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Faculty member since: 2001  
Primary area of study: Biomechanics with interest in repetitive movements – looking at stroke patterns in elite competitive swimmers and gait patterns in various populations.  
Classes offered (Fall 2017): KIN 280 – Motor Learning and Control, KIN 285 – Biomechanics  

One of John Barden’s current research projects involves developing technology for Canadian swim teams that allow coaches to get better data on the stroke mechanics of their swimmers. This information allows coaches and swimmers to see how efficient their movements are and how they can improve on their rhythm and pace.  

Another area of interest for John is studying gait patterns in certain populations, such as older adults or knee patients. Dr. Barden’s research uses sensors to assess these patients and allow tracking of movement over time.  

Bruno has received funding from Own the Podium, an organization that determines investment strategies for National Sport Organizations, as well the Saskatchewan Health Research Foundation based on his research of gait variability in patients with multiple sclerosis.  

Outside of work, Barden serves as the Director of High Performance for Swim Saskatchewan, and also spends time with his four kids. Dr. Barden also serves on the U of R’s Executive of Council, the Faculty of Graduate Studies and Research council committee, and on the steering committee for the Centre of Aging and Health.  

John’s advice for new students is to get involved with things early and make the most out of your time at university. “It’s an important part of your life and what you put into it is what you’ll get out of it. Try to do well with your academics, it’ll open a lot of doors for your future.”
Paul Bruno, D.C., Ph.D.
Associate Professor

Faculty member since: 2010
Primary area of study: Motor control for people with back pain, distinct subgroups for people within the back pain population.

Classes offered (Fall 2017): KIN 260 – Human Anatomy, KIN 380 – Advanced Topics in Motor Behaviour

Paul Bruno is currently studying the movement strategies used during gait of people with and without back pain. Focusing on how the subjects move and control their movements, Dr. Bruno has used clinical tests and identified certain subgroups within the people affected.

Dr. Bruno works with honours and graduate students as they volunteer to complete their thesis. Paul is currently working with a grant he received from the Saskatchewan Health Research Foundation to support his back pain studies.

Outside of research and teaching, Bruno works as a chiropractor at the Dr. Paul Schwann Centre at the Centre for Kinesiology, Health & Sport at the University of Regina. Bruno is also a faculty representative to both the University’s Executive of Council and Faculty of Graduate Studies and Research, as well as serving on the Research Ethics Board.

Bruno has also been a member of the University of Regina Curling Club since 2010, participating with his wife and other university staff and their family members.

Dr. Bruno’s advice to students interested in the Faculty of Kinesiology & Health Studies is to be open-minded and be open to changing directions. Students will be exposed to new things and will learn new avenues that they can go with a degree in kinesiology. Bruno also reminds students to make sure they strike a balance between academics and extra-curriculars.
Faculty member since: 2013
Primary area of study: Exercise physiology with interests in central and peripheral fatigue as well as strength and conditioning.
Classes offered (Fall 2017): KIN 350 – Fitness Appraisal and Exercise Leadership, KIN 450 – Advanced Fitness Appraisal

Barclay Dahlstrom teaches courses in the area of Exercise Physiology with interests focusing on central and peripheral fatigue as well as strength and conditioning. Barclay will be teaching both Fitness Appraisal & Exercise Leadership and Advanced Fitness Appraisal in the fall semester and Training and Conditioning in the winter.

Barclay is heavily involved in the Athlete Health and Performance initiative as the Director of Strength and Conditioning. As a part of that role, Dahlstrom oversees all of the strength and conditioning coaches who work with Cougar athletes. Dahlstrom also provides opportunities for students to volunteer at the Dr. Paul Schwann Centre focusing on cardiac rehabilitation and exercise therapy.

Outside of work, Barclay lives on a ranch with his wife Laura, where they have horses, longhorn cattle and dogs. Barclay’s interests include hunting, roping, skiing, boating, shooting and lifting weights.

Dahlstrom reminds students to always follow their passion. “Obtaining a university degree is hard work, but it should be enjoyable, informative, and at the end of each day it should leave you asking more questions than when you began.”
Kim Dorsch, Ph.D.
Professor

University of Regina
K+H

Kim Dorsch is currently working with the Athlete Health and Performance initiative (AHPi) at the University of Regina, as the Director of Sport Psychology. Her responsibilities include helping athletes with their performance-related goals, by teaching techniques and skills related to mental health and competitive mindset.

