Winter 2018

Kinesiology and Health Studies/Health Studies

FIELDWORK
STUDENT EXPERIENCES IN REVIEW

Features

Links to 3-minute Fieldwork Quicklinks

Experiential Learning In the Classroom: Professor Brenda Rossow-Kimball

2018 Outstanding Fieldwork Agency: ASTONISHED!

University of Regina
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**Experiential Learning in the Classroom**

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**2018 Outstanding Fieldwork Agency Award**

The Big Sky Centre for Learning and Being Astonished!
3-Minute Special Project Growth and Development Reflection

All videos can be found on the UR Kinesiology Youtube Channel

https://www.youtube.com/channel/UCpJPF4ij6ApzIlSVFc8Ifw/videos

Type URKinesiology Fieldwork and the Student's Name and it will take you right to the video!

Tiffany Powell’s (TR) special project has been ongoing throughout my placement and has included developing a new Service Delivery Model for the Meadows. I have been able to develop the many components of the process as well as spend time evaluating the model and addressing the changes needed. This model will add contribution to the agency because there was no model or process prior to, which made programming focus on large entertainment groups and underserve the majority of residents.

Tahkwa Darbi’s (HS) special project was the promotion of the Have A Heart Campaign delivered by Campus For All. The campaign takes place across Canada to notify the federal government on the systemic underfunding of basic services that First Nations children and families need from safe and quality schools, to culturally appropriate family support. By supporting students in contributing to the campaign, Tahkwa was able to help provide them with the feeling of community and empowerment for social growth and development.

Eva Madar’s (HK) special project was to test three different types of inertial sensors currently used in swimming and evaluate how well suited they are for testing and monitoring swimming training and technique in a high-performance sport setting.

Bret Van Kannel’s (HK) special project was the production of an exercise reference manual. The guide encompasses cueing, athletic applications for the movement, ideal rep ranges, progressions/regressions, and any present muscular or joint dysfunction that may contraindicate the exercise.

Sarah Molder’s (HK) special project was to create a Logic Model (LM) for the brain injury employment program that was being developed during my placement. An IM is a visual representation of how a program is intended to work; it displays the "logic" behind a program. It provides an easy-to-follow visual flow chart of what the program is, what it is made up of, and how it is intending to bring about change. An IM is thus a beneficial tool to utilize in the development phase of a program because it informs all interested parties/stakeholders on the specifics on the program and ensures everyone is on the same page in regards to what the program is turning out to be. Further, in addition to assisting the planning/initial implementation phase of the program, the IM will benefit the organization beyond the program's development stage. It will be used to present the program to future funders, train new employees, and inform a program evaluation once the program is up and running.

Tyson Brinkworth’s (SRM) special project was to organize and coordinate the Soldier On vs. Regina Pats Alumni Game that occurred on February 16th, 2018. For this event he was responsible for: Reaching out to alumni and organizing a team of individuals who were willing to participate, ensuring all necessary components were in place (dressing rooms, towels, food and beverages), coordinating the event at the facility on behalf of the Pats (Brandt Centre) and drafting a press release for the event that was posted on the Pats website.

Charlotte Kot (HK) provided Exercise therapy in a multidisciplinary team including Music Therapy. In this 8 week session, the group was focused on early ambulation focusing on the strength required to master this skill. This group applied to Charlotte’s learning objectives concerning working with various disabilities, understanding anatomy, program planning and adapting exercises based on various populations.
Megan Anderson  
Synergy Physio/CBI Scarth Street, Regina, SK

Synergy Physio / CBI Scarth Street is a clinic in downtown Regina that provides services such as Physiotherapy, Acupuncture, Exercise Therapy, and group classes. The clinic works with SGI, WCB, and private clients, and their main objective is to rehabilitate injuries, prevent imbalances in the body and improve quality of life. Their practices also have a strong focus in posture correction and improving core strength. The fieldwork student in the clinic works directly with the exercise therapist in all aspects of their job, such as working with clients in group or individual settings, program planning, paperwork, and meetings.

“My experience at Synergy Physio / CBI Scarth Street has been fantastic. I have been able to use the information I learned throughout my undergraduate career and apply it in a practical setting. I have learned how to create programs for various populations, and have developed a vast knowledge of progressions and modifications to provide to my clients. I have also learned how to conduct initial assessments, which involve gathering information from clients, taking heart rate and blood pressure, measuring ranges of motion and grip strength (if needed), as well as exercise review and progression. I also learned how to run CYBEX tests and taught group classes for various injuries and disorders. It was a great opportunity to learn about how people can have the same injury or disorder and it will affect them all differently. I believe my fieldwork placement has provided me with the skills to help reach my goal of becoming a physiotherapist.”  
-Megan Anderson

Danika Diebel  
Creative Options Regina, Regina, SK

Creative Options Regina (COR) is a non-profit organization that develops personalized support services for people experiencing a disability. They are rooted in the philosophy of Gentle Teaching with four pillars: safe, loving, loved and engagement. A culture of gentleness is woven into all aspects of the organization where all the interactions are warm, welcoming and aimed at nurturing relationships based on equality and interdependence. Their innovative approach to care giving is grounded in the recognition and celebration of the intrinsic value of each and every person. COR values those that they serve and celebrates individuality and diversity of others, which makes it a very unique service available.

