



## Dean's Report - August/September/October 2021

Let me begin with an apology. Getting this report together has taken far longer than anticipated. The last few weeks have seen the Faculty moving to prepare for the October 1 Vaccine Policy Health Order impacting non-essential services; a great deal of our programming and facilities are classified as non-essential.

The fall semester is now about 5 weeks old and we are approaching the Thanksgiving weekend. This is the first semester, since Winter 2020, when the Faculty has had a good number of students taking classes back on the campus, our student athletes preparing for competitions and actually competing again, and our faculty and staff back on campus as well. From my perspective, it has been wonderful to see students, staff, and faculty back in our classrooms, offices, and corridors. Most of our other programming (that had been suspended 18 months ago) is also being delivered again.

Beginning with this update, I will formalize **three new sections** that will appear in all subsequent updates: **Student Updates**, **Philanthropy Corner**, and **Alumni News**. If you have interesting tidbits or information on any of these, please share them with me by sending them to me via email ([KHS.Dean@uregina.ca](mailto:KHS.Dean@uregina.ca)) or with Echo Ward ([KHS.Executive-Assistant@uregina.ca](mailto:KHS.Executive-Assistant@uregina.ca)).

There is a great deal that has, is, and will be taking place. I apologize for things that I might have missed (and the odd typo that will likely be there as well). Read on...

### 1. Teaching and Registration Related

I begin with our **overall student registration** numbers. As is the case with the University generally, the Faculty's enrolment has **decreased (year over year)** and is even sitting slightly lower than where we were at in the fall of 2019 (pre-COVID). Our headcount as of the end of the 50% tuition refund period (September 28) **was 860 students** (decrease of about 76 students from 2020; and about 39 fewer when compared to 2019). Similarly, the number of credit hours being taught by the Faculty have decreased.

This fall has seen the Faculty welcome **214 new students** to the University. Some are brand new traditional students (for example, we have 98 students who are 17-18 years of age) or they could be older or mature new students, or transfers from other faculties or institutions. This number is lower than we have seen in previous years.

As we prepared for a transitional fall semester, one goal was to provide as many **on-campus offerings** for students as possible. While we do have a limited number of courses that are only available in-person (SRS 132, SRS 130, KIN 170 – daytime, KIN 355, KHS 800, KHS 803), a great many of our courses are actually being delivered in a hybrid format. In short, this means that a course has both an in-person section and remote section being taught simultaneously (includes: all offerings of KIN 131 and 135; KIN 101; KIN 110, KIN/SRS 120; SRS 105; KIN 260; KIN 267; KIN 275; KIN 285; SRS 215; SRS 220; KIN 350; KIN 369; KIN 370; KIN 375; KIN 380; SRS 320; KIN 475; SRS 440). Some of these courses have lab components that are also delivered in a HyFlex format.

In addition to in-person and Hybrid classes, we are also offering some remote courses and our usual offering of Web-based (asynchronous online) courses.

Our intent for **next semester**, is to offer almost all of our courses as either as (a) in-person only, (b) Hybrid, or (c) Web-based. Principles we have applied for scheduling are as follows:

- a. Those courses which are primarily activity courses (typically with the prefix KHS) will be offered in person only (no remote options).
- b. All Health Studies (HS) courses will be offered as hybrid (primarily in-person, with a limited remote section) or Asynchronous Web courses.
- c. KIN daytime courses also available as Web Courses in the winter, will only be offered in-person (e.g., KIN 170, KIN 120). If an evening section of the same course is also offered, it is offered as hybrid course.
- d. KIN courses with lab components will generally only be offered in-person. If it is possible for an asynchronous web-based lab experience can be made available, the course may be scheduled as a hybrid course. (i.e., in person students complete lab in person; remote students complete lab experience asynchronously).
- e. KIN/SRS/TR courses without labs or seminars are generally available as hybrid courses (large in person section; small remote section).
- f. There will be the odd specialized course that will be offered exclusively as remote (largely tied to securing an instructor).
- g. Graduate courses will all be in-person.

