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**Bachelor of Kinesiology**

**Bachelor of Sport and Recreation Studies-Sport and Recreation Management**

**BSRS-SRM Paid Internship**

**Bachelor of Sport and Recreation Studies-Therapeutic Recreation**

**Feature Special Project**
**Bachelor of Arts, HEALTH STUDIES  SPRING SUMMER 2019 FIELDWORK**

**eHealth Saskatchewan, Regina, SK**

**Ghita Benjelloun Touimi  Bachelor of Arts (Luther), Health Studies**

EHealth Saskatchewan is a Treasury Board Crown Corporation comprised of many different business areas that all share the same overall mission to support and improve health care in Saskatchewan. EHealth’s vision which consists of “empowering patients and enabling care” is supported by eHealth’s mission to get important electronic health information into the hands of patients and their health care team.

I held a research and metrics position and was part of a team focused on an upcoming major provincial project within eHealth. Within my role, I got to take part in research, on similar projects that have been implemented in other provinces throughout Canada. Then I had the opportunity to share my research with other members of my team, health partners, in order to help direct our reporting approach within this project. I’ve had the opportunity to work closely with different teams, health partners, and contacts from other provinces within my role. While working with the health partners, alongside my supervisor, we had to set program goals, and develop areas to report on within each one of their organizations, and develop metrics to report on those areas. I had the chance to observe and participate in the elements of the program planning model of a major provincial project during my fieldwork.

My special project consisted of working on the benefit evaluation of an upcoming provincial project. Within that there were two components that I have worked on. The first component being my research, the literature analysis I have conducted, which is included as part of the benefit evaluation report. The second part being a documentation of the working group meetings, including the date of each meeting, all members that attended, and all that was said with a focus on new areas identified to report on. One of the main roles within my special project, was to work alongside the working group, and supervisor, to set program goals, and develop areas to report on within each one of their organizations, and develop metrics to report on those areas.

**Regina Transition House, Regina, SK  (Campion), Health Studies**

Regina Transition House is a non-profit organization and provides a safe place for women and children. The organization is committed to providing a functional, pleasant and comfortable atmosphere for women and children. I worked closely with domestic violence counsellors during my practicum at the Transition House. My role as a practicum student at the Regina Transition House was: performed intake and departure interviews, case planning, providing parenting support, respond to crisis call and other request of service, provide information on interpersonal violence and safety, advocate with and assist clients in accessing needed services or information, maintaining up to date client files on WSIS database and Client drive, and participation in staff meetings. Regina Transition House is highly rewarding work in social service.

The work of the organization allows me to better understand the socio-economic and trauma intervention. It also prepares me to apply the knowledge that I learned in classes to the field. Lead!, and the Youth Community Education through Recreation (YCER) initiative. I was able to promote and communicate the benefits of recreation to SPRA members and stakeholders, and was able to participate in a Strategic Planning session.

“I always want to work in the social service filed and I have a passion to work with high-risk women and children. Regina Transition House is an excellent agency that prepares me for the field of work that I am going to do.”

**“I had the opportunity to be part of a major provincial health project and it strengthened my passion for wanting to pursue a career in healthcare.”**
The Regina Community Clinic or RCC is the only primary healthcare co-operative centre in the city. It was founded in 1962 as a result of the physicians strike against the Medicare Act. The pioneers of this clinic played a historical role in the development of Medicare in Canada as they strongly believed that medical care was each citizen’s right. RCC have an interdisciplinary group of health professionals who are all based in one location. The clinic offers doctor visits, minor surgery, labs and x-rays, mental health counselling, nutrition and exercise counselling, and FASD coaching. In most cases, patients are booked for further therapy right after their visit with their primary care provider. The clinic is part of the Community Healthcare Co-operative Federation along with Saskatoon, Prince Albert, and Wynyard. During my fieldwork, I compared the workflow of the Saskatoon & Regina clinic to create recommendations for EMR or Electronic Medical Records optimization in RCC. I did this through shadowing the departments in RCC and consulting with the Directors of Health Information System from the Saskatoon and Prince Albert clinic. Since I had experience in this field, I was able to polish my skills, challenge myself, and expand my professional network.

My special project in RCC was to create recommendations on how to fully optimize their EMR system. I did this through shadowing departments and consulting with the other co-operative clinics and MedAccess. I presented my recommendations through briefing notes, which contains standard operating procedures. The Executive Director and Medical Coordinator of the clinic will go through my list of recommendations to determine which ones would be implemented.

The Northern Inter-Tribal Health Authority (NITHA) is the only First Nation’s organization of its kind in the country. It is comprised of four tribal councils (PAGC, PBCN, LLRIB, & MLTC), which is a total of 33 First Nation communities. NITHA’s role is to deliver a service known as “third level”. Working in health promotion, I had the opportunity to deliver third level health services. I visited numerous northern First Nation communities, where I attended events, such as health fairs and treaty days with NITHA’s advisors. I assisted in educating people on HIV, syphilis, hepatitis C, sex education, tobacco control, physical activity, and tuberculosis.

At NITHA, my experience as a practicum student has been incomparable, as thankfully, I got to work with advisors in the public health unit and community health unit.

My special project (SP) was to develop an Active Living Toolkit for First Nations Older Adults in NITHA Partnership. This SP was to conduct an environmental scan on active living programs in NITHA partnership and to identify existing active living tool kits and gaps in active living programs. The findings from this environmental scan will be used to develop a First Nation based active living tool kit. This toolkit will provide tools for the NITHA communities so they can develop their own active living programs for older adults.

“He who has health, has hope; he who has hope, has everything” – Thomas Carlyle

This quote would sum up my experience at NITHA, as I assisted in educating and promoting health to various First Nation communities. My special project also sums up this quote, as it teaches older adults the benefits of being physically active.”
Regina Open Door Society, SK
Aisha Gure, Health Studies

My special project was designing and organizing prenatal sessions for the newcomer expectant mothers who were giving birth here in Canada for the first time. I came up with this project in order to help these newcomer moms (who barely speak the language) understand the process of giving birth in Canada and the resources that are out there for them.

