Features Inside!

New: Links to 3-minute Fieldwork videos

Alumnus Contributions to her Field: Ashley Hunt

Special Project: James Hill

2017 Outstanding Fieldwork Agency: Level 10 Fitness
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Feature Alumnus

Ashley Hunt, Bachelor of Sport and Recreation Studies, Graduate of 2011, First Recreation Therapy Major to Graduate from the New CTRS Program at the University of Regina

Fieldwork Agency

“My Fieldwork placement at the Allen Gray Continuing Care Centre in Edmonton, AB under a CTRS helped me to further develop my skills in the areas of clinical assessment, treatment planning, program delivery, evaluation, and clinical documentation. The experience taught me the importance of working with an interdisciplinary team, knowledge of community resources, and how to apply my professional competencies to my career as a Certified Therapeutic Recreation Specialist.”

Ashley Hunt, U of R, KHS Alumnus, CTRS

Where is she now?

My role as a community Recreation Therapist with Alberta Health Services on the Allied Health – South Zone Therapeutic Recreation team has been very rewarding. Since beginning this position in January 2017 we have worked towards creating a very successful community partnership with the YMCA to utilize their pool in creating a welcoming and engaging environment for our aquatic therapy interventions. It is a multidisciplinary program that consists of a team including a Recreation Therapist, Physiotherapist and Therapy Assistants (PT and TR). The program runs once a week for 10 weeks and consists of a warm-up, individualized/group exercise program and a cool down. The program is tailored to meet the needs of individuals with disabilities and chronic conditions to allow them the opportunity to participate in water-based activity. Aquatic Therapy is especially beneficial to this population because the buoyancy of the water reduces the effects of gravity to allow for further range of motion while decreasing pain and improving balance. Many participants in the program are amazed at their ability to complete the exercises when immersed in the water where they feel significantly decreased barriers to functional participation. The objective of the aquatic therapy program is to improve or maintain physical functioning, including strength, endurance and/or range of motion. As well as, to provide an opportunity to experience leisure satisfaction in a community setting, and to demonstrate increased perceived competence in the skill to pursue aquatic recreation independently. We use specific outcome measures to monitor and evaluate improvements in participants and progress them to a higher level of functioning in leisure areas of measurement. Overall, we have been receiving great feedback from our clients enrolled in the program currently with a combined average of 8.3 out a possible 9 on our aquatic experience questionnaire. We look forward to working collaboratively with the community of Medicine Hat to further expand and improve upon aquatic therapy programming in the future.  

-Ashley Hunt

Group Aquatic Therapy Program

http://chatnewstoday.ca/article/502859/aquatic-therapy-helps-rebuild-strength-muscles-reduces-stress

Photo Courtesy of Alberta Health Services
BACHELOR OF HEALTH STUDIES

Amanda Crowe, Health Studies
Saskatchewan Government Employee Union
Regina, SK

SGEU (Saskatchewan Government Employee Union) is an organization that represents over 20,000 members who live and work in every region of the province. Their members include employees from public service/government employment, health, crown, education, community, retail and regulatory sectors in Saskatchewan. Through bargaining and collective agreements, they achieve better working conditions, wages, benefits and pensions for their members. Their main purpose is to achieve the best working environment to provide a safer province and a more equitable place to live.

“As a student working for SGEU I have learned a lot about how unions work, what they provide for their members and the importance of having the support of a union behind you. In my role as assistant to the research officer I have been able to take part of researching and presenting the facts of how the working conditions of wild land firefighters may cause cancer, how outsourcing hospital cleaners increase hospital acquired infections like MRSA as well as how joint trustee benefit plans may help some members.”

-Amanda Crowe

Paige Kimbley, Health Studies
First Nations and Inuit Health Branch,
Health Canada, Regina, SK

The First Nations and Inuit Health Branch (FNIHB) of Health Canada supports the delivery of public health and health promotion services to First Nations people living on- reserve and Inuit communities. FNIHB works with partners to improve health outcomes, provide access to health care and assists First Nations to gain greater control of the health system. I worked at the Saskatchewan region of FNIHB based in Regina in the Policy, Planning, and Partnerships division. This division is responsible for conducting research on trends and issues, policy development, strategic planning, performance measurement and quality improvement.

“Completing my fieldwork at FNIHB-SK, in the Policy, Planning and Partnerships unit has been a very positive experience. I had the opportunity to learn about federal government processes as well as work with a collaborative and supportive team who contributed to my learning. This fieldwork placement allowed me to apply skills and knowledge gained from university and participate as a team member on meaningful work projects. This experience confirmed that I would like to pursue a career in Indigenous health care.”

– Paige Kimbley
Public Health Agency of Canada, Regina, SK

Kayla Stevenson, Health Studies

“I had the invaluable opportunity to complete my fieldwork at the Public Health Agency of Canada (PHAC). As someone who is interested in population health I was able to see how I can make real-world differences through research, policy, and programming. I was given the responsibility of reporting on a population health crisis such as opioid overdose issues and I was trained in naloxone First Aid, which is used to prevent death from opioid overdose. I had the opportunity to personally meet the President of PHAC and talk to her about what we can do as an organization to tackle the suicide epidemics in rural and remote areas in Saskatchewan. Lastly, I presented my own research about the effects of geographical mobility on the health outcomes of Indigenous populations that allowed me to network and collaborate with people who had similar health-related interests as me.”

A quote that would sum up my experience at PHAC would be “The greatest wealth is health” ~ Unknown.

-Lorena Stringer

Lorena Stringer, Health Studies

Dr. Paul Schwann Centre
University of Regina

The Dr. Paul Schwann Centre (DPSC) provides exercise programming in the areas of cardiac rehabilitation and chronic disease prevention to the community. The goals of the DPSC are to improve the wellness, health, and to enhance the quality of life for community members. As a student in the cardiac rehabilitation and chronic disease prevention portion of the DPSC you will help assist Clinical Exercise Physiologists (CEP) with exercise programming. This role includes assisting in weight, height, girth, grip strength, and fitness measurements. As a student at the DPSC you will also have the opportunity to assist in initial medical assessments that will provide you with great knowledge of heart disease, chronic disease, and medications. This experience will also broaden your knowledge of exercise and exercise rehabilitation for high risk clientele. As a student your role is to help assist client’s with their exercise programs or rehabilitation.

“The Dr. Paul Schwann Centre has given me the opportunity to expand my knowledge of nutrition, exercise, chronic disease, and cardiovascular disease. As a pre-medical student it was really valuable for me to be able to learn more about chronic diseases and their physiological effect on the body. This experience has helped me to further my interest in human physiology and the medical practice. I am now interested in pursuing a masters of cardiology in health science, and hope to pursue a career as a cardiologist in the future. I am truly grateful for the experience to work with highly knowledgeable professionals such as the CEP’s and nurses at the DPSC.”

