What is Fieldwork?
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!

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.
Bachelor of Kinesiology
Major: Human Kinetics

Christine Laprairie
Level 10 Fitness, Regina, SK

Level 10 Fitness is a gym in Regina that offers a wide variety of fitness sessions for a diverse cliental. Some of the fitness offerings include spin classes, weightlifting, youth athletics, general fitness, Yoga classes, high performance athletic training, and beginner classes. Level 10 is different than most gyms in Regina, because a certified personal trainer conducts every session. There are ten trainers at Level 10, each with their own specialty. In addition to personal training, Level 10 has physiotherapy, massage therapy, nutrition counseling, and mental training available.

“The experience at Level 10 met and exceeded my expectations. From observing the trainers I learned a wide variety of exercises using various pieces of equipment and different training styles. I also learned how to interact with clients, create workouts, set up and put away equipment, modify exercises for different injuries, and how to correct exercise technique. Instructing training sessions by myself taught me how to plan, set up, and deliver workouts to clients with different fitness goals.”

-Christine Laprairie

Preston Scott
Level 10 Fitness, Regina, SK

Level 10 is the best the city has to offer for high performance, athletic-based training programs available to anyone and everyone. They offer services ranging from individual to small group training as well as fitness classes and team training sessions. The variety of educated and qualified trainers that Level 10 employs allows them to create the perfect program, regardless of the individual or team or sport.

“Learning the deliveries and strategies was important to my fieldwork here as it allowed me to better integrate myself into Level 10's daily operations as I got more comfortable and confident in my role. During my fieldwork placement, I was able to lead full sessions with clients in addition to teaching full classes to a standard a fieldwork student can achieve in a professional setting such as Level 10.”

-Preston Scott
Hollie Freund  
First Steps Wellness Centre,  
Regina, SK  

First Steps Wellness Centre provides exercise based therapy to individuals living with a neuromuscular condition (Muscular Sclerosis, Spinal Cord Injury, Brain Injury, etc). The role of the fieldwork student is to provide assistance to the therapists to effectively execute each client’s program. This is a very important role as the clinic is constantly growing in clients but remaining steady with the number of therapists to deliver services.

“This experience has allowed me to creatively adapt exercises to individuals with varying physical impairments for therapeutic benefits; promoting my confidence in my own ability to develop exercise programs in my future career as an exercise therapist. This experience has provided me with the opportunity to develop as a young professional.”

-Hollie Freund  

Jeff Rauscher  
Courtside Sports Medicine and Rehabilitation  
Regina, SK  

Courtside Sports Medicine and Rehabilitation is a multidisciplinary clinic that uses a functional approach to rehabilitation. Many of the clients at CSMR are at various stages of rehabilitation and are either SGI or WCB clients. The stages of rehabilitation CSMR incorporates are at the primary to tertiary level and the treatments are not only specific to regional areas but also include global conditioning.

“As a student, I was able to work under the supervision and guidance of certified exercise physiologist; my role at CSMR involved working one on one with clients throughout their programs along with performing functional assessment evaluations. I was able to fulfill all of my learning objectives while at CSMR and was able to create new learning objectives that I had not originally thought possible. One of the most beneficial objectives was learning how to operate the Cybex machine.”

-Jeff Rauscher
The University of Regina Athletic Therapy Clinic focuses on returning varsity athletes to their relative sport as quickly as possible following an injury. A standard therapy appointment consists of an assessment of the injury followed by a form of treatment and rehabilitation. Once the athlete is able to return to sport the therapist provides the athlete with specific preventative exercises as a means to avoid the injury from reoccurring.

“Prior to beginning my fieldwork, I was unsure if the athletic therapy field was the right fit for me. After working alongside Nicole and Erica, their passion, energy, and enthusiasm has further confirmed that this is a field that is fitting for me. I have been fortunate to have not suffered any serious injuries throughout my sporting career, but have witnessed in my teammates, the devastating impact an injury can have on their lives. Being a competitive athlete myself, I know that I would be able to relate to the individuals that I will one day be working with and provide them with hope and optimism that they may need. It is a deep desire of mine to become a part of the preventative and rehabilitation process in athlete’s careers and be the reason why they are on a path to recovery, to overcome an injury and continue playing the sport they love.”