“Keep going. You're almost there and remember, the sun is most beautiful as it's going away.” Yasmin

My experience at RODS has been one filled with fun and knowledge. I have learnt so much during my stay here and made friendships that will last for a lifetime. I have learnt about different cultures and the common challenges faced by Newcomers and Immigrants. I have learnt to appreciate the struggles of others and to value the work done by others in helping those in need. Before my practicum at RODS, I did not know to a full extent the kind of resources and services that are out there to help those in need, especially refugees and immigrants. Throughout my time at RODS, I gained valuable information on different ways to help immigrants and the ways to connect them to those who provide services within the community. Moreover, I built my professional skills and improved my work ethics. In short, I would say that being at RODS has made me grow as an individual and helped me gain the skills and knowledge required to pursue my goals.

All Nations Hope Network, Regina, SK
Kameale Hill, Health Studies & Minor in Psychology

The All Nations Hope Network is a network of Indigenous people, who respectfully strive to provide support and services to the Aboriginals families who are experiencing HIV, AIDS, Drug Addiction, and Hepatitis C. The ANHN offers an outreach service that usually reacts traditionally to the needs of indigenous people living with diseases. At ANHN I worked in the outreach department. I normally assist with breakfast by serving in appropriate portions to ensure that everyone present is able to partake in having a hot meal. Afterwards I normally assist with preparations for dinner which is usually soup and bannock. I attended workshops to gain exposure to the programs offered and see exactly how All Nations Hope implements policies and projects in an attempt to mitigate against the spread of disease. I had the privilege of presenting on National HIV testing day.

“All throughout my placement I absorbed information about Indigenous culture and plants by and attending various ceremonies and health events where I networked with people within the health field and learned from experts.”

My special project was a Summer Children’s program. Meanwhile parents attended the programs aforementioned and received the help they needed; I created a program with many educational activities along with nutritional snacks. This program provided a safe and nurturing environment that stimulated the children socially and culturally. Each session lasted for about 2 to 3 hours daily from June 2019 to August 2019. My favourite part of the program was admiring the growth and friendships the children made.
Public Health Agency of Canada, Regina, SK

The Public Health Agency of Canada (PHAC) is a federal institution part of the health portfolio. The agency works to promote the health and well-being of Canadians through disease and injury prevention, promoting good physical and mental health and providing information to support informed decision making. During my time at PHAC I worked as a student analyst in the Manitoba and Saskatchewan region. Within the MB/SK region, I was in the Public Health Programs Unit (PHPU). Among the PHPU, there are four additional units; Policy, Planning and Intergovernmental Affairs Unit, Public Health Capacity and Knowledge Management Unit, and Emergency Preparedness and Response Unit. My role as a student analyst included participation in internal and external meetings/workshops, attending site visits, knowledge mobilization training, aiding in environmental scans, being a representative on the diversity committee and building stakeholder profiles. I’ve also had the opportunity to have a one-on-one with the President of PHAC. My experience at PHAC has provided me with skills of intelligence gathering, stakeholder engagement, teamwork and analysing data that are essential for furthering my professional career in public health.

Krystle Nicholls, Health Studies

Analysis of Food Deserts and Food Insecurity in Northern Manitoba and Northern Saskatchewan. The purpose is to aid regional PHAC staff in sharing information to stakeholders on the implications of food security in the northern Manitoba and northern Saskatchewan region.

My experience at PHAC has made me much more confident in my career choice of pursing public health!

Sturgeon Lake Health Center, SK

Samantha Racette, Health Studies

In the last 4 months I have learned more about myself than I ever thought possible. I have learned what my limitations are, my skills and abilities and what I’d like to build onto more. One limitation was curriculum development, although I’ve never done that before I’d like to partake and be trained in this so to assist with further community development. As a women’s helper I have been able to build strong relationships with the community of Sturgeon Lake and with that have met my first and most important goal and objective. I have gained the skills and knowledge of an Elders/Womens/Matriarchs helper and assisted with ceremonies every week. I have also been learning about the medicines, traditional teachings and even the Cree language. I have been very blessed with those who’ve assisted in my development (personal and professional) and I have many loving and compassionate people to be thankful for. Throughout the duration of my practicum I have been trained as a Doula, am working towards certification, assisted with the Midwifery project, participated and attended the annual medicine harvesting trip, assisted/planned/organized the 3 week long grandmothers/grandfathers mentoring camp, assisted with the organization & participated in the Family System Healing

My special project was bundle building for women. Initially I wanted to help other women build their bundles and assist in adding further value to their lives. Our bundle carries and guides us throughout this life and as we add to it we become stronger and wiser; our bundles consist of sacred tools, lessons and teachings that make us who we are. As it turned out, the bundle building was for me, as I was guided by the grandmothers. They informed me that before I could continue helping others that I must first heal myself and that’s exactly what I did. Through ceremonies, workshops and healing sessions I have been able to tap into my inner child and deal with past traumas that I had avoided and/or ignored. My bundle had much more added to it on top of the drum, rattle and medicines I currently carry. Humility and compassion have been added with this practicum experience. I am now more confident working with women and knowing that I can be a pillar of strength and cultural safety for those I serve in our communities.
Canadian Blood Services is Canada’s national supplier of lifesaving products such as blood, plasma, stem cells, organs, and tissues. The agency relies solely on donations to maintain supply, in order to fulfill the needs of patients. Therefore, Canadian Blood Services strives to build and maintain positive relationships with all donors. The Donor Relations Department strives to ensure that new and existing donors are valued and appreciated. The department also overlooks donor recruitment, marketing, events, and much more. As a fieldwork student, I worked under the Donor Relations Department. I was brought on-board with the goal of helping the organization increase the involvement of younger demographics with Canadian Blood Services. I worked closely with the University of Regina and University of Saskatoon to help facilitate marketing and promotional strategies that will raise awareness and increase education among students. The goal of this was to encourage more young donors.

“My semester at Canadian Blood Services has allowed me to grow in all the areas I am passionate about, and much more.”

My special project consisted of developing a modern strategy of marketing and promotion, most suitable for a student demographic. Through a series of online marketing resources, I was able to demonstrate the effectiveness and power of social media to increase education, raise awareness, and stimulate engagement of students with Canadian Blood Services. Through my project, we were able to see a direct impact locally, and within organization at large.

