People helping people

Feature Fieldwork Agency:
Street Culture Project p. 3

New: Links to 3-minute Special Project Videos (Student Perspectives)

International Placements!
Bahamas, California, Oregon

Experiential Learning Opportunities within KHS Courses p.25

Message from the Dean: Valued Community Partnerships p.28

3-Minute Special Project Video
https://www.youtube.com/watch?v=UtEzUO1ze9g&t=44s

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## HEALTH STUDIES

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## SPORT AND RECREATION MANAGEMENT

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## THERAPEUTIC RECREATION

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## EXPERIENTIAL LEARNING OPPORTUNITIES WITHIN THE FACULTY OF KHS

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## HOW DOES MY AGENCY GET INVOLVED
Street Culture Project is a registered Charity and Non-Profit Corporation, which for 20 years, has provided personal support and skills development for children, youth and young adults in need of services. Street Culture services include emergency and long-term housing placements, as well as outreach and various support programs for street involved youth.

Agency Supervisor: Jamie Malinowski

Health Studies students come prepared to their fieldwork placement with a wealth of knowledge and skills. They are well versed in the social determinates of health, allowing them to help bridge the gap between the fundamentals of health and the individuals they will serve in the workplace. Additionally, the time allotted for their placement allows them ample opportunities to learn and grow while also giving back to the hosting agency through exercising their acquired knowledge on a daily basis and providing the agency with more focused support in the form of a special project.

By hosting a Health Studies student, we provide them with practical experience that displays how physical and social factors influence health outcomes. Students are able to discover how health influences the community they live in, and in addition, practice their critical thinking skills to offer solutions to ease these challenges.

Street Culture Project understands the value of interdisciplinary learning, encouraging students and staff of various educational and experiential backgrounds to teach and learn from each other in an effort to provide an informed holistic approach when working with individuals.
Street Culture Project Inc.  
Zhaoyi Wang, Health Studies

“My experience with Street Culture Project has been incredible. Street Culture Project gave me the opportunity to participate all the programs. I spent most of my time with youth and helped them build life skills such as cooking, budgeting and time management. I was able to accomplish all of my learning objectives with Street Culture Project by facilitate programs, learning case management and building good relationships with youth and staff.”  

-Zhaoyi Wang

Student Energy in Action for Regina Community Health  
Sajdah Al Suliman, Health Studies

SEARCH (Student Energy in Action for Regina Community Health) is non-profit, multidisciplinary, student run health care initiative in North Central Regina. SEARCH provides a safe, warm and non-judgemental atmosphere for community members to come to get a healthy meal, childcare, access to after hours’ health services, and amazing social programs to meet the communities needs. SEARCH acts as an extension of the Four Directions Health Clinic in-patient care, programs, advocacy and protocols. SEARCH’s goal is to educate and empower clients and students on the social determinants of health and primary health care to create a more socially responsible future of health care professionals.

“I have enjoyed my fieldwork placement within SEARCH. Throughout my placement I have gained more knowledge and experiences in many different areas such as medical and health care services, and social programming including administrative work. My fieldwork placement improved my knowledge and gave me the opportunity to interact with clients and work alongside professionals from different fields. The most important part of my fieldwork experience is that SEARCH has provided me with the skills and the knowledge that I need for my future career as a professional”.

-Sajdah Al Suliman
RQHR, Infection Prevention & Control Department

Shanelle Dixon, Health Studies

“I was able to enhance my research and public speaking skills, at the same time as becoming a leader and making a difference through health promotion initiatives regarding appropriate hand hygiene and glove use! It was a great placement with no boundaries for learning.”

3-Minute Special Project Video
https://www.youtube.com/watch?v=hJfLDcCkmgc

The Infection Prevention and Control department is tasked with ensuring patient, staff and environmental safety throughout all facilities in the Regina Qu’Appelle Health Region. They accomplish this through monitoring, educating, researching, and enforcing policies and procedures on antibiotic resistant organisms (AROs) and other infectious agents, isolation precautions, hand hygiene, personal protective equipment, surgical site infections, and environmental cleaning strategies. As a student in this department I worked both independently and as a team member on completing hand hygiene and glove use audits, performing data entry and data analysis, forming final research reports, as well as developing and delivering appropriate hand hygiene and glove use education to healthcare workers. I was privileged with the opportunity to shadow different infection control practitioners and learn their roles on the units including delivering patient education, checking up on ARO positive patient’s, sending screens for different pathogens, performing unit audits, and observing presentations. While shadowing I was able to view many of the different units at the Regina Hospitals. An additional bonus to this agency was the fun atmosphere that surrounded the work environment.

Health Canada, First Nations & Inuit Health Branch, Regina, SK

Heba Syed, Health Studies

3-Minute Special Project Video
https://www.youtube.com/watch?v=g1C3iO_qvhw

Throughout my experience at the First Nations and Inuit Health Branch of Canada (FNIHB) I gained immeasurable knowledge in the delivery of health programing in First Nations communities as well as the mechanisms, processes and authorities associated with these programs. I have had the opportunity to attend numerous community gatherings in Southern Saskatchewan with the mental wellness programming staff and saw first-hand the impact that the services deliver, the challenges First Nations face and heard the stories of resilience, strength and empowerment that have led communities to address their health priorities. Travelling to these communities allowed me to step out of the office setting and witness the cultural celebrations and unity of the communities. These moments clarify the significance of each employee's role at FNIHB, and provide meaning to the work they do. I was also able to complete nationally accredited trainings such as, Mental Health First Aid, and Applied Suicide Intervention Skills Training which has taught me structured methodologies to assist people with suicide ideations from immediate danger.

These valuable experiences have positioned me to better understand the realities of First Nations, the challenges they face, and the work that FNIHB does to assist in achieving community wellness. This experience is one I will never forget and the professional skills I have obtained have positioned me very well as I move forward in all my future endeavors.

-Heba Syed
Public Health Agency of Canada, Regina, SK

Public Health Agency of Canada (PHAC) is the primary government agency responsible for public health, infectious and chronic diseases control, and emergency preparedness/response in Canada. The Agency (PHAC) works with provinces, government organizations, non-government organizations (NGO’s), and international organizations to provide innovation in healthcare. PHAC continues to work on attaining global leadership in the public health portfolio, and achieving its goal of healthier Canadians, reduced health disparities, and a stronger capacity to deliver on and support public health activities.