-Lorena Stringer
Al Ritchie Health Action Centre is a primary health care clinic located in the Al Ritchie neighborhood of Regina. As a student, I worked primarily with the Community Development and Outreach Coordinator. At this location, I had the opportunity to work on the community level with a variety of individuals of varying ages and backgrounds. Some of my tasks and projects included helping with the annual Break the Blues event, leading a Senior’s Coffee session, visiting a variety of organizations around the city and designing and leading a survey and focus group evaluating the Baby’s Best Start program. I also worked to find ways to add information around exercise and physical activity at the clinic by designing an information board, discussing sedentary behavior at Senior’s Coffee and the Depression and Anxiety groups and through a “Fitness Report Card” project with the walk-in clients.

“Working at Al Ritchie Health Action Centre has given me the opportunity to work on a community level with a variety of different groups. I learned a lot about services in the community and how to access them. I also had the opportunity to see the real world application of research methodology and how it differs from a lab setting.”

-Eman Abdulhali

Regina Community Clinic is a multidisciplinary clinic that focuses on using a holistic approach to health care. As part of this approach, the clinic has a lifestyle department that focuses on exercise prescription and nutrition counseling. As a student, I worked with the exercise specialist. Primarily, I conducted initial intake interviews, designed programs, conducted follow up visits and lead exercise classes. I also had the opportunity to present at a Lunch and Learn event. Furthermore, I was able to attend two fairs: a community fair and a health fair. Lastly, I got the chance to work in an inter-professional setting and learn from a variety of professionals.

“Regina Community Clinic has helped me feel more comfortable with the real world application of exercise theory and has shown me the value of including exercise specialists as part of the clinical setting.”

-Eman Abdulhadi
Matthew Ackerman, Human Kinetics

Fit Living, Regina, SK

Fit Living is a personal training company that prides itself in offering a wide variety of service including individual training sessions, group classes, nutritional counselling and meal planning. As a student one will assist with the planning and conducting of one-on-one training session and SHRED group classes. As the student gains experience he/she will increase the amount he/she is contributing until he/she is ready to lead a session or class by him/herself. By the end of the term the student will be confident in developing and maintaining professional relationships with client and have the ability to acquire new clients. The diverse cliental that Fit Living has will give the student a chance to work with clients that have a variety of fitness level and varying fitness goals.

“Fit Living has given me the confidence to run my own group classes effectively, create individualized training programs, to market myself as a personal trainer, and how to make changes to a session of the fly.”

-Matthew Ackerman

Megan Aulie, Human Kinetics

Florida Pediatric Therapy, Kissimmee, Florida

Florida Pediatric Therapy is a state funded organization. Their mission states the importance of home-based therapy as well as early intervention. FPT consists of speech therapists, physical therapists, infant toddler developmental specialists and occupational therapists. Acknowledging the fact that FPT strongly believes in early intervention, many of the clients are under the age of three.

My job description at Florida Pediatric therapy was to bring in a creative side that could help benefit the clients and brainstorm with the other therapists new ways to keep the clients engaged while still having fun. I was to engage and learn about the different disabilities, learn about the importance of home based therapy and help run different parent support groups as well as parent communication groups for parents with children with disability.

“I really enjoyed working with children, running parent groups, and finding new and creative ways for children to benefit and learn while still continuing with their therapy. I really like that FPT acknowledged the importance of early intervention as I truly believe starting therapy at a younger age when they are still growing can benefit them greatly. It is truly amazing how quickly toddlers and infants learn.”

-Megan Aulie
The Steadward Centre, Edmonton, AB

The Steadward Centre for Personal & Physical Achievement is a centre within the Faculty of Physical Education and Recreation located at the University of Alberta, Edmonton, Alberta. It specializes in the field of Adapted Physical Activity. Rather than aiming at the goal of rehabilitation, The Steadward Centre strives to break down barriers to foster supportive and nurturing environments where people who experience disabilities feel safe and empowered to participate in physical activity to reach their personal health and fitness goals. Within The Steadward Centre there are five major program areas: 1) the Adapted Fitness for Adults program, 2) the Free2BMMe program for children and adolescents, 3) the Functional Electrical Stimulation program, 4) the Athlete and Para-Sport Development program, and 5) the Community Exercise Transition program. Each of these programs has a wide range of individual and group programming that allows individuals to participate in physical activity and recreation. Along with their commitment to excellent service delivery, The Steadward Centre also participates in the development and implementation of research, and the translation of knowledge through teaching, making them a well-rounded organization.

Kirsten Large, Human Kinetics

“The Steadward Centre gave me an extraordinary opportunity to further my education about adapted physical activity and Kinesiology. I knew my fieldwork would be beneficial to further my theoretical and practical knowledge within my field, but The Steadward Centre exceeded all my expectations and provided me with value above and beyond anything I could have anticipated. I had the opportunity to work one-on-one with participants, plan and direct group programs with adults and children, work with athletes, and much more. I achieved all my goals and objectives and even discovered new ambitions.”

Stephanie Bailey, Human Kinetics

“The Steadward Centre is such a unique opportunity that it was not a hard decision for me to move to Edmonton for the semester. Through this experience I have gained leadership and motivational skills to deliver programs with confidence. I had the chance to work with children, youth and adults of all ages to develop skills in adapted physical activity. The knowledge I have gained through this experience will carry over to any career path I chose to take!”

Kelci Barber, Human Kinetics

“At the Steadward Centre, I attended the 2017 Adapted Physical Activity Symposium and the National Coaching Certification Program – Fundamental Movement Skills. Both these fortuities advanced my qualifications and provided me valuable information that can be used throughout my professional career.”
Haztech is an integrated service provider, with portfolios in safety and health services. Haztech provided a wonderful introduction to the world of Occupational Health, an exciting and growth-oriented field! The placement provided the opportunity to visit industrial sites in and around Regina and perform services such as Physical Demands Descriptions for Haztech clients. In clinic services included Post-Offer Employment Testing (POET) and other workplace related testing. Academic knowledge was applied to help change the current reactive approach to injury management within organizations to a more positive anticipatory approach. Better injury management will increase the quality of life of employees, one of the goals of kinesiology! Haztech is a workplace that values fitness. The experience at Haztech was multifaceted, as the supervisor holds a CSEP-CEP designation and is very knowledgeable in the field.