Bachelor of Health Studies

The Bachelor of Health Studies is a joint degree between the Faculty of Kinesiology and Health Studies and the Faculty of Arts in partnership with the First Nations University of Canada. It aims to provide students with an integrated understanding of the ways in which social, economic and cultural "determinants of health" shape individual beliefs, attitudes and practices, which in turn affect physiological and biological functioning of individuals. The degree promotes an interdisciplinary understanding of health, drawing on both the social sciences and the natural sciences, and aims at promoting knowledge development and action conducive to health. This program meets the needs of Saskatchewan and Canada as health issues continue to dominate public policy choices. A key feature of this program is its emphasis on understanding indigenous health needs.

Graduates of the Bachelor of Health Studies work in the health field (government, community health programming) or pursue further education (medicine, graduate school).
Alpha Physical Therapy Centre, Regina, SK

Sadaf Akhtar, Human Kinetics

Alpha Physical Therapy Center offers services of Physical Therapy, Acupuncture, Massage Therapy, and Exercise Therapy. The clinic provides primary and secondary care treatment of musculoskeletal injuries for regional and functional conditioning. The specialized therapists assess and analyze the disability, injury and inactivity to develop a specific treatment plan based on the assessment and each individual goal. During my placement I had the opportunity to learn and demonstrate generic skills and attributes of exercise therapy professionals as well as the specific clinic skills across the core areas of exercise therapy in managing clients. As a student I worked both independently and as a team member for running individual or group exercise program to improve client mobility and conditioning.

“Alpha Physical Therapy has advanced my knowledge and understanding of primary and secondary care plan treatment of exercise therapy. I learned a lot about professionalism, setting goals and what to do in certain work environment. My placement helped to improve my professional skills and motivated me to pursue a career in exercise therapy.”

Dr. Paul Schwann Applied Health & Research Centre and Athlete Health & Performance Centre (AHPi), University of Regina

Melody Anderson, Human Kinetics (HON)

DPSC provides a number of different programs to the community. These include the Love 2 Live program, occupational training and testing, exercise therapy, and other specialized services. DPSC mission statement is focused on three key elements, which are to: “Provide evidence based quality service and innovative programming in physical activity and health; Contribute to the learning environment for students, faculty, staff and the broader community; and Initiate and foster research that enhances knowledge in health and wellness”. AHPi provides sport specific strength and conditioning training to U of R athletes, a variety of athlete testing, as well as providing learning opportunities for students.

Monitoring athlete fatigue is essential for maximizing training adaptation and sport performance, while minimizing risk of overtraining or injury. The countermovement jump is a simple test that can be used as a measure of fatigue. My project was a step by step guide outlining the protocol to be used for athlete jump testing, so that the same assessment protocol could be implemented with any team in a consistent manner.

“Monitoring athlete fatigue is essential for maximizing training adaptation and sport performance, while minimizing risk of overtraining or injury. The countermovement jump is a simple test that can be used as a measure of fatigue. My project was a step by step guide outlining the protocol to be used for athlete jump testing, so that the same assessment protocol could be implemented with any team in a consistent manner. My favourite part of fieldwork was the variety of clients I worked with. I have developed a well-rounded skillset in leadership and program planning as outlined in my learning objectives.”
Courtside Sports Medicine & Rehabilitation, Regina, SK

Courtside is a multi-disciplinary clinic that has adapted an active functional rehabilitation approach. Common conditions treated at the clinic may include sciatica, benign paroxysmal positional vertigo, concussions, musculoskeletal injuries, joint injuries/pain as well as provide post-surgical treatment. The team at Courtside works hard to provide each client with the strength and education needed to successfully discharge from program. Many times this includes discussing postural control, SMART goals, strength vs endurance, and hurt vs. harm. Students at the clinic may be asked to help out or lead tasks such as setting up the Cybex machine, monitor exercises, design programs, test functional abilities and consult with other disciplines. Students may also be asked to take a client’s blood pressure, heart rate and discuss educational topics. This experience becomes influential on the future the student takes as it provides an abundance of opportunities to practice essential skills needed to be successful in the Kinesiology field. The student learns both the practical and business aspects of working in a clinic who’s clients are insured by SGI, WCB or private companies.

Annessa Campbell, Human Kinetics

"Working in a multidisciplinary clinic has allowed me numerous opportunities to observe many different professionals in their places of work. This opportunity has allowed me to narrow down ideas towards my future career choice. I could not have imagined completing my fieldwork at any other location, it was overall a great “

Taylor Hoffart, Human Kinetics

"Working at Courtside the past 4 months has allowed me to further my knowledge in areas I am most interested in for my future”

Special Project

Shoulder Take Home Care Guide
Description: My final project consisted of a program for clients with diagrams of muscles of the shoulder, common shoulder injuries, improper posture, and some exercises (strength and mobility) to prevent future shoulder injuries.

Youth Dryland Hockey Conditioning Camp
I was fortunate enough to design, organize and implement a dryland conditioning program for a youth hockey camp put on by the Ultimate Stride and Goal Tec. Each day is either dedicated to upper or lower body conditioning as well as a dynamic warm up, stretching and a fun game to cool down. Keeping a fun but safe environment was key for success.
Disability Claims Advocacy Clinic, Pilot Butte, SK

Emily Chen, Human Kinetics

"DCAC has provided me with the opportunity to further my knowledge in the field of medicine and health. Furthermore, it has prepared me as I enter the next stage of my career."

The Disability Claims Advocacy Clinic Inc. (DCAC) is an organization that assists individuals across Canada with applying and appealing for their Canada Pension Plan Disability (CPP-D) benefits. DCAC is hired by insurance companies and private clients that need assistance with their applications. Case-managers help individuals with the initial application through to representing their case to the Social Security Tribunal. As a student, my role was to learn each step of the process (the application; reconsideration submission, and SST submission) and to then complete files on my own. In order to do this, I was required to learn and understand the CPP-D guidelines, have an in-depth knowledge of anatomy, physiology, and disability, and to engage with clients through open and respectful communication. My responsibilities included, reading up on medical reports (ie. consultations and assessments), completing file development calls, filling out forms, and writing “submissions” to send to Service Canada. This placement allows students to further their education while applying their knowledge in the health field.