My role throughout my fieldwork experience as a job coach for a partnership between COR, Campus for All, 4to40, and the City of Regina Transit Service, I had the experience of being in a leadership role. “The best part of my fieldwork was coming into such a friendly and warm environment that COR has created. I felt that my voice as a student was heard and respected when expressing opinions and ideas. It was exciting to see the growth of the program from collaborative teamwork and independent work that everyone has put in. I had a very positive experience and learned a lot of valuable skills that I will use in future endeavours, as well as in everyday life.”
Level 10 Fitness is the perfect fieldwork placement for students interested in getting an inside look and first-hand experience at what it’s like to work as a personal trainer at the best gym in Regina. As a fieldwork student, you’re awarded the opportunity to shadow trainers from all different sport and performance backgrounds to assist you in building your knowledge and repertoire of workouts. Following weeks of shadowing and education sessions which allow you to get comfortable in the environment, and once you are willing and ready, you are then given the opportunity to lead classes and sessions on your own, and then receive feedback from fellow trainers and clients about your service delivery.

**Rebecca Bend**

“My fieldwork experience at Level10 Fitness taught me more than just exercise and sports performance programming, as I learned that Level10 has built a community around it’s business to which Level10 seeks to elevate it’s clients lives in all aspects, not just fitness. This business practice goes beyond what I was taught at my time at the University of Regina, as it takes time to understand how to run a business of such a high caliber while staying relevant in the evolution of Regina and exercise science. My learning objectives shifted throughout my fieldwork experience as I fulfilled my learning objectives within the first month at Level10 Fitness and was able to expand my knowledge further.”

**Lindsay Fish**

*The best way to describe the experience is “it is a well-rounded experience full of tons of hands on and practical experience that is geared towards what the student wants to specifically learn about as well as other experiences that may not have been thought of before fieldwork.”* The impact that the Level 10 fieldwork experience had on myself is that it allowed me to really figure out what I wanted to do for a career after convocation. Being able to have the full experience of being a trainer allowed me to understand what the hours are like, as well as being able to build relationships with some of the clients.

-Lindsay Fish

**Ryan Wellman**

“Level 10 gave me the opportunity to live the life as a personal trainer, exploring programming and training for all ages and populations. I learned more about service delivery and exercise prescription than I ever could have hoped for and met so many great people along the way.” I thoroughly enjoyed my experience at Level 10 and am thankful for the opportunities that my fieldwork placement offered me. The staff of Level 10 is so dedicated to client satisfaction and service delivery that it shows in everything that they do. It’s a great environment to work in!
This Lifemark facility provides secondary and tertiary based programs to help rehabilitate clients up to one year post injury. Lifemark encompasses a variety of different rehabilitation treatments with a full team of physical therapists, massage therapists, kinesiologists, occupational therapists and psychologists that all work together to provide a wide range of quality health care services.

“Throughout this placement I was able to expand my knowledge of the anatomy and exercise prescription process and learned just as much in my time here as I have in my four years of university. The great staff and management made my fieldwork placement a great experience that positively impacts the way I look at rehabilitation as well as what I will look for in my future career.”

-Ashley Dryka

OPEX Fitness, Regina, SK

Adam Herriot

At OPEX Fitness Regina you will work with a small team of highly knowledgeable and experienced coaches. You will observe coaches on the floor and assist when needed. There is a strong focus on continual education at OPEX and you will attend all coaching education sessions possible during your fieldwork. You will participate in all relevant OPEX conference calls. You will help assess and coach a wide variety of clients. You will have your own fitness assessed and will be coached yourself as all OPEX coaches also have their own coach. You will incorporate working out into your daily schedule. If you want to help others train then you must train towards your own goals and eliminate weaknesses found in your assessment. You will also assist with the business backend and assist with promotional events.

“Shadowing and conducting many fitness assessments at OPEX Fitness Regina has improved my ability to thoroughly assess the fitness of individuals with a vast variety of abilities and will be incredibly important for maximizing the size of the population I can confidently work with as a trainer in the future.”

3 Minute Video
https://www.youtube.com/channel/UCpJPF4ij6Apzlk5YFc8Ifw/videos
First Steps Wellness Centre, Regina, SK

First Steps Wellness Centre (FSWC) is a rehabilitation facility specialized for individuals who have experienced neuromuscular trauma or are currently living with a neuromuscular condition. Through the use of intensive exercise-based therapy, FSWC aims to help clients regain function and improve overall health, independence, and quality of life. Certified therapists use the latest research as a means of developing innovative, custom-designed programs for the clients who attend. Most importantly, FSWC practices with the belief in recognizing potential, not limits.

At First Steps Wellness Centre, the professional atmosphere of the organization is very positive and welcoming. The staff are very friendly, and devote a great amount of their time and effort to assisting students in furthering their knowledge within this very specialized field of exercise therapy for individuals with neuromuscular conditions and spinal cord injuries. There is a concerted effort made every day by this agency to teach, leading me to a point where I have become comfortable with different adapted exercise techniques and can perform client exercise sessions independently. The ability to work with clients closely over the course of this term has lead to the formation of strong relationships. Along with this has come applicable experience with interpersonal skills and communication that I can take with me to my future in exercise and healthcare. Having the opportunity to assist clients in their work towards both short and long term goals is extremely fulfilling, and gave me the chance to see great progress and advancement. While I continue my journey in the field of Kinesiology, I will look back on this experience as a very important part of my growth not just as a professional, but also as an individual.