“Haztech provided me the opportunity to learn about occupational health and strengthen my client centered skills!”

- Portia Barker

Siraj Darbi, Human Kinetics

Campus For All is an organization that strives to give individuals with intellectual disabilities, the chance to experience university. Supports are provided by Campus For All to ensure students are successful in all aspects of university whether that is auditing classes or building social connections around campus. The fieldwork student can expect to take on a variety of roles such as modifying coursework, tutoring, job coaching and helping students to become more independent. However, the most important role would be providing the appropriate tools and support to the Campus For All students to facilitate learning. Campus For All will place the fieldwork student in opportunities where meaningful experiences can be gained. The fieldwork student is given work and projects to take on, but at the same time, there is an expectation to create your work.

“What I thoroughly enjoyed about Campus For All is their desire to see me improve professionally and equip me with the appropriate skills I needed to succeed in my future goals.”

- Siraj Darbi
MacKenzie Drumm, Human Kinetics

Above and Beyond Autism Consulting Services, Regina, SK

As an organization, ABACS focuses on giving learners a quality learning experience that will give them the skill needed to succeed in everyday life. They’ve found a perfect balance between intense training and play, in order to ensure each learner is motivated to complete their programing. Right from day one, I began my training by pairing (playing) and working one on one with learners. Ever since, I’ve been phased into ABACS’s schedule, and have been given the same responsibilities as a regular employee. Originally my role was to be another Instructor Therapist, however, as I became more knowledgeable in IBI and working with each learner I essentially became what they call a Lead Therapist at ABACS. I was given the opportunity to run assessments, complete data collection, as well as work one on one, and group sessions as a solo instructor.

Rachel Fowler, Human Kinetics

Stapleford Health and Rehabilitation Centre, Regina, SK

Stapleford Health & Rehabilitation Centre works with a diverse clientele providing rehabilitation solutions that meets the unique needs of individual clients through empowerment of personal success and evolution. This is achieved through supporting client journey to best self, striving to thrive personally and professionally, as well as live life now/mindful therapeutic practice. The fieldwork student is responsible for following the same principles that apply to the Certified Exercise Physiologists, all under the direction of his/her supervisor. This includes working with clients in providing exercises and correction mechanics, client charting, conferencing with other employees, and continuous learning to better treat clients. Students have the chance to engage in a couple of pool programs, which further enhances the diversity of exercises that one is able to accumulate throughout the practicum.

“This experience has given me the skills and knowledge to work confidentially with children with autism, in a fun and motivational environment.”
-MacKenzie Drumm

3-Minute Special Project Video
https://www.youtube.com/watch?v=oSCln-L9Lzk

“Having the opportunity to work at Stapleford has taught me a lot about the multiple health profession fields and has further solidified my interest for the field of physiotherapy. Stapleford is a welcoming community that encouraged my learning and helped me feel confident in my abilities.”
-Rachel Fowler
Alyssa Freitas, Human Kinetics

Special Olympics Saskatchewan (SOS) is a non-profit organization that provides sport, health, and education programs for people with intellectual disabilities. SOS offers people with intellectual disabilities the opportunity to participate in inclusive community programs that aid in promoting self-confidence and fostering friendships. As a fieldwork student with SOS I had the opportunity to plan, organize and participate in a variety of their programs and fundraising events. I had the privilege of participating in a variety of different roles at SOS that included: planning merchandise, organizing school activity days, leading sports programs, assisting in grant applications, and arranging an annual sponsorship appreciation event.

Kaitlin Furlong, Human Kinetics

Cowie Hill Physiotherapy is a multidisciplinary Physiotherapy clinic in the heart of Halifax, Nova Scotia. The clinic aims at treating all clients with a patient-centered approach, where various health practitioners collaborate to deliver the best-rounded care possible. At Cowie Hill Physiotherapy, a Physiotherapist, two Massage Therapists, an Occupational Therapist, a Kinesiologist and a Psychologist all work together to create detailed rehabilitation plans that are tailored to clients’ individual needs.

Special Olympics Saskatchewan, Regina, SK

3-Minute Special Project Video
https://www.youtube.com/watch?v=ksiD-HrqrCU4

“Being able to participate in the programs SOS offers and interact with the athletes put all the work we do at the SOS office into perspective. It made me cognizant of the positive influences that the goals that everyone at SOS, including myself, strives for everyday.”

-Alyssa Freitas

“My greatest accomplishment from my Fieldwork experience is having become so much more knowledgeable in the area of exercise prescription.”

-Katie Furlong
Brayden Ganson, Human Kinetics
Moose Jaw Physical Rehabilitation, Moose Jaw, SK

Moose Jaw Physical Rehabilitation is a multidisciplinary clinic that uses a functional approach to rehabilitation. Many of the clients at MJPR are at various stages of rehabilitation and are either SGI, WCB, or even private clients. The stages of rehabilitation MJPR incorporates are at the primary to secondary level and the treatments are not only specific to regional areas but also include global conditioning.

“My role at MJPR was that of an exercise therapist. The physiotherapist would see the client and diagnose their injury and then the physiotherapist would hand the client over to me or the other exercise therapist and we would develop an exercise program with them to help them achieve their goal of becoming pain free. We would then work one on one with the client teaching and educating them about their program. I was also in charge of running a fitness class called “Fit 4 Me”.

-Brayden Ganson

Kaylee Giebrecht, Gerontology/Human Kinetics
Wascana Rehabilitation Centre and RQHR Health Population, Regina, SK

Wascana Rehabilitation Centre provides comprehensive medical rehabilitation programs in multiple units. They cover children to older adults who need assistance with a disability, a chronic condition or an injury. The Centre has 307 beds distributed for rehabilitation inpatients, specialized long-term care clients, children and clients placed through Veterans Affairs Canada. RQHR Health Promotions Department oversees programs such as Forever... In Motion, Live Well with Chronic Conditions, Nutrition and Staying on Your Feet.

“I have had the privilege of working one-on-one with clients and in the community. I have been able to receive my certification in Forever... In Motion during my time at Health Promotions, this allowed me to lead my own classes at sites around Regina. Wascana Rehabilitation Centre I got the chance to work one-on-one with clients in their home and out in the community, which focused on my assessment and documentation learning objectives. My placement has allowed me to work with different chronic condition and ages in the senior population, as well as visiting various sites around Regina, building professional relationships and connections for future employment.”

-Kaylee Giebrecht
First Steps Wellness Centre, Regina, SK

First Steps Wellness Centre (FSWC) is an organization that provides exercise therapy services to individuals with spinal cord and acquired brain injuries, stroke injuries, multiple sclerosis and cerebral palsy. The organization’s main goal is to improve the overall health, independence and quality of life of people who have suffered the above injuries as well as give them a place that will motivate their recovery and allow them to see progress being made towards their recovery.

