and **Dr. Catherine Hart**. While both have been long-time sessional instructors for the Faculty, they are beginning in tenure-track positions and are contributing to teaching courses primarily in the BKin and BHS programs of study.

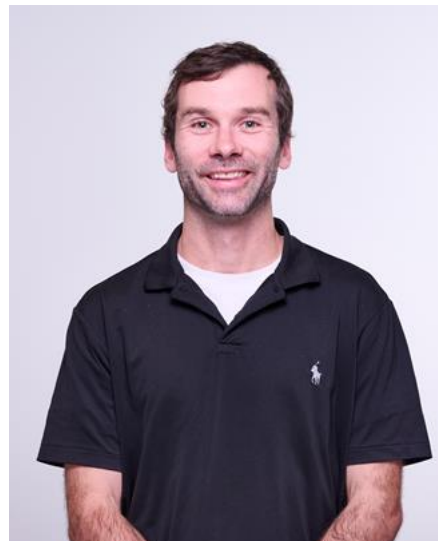


Faculty News: Dr. Tristan Hopper

Congratulations to **Dr. Tristan Hopper** on his successful **SHRF Mobilize Grant: Truth & Action** entitled "*Heart to Heart: A coming together of Indigenous Youth*". SHRF has awarded a one-year Mobilize Grant for \$10,000.

KHS Student News: Keetyn Maxwell

Congratulations to KHS graduate student **Keetyn Maxwell** for getting awarded a **SSHRC Doctoral Fellowship** to support his research. Keetyn is currently working towards getting his PhD under the supervision of Dr. Larena Hoeber.



Faculty News: Dr. Cameron Mang

Congratulations to **Dr. Cam Mang** on receiving an **NSERC** (National Science and Engineering Research Council) **Discovery Award** for his work: *"Investigating dopaminergic contributions to acute exercise effects on neuroplasticity in human primary motor cortex"*. The funding is provided

over 5 years and the value of the award is \$267,500.

Faculty considers name change

A proposal has been submitted for the Faculty to consider changing it's name. To this end, we are looking for *feedback* in this regard from our **Alumni**. Please use the QR code to the right to access the survey and provide your perspective.



Community Connections

UofR Class Challenge Speaker: Tammy Hoffart

Tammy Hoffart from **KidSport Sk** came to speak to Dr. June LeDrew's **KIN 180 & KHS 139** students about children's healthy, active living during critical periods of physical both and motor development this past winter semester. The class made a donation to KindSport in the amount of **\$633.60!**



This one opportunity to participate can lead to so much more.
Thank you for helping so ALL kids can play!

Donate to KidSport Saskatchewan!

2025 Vanier Cup hosted by U of R

Get your tickets today! Celebrate six decades of Canadian football excellence as the 2025 Vanier Cup takes center stage at the iconic Mosaic Stadium, home of the Saskatchewan Roughriders, on **Saturday, November 22nd, 2025**. Be part of this historic event and witness the best university football teams compete for national glory in a thrilling championship showdown. Don't miss the excitement!

Purchase 2025 Vanier Cup Tickets

Cougar & Ram Brand Refresh

The University has been working on a 'refresh' of the Cougar and Ram brands/images. The refreshed brands are almost here, so now's your last chance to get gear with our current Cougars and Rams branding! Even better, it's now **50% OFF** in our storefront in the CKHS main office!

Whether you're repping your team from the stands, the campus, or your couch, now's the time to stock up. For a limited time, Cougars and Rams **sweatshirts, t-shirts, quarter zips, shorts, and sweatpants** are all on sale for 50% off!

This isn't just a sale - it's your chance to **refresh your rotation, show off your school spirit,** and **save big** while doing it. Don't miss out, grab your gear before it's gone!

Come to **CK170** (on the main campus) and indicate you read about the promotion in the Dean's Report at the time of purchase to receive 50% off.

There are Kids and Adult Sizes Available

Unable to shop in person? No problem! Visit our online shop that features exclusive apparel and accessories from our partners at **Eight33, 22Fresh** and **Sticks & Doodles**.

**discount applies to in-person purchases*

Shop: KHS Clothing & Merchandise

Experience KHS Day & KHS Career Fair (March 14th)

Experience KHS Day took place at the Centre for Kinesiology, Health & Sport on March 14th, 2025. This event allows high school students to come and learn what KHS has to offer. Students participated in hands-on KHS activities, received multiple guided tours of our learning spaces, and were able to attend the KHS-focused Career & Research fair.





SRS 133 Student Podcast: "Breaking the Ice"

"**Breaking the Ice**" podcast was created by a group of **SRS 133** students this past winter term. The series is presented by student host Avery Lightfoot, where she sits down with a number of guests to discuss the nitty gritty details of hockey. Featured guests include UofR hockey players, coaches, and KHS faculty members who speak on their knowledge and experiences as the podcast aims to deconstruct societal structures around hockey culture. There are currently 6 episodes available which can be found on Spotify!

"Breaking the Ice" on Spotify

***Beyond the C: What it Takes to be a Leader for your Team with
Paige Hubbard and Carson Sass***



YouTube Playlist: Breaking the Ice - A SRS
133 Production

KHS Grad Student Podcast

The KHS Grad Student Podcast hosted by the faculty's Associate Dean of Graduate Studies & Research, Dr. Larena Hoeber.

In this episode, Dr. Hoeber speaks with Ekin Büyükakten, a PhD student at the University of Regina, as she takes us on a journey through the lens of intersectionality. Ekin shares her insights into the complexities of identity, power dynamics, and community experiences within multicultural and coed sports spaces. Her reflections reveal the transformative nature of teaching, research, and adapting to new environments, offering a compelling narrative of growth, connection, and academic passion.

Episode 4 (with Ekin Büyükakten)



YouTube Playlist: KHS Grad Student Life

GET KINECTED Podcast: New Episodes Available

The Faculty of KHS podcast (Get Kinected) has three newly posted episodes out now! Featured guests include Bonnie Cummings-Vickaryous, Elise Melanson, and Amir Yahya Rajaei.

GET KINECTED: Episode 5 (with Bonnie Cummings-Vickaryous)



YouTube Playlist: GET KINECTED

That brings this report to a close. My very best wishes to you for the upcoming summer months. If you have any questions or suggestions, please reach out to me directly.

Harold

P.S. If you aren't already, follow us on our @URALLKinected social media channels

Contact the Dean



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