Vocational Rehabilitation Program for Canada Pension Plan Disability Benefits Recipients: was created for clients who have been approved their CPP-D benefits. This project provides an overview of the guidelines, in terms of retraining and upgrading education. Since the CPP-D guidelines are so complex, many individuals surrender their sense of independence due to the fear of having their benefits ceased. This program was created to assist clients through regaining some type of work capacity without any stress or fear.

Adrenaline Strength & Conditioning, Regina, SK

Kyra Fiacco, Human Kinetics

My fieldwork experience at Adrenaline Strength & Conditioning taught me so much about myself and about how I would like to see my future and my career. I had the opportunity to train my own clients, run classes, design programs, learn and see firsthand how to run a business, trained many teams and youth, run my very own Youth program, as well as build great relationships with anyone who walked through the doors of Adrenaline!

Special Project

My special project was the, Youth Strength Training Program. I had decided to start as youth strength training is something has been falling through the cracks when it comes to active youth who are playing competitive sports. I felt this was an asset when it came to these children being involved in sports, not only do they have to be good at footwork, speed and plyos but they also have to be strong and have experience in strength training as well.

"It sure is a great thing when a passion and a career come together."
CBI is a place where kinesiologists, physical therapists, psychologists, medical doctors and more, come together to help deliver rehabilitation programs. Every client has a team made up of the various professionals to help them achieve their goals. CBI has become one of Canada’s leading organizations when it comes to improving the health of patients as they are value-based and very results-oriented. My role as kinesiology student involved (but not limited to) intaking clients, functional testing, exercise prescriptions based on the client’s injury, modifications and progressions of exercises. I was also able to advance my communication skills by documenting through SOAP notes, conversing with staff, as well as developing client rapport. Through these tasks I was able to draw from my formal education when it came to proper biomechanics and progressions as they primarily use the FIIT principle. Throughout my experience, I became familiar with multi-disciplinary assessments for a variety of work-related injuries such as shoulder repairs, knee and hip replacements, and various back injuries. The most important thing I have taken away from this experience the importance of communication. Whether that be through documentation or talking with co-workers, it is critical that all team members are on the same page.

“Exercise and Aging” was a presentation that outlined changes that take place over the lifespan through a multidisciplinary lens. It further delves into the role that exercise plays throughout the aging process and the benefits it can have on physiological, sociological, psychological, and emotional well-being. The second portion of the presentation included a physical component of exercises that could be performed at home and how exercise relates to daily life.

“Choose a job you love, and you will never have to work a day in your life.”

OPEX is a fitness facility that welcomes a variety of individuals with different needs and abilities into their space to gain the skills they need to reach their highest potential. Within this space my role as a coach was to ensure safety of all clients on the floor and teach through sharing my knowledge of exercises, movement patterns, injury rehabilitation, nutrition, and the anatomy and physiology of the body during different phases. The majority of my time was spent on floor coaching where I learned how to communicate with clients and build relationships that enhanced client experience. Additionally, I learned a multitude of exercises with their respective progressions and regressions, different forms of programming, as well as the importance of tempo, rest times, and set to rep ranges.

“Client care and satisfaction is a key skill in this profession and the communication skills you gain working with clients through on floor coaching, assessments and programming is remarkable”

Exercise Programming for a Better Mental Health
I sought to gain knowledge about the clientele’s understanding between exercise and mental health. I conducted interviews with clients where we discussed aspects of their mental health and in what ways they feel exercise has made an improvement to their daily life. This project allowed dialogue surrounding mental health to be opened up and make known how exercise can improve one’s mental well-being.
The Canadian Sport Institute (CSI) Pacific is a series of facilities that aims to provide a world-class training environment for national and team BC athletes and coaches through expert leadership, programs, and services. The CSI Pacific focuses on providing an integrated support team which means that several disciplines, including nutrition, strength and conditioning, and physiotherapy, work together to create the best training environment. My role at CSI Pacific was as a strength and conditioning coach. I designed training programs for the BC Freestyle Ski teams, and travelled with BC Moguls to an international training camp. I also worked with and learned from the national moguls and ski cross teams. With ski cross, I had the opportunity to design correctives for an athlete who had poor knee tracking. I also worked with the team on-snow, collecting data on their starts through a force handle system. To improve coach decision making, I consolidated all ski cross data into a database. This experience has taught me several ways to assess an athlete, and how to use those assessments to make decisions. I also learned techniques for programming athletes at different levels, and how to communicate with all members of an integrated support team.

“When an athlete has access to an integrated support team that implements cutting edge research, they have the greatest chance of unlocking their full athletic potential.”

My fieldwork placement was at CHANGE Health Alberta, a research unit under the Family Medicine Department of University of Alberta. It demonstrates the benefit of nutrition and physical activity interventions to improve health in Canada through evidence-based programming. My role as a fieldwork student is to help expand the organization by partnering with different community organizations and help implement programs that would benefit the target communities: low-income and new immigrants. I spent a majority of my time connecting with organizations within the city, facilitating summer camps, planning CHANGE family retreats, observing and conducting participant physical assessments (CHANGE RCT), applying for a program matching fund from the city and acting as program coordinator for the recently funded CHANGE Health Summer Program in a low-income and new immigrant community. I was able to impact the agency by helping expand the organization through new partnerships we have established with other community organizations and leaders. The experiences in return, have provided me with a wide-range of transferable skills such as leadership, communication, organizational, dependability, teamwork, and adaptability. Over-all, I experienced both the research side and the implementation part of evidence-based programming in promoting physical activity, nutrition, mental health and social connections in a community setting.

“My fieldwork placement with CHANGE was very rewarding. I was able to experience both research and delivery of evidence-based programming; and improve my leadership and communication skills in the process.”
Bachelor of Kinesiology

Sasktel & Neil Squire Society

Rachel Morris, Human Kinetics

I completed a split placement between SaskTel and the Neil Squire Society. At SaskTel, I assisted with updating the job demands analysis database. The job demands analysis provides a physical or occupational therapist with a scientific report of what an employee’s body is subjected to and on the job and what the employee must be capable of to perform the required job duties. With this information, the therapist is able to work with an injured employee to return the body to “fit for work” status.