Jamie Prisiak

As a fieldwork student, the primary role is to provide assistance to the therapists as a means of effectively executing client programs. This includes, but is not limited to, setting up specialized exercise equipment, aiding in the transferring of clients, and providing extra support when needed. In addition, students are given opportunities to work one-on-one with numerous clients as a way to progress both one’s skills and confidence within the workplace.

“This experience has not only substantially contributed to my professional knowledge but has given me the opportunity to undergo valuable personal growth. The ability to create a genuine bond with the clientele at FSWC has undoubtedly been the most enjoyable part of my fieldwork experience and has truly guided me towards a better understanding of the type of professional I wish to be. Being in an environment that supports creativity and ingenuity has challenged me to expand how I perceive the area of rehabilitation and has given me the knowledge and insight to foster success as an emerging professional.”

Jaxon Flaman

3 Minute Video
https://www.youtube.com/channel/UCpJPFf4iJ6ApzIkSVFc8lfw/videos
Nicholas Hadjisravropoulos

I completed my fieldwork at The Wascana Rehabilitation Centre, in both the functional rehabilitation program (FRP) and the children’s program. While in the FRP, I worked as an exercise therapist, carrying out fitness assessments, prescribing exercise, creating exercise programs, and training injured workers and SGI clients. In the children’s program, I worked as a children's exercise therapist with children and teenagers with varying abilities on working toward proper movement and skill development on land and in the pool. Before starting my fieldwork, I questioned whether or not my education would equip me for the field of exercise therapy. Now that I have done my fieldwork, I am confident in my ability to work as an exercise therapist. I feel very lucky that I was able to do my placement, while surrounded by such supportive, educated, experienced, and diverse individuals.

Charlotte Kot

Wascana Rehabilitation, a centre that provides comprehensive medical rehabilitation programs for adults and children, as well as specialized long-term care. I worked in two programs, the Children’s Program and Functional Rehabilitation Program. This experience allowed me to acquire the skills and knowledge required for two very diverse populations.

In the Children’s Program as an Exercise Therapy Student, I created fun exercise programs to address a child’s physical disability or developmental delay. I also organized exercise groups, which include children with similar needs and goals in a social environment. Another component of this program was School Visits, during which multiple therapists travel to the school of a client. During the visit, I would observe the physical education class and make recommendations to encourage inclusiveness and participation.

For the second half of my placement, I worked in the Functional Rehabilitation Program. In FRP, individuals with musculoskeletal injuries are given comprehensive medical care from a team of therapists. In the Exercise Therapy position, I was responsible for performing fitness tests, including aerobic, strength and endurance, as well as flexibility. Based on these results, I would create an individualized program to address each client’s specific needs.

“I was very grateful for the opportunity to work with so many diverse clients and knowledgeable staff members. My experience far exceeded my expectations, and I would recommend Wascana to any students interested in pursuing a career in rehabilitation.”
Special Olympics Saskatchewan, Regina, SK

Special Olympics Saskatchewan (SOS) is a non-profit organization that is dedicated to enriching the lives of people with an intellectual disability through participation in sport. SOS offers education, health and sport programs that creates opportunities for people with intellectual disabilities to engage in inclusive community programs. It enables athletes to foster friendships as well as gain confidence and skills that would translate into many areas of their lives.

Mitchell Handzuik

During my time at SOS, I worked under the Director of Programs, Darlene MacQuarrie, as assistant to the program team. Expectations and duties of a fieldwork student included assisting the program team with program implementation, preparing Media and Medical Guides, communication, preparation for 2018 National Games, community meeting in Humboldt, athlete fitness testing days, assisting with Try It Unified camps, helping out with the Active Start program, career fair, assisting with event planning, and much more. It involved working as a team while also being depended upon to complete individual tasks on time.

“I am extremely grateful for my time with SOS. I met great people and developed great friendships during my time there. I also gained a plethora of different experiences in a multitude of settings, whether it be an administrative role or a hands-on experience. Being my first office experience, I was initially nervous about starting at SOS, but gained confidence during my time there that I can be successful in whatever career path I end up choosing.”

Moura Khair

As a fieldwork student in the Marketing and Development department of SOS, I had the opportunity to plan, organize and participate in several programs and fundraising events. This included coordinating an annual sponsorship appreciation night, tracking merchandise, creating budgets, attending programs, and communicating with other agencies.

“Working with SOS was a privilege as not only did it help me develop my professional skills, but also grow as a person while being surrounded by an incredible staff. I was given the opportunity to facilitate activities, organize an event, and attend programs offered by SOS. Through this experience, I have built relationships with athletes and had meaningful conversations that allowed me to see the impact that SOS has on people’s lives. The positive and healthy environment that is generated by SOS to its staff, communities, and athletes is invaluable, and one that I will never forget. It is one that I hope to bring to others in my future life and career.”

3 Minute Video
https://www.youtube.com/channel/UCpJPFf4ij6Apx1kSVFc8ifw/videos
Todd Jones  
**Momentum Health West Springs, Calgary, AB**

Momentum Health is a small privately owned clinic that houses several different types of therapists, from physiotherapists and chiropractors to naturopathic doctors. The staff at Momentum are amazing, incredibly friendly, patient and encouraging. The kinesiologist and Physiotherapist that I worked with were incredibly knowledgeable and spent extensive amounts of time helping me learn and develop new skills. For anyone looking to pursue physiotherapy, Momentum Health West Spring is the perfect fieldwork placement. For starters, Alberta has different rules than any other province that allow kinesiologists more freedom in performing different types of hands on therapy.