Karisa Groff, Human Kinetics

“At FSWC the staff are very welcoming and understanding of the learning process that is required when first starting fieldwork, the relationships I have built with clients are ones that I will never forget, and the overall atmosphere of the facility is extremely uplifting and positive which makes going to work everyday motivating and exciting. This experience had helped me understand what field of study I may be more interested in in the future as well as helped me grow as an individual.”

-Karisa Groff

James Hill, Human Kinetics

“Being able to work so closely and independently with clients was one of the best parts of completing my fieldwork at First Steps, as it gave me a realistic taste of what it would be like to work as a therapist and use my degree regarding therapy for neuromuscular conditions. As a smaller non-profit organization, First Steps highly values the assistance that fieldwork students and volunteers are able to provide. As such, I experienced a high level of respect and value from my peers at First Steps, and never felt like I wasn’t needed or was hindering the flow of work performed at the center. Fieldwork students are essential to the everyday operations at First Steps, and perform duties ranging from assistance during therapy to schedule coordination, as well as one-on-one therapy with clients. The skills and experience that I have gained while working at First Steps will benefit me as I continue in the field of Kinesiology, and as I pursue a career in providing quality care to my future patients and/or clients.”

-James Hill
Fieldwork Student, James Hill, Human Kinetics  
First Steps Wellness Centre  
under the supervision of Exercise Therapist and KHS Alumnus, Joel Colter

During the Fieldwork semester, each student is expected to complete one special project in addition to normal daily experiences. As the student explores the fieldwork agency and many of the responsibilities of this professional role, s/he will continue refine her/his learning objectives. Gradually, the student and the supervisor will define a project where the student will take lead and make it her/his own.

Description and Purpose of James’ Special Project

The purpose of this project was to allow additional time on top of regular therapy hours for my client to make as much progress as possible during an optimal time in his medical treatment, while also allowing the therapist/student (myself) to grow skills and repertoire regarding neuromuscular therapy. My client received stem cell treatment surgically in November of 2016, making months of January to April 2017 the optimal time for him to participate in as much exercise as possible in order to reap the beneficial effects that are made possible by the treatment. We began the project by adding an additional 3 hours/week to his therapy, focusing on weight-lifting exercises and alternating days using a “push day/pull day” method. Following progress in this, we added an additional 3 hours/week for a total of 6 hours/week in addition to his regular therapy, with the main focus of these extra hours being on core strength, postural stability, and functional goals of the client.

Project Outcome and Value

The result of the extra hours put in by the client was a drastic increase in his functional progress in both his regular therapy sessions and his daily quality of life. As has commonly been the case with individuals recovering from a spinal-cord injury, the more work they are able to put into their recovery, the faster their nervous system will respond to the stimulation and begin to reorganize itself to accommodate with functioning post-injury. The additional strength training drastically increased both the static and dynamic posture of the client, as well as his upper body strength, all of which increases his quality of life outside of the therapy clinic. The extra time we were able to use to focus on core strengthening also assisted in his primary therapy sessions, as his other therapists were able to spend less time than they had initially been spending on core, and focus on further areas in my client’s therapy that they had not had enough time for before. This allowed my client to progress in multiple areas at once during both his therapy and extra hours, and displayed a very obvious beneficial result for him.

James’ Personal Reflection

“This project allowed me to develop my skills as a therapist, a professional, and as a lifelong learner. Completing additional hours to my client’s primary therapy allowed me an independence and freedom of control that many students may not experience in a practical setting during their education. This allowed me to apply much of what I have learned in my Kinesiology degree to a practical scenario, and to search for new ways for these principles and theories to be applied in more untraditional settings and when adaption is needed. My knowledge regarding techniques for adapting traditional exercise programs was greatly expanded, and my ability to modify programs to meet a client’s needs and goals was strengthened. I couldn’t have asked for better results for my effort, as my client displayed a drastic increase in progress and was very thankful for the extra hours he was able to complete. Aside from the confidence, knowledge, and experience that this project developed in my life, the most valuable part of this project was the impact that my work was able to have on my client. Hearing his feedback and seeing his excitement as he progressed was the most beneficial experience during my fieldwork placement, and continues to motivate me as I learn and grow in this field.”

-James Hill
CBI Rehabilitation Centre Park Street, Regina, SK

Sarah Guy, Human Kinetics

CBI Rehabilitation Centre is an organization that provides holistic health care services to a wide range of individuals from private paying to primary, secondary and tertiary clients. CBI uses a team of physical, occupational and exercise therapists, psychologists and chiropractors to ensure that clients receive the best rehabilitation and education to improve and further maintain their physical function. CBI deals with a variety of injuries that can include post-operative rehabilitation to simple sprains and strains. The fieldwork student’s role is to assist the exercise therapists in the setup and monitoring of client exercise programs in addition to client functional testing. The student is also able to participate in post offer of employment testing and off site ergonomic assessments.

“The experience at CBI far exceeded my expectations. This placement allowed me to develop skills in exercise program design and set up as well as functional testing. Working in an interdisciplinary clinic further inspired me to continue to grow my knowledge base and provided me the opportunity to work alongside professionals in a number of different fields.”  
-Sarah Guy

Morgan Holmen, Human Kinetics

CBI Rehabilitation Centre Gold Square, Regina, SK

CBI Health Centre is a multi-disciplinary clinic that provides treatment to individuals with work, sport and age-related injuries to name a few. The majority of clientele have acquired an injury in the workplace and work closely with the knowledgeable team of professionals to assist their functional rehabilitation and return to work. The student’s role is concerned with the exercise therapy portion of each client’s treatment. The student has the privilege of designing exercise programming, implementing exercise instruction and educating clients on their movement-related concerns. The student has the opportunity to build meaningful and professional working relationships with clients while monitoring the on-going effectiveness of exercise-related programming.

“My fieldwork experience at CBI has been the most meaningful and impactful experience of my university education. The most valuable part of this experience was being able to build relationships with clients and provide them with the necessary education and tools to help improve their quality of life through exercise. This agency surpassed my expectations, and I feel more than confident moving forward in my career with the knowledge and skills I’ve gained.”  
-Morgan Holmen
Samantha Kleisinger, Human Kinetics

Creative Options Regina, Regina, SK

Creative Options Regina (COR) is a non-profit organization that helps support individuals who experience intellectual disabilities live the life that they choose. Creative Options Regina’s community includes close to 50 individuals, their families, and supports (employees). The organization supports the Gentle Teaching philosophy which is to nurture, teach, and sustain the feelings of connectedness, companionship and community while providing the individuals we support with individualized programming.