Dr. Dorsch also serves on a number of committees at the U of R, is the liaison for the Sport Medicine & Science Council of Saskatchewan, and sits on the Canadian Sport Centre Saskatchewan board of directors.

Kim has recently received grants for her research, including one for Cognitive Perceptual Processes and Performance from an anonymous internal donor at the University of Regina, and another for Coach’s use of Exercise as Punishment from the Coaching Association of Canada.

Current research topics: Mental fatigue in athletic performance, mental fatigue in attention, entitlement in sport, passion in sport, coaching transgressions, heartiness and injury recovery, attentional training and officiating performance, attentional process and concussion recovery.

Dr. Dorsch’s advice to students entering the Faculty of Kinesiology and Health Studies is to be open-minded to new opportunities and new ways of thinking.
Rebecca Genoe, Ph.D.
Associate Professor

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University of Regina Faculty member since: 2009
Primary area of study: Leisure and Aging, Therapeutic Recreation

Rebecca Genoe is currently researching the meaning of deep and sustained friendships among people living with dementia. This project aims to identify strategies for maintaining friendships in order to improve quality of life for people living with memory loss. Genoe is also working on strengths, opportunities and challenges of therapeutic recreation in Saskatchewan. The goal of this project is to create a more collaborative environment among TR professionals in the province to further advance the profession.

Dr. Genoe has received research grants from the Social Sciences and Humanities Research Council for both of those projects.

One of the reasons Rebecca enjoys working at the University of Regina is because of its size. “The size of the campus means it’s big enough to provide opportunities to provide new things and grow as an instructor and researcher, but small enough that it’s a friendly and welcoming place to be.”

Genoe recently joined the Campus for All adjudication committee and Executive of Council. She was also just named the Prairie Director for the Canadian Therapeutic Recreation Association and chairs the Regina Therapeutic Recreation Association.

Genoe’s advice to incoming students is to not be afraid to approach your professors. “We are here to support you and we want to get to know our students! And always read the syllabus 😊.”
Katya Herman
Assistant Professor
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University of Regina Faculty member since: 2013
Primary area of study: Health, Health Promotion and Epidemiology
Classes offered (Fall 2017): KIN 170 – Lifestyle, Health & Wellness, KIN 278 – Introduction to Health Promotion, KIN 381 – Introduction to Epidemiology

Katya Herman is working on a research project entitled “SeasonActiv” that investigates seasonal variations in physical activity and how those variations make a difference in health outcomes in adults aged 20-65. Herman has received an establishment grant from the Saskatchewan Health Research Foundation for this study. Katya is also working on a study called “Stand-Up U of R” which examines the benefits of a sit-stand desk among University of Regina faculty and staff.

Herman is currently recruiting and has funding available for graduate students who are pursuing an MSc or PhD in the area of physical activity or sedentary behaviour epidemiology. Undergraduate students wishing to pursue an Honours research project or volunteer in a lab setting can also contact Katya.

Katya is a former national team rower who represented Canada, and continues to row for fun as well as coach the sport. She volunteers on race committees and sits on the board of directors for the Queen City Marathon.

“Go to class! Take notes. Get to know your professors. Study hard. Discovering things that do not interest you can be just as valuable as discovering things do interest you. Get involved outside of your required courses, in the many other learning, extra-curricular and volunteer opportunities the university has to offer. Have fun and enjoy the journey.”
University of Regina Faculty member since: 2002
Primary area of study: Sport Management, Sociology of Sport
Classes offered (Fall 2017): SRS 105 – Introduction to Sport and Recreation Management, SRS 440 – Applied Sport Marketing and Sponsorship Development, KIN 110 – Sociology of Sport, Recreation & Physical Activity, KHS 802 – Qualitative Research Methods and Experience in Kinesiology and Health

Dr. Hoeber is currently conducting a critical discourse analysis of how women are portrayed in Tour de France tweets. Other research topics include the intersection of gender, parenting and sport fandom, sport fan clothing as gendered material culture, and use of contemporary qualitative research methods in sport management.