-Racquel Marshall

Kaleigh Allan
World Health Club, Calgary, AB

*World Health Richmond* offers gym goers advanced cardiovascular machines, Group Fitness Classes, Personal Training, Women’s Only Area, Kids Club and Athletic Therapy. World Health is an all-inclusive facility which encourages people of all ages and abilities to join, not only in regards to fitness, but employment opportunities as well.

“I had the privilege of teaching the personal trainers about foot and ankle mechanics. How injuries of the foot can cause problems up the kinetic chain and ways, within their scope of practice, to help diminish some of these boundaries. My role was to create rehab programs for athletic therapy clients, guide them through the exercises, cueing them and monitoring form. I was also able to perform clinical assessments to determine what injuries the clients have sustained and what steps need to be taken to get them better.”

-Kaleigh Allan
Amanda Stangler  
Battleford North Stars Hockey (SJHL)  
Battleford, SK

The Battlefords North Stars are a community owned and operated hockey team within the Saskatchewan Junior A Hockey League (SJHL). The North Stars are a non-profit organization that generates most of their revenue from fundraisers and sponsorship. The North Stars play 11 other SJHL teams in 28 home and 28 away regular season games as well as exhibition and playoff games. They are a small organization with only a few hired staff including a Marketing and Office Manager, Head Coach and General Manager, Associate Coach, and Personal Trainer.

“The Battleford North Stars is a small town community based atmosphere where one gets to learn every part of working in a small business. This experience has given me the chance to learn so much about working in a small businesses where only a few staff members plan and run everything.”  
-Amanda Stangler

Steven Porter  
Saskatchewan Hockey Association  
Regina, SK

The SHA is the governing body of hockey in the province of Saskatchewan and is responsible for all players, coaches, and officials. The organization focuses on the development of hockey in the province and focuses on the before mentioned players, coaches and officials. All participants must register through the SHA and this enables them to be insured while being involved in the sport.

“During my time at the SHA I was mostly involved in all aspects of hosting the National Women’s Under-18 Hockey Championship, in which the SHA staff hosted in partnership with Hockey Canada in Regina. I was able to able to learn about and be involved in event planning, sponsorship sales, ticket sales, volunteer management and game day operations.”  
-Steven Porter
Daniel Markewich  
Moose Jaw Warriors Hockey (WHL)  
Moose Jaw, SK

The Moose Jaw Warriors Hockey Club are a community owned hockey team in the WHL. They are committed to providing a safe and entraining product for the people of Moose Jaw. The Warriors are separated into two parts. Hockey operations and Business operations. Hockey operations deals with all the players, coaches etc. and providing quality hockey. The Business side focuses on selling and promoting the team in the community.

“My experience with the Warriors has been unbelievable. I have learned more about the hockey industry than I could have ever imagined. The Warriors organization is like a family, and they accepted me with open arms. It is going to be hard to say goodbye. This experience has allowed me to figure out what I want to do with my life and my future career goals.”

-Daniel Markewich

Bachelor of Health Studies  
Major: Health Studies

Morgan Schwickrath  
Street Culture Kidz Project, Regina, SK

My experience was very unique to say the least. This agency provides various supports to underserved youth in the community using arts, culture, and recreation. They also provide housing for homeless youth. I had many different roles as a student because there were so many different programs to experience. An incomprehensive list of my roles ranged from being a co-mentor, a program facilitator, a teacher, or even just being a general helping hand for everyday tasks wherever I was needed.

“My learning objectives looked at a few different subjects. They were related to self-care, learning what types of resources to maintain quality of life were available in Regina, and learning how the organization and their programs work and how they affect their participants. To summarize my experience, I would claim that Street Culture not only taught me about how to help other people access resources, learn valuable life skills, and connect them to what makes them happy, but they also taught me how to take care of myself and the fact that you cannot help others without taking care of yourself first.”