The winter schedule will be going live just prior to Thanksgiving.

## **2. Non-academic Programming returns**

September has seen much of our traditional non-academic programming either restarted or made available to the broader community again. While the **Centre for Health, Wellness, and Performance** continued to operate programming targeted at emergency personnel following the COVID closure (e.g., POPAT Prep Courses, POPAT testing, etc.) other programming has only been offered virtually. As of September 7, all their programming, including the *Dr. Paul Schwann Love 2 Live Program* (cardiac & chronic disease focus); *Rock Steady Boxing* (focused on people living with Parkinson's); and *Enrich* (targeted at individuals living with impairments following stroke or other acquired brain injuries).

**URFit programming**, which has been limited largely to students since January is now available for the broader campus community (including students) and those external to the University. There are several new elements tied to this programming:

- a. An increasing focus on incorporating our current students (UG and Grad) as instructors for some of the courses.
- b. Adding some leisure focused courses (e.g., this term we are offering a **Social Dance course** – I hear the instructor is fantastic!)

c. Making **URFit classes available to students virtually** (many of our courses have been, and continue to be, recorded so students may access them in the future through the University's media server – a valid student ID is required).

d. Students **no longer have to pay an additional fee** to access the live URFit classes.

The **Fitness & Lifestyle Centre & Aquatics Centre** have both reopened for access by the general public (in addition to students). We have seen activity in the FLC been increasing weekly since the start of the semester. The week ending Sunday September 27 saw 744 different individuals (students or community members) make use of the FLC a total of 1806 times (average: 2.4 visits per individual).

Swimming lessons and community rentals of the pool and other facilities in the CKHS have also resumed this fall.

**Important Note regarding Vaccines:** As of October 1, most of our programs/events/rental policies for space have a Vaccine Policy in place. In short, to attend programming and events, or access the FLC/Aquatic Centre, proof of vaccination will be required. In some instances, evidence of a certified recent negative COVID test (with 24 hours) will also be accepted.

### 3. Some Summer Highlights

As many will be aware, our **summer camp programming** (Summer Sports School, Cougar Camps, New Beginnings) returned in July and August; albeit, with reduced numbers. It was wonderful to see (and hear) the children back in our hallways and in the gymnasiums. Every available space in our camp offerings were filled! Preparations are already underway for special camp offerings this fall and winter, and for next spring and summer as well.

As I noted in my last report, we had two BKin Interns working on campus this past summer: **Carly Shamray** and **Wyatt Wiebe**. Both are entering their final on-campus semester this fall and each are planning to complete their fieldwork program this coming winter semester. Over the summer they had the opportunity to gain valuable hands-on experience in a variety of programming areas including: Preparing clients to take physical employment test, participating in actual employment testing (e.g., POPAT, COPAT, Firefighter, etc.), developing fitness/conditioning programming and working with clients (e.g., student athletes, students, community members), planning and delivering a fitness class, working with Love to Live clients in a virtual environment, and a number of other degree related activities. We certainly appreciated the important contributions they made this summer. Our experience with Wyatt and Carly has demonstrated the value of giving our undergraduate students opportunities to grow and develop professionally through such an internship.

Our Communications and Marketing Summer Intern, **Matthew Degenhardt** (Film Studies Major, MAP) did a great job this summer and has really grown into his role. For those who do not know, Matthew has been a member of our Creative Media team for a couple of years and has really been a strong contributor. This summer saw him take on the task of organizing and ensuring the production of our URFit live streams and post production of that content for on demand access by students through Kultara (the University's media

server). In addition, he worked on marketing and communication items being prepared for fall distribution or use.

#### 4. **Formal Reviews to Come**

The fall will see the Faculty preparing for our **academic program review** currently scheduled for the winter of 2022. An academic program review is designed to have outside experts review our programming and provide recommendations for how we can improve.