Miranda Murray
Health Studies

During my time at PHAC, I worked with a Policy Analyst in the Policy, Planning and Intergovernmental Affairs Unit. My role as a fieldwork student was to assist in performing time-sensitive analyses on priority public health issues that aligned with the efforts of PHAC. I completed an environmental scan on harm reduction services and programs offered within the Saskatchewan and Manitoba region. The goal of harm reduction services are to reduce the incidence and transmission of HIV and other blood borne infections associated with injection drug use and sexual activity.

“While working as a fieldwork student at PHAC, I gained experience that provided me with the skills to assist in the delivery of health care programming and services to various populations. I had the opportunity to learn about federal government processes while working in a collaborative team environment. This fieldwork placement allowed me to apply my theoretical knowledge in a practical setting where I could contribute to decision making processes surrounding public health issues.”

-Miranda Murray

As a fieldwork student at PHAC (MB/SK region), I was placed with the Policy, Planning and Intergovernmental unit (PPIU) and contributed to work that was focused on but not limited to indigenous public health, stakeholder relations, public health intelligence gathering/ knowledge development and exchange. I also contributed to timely and thematic environmental scans on public health issues and social determinants of health, ongoing regional policy planning, and intergovernmental affairs, as well as the development of stakeholder profiles.

Completing my fieldwork at PHAC has been a very educative and rewarding experience. This placement has provided me with the opportunity to apply the skills and knowledge gained from the University of Regina to contemporary public health challenges in Saskatchewan. A quote that would sum up my experience at PHAC would be “Health is an investment not an expense”- Unknown.

-Bliss Wiche
CBI Physiotherapy & Rehabilitation Centre Park Street

Benedict Akunor, Human Kinetics

CBI Health Group is Canada’s largest community healthcare provider. It is focused on improving the lives of Canadians by improving the quality of patient care. To provide excellence in care, CBI Heath Group recognizes the need to foster a workplace where there is a high level of personnel satisfaction; where commitment is given freely and where there is a genuine desire to achieve excellence. The CBI Health Group network includes health centers, home healthcare, monarch house, workplace solutions, and assessment services.

"My fieldwork placement has impacted me both personally and professionally. I have gained exposure into what the field of exercise therapy entails and have learned how to conduct myself in such a working environment."

-Benedict Akunor

3-Minute Special Project Video
https://www.youtube.com/watch?v=8uZtFdsijuQ

Creative Options Regina Melissa Banjeree, Human Kinetics

Creative Options Regina (COR) is a non-profit organization that supports individuals experiencing cognitive and intellectual disabilities to be independent and interdependent in growing together as a community. Through the philosophy of gentle teaching, there is a connection between the individuals and everyone in their communities that shows the value everyone has and lets them be themselves. The office reflects their philosophy, as it is open and full of creativity that draws you in to want to stay and learn more of who they are.

"My time with COR these past few months has been amazing in being able to meet so many individuals that are supported by COR and their supports. My role has been a health and wellness coordinator, where I facilitate different events that have been occurring throughout this summer. I have been able to work with an occupational therapist, this has helped me in watching different strategies and being able to go through some of the assessments used in finding the best methods specific to the individual.

“People I have met through COR have been encouraging and I have been able to learn from each one of them. I have been able to be independent in my work and proactive in getting involved, while being confident that I have supports available to turn to for guidance when needed!”

-Melissa Banjeree

3-Minute Special Project Video
https://www.youtube.com/watch?v=sHtK5d1EArs&t=2s
International

Genesis Physiotherapy & KTH Physiotherapy
Nassau, Bahamas

Working at two agencies allowed me to experience two different perspectives on physiotherapy and treatment for clients. I had similar responsibilities at both agencies including: answering calls and booking appointments, preparing rooms for clients, assessing outcome measures and instructing and creating exercise programs for clients. Everyone was very informative and I had opportunities to learn from others and learn on my own. I was able to see lots of different conditions and learn from different experts as one clinic specialized in backs while the other specialized in shoulders. There was a huge variety in cliental as the Bahamas is home to people from around the world. It was very interesting to see differences in communication and the client therapist environment because of the different culture.

3-Minute Special Project Video
https://www.youtube.com/watch?v=cHqquJGpjNQ

LG Fitness, Regina, SK

At LG Fitness, fieldwork students get the opportunity to teach and instruct a large variety of individuals and different styles of fitness classes. They learn the developmental process of creating their own workout plans, classes and programs, while gaining experience on how to adapt the exercises to suit the needs of each individual at LG Fitness.

3-Minute Special Project Video
https://www.youtube.com/watch?v=UjqNunyBnHo&t=55s
Northern Hills Sport Physiotherapy, Calgary, AB

Northern Hills Sport Physiotherapy is a multi-disciplinary clinic with well-rounded physiotherapists who are able to provide services such as concussion rehabilitation, vestibular treatment, functional dry needling, women’s health, and custom foot orthotics. In the clinic, fieldwork students are responsible for utilizing therapeutic modalities such as TENS, IFC, ultrasound, and cupping, building unique exercise programs for a variety of ailments or injuries, and even learning how to perform a subjective assessment. The staff at NHSPT are more than happy to assist or provide any feedback to the fieldwork student, which makes for a great learning environment.

In-Home Physical Therapy & Massage is an organization that allows clients to have physiotherapy, kinesiology, and massage appointments from the comfort of their home. If a client is unable to get to a rehabilitation facility, the physiotherapist will assess the patient and then create a unique exercise program for either the physiotherapist or kinesiologist to follow up with. The fieldwork student is responsible for helping create exercise programs, while also carrying out the exercise therapy portion of the appointment. Not only is having one-on-one time beneficial for the client, but it is also an excellent way to ease into the “kinesiologist” role.