“My experience with COR has been nothing but positive. I was welcomed into the organization with friendly smiles and ‘hello’s’ every day. I was able to work independently but if I ever had questions or concerns I had a huge support team to help me over the barriers.” — Samantha Kleisinger

Olga Kobets, Human Kinetics

Cougar Athletic Therapy, University of Regina, Regina, SK

Athletic therapy clinic at the University of Regina deals with Cougar and RAM student athletes. They provide immediate first help during the games, as well as secondary help at the clinic, and a tertiary help in terms of the post-injury rehabilitation.

“I have really enjoyed my experience at the clinic, as I was able to provide treatments to the athletes, as well as advise them on the rehabilitation exercises appropriate for their injury.”

— Olga Kobets

3-Minute Special Project Video
https://www.youtube.com/watch?v=hwRBekwG9MA
Erik Kreis, Human Kinetics

Northern Hills Sports Physiotherapy Clinic, Calgary, AB

Northern Hills Sport Physiotherapy is a privately owned clinic that offers a wide variety of services including concussion rehabilitation, vestibular treatment, women's health therapy, massage therapy, and all musculoskeletal assessments and treatments. We develop exercise programs for patients to practice for their rehabilitation and utilize modalities such as TENS, IFC, ultrasound, blood pressure cuff and stethoscope, cupping, heat and ice.

“Northern Hills Sports Physiotherapy's positive and family-like atmosphere is a place where it’s patients and their therapists can grow and improve themselves. A fantastic environment for students to learn!”

–Erik Kreis

LifeMark Physiotherapy, Calgary, AB

LifeMark is a physiotherapy clinic that works in conjunction with the Worker's Compensation Board for the purpose to rehabilitate people who have suffered an injury at their job and need to return to it. The return to work team consists of kinesiologists, physiotherapists, vocational experts, and health psychologists.

“LifeMark physiotherapy opened my eyes to the organization of the health care system, and how collaborating with other health professionals with an open mind is imperative.”

–Erik Kreis

Alpha Physical Rehabilitation and Health Centre, Regina, SK

Denae Lamb, Human Kinetics

Alpha Physical Rehabilitation & Health Centre is a well-rounded clinic that takes a holistic approach to their therapy. There are four different positions at this facility that includes physiotherapy, exercise therapy, massage therapy, and acupuncture. The Alpha Centre aims to provide optimal rehabilitation by offering active treatment, which includes simple and doable exercises with minimal equipment. They believe this method will develop independence, which will progress into permanent resolving of an injury. Every client’s treatment and exercise prescription is extremely individualized because the Alpha Centre believes to look at the person as a whole rather than as a single injury.

“By performing one-on-one assessments I was able to further my physiological and biomechanical knowledge, as well as, tailor exercise prescriptions that would best fit client’s needs and wants.”

–Denae Lamb
Paulina Leibel, Human Kinetics

My job at Hope’s Home is to assist and independently perform therapies with different medically fragile children. I have been able to attend different appointments such as, physiotherapy, and occupational therapy; help develop programs for children, as well as assist the physical developmental consultant in developing PPPs (personal program plans). We develop PPPs for specific children and choose three main areas to focus on and ensure we have goals to achieve every three months for a year.

“The picture above shows me teaching the gross motor group. We are cooling down from our hard work! I will leave my mark on Hope’s Home by leaving behind the success of this group.”

—Paulina Leibel

Su-Hao (Howard) Liou, Human Kinetics

LG Fitness, Regina, SK

LG fitness is a friendly fitness facility that allows all age group to work out under trainers’ supervision to ensure safety. They provide private and semi-private personal training and many group classes for clients to fit in the best option. My role as a fieldwork student was to lead group classes and personal training sessions, design periodization program for different clients in 8 to 12 weeks. I also learned how to manage a gym including cash management and techniques in communicating and connecting with clients.

“LG fitness provided a lot of opportunities for me to learn and understand knowledge relate to the fitness industry. Also it allows me to apply my four years undergraduate knowledge turns into a practical situation. I am now feel really comfortable and confident to speak with new clients, as well as being able to explain the physiological and biomechanical concept to a group class or personal training session.”

—Howard Liou
GoodLife Fitness, Golden Mile, Regina, SK

GoodLife Fitness is Canada’s number one fitness club, and their goal is to provide every Canadian the opportunity to live a fit and healthy good life. GoodLife sets itself apart from other clubs with the services it provides (e.g., sauna/steam room, affordable memberships, massage, tanning, and the list goes on). In addition to GoodLife’s many services, their customer service goes above and beyond. Fitness should not be intimidating, and that is what the associates reinforce with their words and actions. Being personable and understanding of member’s needs is essential to creating a positive experience for each individual.

Tanner Long-Bembridge, Human Kinetics

“The atmosphere is extremely welcoming and I believe that is partially why they have become so successful. GoodLife strives on customer service and making sure every member leaves feeling satisfied. Since being at GoodLife, I have had the chance to shadow trainers, participate in meetings every morning, work on sales techniques, practice programming and taking fitness assessments.”

-J Tanner Long-Bembridge

Jordan Wirachowsky, Human Kinetics

“My fieldwork experience has taught me many things, with the biggest takeaways being an increased confidence in program development/training styles, and associating with a variety of individuals and personalities.”

-Jordan Wirachowsky
The role of a fieldwork student, within the RCMP OCU, is to be a student fitness facilitator. Responsibilities include learning the 45-hour blocks of information that is within the Cadet Training Program (CTP), inputting information in excel spreadsheets, correcting cadet fitness log books and assisting with classes or teaching them. You experience cohesion, you help individuals overcome hardships in fitness to achieve the career of their dreams and you get to make lasting relationships with individuals who will be serving Canada as RCMP members. The main fitness test cadets must successfully complete to be a police officer is the Physical Ability Requirement Evaluation (PARE).

Michael Markewich, Human Kinetics
Dr. Paul Schwann Applied Health and Research Centre, University of Regina, Regina, SK

As a fieldwork student within the Dr. Paul Schwann Applied Health and Research Centre (DPSC), I have had the opportunity to spend time within three main fields of professional work; including cardiac rehabilitation, exercise therapy, as well as high-performance training within the Athlete Health and Performance Centre. This has given me the chance to gain practical experience in various fields of which all apply directly to my degree and learning objectives. I have not only gained valuable knowledge within the field of Kinesiology and Health Studies throughout my practicum, but have also gained interpersonal skills through dealing with a diverse clientele base.