The chief task this fall will be putting together **the ‘self-study’** which provides important background telling the story of the academic programming in the Faculty from different perspectives. Those internal to the faculty (faculty, staff, current students) will be given opportunities to provide their thoughts to the reviewers who will visit us this coming winter. We are also interested in the views and/or experiences about/with the program from those who are external to the University (e.g., alumni, community partners, etc.). Those interested in providing a written submission about their experience with the academic program can either contact me directly, or through Echo Ward ([khs.executive-assistant@uregina.ca](mailto:khs.executive-assistant@uregina.ca)).

I have also committed to completing a formal **review of the concussion protocols** we have put in place for our student athletes. A number of years ago we increased the number and variety testing/evaluation procedures that make up the concussion protocol at the University. Some of these tests/procedures are those whose efficacy is being evaluated for the purposes of establishing construct validity. It is now time to have that data/protocol reviewed by an external group of experts in the field. We are working to have the review take place in the early spring (i.e., April/May of 2022)

#### 6. **Convocation News (We are back, and on campus!)**

Some very exciting news for the University in two ways. First, for the first time since the Fall 2019, the University will be hosting a **live** convocation event. Second, convocation will be hosted **on the campus** in GYM 3 – this will mark a first for the University in my recollection. The Fall Convocation and Installation of the President will take place on Friday October 22 in the afternoon.

As a side note, the Faculty of KHS **Student Creative Media team** will be assisting in delivering the live-stream feed for the event.

Related to Convocation, the **Faculty will see a total of 44 individuals** convocate this fall. Seven students with a BHS degree, 16 with a BKin degree, 1 with a BKin Honours degree, 9 BSRS degree students and 10 Diploma or Certificate students.

We are also very proud to announce that **Celina Earl will be awarded the President’s Medal** for the fall convocation. The most prestigious award for an undergraduate student at the University of Regina. Celina will also receive the Dean’s Medal at this fall’s convocation. This is a great accomplishment. Congratulations to Celina.

#### 7. **Philanthropy Corner:**

- a. The **Varsity and Club Sport Fall Appeal** is currently underway and runs through October 19. The goal is to raise a total of \$45,000 to support the various programs.

To support this fundraising effort, please follow this link:

<https://giving.uregina.ca/varsity-sport-appeal> Alternately, check out the Appeal Challenge page here: <https://www.reginacougars.com/sports/2021/9/16/varsity-sport-appeal-team-challenge.aspx>. To learn more about the appeal, check out the video here:

b. The **Faculty's Fall Appeal** will get underway later in October. The focus of this year's appeal will be on creating a **new bursary program** to support KHS students and student-athletes who have financial need. More information to come, including exciting news about a major donation to help get us started in this direction.

c. In the month of September, one of the clients of the **Rock Steady program** passed away. A good number of donations were made in memory of the client to support the program. We are most appreciative of all the gifts that were made.

## 8. Alumni News:

An update on three of the students who participated in our last study abroad trip to Madrid and Barcelona, Spain:

**Chelsea Jones** (Hometown: Weyburn; BKin '20; BSRS '20) – after working with Special Olympics during the pandemic, Chelsea began a masters degree program in sport management at Texas A & M where she is also a graduate assistant in their student recreation office.

**Ben Berger** (Hometown: Central Butte; BSRS '20) – Also graduating with a Business Diploma and a Public Relations Certificate, Ben spent time working in the private sector and with government in the area of social media after graduation. He is now at The Ohio State University pursuing a masters degree in sport management.

**Dustin Gelowitz** (Hometown: Regina; BKin '21) – Dustin was accepted into the OT program at the University of Alberta. He began his program this fall.

## 9. Student Updates

One of our summer interns, **Wyatt Wiebe**, is continuing in that role in a reduced capacity. He will be working with our student athletes as part of our Athlete Health and Performance Strength & Conditioning team, and also delivering a URFit class.