3-Minute Special Project Video
https://www.youtube.com/watch?v=9yluF4R9vMw&t=2s

"My time at NHSPT and In-Home Physical Therapy & Massage has been nothing short of fantastic. From day 1, I was given full freedom and independence, which has only enhanced my learning experience. Both organizations were excellent learning environments, and there was never a time where my fieldwork duties felt like "work". I would highly recommend pursuing fieldwork at either of these two organizations as you will come out with the knowledge and professional skills for a successful future.”

Kaili Gilroy
Human Kinetics

The Steadward Centre Edmonton, AB

The Steadward Centre is an organization dedicated to supporting persons of all ages experiencing disabilities in an adapted physical activity setting. Within this organization there are five program areas: Adapted Fitness Program for Adults, Athlete Development, Community Exercise Transition, Free2BM, and Functional Electrical Stimulation (FES). Under the umbrellas of the adult, athlete, and children’s (Free2BM) programs are a number of different programs offering both one-on-one support to develop a variety of abilities, for example fitness, sports, or motor skills, and group classes that are specifically focused on one or two overall skills, such as dancing or basketball. Community transition allows participants to get involved in exercise opportunities in their own communities and FES uses electrodes placed on the skin to stimulate a muscular response in weak or paralyzed limbs of a participant.

3-Minute Special Project Video
https://www.youtube.com/watch?v=uls0tI6V1PO&t=61s

The Steadward Centre provided an amazing atmosphere for me to experience what adapted physical activity can be in a way that is empowering for those participating and has inspired me to continue learning through the objectives I chose early on and beyond. I have developed a desire to spread the vision and values of The Steadward Centre and to help develop the ideals set forward to continue impacting and empowering the lives of people experiencing disabilities through physical activity.

Bethany Kauenhofen, Human Kinetics
Courtside Sports Medicine & Rehabilitation, Regina, SK

Courtside adopts an active functional rehabilitation philosophy that encompasses the utilisation of return to work activities, functional assessment, non-invasive treatment, and a variety of rehabilitation modalities. The combination of these clinic services proves to be an effective strategy for over 20 years of helping individuals associated with Saskatchewan Government Insurance, Workers Compensation Board, and Privatized clients.

Fieldwork students at CSMR are paired with a certified exercise physiologist and are involved with all the daily tasks of their supervisor. Fieldwork students shadow the exercise physiologist to get an understanding of how CSMR operates and to learn how to apply their education to help clients. Students learn about the tasks of an exercise physiologist, including the fitness testing protocols specific to CSMR. They also assist in rehabilitation programs by correcting client posture and using the tools learned in their degree program such as the Cybex and blood pressure testing. As the semester progresses, kinesiology students develop a more active role with clients including performing fitness testing, developing programming and exercise instruction, monitoring and correction.

Ryan Griffiths, Human Kinetics

“Courtside Sports Medicine and Rehabilitation has given me the opportunity to explore the health care field and establish my transition from academia into practice. Providing myself the opportunity to think outside the box and conduct myself in a way that challenges and pushes myself to develop into a more functional and effective practitioner. CSMR constantly provided me with both the opportunity to accept leadership opportunities on an assortment of tasks and conduct a variety of functional testing with the incorporation of exercise prescription and supervision.”

-Ryan Griffiths

CSMR has advanced my understanding of injuries and the operation of a rehabilitation clinic. This fieldwork placement has provided me with extensive practical experience and the confidence to enter the kinesiology field as a professional. I am looking forward to applying the knowledge I have gained at CSMR to my future career path.

-Cara Schnell

3-Minute Special Project Video
https://www.youtube.com/watch?v=i3oaKFxTq8g

3-Minute Special Project Video
https://www.youtube.com/watch?v=zmPY8kL_xag

Cara Schnell, Human Kinetics
Dr. Paul Schwann Applied Health and Research Centre, University of Regina

Krystal Konjolka, Human Kinetics

Cardiac Rehabilitation

The Cardiac & Love2Live program includes prescribing exercise for those with chronic disease and risk factor management. Fieldwork students in this program can expect to be placed in the position of an assistant consultant, participating in fitness assessments for clients with two or more risk factors or with a chronic condition as well as working with clients to implement programs and track progress.

Working within an innovative centre like the Dr. Paul Schwann Centre has helped me realize my goal of gaining experience in a rehabilitation centre with clients who have varying chronic conditions. The diversity of clients that attend the Dr. Paul Schwann Centre has served to remind me of the strength of the human condition and the depth of knowledge that is required to assist differing populations in a safe and effective manner. I have found this experience very rewarding because I have learned not only the basics of exercise prescription for people with chronic conditions, but I have reframed my outlook on life based on the experiences that I have had at the centre. I have learned that one’s health cannot be judged by appearance, and one’s condition does not have to influence one’s outlook on life. In the future, I hope to work with a variety of populations so that I can become a well-rounded health professional.

Exercise and Workplace Health

Eric Wu, Human Kinetics

Dr. Paul Schwann Applied Health and Research Centre (DPSC) is an inter-professional health and wellness solutions facility. This facility provides health services and prescribe exercises based on current scientific evidences for various populations with different backgrounds. DPSC offers two main programs: exercise therapy and cardiac rehabilitation for clients to improve their health and wellness. This facility also offers services such as high performance testing, occupational testing, and rehabilitation.

DPSC locates inside the Centre of Kinesiology Complex at the University of Regina; one of their major goals is to provide kinesiology students with practical knowledge and experience. As a fieldwork student, I am privileged to work with clients of various backgrounds of health with different goals in mind. I also have the opportunities to work with Rams and Cougar athletes with the trainers of Athletes’ Health and Performance Centre.

3-Minute Special Project Video
https://www.youtube.com/watch?v=iIQeYG0kYdo&t=8s

Through this placement, I work closely with my supervisor and other knowledgeable exercise professionals to prepare myself working as an exercise physiologist in the future and be confident about prescribing exercises to clients as I had experienced from working with clients of chronic conditions to elite or varsity athletes.
Empowering Steps Movement Therapy, Coquitlam BC

ESMT gave me a terrific opportunity to further my education in Kinesiology and working with children who have disabilities. The experience went above and beyond my expectations and provided me to work one-to-one with children and youth in a gymnastic and pool environment. I have achieved all my goals and objectives through this amazing experience and the skills I have learned will carry over to my future career path.