“As a kinesiologist I was able to practice the same treatment methods that physiotherapists perform with the exception of initial assessments. This type of freedom and hands on approach accelerated my learning, complementing the knowledge I had already gained from my undergrad. I could not imagine a more valuable experience for building practical knowledge. I consider myself extremely lucky to have found this placement, as it has been invaluable in helping me build knowledge and prepare for my masters in Physiotherapy.”

Lucas King  
**Momentum Health West Springs, Calgary, AB**

Synergy Strength & Conditioning is a unique fitness centre in Saskatchewan that aims to provide a diverse set of services to help individuals meet any goal. Synergy Strength is primarily a CrossFit gym, but also has Olympic Weightlifting, Powerlifting, kettlebell, Strongman, kids, teens, and masters programs available. In addition to these fitness classes, the Synergy Sports Therapy team provides personal training, nutritional consulting, Fascial Stretch Therapy, massage therapy, Physiotherapy, and Chiropractic care.

During my work-term I had the ability to make my own schedule, and pursue anything that I found interesting. Because of my background in Olympic Weightlifting I ended up primarily coaching the kids and junior weightlifting programs. Additionally the flexibility in my schedule allowed me to become heavily involved with the Saskatchewan Weightlifting Association, a partner organization, and the 2018 Saskatchewan Winter Games. In preparation for the Winter Games I acted as meet director for Junior Provincials, and hosted several introductory workshops across Saskatchewan for newer athletes. During the Winter Games I acted as the Head Coach for Team Regina, and assisted with Team Saskatoon.

*I am extremely glad I chose to do my fieldwork at Synergy Strength as it allowed me to pursue my interests, and to be a part of a community that feels like a family. I have never been a part of a fitness community quite like what Synergy has, and I look forward to continuing to be a part of the family in the future.  – Lucas King*
Courtside Sports Medicine and Rehabilitation (CSMR) is a multi-disciplinary clinic, with a philosophy based on active functional rehabilitation. An improvement in function is achieved by addressing range of motion, and increasing mobility, strength and endurance. CSMR is committed to the process of ensuring clients’ optimal recovery, to allow for a resumption of normal life’s activities in the most appropriate, timely and safe manner.

Kylee Kupper

Students at CSMR contribute to the success of the clinic by completing a variety of duties. Shadowing and working along side a certified exercise physiologist is what they spend much of their time doing. Students are provided the opportunity to work with clients daily, by conducting functional ability evaluations, or creating and monitoring exercise programs. Students are responsible for completing various daily operations to assist with the clinic running smoothly. These tasks include, laundry, preparing cold and hot tubs, charting, billing, and providing clients with hot and cold packs for pain and inflammation release or management.

Team adequately describes the cohesive atmosphere that CSMR sustains. The clinic kindly welcomes students to presume roles as a Kinesiologists. We are granted opportunities to further develop in the areas of functional ability evaluation, exercise demonstration, program development, concussion assessment, and utilization of the Cybex HUMAC system. Furthermore, students can expand their understandings in regard to injury and rehabilitation through observation the other occupations found within the clinic. Students get the opportunity to work independently with clients and assist in leading them through a critical part of their rehabilitation program. Through working with others I have attained advocacy, and really appreciate the independence that stems from one's functional ability. I have witnessed the impact of small alterations in one's capacities and how it can positively transform their life, and perhaps the greatest benefit of the placement was it facilitated the type of learning that could not otherwise be done in the classroom.

Brooke McDonald

“WINTER 2018 FIELDWORK

BACHELOR OF KINESIOLOGY-HUMAN KINETICS

Courtside Sports Medicine and Rehabilitation, Regina SK

"My experience at Courtside has provided me with the opportunity to apply my knowledge gained throughout my Kinesiology degree. My placement has provided me with the opportunity to grow as a professional and prepare myself to enter the rehabilitation field as a kinesiologist. I have gained experience working with a variety of clients, while building relationships, creating and monitoring exercise programs and conducting functional ability evaluations.”

“My experience at Courtside has provided me with the opportunity to apply my knowledge gained throughout my Kinesiology degree. My placement has provided me with the opportunity to grow as a professional and prepare myself to enter the rehabilitation field as a kinesiologist. I have gained experience working with a variety of clients, while building relationships, creating and monitoring exercise programs and conducting functional ability evaluations.”

"I had always heard fieldwork to positively exceed any prior anticipations, but until I personally experienced it I underestimated the truth behind this. Unquestionably this endeavour enhanced my education, and the personal growth attained through such a beneficial 560 hours will never be dismissed. I was able to validate a true passion for the field of Kinesiology and Health Studies and I can quite confidently suggest that this portion of my degree was most ideal in making the transition from a student to a professional."
The Canadian Sport Institute Ontario (CSIO) is a non-profit organization, which exist to provide a world-leading multi-sport daily training environment for Ontario’s high-performance athletes and coaches. CSIO provides full menu of Sport Performance services, which includes Nutrition, Exercise Physiology, Biomechanics and Performance Analysis, Strength and Conditioning, Mental Preparation (Psychology) and Sport Medicine. Directors, leaders, coaches and practitioners live by and practice the four values of CSIO on a daily basis, which are commitment, synergy, integrity and openness.