Welcome to our new **FLC Student Trainers** (current undergraduates who provide fitness assessments, fitness program development, and program assistance through the FLC) are back in action this fall. Our three student trainers (so far) this fall are **Jenny Henty**, **Maison Morin**, and **Nensi Patel**. Not only does this service continue to be made available for student members of the FLC, but we have extended this service to all clients of the FLC (effective this fall).

We have a BSRS fieldwork student working with Marketing & Communications team this fall: **Thomas Judek**. As a student, Thomas got involved in a variety of capacities with Varsity Sport events during his time at the University of Regina. Thomas' hometown is Canmore, Alberta.

The **KHS Student Creative Media Team** has added a number of new members to the crew. They will be broadcasting Varsity Sport home games, URFit classes, Convocation, and other events this fall. The team is led, in part, by our Fall Part-time UG Interns in Communications and Marketing: **Matthew Degenhardt** and **Morgan Fleury** (Both are MAP students majoring in Film)

Welcome to our **new graduate students**:

Masters: **Bonnie Marko** (Dr. Elizabeth Cooper & Dr. Brenda Green – co-supervisors)  
**Thompson Ogunbiyi** (Dr. Kim Dorsch – supervisor) – started in May 2021  
**Chelsea Ziolkowski** (Dr. Darren Candow – supervisor)

Doctoral: **Scotty Mills** (Dr. Darren Candow – supervisor)

Congratulations to the following graduate students who have finished their programs:

**Kyla Fougere** – Passion among Crossfit enthusiasts: A mixed method approach (MSc; Dr. Kim Dorsch, supervisor)

**Eric Wu** – Effects of concentric unilateral training utilizing an isokinetic dynamometer on functional outcomes and lower limb muscular power in subacute hemiparetic individuals: A case series (MSc; Dr. Paul Bruno, supervisor)

**Nicholas Ryan** – The use of clinical testing procedures in the diagnosis of motor control impairments associated with low back pain (PhD; Drs. John Barden & Paul Bruno, supervisors)

10. **KHS Research Seminar Series** continues for the fall semester. Dates, times, and line-up are as follows:

- a. October 13 (2:30 – 3:00; CK 222) – Darren Candow
- b. November 3 (2:30 – 3:00; CK 222) – Cameron Mang
- c. December 1 (2:30 – 3:00; CK 222) – James Daschuk

### 11. **Agreement with Rams**

The University has reached an agreement to continue the partnership between the Regina Rams Football Club and Varsity and Club Sport to ensure the continued delivery of football at the University. Thanks to Eric Exner, Lisa Robertson, Brian Eltom, John Meldrum, and Doug McKillop for the work put into the negotiations.

### 13. **Strategic Plan Updated for 2021-2025**

I am most appreciative of the work that Larena Hoeber and her team (Melanie Sanford, Michael Dubnewick, Shauna Machnaik, Brandy West-McMaster, Jill Fulton, Pat Bernat, Rebecca Genoe, Alison Fisher) put in to update our strategic plan objectives for the next four years. The Executive Leadership Team took the update, identified a number of objectives that we would commit to pursuing in the next 1-3 years. Completion dates and those responsible for pursuing of the goal were identified. The link to the updated plan can

be found here: <https://www.uregina.ca/strategic-plan/framework-implementation/plans.html>

#### 14. **New Faces**

A welcome to some new members of our Faculty family: **Echo Ward** (EA), **Lily Chu** (Business Operations), **Jolene Goulden** (Business Operations), **Rob McCaffery** (Varsity & Club Sport), and **Astrid Becker** (Varsity & Club Sport). If you have not yet, please make certain to introduce yourself to them over the next few weeks.

#### 15. **Finally..**

I want to wish all of you a very special Thanksgiving celebration this weekend. In spite of the current circumstances we often complain about (at least I do), we do have a great deal to be thankful for. I am most thankful for the opportunity I have to work with/meet so many special individuals: the people who work in this Faculty, the students who study and compete here, the alumni making a difference in their worlds, and the many friends and stakeholders we have in the community. Have a happy Thanksgiving (don't forget to get a walk or two in as well!).

Sincerely,

Harold