-Curtis McCallum

Level 10 Fitness, Regina, SK

Level 10 Fitness is a full service supervised training organization, where each and every session is guided by a Certified Personal Trainer (CPT). At Level 10, exercise specialists aim to deliver effective, appropriate, and efficient workouts that meet and exceed the expectations of the broad spectrum of clients serviced.

The fieldwork experience that I had at Level 10 Fitness was exceptional in the way that the experience made me more diverse in the field of Kinesiology. After weeks of learning from exercise specialists and the opportunities for hands-on experience, I am set for my future career with the knowledge to be a diverse professional who is capable of a variety of training methods, as well as rehabilitation methods. I am able to conclude my fieldwork experience at Level 10 as a more knowledgeable, open-minded, and diverse practitioner in the field of Kinesiology.  

-Jason Mo

3-Minute Special Project Video
https://www.youtube.com/watch?v=jhdG1BTxOD0&t=67s
The San Jose Sharks are a professional ice hockey team in the National Hockey League (NHL). Future fieldwork students who work with the Strength and Conditioning staff will have responsibilities such as:

- Daily weight room set-up and breakdown for each team and camp workout.
- Monitoring of weight room at the practice facility.
- Daily equipment maintenance.
- Observing and assisting in the coaching of team workouts, under the supervision of the Head Strength and Conditioning Coach.

“Over the course of my summer with the Sharks, I have had the opportunity to learn and observe how professional hockey players are trained and prepared for training camp and how training camp is facilitated from the perspective of a Strength and Conditioning coach. This experience has allowed me to network with some of the smartest people in the Strength and Conditioning industry and to learn their training philosophies hands on. Moving forward, the time that I have spent with the Sharks will only have a positive effect on my future as a Strength and Conditioning Coach by providing me with lifelong connections and friends.” – John Odgers

CBI Health Centre, Moose Jaw, SK

CBI is a Canada wide health group; each location offers varying services. At the CBI – Moose Jaw location the following services are provided: Acupuncture, Orthotics, Kinesiology, Physiotherapy, Chiropractic, Motor Vehicle Accident (MVA) Rehabilitation, Return to Work Planning, Pelvic Health, Occupational Therapy, Driving Assessments, Health and Safety Consulting and Vestibular Rehabilitation.

“During my time at CBI – Moose Jaw I have learned how to work as a professional within the health industry. Completing my fieldwork experience with a company such as CBI has allowed me to gain valuable professional skills and develop relationships with practicing professionals in a multidisciplinary setting. Working at CBI – Moose Jaw has allowed me to develop the necessary skills and gain valuable work experience as I look for entry level employment upon the completion of my kinesiology degree.” – Kyle Oleniuk
First Steps
Wellness Centre is a non-profit organization that offers exercise-based rehabilitation for people who have a variety of neurological conditions. This agency focuses on improving the health, well-being, physical function, and quality of life of the clients that attend their program. First Steps relies on their fieldwork students to provide assistance with client programs and to work individually with clients when necessary. Student duties include helping with client transfers, assisting with aerobic and resistance training exercises, setting up and taking down work areas, and independently conducting client training programs.

Brooke Pachal, Human Kinetics

During my placement, I had the opportunity to work on a number of projects including creating and carrying out two periodized training programs; working one-on-one with seven clients; and conducting and presenting research about aerobic exercise for individuals with spinal cord injury. These projects fulfilled my learning objectives and allowed me to gain field experience in a number of different areas that I was not expecting. During my placement, I also gained professional competencies such as communication skills, leadership skills, problem solving skills, and presentation skills. Not only has this experience rounded out my education, it has also deepened my passion for rehabilitation, disability, and neurological science. My fieldwork placement has truly been the most rewarding part of my degree.

-Brooke Pachal

Katie Polischuk, Human Kinetics

First Steps Wellness Centre was a great placement for my fieldwork and gave me the opportunity to obtain a substantial amount of hands-on, independent experience in a short amount of time. After observing different clients for the first couple weeks, the staff began entrusting me to do hands on work with their clients, as well as start taking independent work hours with them where I was able to help the clients move forward in their recovery. The environment I worked in and the people I worked with made the experience very enjoyable, as well helped me remain motivated and excited to come to work each day.

-Katie Polischuk
INLIV Full Circle Health, Calgary, AB

Matthew Pacholko, Human Kinetics

INLIV Full Circle Health practices a full circle health approach working closely with individuals and corporations to provide premium medical, health, wellness, fitness and medical aesthetic services. Clients at INLIV represent a diverse population of families, executives, young professionals and retirees who are on the path to a better lifestyle. With the goal of inspiring each life to be truly amazing, they create a warm, compassionate and personalized experience for their clients.

“INLIV Full Circle Health provided the optimal learning environment for me to grow, reflect, learn new skills and refine my knowledge surrounding exercise physiology. My teammates at INLIV provided me with the value I was looking for in an agency by demonstrating compassion and equipping me with the tools and knowledge to successfully transition into my professional career as a kinesiologist.”

St. Joseph’s Hospital, Sun Country Health Region, SK

Lindsay Pierson, Human Kinetics

Sun Country Health Region (SCHR) encompasses the southeast portion of the province. There are 28 different care facilities and 38 public health programs within the region. SCHR continues to build a province of healthy people and communities by providing an effective, comprehensive, and equitable range of services. My fieldwork was unique as I had the opportunity to split my placement between three different locations: St. Joseph’s Hospital, Tatagwa View, and Weyburn General Hospital. As a kinesiology student, I spent the majority of my time working on musculoskeletal rehabilitation under the supervision of a certified exercise physiologist. I also was given the opportunity to shadow physiotherapists, occupational therapists, and nurses providing care to inpatients in both ambulatory care and acute care.

“I am extremely excited to announce that I have been accepted into the Saskatchewan Collaborative Bachelor of Science in Nursing After Degree Nursing Program which will allow me to obtain the designation of Registered Nurse in two years. Completing fieldwork in the Sun Country Health Region has been an invaluable and allowed me to work as part of an interdisciplinary team, expanding my knowledge of health issues and how to provide services to meet my patients’ needs. I am truly grateful to have the opportunity to work as an exercise therapist while familiarizing myself with different units throughout the hospital. I had the opportunity to learn from knowledgeable professionals such as physiotherapists, nurses, and occupational therapists at SCHR as I believe this experience will make me a better nurse in the future.”
Kinesiology

Cathedral Wellness Centre, Regina, SK
Mikayla Raddysh, Human Kinetics

My fieldwork placement was such a valuable experience for me in not only expanding my knowledge, but for preparing me for my future. At the Cathedral Centre for Wellness, doctors work with patients to educate and empower them to optimize their overall health.