“I am now comfortable working in the professional field of exercise therapy with individuals experiencing chronic disease as well as high performance athletes, which will prove to be beneficial as I carry out my future studies within the field of Exercise Physiology.”

-Michael Markewich
Kathryn Merk, Human Kinetics
The Disability Claims Advocacy Clinic Inc.
Pilot Butte, SK

The Disability Claims Advocacy Clinic Inc. (DCAC) is a case-management organization that helps individuals across Canada applying for Canadian Pension Plan (CPP) Disability Benefits. DCAC has contracts with Insurance Companies and they take on private clients that need assistance. Case-managers help individuals from initial application through to representation at the Social Security Tribunal. My role was to develop reconsideration submissions for those who had been denied benefits.

“My experience has been filled with highs and lows, from clients yelling to clients crying out of happiness. It gave me a real-life experience, of the situations I will face in the health profession. “Thank You for getting back to me about my learning disability. I have trouble understanding it, so it was important for me to see it in words and try to absorb it that way. My father will randomly ask why after 27 years of working, why I have not been successful, I can offer him an explanation. I find it strange that you, being a total stranger, actually understands me and my father has no clue,” this was received towards the end of my placement from one of my clients. It was reassuring to know I chose the right field of work and I am able to understand and connect with my clients on a personal, yet professional level.” -Kathryn Merk

Shania Meyer, Human Kinetics
Kelsey Trail Health Region
Nipawin & Tisdale, SK

My fieldwork in the Kelsey Trail Health Region has given me relevant experience in exercise therapy. I participated in many different activities in my time in Kelsey Trail such as assisting in running the chronic disease management exercise program, and leading pulmonary rehab. I designed clients’ resistance exercise programs for at home use. I observed many initial consultations for new clients and progressed into completing them myself. My role in rehab is taking blood pressures and heart rates before, during and after exercise. I also assist in monitoring the clients as they exercise, by watching for signs and symptoms in the clients through subjective and objective findings. For my special project I lead pulmonary rehabilitation almost independently.

“This experience has deepened my passion for exercise therapy and it has given me the tools and confidence to be able to start working independently in this field.” -Shania Meyer
Terri Mosure, Human Kinetics

"This placement has shown me what it means to invest yourself into an occupation. Within my placement I have read, understood, and applied more research papers than during any class."

-Terri Mosure

BACHELOR OF KINESIOLOGY

CBI Health Centre, Prince George, BC

CBI Health Center has a team constructed of kinesiologists, occupational therapists, and physiotherapists; who all form one team to deliver rehabilitation techniques for individuals injured at work. The agency is knowledgeable and research centered; which allows employees the opportunity to further education thus allowing exceptional treatment plans. The agency for a practicum provides exposure to psychosocial matters, and rehabilitation concepts not covered within a school setting. Being a well known multi-disciplinary team students can learn plenty from this placement due to the various specialties within the organization, and access to research, and techniques unique to this agency. Student responsibilities are similar to that of the Kinesiologists. Tasks such as musculoskeletal, and functional assessments, program introductions, exercise therapy, job site visits (JSV), and job demand analysis (JDA) are task completed by the kinesiologists. Findings from the assessments and JDA’s, and JSV’s are to be incorporated into a report for filing. With program design the student is to design a program that is then looked over by a kinesiologist who will look for order, intensity, and fitness aspects such as Cardiovascular, strength, flexibility, and mobility.

Husam Muftah, Human Kinetics

Neil Squire Society, Regina, SK

"My fieldwork at the Neil Squire Society has allowed me to enhance my interpersonal and creativity skills. I am required to assess new clients every day, each with varying needs. I have to think critically and creatively during each assessment in order to provide client-oriented support. Exposure to these different interactions will prove to be immensely valuable in my future practice as a physician. The experience I have gained from my fieldwork position will allow me to interact with future patients in a more effective and engaging manner, leading to enhanced patient care.”

–Husam Muftah

The Neil Squire Society is a national not-for-profit organization dedicated to empowering people with disabilities through the use of computer-based assistive technologies, research and development, and various educational and employment programs. They are one of the few organizations in the city that seek to support people with disabilities in achieving their goals of returning to school or finding employment.
Ainsley Oldershaw, Human Kinetics

Before I started I had little direction and was unaware of the amazing opportunities that are available to students in the Kinesiology and Health Studies Faculty. The diversity of challenges that are introduced at the City of Regina facilitate and encourage learning. My days were filled with solving disputes between a union and a manager, ensuring that an employee suffering from a mental illness receives the care that is required to recover, and handling a Graduated Return to Work program for an employee that has been off for nearly a year. The Employee Health & Wellness team is inclusive, encouraging, and creates an environment that fosters learning. Brent and his team are continuously challenged in their daily tasks, they share those challenges and encourage students to be problem solvers. Even as a student I was treated as a member of the team, my ideas and contributions were welcomed and encouraged.

“*The opportunity to complete my fieldwork with the City of Regina, helped me figure out what I wanted to do with my degree.*”

-Ainsley Oldershaw

Alexandria Patallas, Human Kinetics
Wellness Revolution Studio, Regina, SK

Wellness Revolution Studio is a private fitness studio that also offers life coaching, nutrition planning, massage therapy, and more. As a fieldwork student at WRS you will have the opportunity to shadow various trainers and learn new training styles. The fieldwork student will be shadowing, as well as program planning and leading personal training sessions and group fitness classes.

“My experience at Wellness Revolution Studio was absolutely amazing. The whole team there was so open and willing to help me learn. I was able to gain hands on training experience and my eyes were opened to the business side of personal training as well.”

-Alexandria Patallas
Samantha Popp, Human Kinetics

Alliance Wellness and Rehabilitation, Moose Jaw, SK

At Alliance Wellness and Rehabilitation in Moose Jaw, Saskatchewan, my responsibilities included working with clients in the clinic for their exercise therapy and physiotherapy exercises, doing assessments for the Healthy Weights Initiative program, and helping administer the personal training and social support for clients in the Healthy Weights program. After the first Healthy Weights session, had been completed, I was given the opportunity to run the program by myself after having some experience from the previous session.

“I am constantly challenged by my clients on what the type of exercises would be good for them as a group, and also making some more individualized plans for those who need more attention.”