Neil Squire Society is an agency that assists persons with disabilities find employment. My assigned area was the assistive technology department. Assistive technology may be used to support removal of barriers to employment. I learned about the various tools that are available to help people, and subsequently was able to make recommendations to eliminate existing barriers.

Updated Job Demands Analysis Database
I worked with the Occupational Health specialist at SaskTel to update the Job Demands Analysis database. The database will help injured employees with their return-to-work therapy.

First Steps Wellness Centre, Regina, SK

Walker Munson, Human Kinetics

First Steps Wellness Centre is a non-profit organization that provides activity-based rehab for individuals with spinal cord injuries and neuromuscular conditions. Rehabilitation modalities used are unique and aim to help clients regain motor and sensory functioning in affected areas of the body. First Steps also strives to improve the quality of life in clients by improving their physical health and developing skills that increase their independence.

The role as a fieldwork student is to help with lifts and transfers, properly and safely set up and use advanced exercise equipment available, assisting exercise therapists with client programs, and working with clients independently on exercise programs. It is also the responsibility of fieldwork students to develop an understanding of how Spinal Cord Injuries and neuromuscular conditions affect level of function in clients, associated risk factors, and how to ensure client safety.

5-Day Core and Upper Body Workout Program: For my special project, I decided to make a core and upper body workout program for two of my clients I worked with during my one-one client hours each day. I chose to do this as my special project because I wanted to help my clients achieve their goals. By creating the workout program I was able to contribute to my clients goals.

“The opportunity to give back to the community by helping to remove barriers to success is an invaluable experience.”

“The opportunity to give back to the community by helping to remove barriers to success is an invaluable experience.”

“My time with FSWC has been a unique experience that has given me the opportunity to develop new skills that will build my skillset as a professional for future employment opportunities.”
Social Inclusion, City of Regina, SK  
Chris Pflanzner, Human Kinetics

The team at Social Inclusion strives for social equality regardless of an individual's age, ethnicity, religion, income, sexual orientation, ability or family structure. This leads to the hopes of preventing or reducing bullying, racial tensions and misunderstandings among diverse populations. The main goal behind Social Inclusion is to provide residents with opportunities to engage in civic life. Social Inclusion through the City of Regina looks at establishing programs and fee structure to ensure City programs, services and facilities are affordable, accessible and welcoming to all. My role with Social Inclusion was multi-dimensional. I provided assistance to the Program Leaders, Program Coordinators, Program Specialist and Community Consultant. In addition to that I reached out to other community organizations that support marginalized members of the community. The purpose of reaching out was to find ways to be more inclusive to these populations. The experience has taught me marginalized groups are a prevalent part of our society and should feel just as included as anyone else. I was able to learn how to program plan and assist in any issues that came about. I was also able to work on developing a plan for more support at leisure centres for those that do not feel included in programs.

"It does not matter who you are, the feeling of inclusion is something everyone should feel and be entitled to in regards to recreation and leisure activities."

Royal Canadian Mounted Police, Depot, Regina, SK  
Operational Conditioning Unit  
Kirsten Rahier, Human Kinetics

All RCMP members begin their careers here in Regina. The RCMP Training Academy, “Depot”, delivers the 26-week Cadet Training Program to applicants wishing to become police officers. One component of the Cadet Training Program is Fitness and Lifestyle, or Operational Conditioning. The Operational Conditioning Unit (OCU) works to ensure that the cadets are physically and mentally ready for the demands of a career in police work. The role of a fieldwork student is to be an OCU Facilitator. I had the opportunity to observe, assist with, and lead a variety of fitness classes and police-related lectures, as well as administer a variety of fitness evaluations. The main fitness/occupational evaluation used by the RCMP is the Physical Abilities Requirement Evaluation (PARE).

“Fieldwork has been a very valuable part of my education. The experience encouraged personal growth and development that will help me succeed in any future career.”
Bachelor of Kinesiology

SPRING SUMMER 2019 FIELDWORK

Chronic Disease Prevention & Management
Saskatchewan Health Authority, Regina, SK

Meagan Rotelick, Human Kinetics

The Saskatchewan Health Authority Chronic Disease Prevention and Management team is a huge multi-disciplinary group. Their programs are just in the process of being built and implemented, so to come into this project and get to lend a hand in shaping it was very exciting. My experience mostly consisted of attending the current COPD rehab that they have running. Here I was able to learn, educate, lead exercises, and adapt things to client's individual needs. I was working from multiple locations across the city, and no day was ever really the same. When I wasn't at a rehab, I spent the other time in office working independently and getting to know the professional settings, where decisions are made, and policies implemented. It was neat being able to experience both ends of the degree, the exercise, and the planning/promotion. I am so thankful for this placement; it truly has made me feel so confident in my ability to work in the field going forward. I know that I am now 100% ready to enter the profession and would highly recommend this placement.

COPD Home Rehab Program
My project was taking the rehab program they currently run and adapting it into a home program that could be used. I took the exercises run in class, adapted them, and explained them in a way that anyone should be able to read and understand. This also included creating diagrams of all the exercises and turning the current educational presentations into handout form that will still stimulate further thinking/questions.

“My fieldwork experience was truly amazing. I got to work hands on in a gym setting with exercise therapists, and then very independently at the office. It was a perfect balance, that allowed me to be part of two very different aspects of the kinesiology field.”

Winnipeg Blue Bombers, MB

Jeffrey Seekings, Human Kinetics

I completed my fieldwork placement with the Winnipeg Blue Bombers Football Club out of Winnipeg, Manitoba. This professional organization competes in the Canadian Football League, (CFL) in the western division. During this time, I was considered the assistant strength and conditioning coach under their head strength coach. Within that role there are many things that are required. From showing up early or staying late to tidy and prepare, to preparing workouts and adapting them when necessary. The strength coach is involved in each day before, during and after practice. During this experience I learnt how important the art and skill of coaching actually is and how impactful it can be.

Load Management
During the season we measured athlete load and looked at acute/chronic ratios in order to understand what loads different positions are subjected to at different points during the season, (i.e., camp, preseason, mid-season, etc). It can also be utilized for rehab purposes in preparing athletes for the loads they need to handle.