The role of a Fieldwork Student at the centre is comprised of various tasks, observations and learning. ND’s not only practice medicine, but are also business owners, meaning the accumulation of business advice is equally important. Each day consists of differing activities, which include: working alongside reception to book appointments, take payments, order supplements and upkeep record books; shadow the ND’s during appointments to gain insight into patient’s history and observe the appropriate action based on an individualized basis; assist ND supervisor in preparing IV treatments for cancer patients, as well as research and charting.

3-Minute Special Project Video
https://www.youtube.com/watch?v=BvWiIGJXXVQ

My learning objectives allowed me to think critically and work independently, while significantly broadening my education. As I enter Naturopathic Medical school, I feel confident and well equipped with knowledge to succeed in the next and final chapter of my education.

Wascana Rehabilitation Centre, Functional Movement Program, Regina, SK (RQHR)
Taryn Reid, Human Kinetics

The Functional Rehabilitation Program within Wascana Rehabilitation Centre is a tertiary care program which incorporates physical therapy, occupational therapy, exercise therapy physicians, dietician and psychology to help individuals following work and vehicular accidents back to work and their daily activities.

3-Minute Special Project Video
https://www.youtube.com/watch?v=tZYDII0Snc&t=38s

“I have learned so much, not only about exercise therapy but also different therapies and how they collaborate to help with a client's rehabilitation.” In the future, I hope to use this experience to further my career working in rehabilitation. I have also enjoyed working in exercise therapy and have thought about pursuing my certification for certified exercise physiologist. I believe this experience has impacted me positively as I have learned to accommodate different injuries, how to read the client and give as much education as they can handle as well as identify and make necessary changes to their posture or their mechanics of completing an exercise.
Alpha Physical Rehabilitation & Health Centre
Travis Sauter, Human Kinetics

Alpha Physical Rehabilitation & Health Centre (Alpha Center) is a multidisciplinary facility that offers services including primary care physiotherapy, exercise therapy, massage therapy, and acupuncture. Alpha Center houses one physiotherapist and one exercise therapist who work in unison to effectively rehabilitate their patients and aid them in efficiently achieving the cessation of pain and limitation resulting from their injury, bolstering their capacity for a safe return to work, recovering their ability to remain independent and complete activities of daily living, and overall restoring their patients' quality of life. Typically patients present with work related injuries, motor vehicle accident related injuries, and musculoskeletal and/or joint pain.

“My experience while at Alpha Center has provided an invaluable opportunity to actualize my theoretical and academic knowledge of kinesiology in a real-world practical setting. Through patient assessment, interaction, program set-up, and exercise prescription, I was able to develop a foundation of knowledge for my future pursuits as an exercise therapist.”

Strathcona County Emergency Services, AB

Rayna Sharma, Human Kinetics

Strathcona County Emergency Services (SCES) is a fully integrated fire and emergency medical services department in Alberta. SCES values an inter-disciplinary approach and collaborates with a variety of professionals globally to ensure optimal health, wellness, and safety of their members and the public. The opportunities I have been given to apply theoretical knowledge have been an excellent springboard for me to address systematic gaps within SCES. Developing injury prevention initiatives is especially crucial for SCES because the physical demand on firefighters is extreme. The lack of standardization for firefighters across North America has implications to injuries being sustained on- and off-duty.

The unique nature of my practicum placement allowed me to occupy a role of leadership and gave me control over driving my fieldwork experience. The responsibilities I was given challenged me; however, the outcomes and relationships I was able to establish were invaluable. Being given countless opportunities to develop professional competencies has provided me with tools to establish myself as a Kinesiologist in a niche field. By showing initiative in various aspects of the fire service, my supervisors were able to facilitate a learning experience catered to my personality and interests. This experience has far surpassed my expectations of fieldwork and successfully set me up for tackling the intricacies of the workforce.
Elite Camps, Scarborough, ON

Sport and Recreation Studies

3-Minute Special Project Video
https://www.youtube.com/watch?v=Rc5uwU07beg

Matthew Augustine, BKin/SRM

Elite Camps is one of the largest running basketball organizations in Canada, currently catering to over 3,000 athletes every year. The year long programs are run out of the brand new Elite Training Centre/facility and include: summer camps, weekly lessons, Hoop Dreams overnight camp, EABA and birthday parties. As a part of the marketing team, and head of this growing organization’s social media outlets, the student is responsible for engaging and enticing followers to becoming a part of the Elite Camps family by weekly posts following daily Hashtags.

“I make use of all opportunities and lessons with Elite Camps because it is preparing me to be able to confidently take on both flexible/dual/major roles in the Sports Management field by myself in the future (NBA specifically).”

Portland State University Athletics, Oregon, USA

Michaela Couch-Netzel, SRM

Portland State University Athletics is a publicly run institution located in the heart of Portland, Oregon USA. I completed my fieldwork term with their athletic program, known as the Vikings. Vikings Athletics is a part of the Big Sky conference making it a division I program, with football competing in the FCS (true tournament style), in the National Collegiate Athletic Association (NCAA). I worked primarily in external operations assisting both the Associate Athletic Director and Director of Sales and Marketing. External operations encompasses sponsor partnerships, donor relations, development (fundraising) events, game day operations, sales, marketing and community outreach. Our job as a team is to create excitement within the community about what the program has to offer and to always fulfill the mission: “to give our best effort to help others achieve success” in everything we do.