-Samantha Popp

Jayde Probe, Human Kinetics

Peak Power Sport Development, Calgary, AB

Peak Power is a training facility that focuses on a variety of things such as weightlifting, powerlifting, testing, and athlete coaching. Peak Power has a goal to be recognized as the leader in exercise science within Canada. Throughout the internship the role of the student included coaching athletes within the training facility, testing athletes (i.e. VO2, FMS, Speed/Power testing, Wingate), facility maintenance (i.e. organization), and creating sport specific exercise programs. The student assists with running sessions as well as has the chance to take over her own group.

“This experience helped in deciding on my next steps after achieving my BKin. Peak Power has provided an excellent learning environment where I became a better professional. I had the opportunity to work individually with athletes, create programs, and learn the basic fundamentals of weightlifting/powerlifting. Working at Peak Power will affect how I handle and approach tasks in future job opportunities”.

-Jayde Probe
Core X Fitness is a facility in Emerald Park, SK that works with individuals of all walks of life ranging from kids (with kids programs and activities), to group training for adults and to older adults (with programs such as Fit Over 50). Core X is all about working together to achieve common goals in relation to health and fitness. The fieldwork student at this facility will learn all about how a fitness facility functions in terms of both business aspects and the personal aspects of customer service and working with clientele.

Anne Tomyn, Human Kinetics

Before arriving at Jean Vanier School, I did not know what to expect. However, I quickly discovered how much fun and how rewarding the experience was going to be for me and I was very happy that I was given the opportunity to complete my fieldwork there. The students were quick to adjust to seeing a new face every day and the staff were so helpful and always there to answer any questions I had. During my time at Jean Vanier, I acted as a support staff member in one of the three classrooms at the school. I worked primarily with one boy who has cerebral palsy. I assisted him in getting his outdoor clothing and shoes on and off, feeding him, and working on goals with him, such as practicing speech words. Also, I took him to a classroom in St. Augustine School, which Jean Vanier is attached to, where he would sit in on lessons in a typical classroom with students his age. Sometimes I would stay with him in class, while other times I would return to Jean Vanier and help other students with goals and school lessons. Other activities we take part in are liturgy/music, sensory room, outings, movies, grocery shopping, cooking, swimming, and gym class, which I led on Fridays. At first this task seemed extremely intimidating because I had to plan physical activities for students who may be verbal, non-verbal, able to walk, or in a wheelchair. I tried to provide a wide-variety of games, such as T-ball, relay races, fitness bingo, different variations of tag, etc.

“I feel as though Jean Vanier has prepared me for my future career as an occupational therapist in a school division because it has exposed me to multiple adapted tools and strategies of completing tasks.”

-Anne Tomyn
Lifemark Physiotherapy, Regina, SK

Lifemark Physiotherapy at the University of Regina is a clinic and gym setting providing rehabilitation to patients as young as two and as old as ninety-five. Regardless of a patient’s pathology, the professionals at Lifemark will find a means to help the patient achieve his or her goals whether they are to gain function in daily life, return to work, or come back to compete in competitive sport.

Nikita Senko, Human Kinetics

At Lifemark, I was able to take on the role of a personal trainer due to my ability to create and implement workout programs for individuals. However, the ability to know how to prescribe exercises based on one’s injury and/or goals makes this type of work more complex. In addition, I learned about and utilized certain mechanisms to help treat injuries such as electrical stimulation, heat/ice, massage, myofascial stretching, joint mobilization, and medical taping techniques. It is also extremely important to continue to track exercises to make sure technique is perfect because practice makes permanent. This means if technique is poor, the individuals will continue to practice like this most likely endangering themselves, which is crucial when dealing with individuals in health and wellness settings. This developed my abilities as a kinesiologist to become much more advanced as I have personal training experience with the added skill set to work with almost all populations.

“The picture above simulates how most the clients end the day with us at the clinic, attached to electrical stimulation to help with pain, stiffness, and swelling and is usually what people look forward to the most.”

-Nikita Senko

Adam Strueby, Human Kinetics

Over the course of the semester, my roles dealt with assisting with the progression of exercises with patients with various pathologies such as shoulder and knee surgeries, back pain, and tendonitis of various areas in the body. As well, I was taught a variety of testing measures for patients to determine deficits that may be influencing the pathologies affecting his or her day-to-day lives. With this, I was able to build programs to assist in developing strength, as well as range of motion, for these clients in order for them to regain acts of daily living such as self care or dressing one’s self.

“Throughout the course of this semester I have began to apply the skills I have gained throughout the course of my degree and realized their functionality.”

-Adam Strueby

3-Minute Special Project Video
https://www.youtube.com/watch?v=jGzGjzDvX-4
Courtside Sport Medicine and Rehabilitation, Regina, SK

Courtside Sports Medicine & Rehabilitation is an agency where they provide rehabilitation programs designed for all kinds of clients such as: private clients, injured workers, individuals in motor vehicle accidents and insurance company sponsored clients. Programs are built based on a team effort from the many team members at CSMR and are individualized for each client to progress them towards their goals and successes.

Brad Senko, Human Kinetics

“During my time at CSMR I typically followed and shadowed an exercise therapist. This included learning things such as an exercise prescription, exercise technique, pain management and functional testing. One specific skill I learnt that was very specific to CSMR was learning how to run the isokinetic cybex machine that gives me a very specific skill that I can transfer to different jobs.”

-Brad Senko

Cassandra Serbu, Human Kinetics

“CSMR offers such a variety of different rehabilitation and therapy options for their clients. It allowed me to see which therapy best interests me and which one I would like to pursue in the future”.

-Cassandra Serbu
Saskatchewan Association for the Rehabilitation of the Brain Injured, Regina, SK

Holly Weighill, Human Kinetics

Saskatchewan Association for the Rehabilitation of the Brain Injured (SARBI) is a non-profit organization dedicated to providing psychosocial rehabilitation programs, as well as recreational opportunities and support services for Acquired Brain Injury Survivors and their families. The goal at SARBI is to enhance the quality of life for ABI Survivors by providing programs that help them adjust to a new lifestyle after their injury.

“I want to become an Occupational Therapist and SARBI provided me with the opportunity to connect with Occupational Therapists on the Wascana Rehab ABI outreach team and go on a number of home visits to observe the occupational therapists in action. I also was able to network with other professionals and agencies in the city, such as Physiotherapists, Nurses, Social Workers and Speech Pathologists from the ABI outreach team; and coordinators and supervisors from Sask Abilities Council.”

-Holly Weighill

Regina Sport and Physiotherapy Clinic, Regina, SK

Mackenzie Williams, Human Kinetics

Regina Sport and Physiotherapy Clinic (RSPC) is a multidisciplinary clinic that offers a range of treatments. The clinic focuses on the recovery of injuries while ensuring client and patient care. Examples of treatments provided to clients are physiotherapy, exercise therapy, client education, acupuncture, injury assessments (including evaluations completed by a physiotherapist, chiropractor, psychologist, and physician), job-site visits/assessments, concussion assessments/rehabilitation, vestibular/balance treatments, osteoporosis treatments, and pelvic floor/urinary assessments. My role as a student was to work alongside the secondary/tertiary caregivers as an exercise therapist.