As a student working with the Biomechanics and Performance Analysis Team, my main role was to support the swimming program through projects involving testing and evaluation of inertial sensors for analysing swimming performance. Further roles included assisting with video analysis and feedback to swimmers during scheduled practice time, tracking and entering data from weight sessions, conducting literature review on specific topics such as the main muscles activated during swimming and exercises targeting these muscles groups. I also had the opportunity to attend national swimming championships where I helped with video race analysis.

“Working at CSIO gave me the opportunity to work with Olympic level athletes and to see how the integrated support team works to help these athletes achieve podium performances. Assisting with the Biomechanics and Performance Analysis Team helped me to further my knowledge in swimming biomechanics, especially in stroke efficiency; furthermore, I was able to share and apply my personal experience as a competitive swimmer to help athletes become better at what they do. I am grateful for the experience to work with highly knowledgeable and enthusiastic coaches and trainers at CSIO, and I am looking forward to work with high-performance athletes in the future.”

Mark Matthies  FitLiving, Regina SK

FitLiving is a small company that puts the client first with their slogan “Your fitness is our business”. They provide many services including nutritional advice and meal prep, 1-on-1 personal training to help clients reach individual client goals, and group classes. Because their trainers spend so much time getting to know you through diet and training, they easily become good friends and are supportive. My role at FitLiving was to provide 1-on-1 training, teach fitness classes, program plan, and provide nutritional advice for a variety of clients.

If I had to say anything about my placement, it would be that “The experiences I gained from the fellow trainers I met were better than my actual work experience. These individuals enhanced everything I learned in a class. That everything I have learned works together, and no method is superior for everything”. The trainers at the same gym, and the clients I interacted with, helped me to develop new training methods, professional courtesy, social skills, and various other strength. This has encouraged me to refine my own health goals, and has given me valuable personal insight and helped me grow my own characteristics and leadership abilities. My experiences at FitLiving may not have been the ones I originally was looking for, however, I would not trade FitLiving for an experience anywhere else.
Sarah Molder

The Cridge Centre for the Family, Victoria, BC

The Cridge Centre for the Family is the oldest registered non-profit organization in Western Canada. It was originally founded as the B.C. Protestant Orphan’s Home in 1873, but has since evolved to become the multifaceted service agency it is today. The organization presently supports a number of vulnerable populations across Victoria who face distinct social challenges, including 1) families in economic crisis, 2) women and children escaping domestic abuse, 3) senior citizens requiring assisted living, 4) families of children with complex disabilities, and 5) survivors of brain injury.

As a student with the Cridge Centre for the Family, I engaged primarily in the brain injury service arena. I supported survivors of brain injury through the community support program by accompanying them to therapy appointments, assisting with exercise routines, and supporting them through recreational outings. I also engaged in the development phase of the Cridge Centre Brain Injury Employment Program by building resumes for future clients and conducting intake interviews. Lastly, I was lucky enough to be involved with a University of Toronto research project investigating the relationship between intimate partner violence and brain injury. I supported the ethics process of recruiting participants (from Cridge programs) for focus group discussions and sat in on the actual discussions to take notes for the head researcher. Additional daily fieldwork tasks included grant writing, research, and programming.

“Working with the Cridge Centre for the Family brain injury program has given me an abundance of unanticipated skillsets that will surely support my future in the brain injury field. Through front line work experience, I have learned to cater one-on-one support to the individual needs of each survivor. Through more bureaucratic and ‘behind-the-scenes’ work, I have learned to utilize my research and writing skills to support numerous operations within the non-profit sector.”

- Sarah Molder

Samantha Neumann

Student Energy in Action for Regina Community Health, Regina SK

SEARCH is a non-profit, student-run, interdisciplinary health care initiative in North Central Regina, aiming to create equitable and accessible services for all. The medical and social programming offered at SEARCH each week provides clients with: a hot meal, childcare, counselling, primary health care, physical therapy, cultural support, dietician counselling, peer support, and a sense of belonging and importance.

A fieldwork placement at SEARCH not only allows for the student to spend time at the clinic, but also perform administrative duties, attend board meetings, participate in professional development sessions, attend interagency meetings, learn from a variety of mentors, and build relationships with clients, all creating a first-hand experience with the social determinants of health in a community setting.

“SEARCH has provided me the opportunity to gain an invaluable experience working in community health. I have learned the importance of interdisciplinary care and valuing client strength when developing a plan of action in improving client health. I hope to always remember the lessons I have learned from the mentors, students, and clients at SEARCH, and apply this throughout the remainder of my education and future career to provide relevant care that supports a healthier community.”
Christa Penner
Alpha Center, Regina SK

The Alpha Center is a rehabilitation clinic that is located in the center of Regina, SK. The clinic consists of one physiotherapist, one exercise therapist, two massage therapists, an acupuncturist, and administrative staff. The focus of the clinic is to improve the quality of life for those living in Regina who have experienced various injuries, primarily musculoskeletal. The Alpha Center treats a lot of WCB and SGI patients, and therefore the type of injuries can become very repetitive. However, each individual patient brings a new challenge for the rehabilitation team to treat and improve.

The role of a student at the Alpha Center is to work alongside the exercise therapist in performing assessments and creating exercise prescriptions to rehabilitate various musculoskeletal injuries. The student will help record results, measure deviations in range of motion, and use available resources to create an adequate program plan for the individual patient.