3-Minute Special Project Video
https://www.youtube.com/watch?v=tzcDSEadG6w&t=83s

As the External Operations Coordinator, a few highlights from my fieldwork term included assisting and planning major company events (Wine and Roses & the Viking Golf Classic), administration processes through the Portland State University Foundation, sponsorship contract creation, Adobe design and donor relations. Working with Viking Athletics I was able to continuously learn and be challenged as a professional throughout my entire term. I have grasped an abundance of knowledge regarding the collegiate sport industry in the USA and I have received top mentorship from the best of the best.
Saskatchewan Parks and Recreation Association, Regina, SK

3-Minute Special Project Video
https://www.youtube.com/watch?v=KoDc_SaW4tI

Saskatchewan Parks and Recreation Association (SPRA) is a non-profit, member organization that focuses on the growth and facilitation of parks and recreation programs in the province of Saskatchewan. My role with the organization was to help with the delivery and evaluation of youth engagement programs. I was also given the opportunity to sit on a few different planning committees for a national recreation forum. These experiences along with many others allowed me to develop an understanding of how important the recreation sector in Saskatchewan is, as well as the many opportunities it provides.

“All throughout my time at Saskatchewan Parks and Recreation Association (SPRA), I have been able to experience many different aspects of recreation and the different professions that support them. I have a much better understanding of the path that I wish to take after completing my degree, thanks to the placement with SPRA.” – Allison Hlady

Saskatchewan Parks, Regina, SK

Saskatchewan Parks really has something for everyone, from being immersed in the outdoors in remote areas, to working alongside numerous diverse individuals with a variety of skill sets. The opportunities are endless with the Government of Saskatchewan and it is far from your typical job. The experiences are truly rewarding for anyone with the passion for working in the outdoor recreation field. The experience promotes not only on the job learning, but also the ability to see areas within the province that one many may never have a chance to see. I was immersed in history and nature while walking through areas that could speak volumes on Saskatchewan's history. The end goal being to find new ways to create all-encompassing experiences to satisfy the visitors of Saskatchewan Parks.

In a typical day, an employee/student could be involved in everything from dealing with people on a one to one basis, brainstorming new and fun ways of engaging the public, in and out of parks, to creating ways the public can come to enjoy and appreciate and learn about the province of Saskatchewan's history and natural aspects within its parks. Working for Saskatchewan Parks not only expanded my own professional development and organizational skill set within the Saskatchewan Government but it allowed me to appreciate the province on a whole new level. Seeing the endless opportunities that exist within our province and how truly amazing the southern prairies can be, providing countless opportunities to explore.

3-Minute Special Project Video
https://www.youtube.com/watch?v=UtEzUO1ze9g
City of Martensville, SK

Nathan Legg, SRM

The recreation department in Martensville is a close knit group of people who are dedicated to making sure all residents of the City have lots to do during the year and have plenty of options to choose from that fit their recreation and programming needs. My main responsibility was the planning and facilitation of their Summer Fun Program that runs from July through August, which provides children aged 3-12 daily activities and programming. Working with children is a venture in itself, but I also had a number of projects and events that I was also working on; research into senior programs, event planning for Culture Days, as well as other things all simultaneously.

Having my placement with the City of Martensville was very valuable and rewarding, and it also kept me on my toes. It has helped me be a better recreation worker and has allowed me to improve my organizational skills as well as my multitasking skills. I was able to work closely with my supervisor as well as was allowed to do my work independently. This was a great way to learn because I learned through my own experiences instead of through others, and I can take this and apply it to other projects I will work on in the future. There are always a hundred projects on the go, so being able to stay organized and on task is essential in this field and though this practicum I have been able to improve these skills.

22Fresh Inc., Regina, SK

Nathan Legg, SRM

Established in 2007 here in Regina, 22Fresh is a sports brand and apparel company that designs non-traditional clothes for the traditional athlete. My position with 22Fresh was the Brand Strategist and my roles included: research and implementation of unique methodologies designed for developing the image of 22Fresh products, to improve strategies and advertising programs based on the needs of 22Fresh, to help determine any faults in promotion tactics, and discover ways to rectify any mistakes, and lastly, to prepare short term and long term plans based on 22Fresh requirements—such as reducing Cost of Goods Sold (COGS) and growing the 22Fresh brand globally.

The experience I have gained during my time with 22Fresh has been tremendous. It has given me the opportunity to gain further understanding into what it takes to grow a successful sports brand; in both retail, online and wholesale—most notably in the field of 21st century social media marketing, and that understanding a sports brand is like a reputation—it is built on what other people think of you, not what you think of you. I have learnt that making business decisions for the good of your consumer, and not (always) for the good of your dollar value is how you build brand loyalty and grow a successful business. As for the impact this experience has had on me, 22Fresh has helped solidify that my initial interest in wanting to work for a sports brand was correct. I love that sport and fashion now co-exist within a single industry, and therefore can provide much diversity in regards to your role. One day you are busy conducting research on marketing strategies for your online platform, and others you are contacting professional athletes from major leagues, namely MLB, NHL and NBA to become 22Fresh influencers.
Evraz Place, Regina, SK

Troy Murray, SRM

Evraz Place is the hub of activity in Regina, Saskatchewan, hosting 3.5 million visitors in 2016. Evraz Place is home to brand new Mosaic Stadium, Brandt Center, Queensbury Center, Co-operators Center, International Trade Center, Event Plex and many other facilities. Evraz place is the largest interconnected event complex in Canada, hosting more than 700 events each year. Evraz Place hosts Canada’s Farm Show, Queen City Ex, Canadian Western Agribition, Saskatchewan Roughriders football, Regina Pats hockey, University of Regina Mens and Womens hockey, and numerous concerts, trade shows, business meetings, catered events and conventions. Evraz Place is located on 100 acres of land in Regina, Saskatchewan with 1.9 million sq.ft. of indoor space. Working closely with management I was fortunate to assist in the delivery of a major concert (Regina Rocks Mosaic Stadium), Canada’s largest agricultural trade show (Canada’s Farm Progress Show), hosting major events (Queen City Ex), learn facility management (Mosaic Stadium), as well as the planning and daily duties required to run adult and youth recreational hockey leagues (CCHL & Youth 3 on 3).

“Evraz Place has allowed me to understand the amount of work and preparation that goes into hosting major events. They gave me the opportunity to work independently on numerous required tasks in order to produce successful events. The knowledge and experience learned from different show and facility managers will be very beneficial as I move forward to a career in sport and recreation”.