“Working with the Winnipeg Blue Bombers was a neat experience and unique opportunity.”
Creative Options Regina, SK

Creative Options Regina is a non-profit organization that supports and empowers people with various disabilities. At COR they use the philosophy of Gentle Teaching as a tool to help nurture and support those they serve. Gentle teaching is a culture and at COR people live the lives they want and not one that is prescribed to them. During my time at COR I was leading the Travel Training program that is partnered up with the University of Regina and the City of Regina. The Travel Training program helps to empower and give people in the community more options for transportation rather than using paratransit or other services that can cost too much. The Travel Training program teaches people conventional styled bus routes around the city. Each participant is run through four stages of learning until they are confidently riding the bus on their own.

"If you go slow you will get there faster. Take the time to learn, always ask questions and never rush. At COR we see a difference in the lives of those we support because we help to create an environment that empowers them. It takes time so be patient!"

Travel Training Program: The purpose of the Travel Training program is to help empower people in the community so that they can confidently ride the buses on their own. During my time at COR I focused on improvements and ways to expand the program. I created tip videos for Travel Training, made portfolios for the Travel Trainers and created a list that focused on improving accommodation needs around the city.

INLIV, Calgary, AB

INLIV works closely with individuals and families, as well as corporations, to provide premium medical, corporate, cosmetic medical aesthetics and personal health and fitness services. Their vision is to inspire healthy and amazing lives, which is every INLIV team member’s core purpose and the reason the organization exists. My role as a student encompassed working on the special project with wearable tech integration and shadowing certified exercise physiologists, personal trainers, and a physiotherapist. As time progressed, I started talking on more responsibilities from following the full warm up procedure for the BOD POD machine and slowly taking over executive medical assessments and getting more involved in exercise program building. Then eventually taking more and more responsibilities where I could run a full fitness assessment.

The fieldwork experience at INLIV was better than I expected and served as a great placement for facilitating my learning objectives, which will aid my transition into my future professional career.

Wearable Tech Integration  The purpose of this project was to reduce the manual process of tracking patients’ blood pressure readings at home. The wireless blood pressure cuff is paired to an app on the phone, which displays all the readings a patient takes over 1-2 week period. Then the physician can go in and look over the patients results, sometimes in person the blood pressure is higher due to white coat hypertension.
Above and Beyond Autism Consulting Services
Regina, SK
Stephanie Todd, Human Kinetics

Above and Beyond Autism Consulting Services (ABACAS) is a private Regina-based company that provides services to individuals with Autism Spectrum Disorder and their families. Their mission is to maximize the potential of each learner with autism by providing an intensive, comprehensive and individualized program based on the scientific principles of Applied Behavior Analysis and Intensive Behavioural Intervention. Learners work closely with Instructor Therapists in mastering their current targets and already mastered skills. The goal of the program is to build, maintain and generalize skills in all areas of development and to achieve independence and improve the quality of life of the learners. The fieldwork student’s role is stepping into an Instructor Therapist role working one-on-one and in group settings with learners. After in depth training there will be the opportunity to practice and gain experience in implementing individualized programs, tracking data and progress and updating targets and programs. Students work alongside the Lead Therapist and owners/co-founders to learn how to design programs, track and analyze assessments and the admin aspects of the company. ABACAS offers the opportunities for students to gain valuable hands on experience working with this population which can be applicable to other areas of interest.

Data Analysis of Learners’ Acquisition of Language Skills-When new families begin at ABACAS, a common question is “when will my child begin to talk?” I tried to answer this question by using data that has been collected for all learners who have attended the centre. I was able to track trends specific to language development based on results from learners’ ABBLS-R assessments. Finding an average growth in language development based on the number of hours of therapy, will give new families a better understanding of the programming at ABACAS, help decide how many hours of therapy they want for their child and to have realistic expectations of their child’s progress.

Bachelor of Kinesiology

Human Kinetics (HK)
The Human Kinetics major will prepare you to work in the areas of physical fitness appraisal, exercise rehabilitation, counselling, exercise leadership, lifestyle management, health promotion and wellness. You will focus on both individual and community based programming; incorporating a strong understanding of physiology, biomechanics and movement behaviour. All students will learn about disability and the relationship to physical activity, assessment and rehabilitation.

Health Promotion (HP)
Health Promotion focuses on 'preventative health' strategies. From a solid foundation in movement science, you will learn how to assess, develop and implement programs that are designed to attain specific health outcomes.

Gerontology (GERO)
Gerontology is the study of social, psychological, and biological aspects of aging. This major takes an 'active health' approach to anticipating the needs of an aging population.
Community Development, Parks & Recreation; Recreation Services Division, City of Yorkton, SK

Julia Schofer, Sport & Recreation Management

The City of Yorkton’s Community Development, Parks and Recreation Department is a branch within the municipal government that is charged with a range of tasks. The Recreation Services Division, which I was placed with, is charged with a range of responsibilities which includes looking after facilities, recreation programming and park infrastructure. Part of my role as the ‘Recreation Services Coordinator’ was to assist in the administrative aspects of the Division. I assisted with scheduling and booking of facilities, registration and refund processes of summer programming and completing contracts and transactions for facility rentals and programming. Another task included retrieving an inventory of assets within the parks and logging the quantity, if applicable. Tasks ranged from day to day but has allowed me to build and continue to strengthen my prioritization skills, communication with co-workers and the general public and understand the importance of completing work within a specific timeline. The skills learned from this experience will benefit down the road when I seek a job that will fit with my career goals because they are all transferrable skills that can be applied to any job position and industry.

Recreation Services Needs Assessment ~ A department task to allow for community thought and opinion on current facilities and programs while also getting responses towards new recreation programming that the public would like to see offered in the community.

“You can only plan so much, so always be ready to think on your feet.”

Saskatchewan Sports Hall of Fame, Regina, SK

Ross Vanstone, Sport & Recreation Management

Creating Active Champions I ran the summer program and for this had to find sponsors, email groups and lead these groups during the program.