“I was surprised at how quickly I was encouraged to be independent at the Alpha Center. My learning objectives included being able to successfully perform an entire assessment, and this objective was accomplished within the first month of being at the clinic. My fieldwork experience at the Alpha Center highly exceeded my expectations. I was able to learn not only how to perform an assessment, but also how to create an adequate program plan for each individual who came to the clinic, with the help of my supervisor. The knowledge I gained during my time as a fieldwork student here will be very useful as I enter into a career in this field.”

- Christa Penner

Amy Spellicsy
CBI Health Centre Park Street, Regina SK

CBI Rehabilitation Centre is a multi-disciplinary clinic that provides a wide variety of health services to individuals with varying needs and abilities. Ultimately innovated for impact towards improved patient access and empowerment, better health care outcomes, integrated models of care and community relevance. CBI uses a team of health care professionals which include physical, occupational and exercise therapists, chiropractors and psychologists in order to deliver the best care possible to various populations. The goal of the program is for clients to work closely with a knowledgeable team of professionals to work towards recovering to pre-injury abilities.

The role of the fieldwork student includes, creating and monitoring specialized exercise programs, exercise instruction and adaptation, providing education regarding movement related topics, functional assessments, job site visits and post offer employment testing. As tasks are completed, the subjective and objective findings are made into a report for filing. As I became more familiar with the job duties expected of me, I felt confident to voice my ideas and was encouraged to do so.

“My experience at CBI Park Street has surpassed my expectations. Not only were my supervisors welcoming, the entire staff of health care professionals were more than happy to provide me with a well-rounded education. The opportunity to complete my fieldwork at a multi-disciplinary clinic helped me find my passion as I am now pursuing a career as a chiropractor. This placement allowed me to develop extensive experience in exercise program design and exercise instruction for specific injuries. I finished my practicum feeling confident moving forward with my knowledge, skills and future career.”

- Christa Penner
Farheen Surtie
Dr. Paul Schwann Centre, Regina SK

The Dr. Paul Schwann Centre, specifically the cardiac rehabilitation centre, also known as the Love2Live program, was a great place to complete my fieldwork. It is a non-profit organization that focuses on health and wellness of a high-risk population. Clients that have had a cardiac event are enrolled in a 12-week rehabilitation program. The program focuses on educating clients on a healthy lifestyle and ways to achieve that. It is not only catered towards patients that have been through a cardiac event, it is also geared towards prevention in clients with multiple co morbidities, such as hypertension and diabetes.

As a fieldwork student, I was able to participate in the full care of clients, from their initial intake assessments, to their 6 week and 12 week assessments. I was also able to assist with designing an exercise program that is tailored to each client’s specific need.

"With my background of medicine, this fieldwork experience has allowed me to see the rehabilitation side of medicine. I am able to appreciate the work that is done in assisting clients on the road to recovery and to be able to prevent future events from occurring."

Ignite Athletic Conditioning
Saskatoon, SK

Ignite Athletic Conditioning is a training centre dedicated to improving the speed, power, agility and conditioning of Saskatchewan athletes so they can achieve their maximal potential. Ignite is a leader in Saskatchewan’s sport specific strength and power development. They offer personal and group training as well as programming for football, basketball, soccer, wrestling, hockey, etc. Ignite is different than any public gym because a certified personal trainer leads each session. They offer classes for kids, high school and post-secondary athletes, pro athletes and for any adult looking to make fitness improvements.

"My experience at Ignite Athletic Conditioning exceeded my expectations. Seeing the passion that these trainers have for their job was great to be around. I was able to learn a lot about programming, sport specific training and leading various athletes through different sessions. As the practicum went on, I gained more confidence in my ability as a trainer to correct improper technique as well as lead on my own."

3 Minute Video
https://www.youtube.com/channel/UCpJPFf4ij6ApzIksSVFc8lfw/videos
Rachel Taylor, Concentration in Adaptation and Rehabilitation
Chronic Disease Management through the Saskatchewan Health Authority, Saskatoon, SK

The Chronic Disease Management program through the Saskatoon Health Authority strives to achieve overall health for the communities of Saskatoon. CDM provides students the opportunity to work with many different programs, which include a variety of people with varying chronic conditions. These programs include Cardiac Rehabilitation, a Parkinson’s exercise group, First Step, which is for individuals with diabetes and pre-diabetes and Next Step, for individuals who have experienced a traumatic event and need more assistance after being discharged from the hospital.

“The Chronic Disease Management program provided me with the skills and confidence to work with individuals with chronic conditions. I was always encouraged to ask questions and was able to achieve all my learning objectives. I had an amazing experience and would highly recommend this program to other individuals interested in the field!” –Rachel Taylor

The role of a fieldwork student would be similar to that of an exercise therapist, which work with clients one-on-one as well as larger groups. The goal of the programs are to improve the clients health and independence through functional fitness programming.

Through this placement I learned different motivational techniques, how to create and instruct exercise classes, how to implement programs and how to adapt or modify exercises. I was able to apply what I learned in in my years of study to real life situations. This experience has helped prepare me to become a better professional for my future career aspirations.