-Morgan Schwickrath
The Career Centre Presents:

KHS Career Fair 2017

February 6 - CKHS Gym 3 - 10am to 3pm

Learn about fieldwork opportunities
Rewarding work in your field

uregina.ca/careercentre/SES

The Career Centre Presents:

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As part of its mission to make the student-athlete experience at the University of Regina one of the best in the nation, the Faculty of Kinesiology and Health Studies has embarked upon the Athlete Health and Performance Initiative (AHPi). Adding to the already existing facilities and research laboratories in the faculty, a new state-of-the-art athlete strength training centre (CK 210.6) was designed, renovated, and opened on January 20, 2016. Shortly following this addition, a new athletic therapy room (CK 175) was created and opened in the fall of 2016. The AHPi views the student-athlete experience from a holistic biopsychosocial perspective and builds upon the Faculty's academic, research, and applied expertise in the following five specific performance areas:

- Strength and Conditioning
- Sport Psychology and Mental Health
- Nutrition and Exercise Metabolism
- Prehabilitation, Biomechanics, and Movement Analysis
- Sport Medicine

Services Provided by Athlete Health and Performance include:

- Community programs
- Strength and Conditioning training
- High Performance Testing
- Athlete Leadership Development
- Mental Training Consultation
- Concussion baseline testing

For more information about Athlete Health and Performance contact:
Melanie.sanford@uregina.ca
Bachelor of Sport & Recreation Studies
Major: Therapeutic Recreation

Brittany Blackburn
Camp Hill Veteran Memorial Building
Halifax, NS

The Camp Hill Veterans Memorial Building is home to 175 of Canada’s veterans. At this facility I worked with veterans with advanced stages of dementia. I had the opportunity to work with a recreation therapy team of 12 individuals (including Music Therapists and Bartending staff).

“Through my internship I learned about the different types of dementia and the behaviours that accompany each kind and stage of dementia. I was provided the opportunity to take my level 1 dementia course and to gain hands on experience being a part of the falls committee at Camp Hill. I have gained the knowledge to confidently design specific program plans based off current peer reviewed research and the ability to create a compressive program plan which is the basis for successful therapeutic recreation programs and defines the difference between “recreation” and “therapeutic recreation”.

-Brittany Blackburn

Brittany Murray
Salvation Army William Booth
Special Care Home, Regina, SK

The Salvation Army William Booth Special Care Home is a fast-paced, high energy, long-term care facility that houses over 50 residents as well as 12 convalescent beds. Within this facility the patrons we care for receive the highest quality of care, compassion and respect. The staff work together to ensure that our residents have every opportunity to improve their quality of life, whether it be through their ability to make decisions about their recreation participation or the type of care they wish to receive.

“This experience has given me a very eye opening experience of what a recreation therapist does in a day, as well as what it is like to work within a long-term care facility. Prior to beginning my placement I was terrified to work in a long-term care facility, but after spending only a few days there, my mind had completely changed. I had discovered a new found compassion within myself. I did not realize how much you could care for people you have never met before.”

-Brittany Murray
Kate Kreutz
Abbie J. Lane Hospital, Nova Scotia Health Authority, Halifax, NS

“Packing up your entire life, moving to the opposite side of the country, and living in a brand new city for an internship may seem like you are taking a huge risk. However, the biggest mistake you can make at the Abbie Lane is not making any! Nova Scotia Health Authority and the Abbie Lane have been nothing but welcoming, engaging, and supportive of my learning as a student and have provided me with many opportunities to experience, explore, and enjoy this beautiful city and province. NSHA teaches the importance of working in a team while providing patient-centered care.”

-Kate Kreutz

“Completing my internship at the Abbie Lane has provided me with the tools, skills, and confidence to pursue my career as a recreation therapist. Each day was an opportunity to learn, grow and step outside of my comfort zones while working in acute care mental health.”

-Kate Kreutz

Skylar Ortt
Stroke and Neurology, Nova Scotia Health Authority
Halifax, NS

It sounded like the scariest thing in the world, move over 4,000 km away from home and everything familiar, but Nova Scotia Health Authority has been nothing but accepting and welcoming. Working at NSHA has made me aware of how important working as a team is to provide patients’ with the best possible care. The stroke and neurology unit is truly a team that supports, treats and communicates with patients as if they were family. I have had the opportunity to see the positive impact that recreation therapy makes on the lives of patients’ and their families. Having the opportunity to shadow other recreation therapist has been a great learning experience.