My time at the Saskatchewan Sports Hall of Fame was great! I was able to run my own program and interacted with a lot of great people. It was really cool meeting some of the inductees when they would show up to the Hall of Fame. I learned a lot more of the history of sports in Saskatchewan. I learned how much time and effort is put in for the induction day and what all needs to be done. The staff was great and I looked forward going to work every day. By far the best place to work for my fieldwork and highly suggest future students to think about the Saskatchewan Sports Hall of Fame.
The Faculty recently introduced a Paid Internship Option for our SRM Major. We are excited to announce that Ben finished his first semester of his Paid Internship during the Spring Summer Semester.

Cougar Athletics
University of Regina, SK

Ben Berger, Sports and Recreation Management

I conducted my summer work term with the University of Regina Athletics, which is a department within the Faculty of Kinesiology and Health Studies. My responsibilities as a Marketing and Communications Intern encompassed a broad spectrum of assignments. Social media content creation was one of my duties, including the research and implementation of a new social media channel for the Faculty of Kinesiology and its departments. The account that was created is @URAllKinected, so give it a follow and stay up to date on everything happening in the KHS Faculty! I also attended the Athletics Department’s annual retreat and was able to provide my opinions and insights on the athletic department’s strategies and direction.

How does it feel to be the first student to participate in the SRM paid internship program?
Being the first SRM student to conduct a paid internship has been a rewarding experience and felt like the perfect fit for me. You have the opportunity to gain a year of practical work experience in the sports industry, and you also get to learn how to manage a real work-life balance.

Background:
The Bachelor of Sport and Recreation Studies - Sport and Recreation Management (BSRS-SRM) major has been an area of study for undergraduate students in the Faculty of Kinesiology & Health Studies since the creation of the Faculty in the early 1980s. Inherent in this degree program, since its inception, has been a focus on experiential and applied learning through the Fieldwork program. The current Fieldwork program requires students to complete a tuition based, mandatory 15 week (560 hour) nonpaid placement with students earning 15 credit hours toward the BSRS - SRM through the completion of Fieldwork. The current BSRS-SRM major program will remain as is for the majority of students.

The BSRS - SRM Paid Internship program will be a restricted, competitive entry program with a maximum of 10 students admitted annually. Minimum requirements include a PGPA of 70% and Major average of 75% with an application prior to completing 75 credit hours.

This revision to the major will replace the Fieldwork component, for the students admitted to this program, with 15 credit hours of course work. The paid internship experience is a minimum of 8 months and a maximum of 12 months in duration. The internships will be managed by the University of Regina Career Centre Co-operative Education & Internship Office in collaboration with the Faculty of Kinesiology & Health Studies Experiential Learning Coordinator.

In recent years the Faculty of Kinesiology & Health Studies has been approached by a number of traditional and non-traditional Fieldwork Sport and Recreation agency partners who have expressed an interest in paid internships beyond the current 4-month Fieldwork placements. This revised program is in response to this demand.

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
College Park II Retirement Residence, Regina, SK

Alix Norum, Therapeutic Recreation

This semester I had the opportunity to do my placement at Collage Park II a newly built 181 room, 4-floor retirement residence in Regina. They provide independent living, respite care, personal care, and memory care. College Park II is apart of a national company called All Seniors Care, and follows a person centre care approach. During the past couple of months I spent most of my time between the personal care and memory care floor. During my placement I implemented programs such as morning exercises, art classes, music programs, and different reminiscing programing to the residents. I also developed skills and gained knowledge by administering assessments, completing documentation, setting resident specific goals, adapting programs as necessary, communicating with families and care teams, as well as developing meaningful relationships with the staff, residents, and their families.

“I am so lucky to have been apart of College Park II family! The memories and relationships that I have developed will be held very near and dear to my heart for many years to come.”

Impromptu Activities For my special project I developed a binder and multiple containers of impromptu activities for both the memory care and personal care floors so volunteers, recreation, and care staff could administer these activities to the residents individually. The goal of these different impromptu activities are to help the residents pass time, reduce their agitation, wandering, exit seeking behaviour, as well as assist the care aids with their care time. Activities included: a lifelike baby doll, sorting and folding clothes, brain puzzles, Sing-A-Long, and adult colouring.

Wascana Rehabilitation Centre, Regina, SK

Erica Schmiedge, Therapeutic Recreation

The Adult Rehab Program at Wascana Rehabilitation Centre provides multidisciplinary and specialized treatment services to clients in Southern Saskatchewan who require rehabilitation services. The most common clientele seen by the program includes individuals experiencing chronic pain, acquired brain injuries, spinal cord injuries, or multiple sclerosis. My role as a student recreation therapist was to assist these clients in transitioning from the rehab program back out into their community. The recreation therapist is responsible for the assessment of a client, planning of recommended services, implementing of programs or chosen interventions, as well as the evaluation of services provided. This experience helped me to learn more about specific chronic conditions and how they can affect all domains of an individual’s health. Recreation therapy can be beneficial in helping clients to adjust to their lifestyle changes and navigate the services offered. Overall, I feel that my fieldwork experience has prepared me for my future as a professional and I am excited to start this journey.

“My fieldwork experience provided me with the opportunity to participate in the assessment, planning, implementing, and evaluation processes of recreation therapy. I learned the importance of evidence-based practice and plan to continue my education in order to stay up to date on the latest treatment recommendations.”

Multiple Sclerosis Service Delivery Package (includes assessments and programs appropriate for clients with Multiple Sclerosis)
Clubhouse Without Walls, Surrey, BC
Tessa Wilson, Therapeutic Recreation

Clubhouse Without Walls is a Recreation Therapy based program in Fraser Health offered to individuals ages 16-25 living with mental illness. The Recreation Therapist supports all clients in creating goals and supports the clients once a week in exploring leisure activities following the client’s recovery plan. The end goal for the Recreation Therapist in this program is to have the client participate independently in leisure activities in their community.

Throughout the placement I was able to support the clients in developing goals, support the clients one to one when participating in leisure activities and facilitate group programming for the client caseload. This experience has allowed for me to develop professional skills in Therapeutic Recreation, gain knowledge towards mental health illness, and develop personal strengths as well. My placement could be straining and difficult at times however I believe that this placement will support me in any future job opportunities in Recreation Therapy.

Social Anxiety & Leisure Engagement Pamphlet & Clubhouse Without Walls Pamphlet
I created a Social Anxiety pamphlet and Clubhouse Without Walls pamphlet for clients and families to understand what social anxiety is and how leisure can help decrease it. Clubhouse Without Walls pamphlet explains services Recreation Therapist offers.