Regina Police Service, Regina, SK

The Regina Police Service (RPS) is the local police force in Regina, Saskatchewan. They employ nearly 600 individuals, which is a combination of sworn officers and civilian employees. There are many different departments within the service which are pivotal for agency success. During my time with RPS, I worked in the Human Resources Department under the supervision of the Wellness Coordinator. I partook in the planning and instruction of daily fitness classes for our employees as well as fitness training for all new police recruits at the Saskatchewan Police College (SPC). I assumed a role on the RPS Half Marathon committee and actively participated in the preparation and social media promotion for the event. A large part of my time spent at RPS was actively working alongside my supervisor on internal wellness initiatives. Initiatives were designed to encompass overall wellness which includes physical, social, environmental, intellectual, emotional and occupational factors. The main themes promoted during my time with RPS included smoking cessation, the importance of heart health, nutrition and physical activity.

Due to my interest in pursuing a career in policing, my experience with RPS has been invaluable. I have been able to apply the knowledge and skills gained throughout my degree to a civilian position while gaining critical information pertaining to the 20 week training program at the SPC and the RPS application process. I have gained exposure to the career of policing and have formed meaningful professional relationships with many individuals that I wish to cross paths with in the future.
Nicole Tracksell

CBI Health Centre Laurier, Saskatoon, SK

CBI is one of the largest companies in Canada that deals with the rehabilitation of workplace and other injuries. The main focus of CBI is client care and to get individual back to their typical workplace function. Through the work of exercise therapists, physiotherapists, chiropractors, psychologists, and many other health professionals, clients receive a multitude of different treatment modalities all under one roof. As a student, it was my job to be wherever I was needed in order to help out and learn. The end goal of this experience was to eventually be able to take over an exercise therapist’s role in the clinic by developing and demonstrating exercises and programs, provide educational lectures to clients in a group setting as well as a one on one setting, orientate clients to primary and upper level programs, and perform POET and FAE testing on clients.

“Working at CBI has been the best educational experience that I have ever had. I have learned so much about exercise prescription and exercise tests and have been able to apply the knowledge to my own personal life. This knowledge will be extremely beneficial in basically any health and wellness career that I may experience.”

CBI has been able to increase my confidence in exercise prescription, public speaking, and communication skills. I have had clients come up to me and tell me what a good exercise therapist I will be after I have worked with them. Getting this feedback from the public is an amazing insurance that I am embarking in the correct field of experience.

Bret Van Kannel

Island Optimal Health + Performance, Nanaimo, BC

Island Optimal Health + Performance is a multidisciplinary clinic and performance centre that encompasses chiropractic, physiotherapy, athletic therapy, naturopathic, osteopathic, massage therapy, and strength and conditioning services. These services are offered at three different physical locations in Nanaimo, British Columbia. The strength and conditioning fieldwork student will have an opportunity to observe the planning and delivery of training programs for a diverse clientele, including university athletic teams. Group fitness is another prominent aspect of the Performance Centre’s daily operations, providing the fieldwork student with an opportunity to assist a wide array of clients with proper exercise execution. Island Optimal has historically provided training services for the various teams of Vancouver Island University, including basketball, volleyball, and soccer. Athletic therapy services have also been offered out of the Performance Centre, allowing the student to observe and learn about rehabilitative exercise prescription in addition to high performance programming.

The roles and responsibilities of the placement include personal training, leading various fitness classes, assisting with team training sessions, shadowing other trainers, and tending to tasks relating to facility upkeep. Upon completion of the placement, the fieldwork student will have improved his or her instructional and communicative skills, leadership confidence, and working knowledge of the anatomical, physiological, and biomechanical factors related to training.
Matt Warren
Outperforme, Brandon, MB

Outperforme Athletics is a high performance facility that provides strength and conditioning coaching to a multitude of different people, made up of: general population individuals, sports teams, and elite athletes, including NHL players and Canadian National team athletes. Outperforme focuses on creating unique training programs that support athletes on an individual sport and personal level. The coaches at Outperforme pride themselves in ensuring that athletes receive individualized attention, whether they are training solo or with a small group. Outperforme excels in this facet so much so that local athletes who play in the NHL and Canadian National Team members continually come back during their offseason to receive programing.

The role of a practicum student at Outperforme requires the following responsibilities: fitness assessment, program creation, payment retrieval and activating personal client account for booking appointments. This experience will broaden your understanding of proper program periodization and what it takes to be successful in the field of strength and conditioning.

Outperforme Athletics has impacted my success as a fieldwork student by providing me with a greater knowledge in program development, related to elite athlete development, while also giving me the tools and resources to move forward confidently into the field of strength and conditioning.

Elisa Wong
Big Sky Centre for Learning and Being Astonished! Inc.
Regina, SK

The Big Sky Centre for Learning and Being Astonished Inc. (Astonished!) values the person-centred approach for each individual. They focus on an inclusive community where young adults with complex physical disAbilities (Core Members) can explore their strengths, dreams, needs, and goals. During my fieldwork placement at Astonished!, I had the opportunity to plan and implement three mini seminar series which included topics such as blogging/vlogging (video blogging), nutrition, and creative writing for our Astonished! Teaching and Learning Centre (A!TLC) program. I also had the opportunity to work alongside the Leadership Team to organize and implement monthly inclusive, social, recreational, and cultural events such as a pizza and movie night, Science Centre night, and attending a play by the Regina Little Theatre for Core Members. In addition to leading the A!TLC program and participating in the Social Club program, I had other tasks to fulfill in the office as well. I helped secure financial resources for program operations by formulating grant proposals and seeking potential fundraiser opportunities. I also had the privilege to assist in organizing the Astonished! Annual Spring Gala. My experience working at Astonished! has helped me flourish as an individual and deepened my interest working in the field of disability.