“This experience has been the most stressful, challenging, rewarding, and the best way to learn how to apply the skills I have learned in the class to an acute care stroke and neurology unit. I have gained confidence, critical thinking skills and independence that will benefit me in my future as a CTRS.”

-Skylar Ortt
Shastidy Sterling
Ridgewood Veterans Wing, Horizon Health Authority
Saint John, NB

RVW is a long-term care facility for veterans in Saint John, New Brunswick where I worked with the Recreation Therapist on the secured dementia unit called Liberty Lane. I was very involved with programming since the beginning of my placement, starting with co-facilitating programs then gradually moving to facilitating programs on my own. I even created a new program called Giant Kerplunk that the residents love to play. I learned not only how to program plan, complete assessments and document, work in a multidisciplinary team, but also to develop meaningful therapeutic relationships with residents.

“I loved my placement at RVW. Seeing the residents’ joy and happiness in the programs that I offered them made me realize that being a Recreation Therapist in a long term care facility is a career that I could see myself in. My placement was focused on my learning objectives and gave me practical experience in all the skills I will need as a Recreation Therapist.”

-Shastidy Sterling

The picture above is from the Remembrance Day service showing a resident I developed one such relationship with, dressed in his Legion attire with all his medals.

Tayler Loitz
The Meadows, Cypress Health Region, Swift Current, SK

The Meadows in Swift Current is a new long term care facility embracing the Green House and Eden Alternative approach. The Meadows consists of 22 houses with 10 residents in each house. I also had the chance to plan and implement different small group programs such as reminiscing games, floor curling, bowling, bingo, exercises, and iPad games.

“Getting to work as a Recreation Therapist put everything I have learned over the past four years into perspective. My fieldwork experience at The Meadows gave me a well-rounded idea of what it is like to be a Recreation Therapist and prepared me for my future as a recreation professional.”

-Tayler Loitz
CSMR is a multidisciplinary clinic that provides rehabilitation programs designed specifically for private clients, injured workers, individuals injured in motor vehicle accidents, & insurance company sponsored clients. They supply the expertise and tools for rehabilitation and motivate the client to use these tools to help themselves.

Physical Therapy - Exercise Therapy
Massage Therapy - Acupuncture
Ergonomic Evaluations - IMS (intramuscular stimulation)

“My time at CSMR has been great! It has provided me with many different learning opportunities and has helped me to develop many of the major skills required to be an effective professional in this field.”

-Josh Pollard, Spring Summer 2016

Being a student at CSMR is a rewarding experience as there are many roles and responsibilities that I had during the fieldwork term. I had the opportunity to learn how to develop exercise programs, prescribe exercises, and instruct clients through their exercise programs. As well, I was able to learn how different modalities can be applied to clients, including heat, ice, and different equipment. I also learned how to conduct functional assessments and report on the assessment findings.

“My fieldwork placement at CSMR was a great experience. The environment in which I worked was an excellent place for me to learn and put into practice my knowledge from university. After finishing my placement I feel better equipped for my future career because of the knowledge and experience I attained.”

-Orion Lonie, Spring Summer 2016

Dave has been a Fieldwork Supervisor for many semesters now and not only has been a wonderful mentor for Human Kinetics students but has also been a great ambassador for Kinesiologists and the Exercise Therapy profession. He is described as having excellent communication skills and acknowledged for giving excellent advice and guidance to students. Dave is often a guest lecturer in a variety of classes at the U of R and continues to look for professional development opportunities for himself, his clinic and his students! Thanks for all that You Do Dave!

The staff as Courtside has allowed me to pursue all possible career opportunities, by allowing me to sit in on physical therapy assessments with clients, attend occupational job visits, and also observe Function Capacity Evaluations that some clients need to attend after their program.”

-Alex Duczek, Fall 2015

“My time at CSMR has allowed me to apply the knowledge from classes into a work setting. I have become more confident in my abilities over the semester and feel that I am ready to begin my career as an exercise therapist. This experience has not only provided me with many skills that I can use throughout my professional career but has also allowed me to meet many great individuals.”

-Jeff Rauscher, Fall 2016

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