Therapeutic Recreation (THRC)
Therapeutic Recreation uses a thorough understanding of recreation and leisure theory to elicit changes in functioning. Completion of this major will guarantee eligibility to write the exams through NCTRC (National Council for Therapeutic Recreation Certification) to become a Certified Therapeutic Recreation Specialist (CTRS).
College Park II Retirement Residence, Regina, SK

Kim Shalley, Therapeutic Recreation

College Park II Senior’s Retirement Residence is home to over one hundred and eighty residents with varying needs. This residence has four floors, three of which include independent living, split between personal and memory care. This residence focuses on achieving a person centred philosophy and putting resident’s needs first. Throughout my experience, I have had the opportunity to assess and document several resident’s interests and values in recreation. I have learned that by developing positive relationships with the residents, they began to gain my trust, and were not afraid to ask myself questions. Along with this, I developed my public speaking skills by making daily announcements at lunchtime to inform residents about the activities that would take place for the rest of the day. I have also facilitated several small and large group activities to the independent residents, some of which included chair balance exercise classes, and creative writing sessions. Once residents have been placed into programs of their choice, I have helped evaluate to see if they are meeting their specific goals, or if changes need to be made.

Musical Adventures. For my special project I implemented a music program for residents who have played a musical instrument before, and those who would like to learn to play an instrument. By advertising posters at local music facilities, and contacting high schools I was able to gather several musical, community volunteers to guide residents in playing their instrument of choice for fun, and enjoyment.

Kim Shalley and your Musical Adventures Special Project were featured in a CBC article in August 2019. “Regina student bringing joy of music to seniors through a one-on-one program”.

"As a Recreational Therapy student I feel much more confident in the areas of assessing, planning, implementing, and evaluating a variety of activities to improve the overall quality of life of several individuals.”

Feature Special Project

"It really helps with improving their mind and also just improves their overall quality of life increasing their social skills interacting with others,” Shalley said.

"It really makes me happy that they can share the memories together,” Shalley said. “I hope that it brings more memories to come.”

By Heidi Atter, CBC News, August 11, 2019
3-Minute Videos
Students share their reflections of professional growth and development

Description for the Video: In a three-minute video presentation, you will explain what you did for your special project. Throughout the semester, you will monitor the planning, application and reflection of your special project and share the valuable skills you learned through the process of your project. You will not be evaluated on your special project but you will be evaluated on your ability to share what you learned in a concise and creative manner.

From the beginning of your placement you have been brainstorming, planning, preparing and carrying out your special project. This special project is a way to leave your mark at your agency as well as practice and develop valuable professional skills and knowledge that will serve you well with your future career. Imagine yourself at a job interview where you leave a video that helps you share your experience working on this special projects and how it helped you gain the skills, knowledge and increased confidence in your area.

Create a video for your professional portfolio that:
• Describes your special project (purpose, objectives, timelines, plan, things that did not go according to plan, adjustments you made along the way, etc.)
• The value it has for your agency and/or the people it serves
• The outcomes of the project including the effect it had on those you serve, your supervisor and yourself
• How did working on the project help you develop knowledge or skills sought? What professional skills or knowledge did you develop? What skills did you develop or information did you learn that was unexpected?
• Did it work out the way you thought it would? What would you have done differently next time?
• What is the most valuable aspect you have gained from working on the project? How will this help you in your professional career moving forward?

A few of my favorite videos from this semester:

Omar Rashad, BHS
Canadian Blood Services
SP: Student Engagement Campaign
https://www.youtube.com/watch?v=jPcAU_Nqy-jI

Julia Schofer, BSRS-SRM
City of Yorkton
SP: Needs Assessment
https://youtu.be/WoaHNpwjYXM

Lauren Lipsius, BKIN-HK
Canadian Sport Institute Pacific (Whistler, BC)
SP: Ski Cross Information Management
https://www.youtube.com/watch?v=doRxTF2chEE

Baw Meh, BHS
Regina Transition House
SP: Finding Resources for Immigrant Women Who Flee From Violence
https://youtu.be/81vNS67olPw
Each student in Kinesiology and Health Studies is required to complete fieldwork as a final part of his/her degree program. Fieldwork is a 15-week, 560 hour, unpaid internship designed to provide the student with an opportunity for a practical, “real world” experience bridging his/her academic present and professional future. Students research and find their own placement based on their Degree Program, Major and Self-determined Learning Objectives. Some decide to look for opportunities locally and others look, provincially, nationally or even internationally!

FIELDWORK PARTNERS

The Fieldwork program relies heavily on Kinesiology and Health Study professionals in the community to provide quality opportunities and leadership for our students. Together the student and the supervisor create and modify learning objectives to plan for a placement full of exploration and practice. Students must take initiative, ask questions, take risks and step out of their comfort zone to get the most out of their experience. After a period of observation, students will have the opportunity to first assist in activities and then take the lead role of the professional when they are ready. With continued support from their supervisor, students are expected to perform their responsibilities with competence and a growing level of confidence.

Peyak Aski Kikawinaw - Together We Are Stronger

The University of Regina is situated on Treaty 4 lands with a presence in Treaty 6 territory. These are the territories of the nehiyawak (Cree), Anihsinapek (Saulteaux), and Dakota, Lakota, and Nakoda, and the homeland of the Metis.

The Faculty of Kinesiology and Health Studies Fieldwork Program is proud to have many partner agencies who provide our students with the opportunity to engage in community based practice to enhance the lives of First Nations and Metis people in our province, country and world.

The Faculty is also proud of our students and recognize the contributions they make to our communities by sharing their knowledge and stories both with the people they serve and with our Faculty! Samantha Racette is a Bachelor of Health Studies student who has done a wonderful job sharing her story about the importance Elders and Traditional knowledge keepers in her personal journey. Please take less than 3 minutes to watch her story.

Samantha Racette, BHS
Sturgeon Lake Health Center
Special Project: Bundle Building
https://www.youtube.com/watch?v=4fgILFMX-Jc&feature=youtu.be

Experiential Learning Coordinator
(Fieldwork Coordinator)

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