Larena enjoys working at the University of Regina because the size of the institution makes it possible to meet people in different faculties and offers a sense of community. Outside of work, Larena enjoys travelling, photography, gardening, golf and spending time with her dog, and is a fan of the Saskatchewan Roughriders and Toronto Blue Jays.

Larena suggests that students at the U of R explore multiple interests and take electives that interest you – those might be the ones that you are most passionate about. “Get involved in university life (campus recreation, student organizations, fundraising activities, and advocacy groups). It will help you develop networks and gain skills, but these activities may spark interests in careers that you hadn’t considered before.”
Roz Kelsey has recently taken the role of Director for the Office of Gendered Violence Prevention Strategies, a new initiative started by the president’s office in early 2017. Roz has led the Man Up Against Violence program for the last number of years, which was a campus-wide initiative aimed to raise education and awareness surrounding the social construction of gender and violence.

Roz is always looking for students who want to get involved in Man Up Against Violence Week, which takes place in October, as well as a part-time executive director position for the Man Up campaign.

Kelsey enjoys the environment at the U of R, saying “the connections and network make it feel like home – it’s nice to be able to collaborate with so many different individuals. Relationships are a big part of it, and that’s the basis for everything I do in and out of work. And of course the support that I’ve received from our faculty leadership, the president’s office and affiliates has been amazing.”

Roz has spread her campaigns all over campus, and works with the Ministry of Justice, Student Services, Campus Security and the International Office to name a few. “The work we do can touch everyone and the entire culture of the university. It’s about the functionality of the entire institution – it’s a large responsibility.”

Outside of work, Roz enjoys spending time outdoors. Downhill skiing, bike riding and canoeing are among her favourites.

“Go and talk to people and take a chance if there’s something you’re interested in. Develop relationships with people who are in your field of interest. Go outside of your lens and create new things based on the relationships that you build.”
University of Regina Faculty member since: 2014  
Primary area of study: Leisure Studies and Sport Tourism  

Dr. Kulczycki is currently studying multiple topics, including University of Regina Rams fans’ perceptions of place in the stadium, cycling event participation in Saskatchewan, and post-secondary students’ perception of volunteering.

Cory received the Presidents’ Seed Fund in 2017 to explore event satisfaction and perception of gran fondo cycling participants.

In the classroom, Dr. Kulczycki likes to invite community members in to share their experiences and projects that relate to the course content. Outside of the classroom, Cory enjoys spending time with his son, riding his bicycle and attending Cougars, Rams and Saskatchewan Roughriders games.

“It is important to stay on top of the required readings in your classes, but it’s also important to maintain some time for leisure as well. Get out and try a new sport or activity and socialize!”
Brandy West-McMaster
Experiential Learning Coordinator
Instructor
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University of Regina Faculty member since: 2011
Current Position: Experiential Learning Coordinator
Classes offered (Fall 2017): SRS 130 – Junior Practicum, KHS 300 – Pre-Fieldwork, KHS 400/405 – Fieldwork, HS 448/450 – Fieldwork

West-McMaster has been the Experiential Learning Coordinator since 2015, helping students through junior practicums as well as the fieldwork project at the end of their degree.

“One of the best parts about our fieldwork program is that students are able to research and create their own volunteer opportunity for learning that stems from classroom theory and allows them to put that knowledge to use.”

West-McMaster is a former Cougar women’s hockey player who still holds University of Regina career records for goals and total points. Brandy still contributes to the women’s hockey program by offering first-year athlete academic and study sessions, coaching camps and being a member of the Cougar Women’s Hockey Alumni Committee.

Outside of work, Brandy coaches her daughters in Hockey Regina and still plays as a member of Pirates Hockey. She also enjoys spending time with family and travelling to see high-performance sporting events such as NHL, women’s world championship hockey, women’s world cup soccer, MLB and MLS games.

“I would advise new students to get involved with a variety of activities on campus and in the community. It will give you valuable experiences and skills, while also helping you make friends and professional relationships. You will learn a lot about yourself and what knowledge and experiences you want to explore next.”