Saskatchewan Roughriders Football Club Regina, SK

Evan Tarnes, SRM

The Saskatchewan Roughriders Football Club is located in the heart of Saskatchewan, and represents just that. With two distinct groups of employees (football operations, and business operations) it was a unique experience to understand how departments work together to complete a common goal, in different directions. With a mission of setting the standard of excellence in the CFL—the new state of the art facility combined with the best fans in the CFL—I was able to witness first hand just that. Having the opportunity to work with the Partnerships and Game Day team was an experience I will always cherish. Being a part of the inaugural season of new Mosaic Stadium added multiple challenges, but it was all worth it.

“With a mission of setting the standard of excellence in the CFL—the new state of the art facility combined with the best fans in the CFL—I was able to witness first hand just that. Having the opportunity to work with the Partnerships and Game Day team was an experience I will always cherish. Being able to come to work every day for the Saskatchewan Roughriders was a dream come true.”
Mackinlee Brisbane, Therapeutic Recreation

Samaritan Place is a long-term care facility in Saskatoon. The facility follows the parable of the Good Samaritan and runs based on the Values Based Model (Stop, Look, See.) The Life Enhancement Guides provide a variety of recreation programs for the two neighbourhoods and two cottages.

As a student, my role was to facilitate, participate, plan programs, conduct evaluations, porter residents, aide with meal times and complete assessments (new and quarterly.) In the cottages, recreational programs are typically resident directed and involved many one-on-one interventions. The neighbourhoods have small group and large group recreation programs, which vary from physical to cognitive to spiritual focused programs.

3-Minute Special Project Video
https://www.youtube.com/watch?v=krGTWzKA2eU&feature=youtu.be

The Meadows, Swift Current, SK
Jessie Doan, Therapeutic Recreation

The Meadows is a long-term care facility with 22 houses and one palliative/respite care house. These houses are designed to create a safe home-like environment for the residents through a holistic approach to health care, which focuses on putting the residents first and including them in decisions about the facility and their day-to-day life. There is also a day program attached which is designed to stimulate physical, cognitive, and social elements of each clients life in ways they may not get at home, as well as providing respite for the at-home caregiver.

“From working here I have learned valuable communication skills, as well as confidence in my assessments. I plan to use these skills in my future goals through maintaining the holistic mind-set that each person is capable, they might just need to do things in a different way.”

3-Minute Special Project Video
https://www.youtube.com/watch?v=uPfISpVqOJM
My fieldwork experience encompassed a great deal of learning as well as applying skills and knowledge from my university process. The beginning involved extensive observation, which included observing recreation therapy specific groups, school oriented groups, as well as psycho education and interactive groups. After the initial weeks of learning I was than given the opportunity to conduct and document recreation assessments, co-facilitate leisure education sessions, facilitate recreation participation sessions, and contribute to the larger team meetings.

University of Alberta Hospital Eating Disorder Program, Edmonton, AB
Kendra McLeod, Therapeutic Recreation

The Eating Disorder Program at the University of Alberta Hospital provides acute and long-term rehabilitation services for teens and adults (age 13+) with a diagnosed or suspected eating disorder causing the patient to be at or below a healthy weight. Twenty-four hour support is provided to 12 inpatient beds, outpatients and meal program participants. The student works within a multidisciplinary team where goals of treatment focus on normalization of weight, eating and attitudes towards weight/eating and concurrent management of co-morbid features.

“It’s so much more than just eating”
This self-made quote encompass everything about my experience and values of the Eating Disorder Program. Eating disorders have been stigmatized over the years as being a form of attention seeking but research shows individuals often use eating disorder behaviors as a coping mechanism. Helping individuals learn new coping skills and provide supportive programs that build self-esteem and improve body image has greatly impacted my life and how I view my own body. My fieldwork placement has not only taught me how to help support individuals in loving themselves but more importantly it has taught me how to love the unique person I have become.
The Residence in Mission, BC
Emily Wankling, Therapeutic Recreation

The Residence in Mission (TRIM) is a long-term care facility located in Mission, BC. It is a community built of 8 different neighbourhoods where residents with various abilities and needs live. They provide residents with person centered care by involving many different disciplines including recreation therapy and putting the focus on the residents wants and needs. My role at TRIM has been to assess, plan, implement and evaluate therapeutic recreation programming for the whole facility. I have worked collaboratively on a team to deliver interesting and fun programs according to facility protocols and standards.

“Recreation therapy is about helping residents feel that freedom and empowerment when given choice in their own lives. Without recreation and leisure, one’s life cannot be whole.”

This quote is something I came up with and I firmly believe and will be something that drives my career and goals in the future. This experience has made my passion for recreation therapy and seniors grow and has shown me how important it is to advocate for services and for the proper care in facilities.

3-Minute Fieldwork Videos and Special Projects

Find all of the Fieldwork Videos on the KHS Fieldwork Website. You will also find details about the program, descriptions, objections, policies, and responsibilities of students and agency supervisors! https://www.uregina.ca/kinesiology/fieldwork-opportunities/index.html

3-Minute Special Project Videos
https://www.uregina.ca/kinesiology/fieldwork-opportunities/video-content.html

While watching the 3-minute videos, you will hear students talking about their learning objectives and the opportunities they had to achieve them at their placement and during their Special Project.

Special Project

During the Fieldwork semester, the student is expected to complete one special project in addition to normal daily experiences. The student will take the lead on this project and make it his/her own. Usually the special project is an opportunity for the student to give back or contribute something to the agency. It should directly relate to the learning objectives and challenge the student to practice professional skills in a supportive but demanding environment.
KHS Experiential Learning Opportunities

Roz Kelsey, KHS Instructor and Director of MUAV

Man Up Against Violence (MUAV)
“REDEFINING WHAT IT MEANS TO MAN UP.”

At the Man Up Against Violence initiative, we challenge mindsets and behaviors with regard to the social construction of masculinity and its relationship with violence. We work together to bring light to the causes of all types of violence related to gender, race, socio-economic status, ability level and beyond. Through education, training, partnerships and awareness, the Man Up Against Violence initiative strives to embrace positive ideals of masculinity, and inspire men to accept their role as advocates in the movement to prevent violence in our communities.