“My placement has confirmed my future goals of furthering my education to become a physiotherapist and work in a similar environment as RSPC.”

-Mackenzie Williams
Cypress Health Region, Swift Current, SK

Erin Hilts, Therapeutic Recreation

The Cypress Health Region provides an opportunity for a Recreation Therapist student to complete their fieldwork placement under the Regional Recreation Therapist based in Swift Current and nine rural areas including Leader, Cabri, Mankota, Ponteix, Herbert, Eastend, Shaunavon, Gull Lake, and Maple Creek. The majority of the placement takes place at The Meadows long-term care facility in Swift Current. The student will undergo a series of Therapeutic Recreation experiences. Putting three and half years of classroom material into practical, hands on work. Assessing clients, planning, implementing and evaluating intervention programming for long-term care residents. Completing program protocols, doing recreation and leisure activities, working on several multidisciplinary teams, and working both individually, and in group’s settings with residents.

"Recreation Therapy is in the process of getting discovered in Saskatchewan and advocating for it is a big part of fieldwork with The Cypress Health Region. Advocating never stops for this profession and helping create a positive word for the profession will help increase job opportunities in the future!"  

Erin Hilts

Cypress Health Region, Shaunavon, SK

Caitlin Martin, Therapeutic Recreation

My practicum with the Shaunavon Long-Term Care (Cypress Health Region) has been the time of my life. This agency is more than a facility, it is a community of 44 residents, a caring staff, and new experiences every day. I have learned so much from this healthcare environment and I cannot wait to use my new skills in other small towns. My role at the Shaunavon Long-Term Care was to assess, plan, implement, evaluate, and document programs for the residents. Through recreation programs I have learned so much about each resident and have a better understanding of improving quality of life.

"The practicum would not have been the same without the rapport I built with the residents. Even though most will not remember me after I leave, I relished at the opportunity to get to know each of them. It made getting up for work easier because I could not wait to see them and hear their stories. It makes a person realize how amazing life is and all the amazing opportunities that are ahead of me"  

Caitlin Martin
William Booth Special Care Home, Regina, SK  
Alicia Seitz, Therapeutic Recreation

William Booth Special Care Home is in cooperation with the Regina Qu’Appelle Health Region and is committed to provide holistic care for all people. They fulfill this service by following Christian principles, values, and ethics and through a person centered approach that is resident/client focused valuing the individuals, families, and community input. The facility provides long-term residential care, respite, convalescent, and adult day support care.  

“It's about the abilities that make that individual who they are.”  
This self-made quote relates to my experience here at William Booth and encompasses my learning objectives and future progression as a professional by noting that a client’s goals are first created by gaining a better understanding about who that person is and implementing strategies based on their abilities.  

My fieldwork experience has gained me exposure and experience to diverse populations with varying disabilities. It has not only provided educational value but a daily reminder to be thankful for my own health and well-being. It provided me hands on experience with leadership, creative planning, and to perform critical thinking which gave me a sense of ownership in my learning process.  

-Alicia Seitz

Pursue a GRADUATE DEGREE

Have you ever thought about enhancing your knowledge and furthering your career with a graduate degree?  

Whether your goals are academic in nature or a practical and applied use of knowledge, a graduate degree in KHS might be right for you!  

Visit the KHS Graduate Program website for more information:  
https://www.uregina.ca/kinesiology/graduate-program/index.html  
Contact the Associate Dean of Graduate Studies to discuss your academic plan  
khs.gsr-assocdean@uregina.ca

Programs in the Faculty of Kinesiology and Health Studies

Master of Science (MSc)  
Doctor of Philosophy (PhD)

Both degree options allow for study in a variety of areas including:  
- Adapted Physical Activity  
- Athlete Health  
- Biomechanics  
- Children’s Health  
- Epidemiology  
- Exercise Therapy  
- Health Ethics  
- Indigenous Health  
- Mental Training  
- Motor Learning  
- Neurobiology  
- Sport Nutrition & Metabolism  
- Sports Psychology  
- Sport & Recreation Administration  
- Therapeutic Recreation
Level 10 Fitness Inc., Regina, SK

Zack McEachern, Human Kinetics

“My experience over the past four months at Level 10 has prepared me for my future career goal of becoming a strength and conditioning coach by allowing me to gain hands on experience in the fitness and sport performance industries.”

-Zack McEachern

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

Avery Pakulak, Human Kinetics

“Level 10 is an amazing facility filled with knowledgeable staff and great clients. Not only did I get to see personal training, I also was able to see physio assessments, treatments, concussion testing, pre testing for athletes, post testing, work with clients with a wide variety of conditions and injuries, run group classes and private training sessions.”

-Avery Pakulak

Landon Buch, Human Kinetics

“Level 10 is a great company that facilitates to you as a student, as you progress through your fieldwork experience. It has provided me with the tools to evolve from a student to a professional”

-Landon Buch
2017 OUTSTANDING FIELDWORK AWARD

The Fieldwork Award is our Faculty’s chance to acknowledge the value of our numerous partner agencies that provide critical experiential learning for our students. These host agencies offer the opportunity for students to test theory-based concepts in a “real world” environment and the chance to develop competency skills as they transition from student to health professional. The Fieldwork Award is announced each spring at the KHS Distinguished Alumni Award Dinner. Thank you Dan Farthing for attending the Dinner to accept the award on behalf of Level 10 Fitness!

2017 Award Recipient LEVEL 10 FITNESS

@Level10Regina
level10regina.com

Level 10 is a locally owned and operated fitness and sport training organization that provides comprehensive support to a full spectrum of clients. Level 10 is a proud co-educator of students in the Faculty of Kinesiology and has provided fieldwork placement opportunities for its entire existence as a company. In fact, this semester, they are hosting 3 students (Please see the page dedicated to those Level 10 Fieldwork students)! In an industry that is largely unregulated in terms of education, qualification and experience, Level 10 has long championed the importance of a Kinesiology education and this – along with its additional requirements of gold standard certifications – has earned Level 10 an unparalleled reputation in our city, our province and beyond.

Thank you Dan Yaskowich, Dan Farthing and the rest of the Level 10 Staff!

Experiential Learning Coordinator
(Fieldwork Coordinator)

Brandy West-McMaster
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