OUR VISION
Man Up Against Violence will raise awareness around healthy masculinity and provide opportunities for education with a goal of increasing involvement of men in the cause. With the support of male advocates, Man Up Against Violence will continue to challenge the damaging effects of socialized hypermasculinity ergo reducing violence in our communities.

Man Up Against Violence Webstie
http://manupagainstviolence.ca
Twitter
@UofRManUp

The Benefits Student received from getting involved: Volunteering

Gaining Experience – By volunteering with Man Up Against Violence you are receiving a new and rewarding life experience. Gaining volunteer experience is a great step to broadening your horizons as an individual, as well as opening the door for other opportunities that may cross your path.

Recognition for Your Efforts – You will receive a formal written letter of recommendation for your efforts as a volunteer with Man Up Against Violence. Referral letters are beneficial when applying for potential scholarships and are a valuable addition to your employment Resume. There are also opportunities for you to speak with media and the community about your Executive Team’s initiatives. You will also receive a FREE Man Up Against Violence shirt.

Developing Relationships and Networking – As a volunteer for Man Up Against Violence, you will meet many hardworking people whether you are a specialized volunteer for the Social Media Team or a member of the Street Team. This is a great way to expand your networking system and create other volunteer and potential job opportunities!
KHS Experiential Learning Opportunities

Dr. June LeDrew, KHS Professor and Project Administrator of Saskapalooza

What is the Saskapalooza League?

- Modified volleyball & active living league in Regina elementary schools
- League organized & delivered by 90 1st year UofR Kinesiology & Health Studies students
- Focus on development of fundamental skills & equal playing time for students
- League looking for 10-12 students per team in grades 5-8 (girls, boys or co-ed teams)

How will this school league operate?

- 15 UofR students will ‘adopt’ a school team and be responsible for the team’s coaching, mentoring, administration, jersey and equipment needs
- UofR Student-Coaches will have CRC completed
- Student-Coaches will be trained by mentor coaches from Sask Volleyball
- 2 practices or 1 practice and 1 interschool game each week (no standings recorded)
- Opportunity to attend 1/2 day Jamboree hosted at UofR (late Oct or early Nov)

What is our Vision for Saskapalooza? To offer a fun and developmental volleyball & active living opportunities for Regina elementary schools at little human resource cost to schools and no financial cost to families.

In addition to helping young people access sport Saskapalooza gave these University of Regina students hands-on experience hosting a large-scale event.

“The UofR students enjoyed supporting the Saskapalooza class project as administrators, researchers, fundraisers, referees and coaches,” said LeDrew. “This authentic learning experience broadened our understanding of the development needs of the Saskapalooza participants in the pre-adolescent years”.

Course:
KIN 180 Growth & Development

Partners in this project also include Sask Volleyball, Regina Police Service, SaskSport, Regina Public Schools and the Faculty of Kinesiology and Health Studies at the University of Regina.
How can My Agency and I get involved?

University of Regina, Kinesiology and Health Studies Fieldwork Program

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 KHS/HS Degree Program, Major and Self-determined Learning Objectives. Some decide to look for opportunities locally and others look, provincially, nationally or even internationally!

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.

Below is a link that gives an overview of our program and the opportunity to explore agency responsibilities and the policies of the program...
https://www.uregina.ca/kinesiology/fieldwork-opportunities/objectives.html

If you are interested in hosting a student, please fill out your information in the link below. Please note that students are responsible for finding their own placements and your information will be posted as a possible agency for them to achieve their learning objectives. Just because you fill out this form does not mean you will be guaranteed to host a student.
https://www.frontrush.com/FR_Web_App/Player/PlayerSubmit.aspx?sid=MTIxMTM=--W3+KGfJuZUs=&ptype=contact

Please let me know if you have any questions.

Brandy West-McMaster
Experiential Learning Coordinator
306-337-3146
khs.fieldwork@uregina.ca

Learning Objectives (A student Perspective)

As you begin to clarify your Fieldwork placement direction, and ultimately your career plans, it is time to establish some goals or objectives for Fieldwork. Significant thought and care must be exerted in developing learning objectives for your Fieldwork placement. Objectives enable you to communicate to a potential Fieldwork agency exactly what you want to learn and help you establish a path to attain these goals. Additionally, well-established objectives allow the Fieldwork agency to tailor the Fieldwork experience to meet those objectives. More specifically, learning objectives can quantify what you want to learn and how you want to learn it.

Learning objectives serve as a significant component of the contract you sign with the Fieldwork agency which then provide the framework for your placement.

The Fieldwork Program for the Faculty of Kinesiology and Health Studies is first, and foremost, a learning program. Academic credit is granted for structured learning that occurs in a professional environment. Establishing your learning objectives is essential to the learning process. These learning objectives clarify what is to be learned, provide stimulation, and help in confirming and evaluating your learning progress.
Message from KHS Dean
Harold Riemer

In our most recent strategic plan, the Faculty of Kinesiology and Health Studies reaffirmed its commitment to providing our undergraduate students with quality experiential learning opportunities throughout the curriculum. Evidence of our long standing commitment to have our students apply their classroom learning in an applied context is the prominent role our semester long Fieldwork experience has played since the degree’s inception in 1985. It is a characteristic of our degree programs that we point to with great pride.

For the vast majority of our students, the Fieldwork experience has become the semester long capstone experience that helps prepare them to hit the ground running as they enter the work force. It is, as described by most students, one of the best learning experiences of their undergraduate degree; it connects so many of the dots for them.

The agencies (and supervisors) that partner with the Faculty, and the students, to host and facilitate these truly remarkable experiences (some of whom are featured in this newsletter) are foundational to great learning, student development, and student success. The Faculty is so very thankful for the mentoring and teaching that goes on during Fieldwork, how our students are nurtured, and the personal and professional growth that takes place. We really appreciate our partners willingness to work with the Faculty and the students and their very real contribution to the development of future professionals. Many of our partner agencies have been involved with us (and our students) for a very long time.

On behalf of the Faculty and the University, I want to thank our past and present partner agencies for their ongoing commitment to our students, their learning, and to the growth of the various professions.

-Harold Riemer