“Not only did Astonished! provide me with the opportunity to learn and work in an environment that focuses on the strengths perspective and an inclusive community, but it also allowed me to create long lasting friendships with the Core Members. The experiences I have gained will guide me in my future career goals of working in the area I am most interested in, which is working in the field of disability.”

– Elisa Wong
Alexa Sawa

Eden Care Communities-Milton Heights, Regina, SK

Eden Care Communities is a charitable non-profit organization, which provides supports and services through an intergenerational and personalized approach. Each branch of the organization and programs through Eden Care share the same mission defined as being “founded and inspired by faith to provide respectful, integrated, intergenerational care and housing”. My placement took place at Milton Heights, an affordable living complex which homes individuals and families ranging in all ages, and having diverse needs. What makes Milton Heights unique is Eden Care Communities provides additional supports to individuals living in the building. The placement provided an opportunity to become more knowledgeable and aware of the various social impacts that affect health, access to basic needs and services, and daily challenges individuals may face. As a fieldwork student, I had the privilege to be welcomed into the homes of individuals where I was able to learn about their lives. I am so grateful to have had the opportunity to share my knowledge I acquired through my studies and personal life experience in hopes I could make a positive impact through my advice and support.

“Milton Heights allowed me to grow as a professional and an individual. I truly believe wherever I go from here I will carry what I learned from my experience with me. This experience has allowed me to develop a new perspective of the impacts of health, challenges individuals may face in their daily lives, and how as a professional and individual I can have a positive impact on individuals lives through the smallest ways.”

Tahkwa Darbi

Campus for All, Regina, SK

Campus for All is an inclusive post secondary educational organization that seeks to provide all students with various levels of developmental disabilities a chance to enhance their learning capabilities as well as, to develop necessary social and professional skills to thrive after graduating. Most importantly, Campus for All seeks to create an authentic university experience on campus. Practicum students are given the opportunity to support CFA students in different aspects of university life including academic, social and associational. I was able to support students in developing their intellectual capacities through tutoring, mentoring and constantly challenging them to excel and think critically. Students enrolled with CFA are empowered to think outside the box and to gain a sense of independency in their thinking. Students are supported in making new friends and connecting with various social networks to ensure that the social aspect of university life is met.

During my time with CFA, I have joined a number of initiatives with students including Relay for Life, Have a Heart day, and Congress. Completing my practicum at Campus for All has given me the opportunity to foster companionship and community for students who otherwise feel isolated. It has given me the ammunition to organize and implement health initiatives for vulnerable and marginalized populations and to widen my horizons in building relationships!

“Campus for All has given me the ammunition to support students with various developmental disabilities and to manifest a culture of connectedness and community for students enrolled with Campus for All”
Deborah Efere Akporijesu
Ranch Ehrlo Society, Regina, SK

Ranch Ehrlo Society is a charitable organization devoted to providing a range of quality assessment, treatment, education, support and community services that improve the lives of children, youth, and their families. Ranch Ehrlo’s goals are to provide quality services to families and individuals with addictions, and abuse and try to stabilize them to get them back to the society and community. Giving youths a better life, also each program has a mandated goal in their units depending on the client but still under Ranch Ehrlo’s goals, mission, and vision. My role at Ranch as a student includes development of unit’s daily activity plans, daily activity plans involving youth and supervise activities, assist in planning, budgeting, development of events, responsible for accurate, timely reports of the activities and care provided to residents.

“My fieldwork has been a journey with lots to learn, problems to solve, but most of all the experience to enjoy. Advice to the future student is to respect client’s decisions and try to build a relationship with everyone around you either clients or co-workers. Be yourself; every day is a different day try not to be someone who you not. The most important things I gained is how to be more person-centered, been able to see what Ranch is like and how it fit my educational goals.”

Stephanie Ikekhuamen

“My fieldwork gave me an opportunity to experience working in my field (health studies) as a professional which further shaped my perspectives on future career goals. I was able to see myself grow into a professional over these past months and it was a memorable experience”.

Public Health Agency of Canada
Regina, SK
The Public Health Agency of Canada (PHAC) works to promote and protect the health and well-being of Canadians through research, knowledge mobilization, stakeholder engagement, and leadership. The Public Health Agency of Canada effectively carries out its role through its partnership with other organizations such as First Nations and Inuit Health Branch (FNIHB), Health Promotion and Disease Prevention, Health Security Infrastructure Branch and so on. At PHAC there are four main units; Knowledge Mobilization unit, Public Health Programs Unit, Policy and Intergovernmental Affairs Unit and Emergency Preparedness and Response Unit. A fieldwork student at PHAC will be involved in knowledge mobilization, program planning, and policy development on diverse health environment and health issues relevant to Saskatchewan. A student will have the opportunity to shadow analyst and program consultants and engage with them while learning from their expertise. A fieldwork student will also be involved in webinars and training to advance and foster learning. For example, at PHAC I was involved in cannabis and pregnancy webinar, Indigenous working group training, emergency and response training and knowledge mobilization training. Completing my fieldwork at PHAC, gave me a view of government work strategies and its engagement in Canadians health.

3 Minute Video
https://www.youtube.com/channel/UCpJPFf4ij6ApzlSVFc8fW/videos
BACHELOR OF HEALTH STUDIES

Mental Wellness Team, First Nations and Inuit Health Branch, Health Canada, Regina, SK

Khansa Irfan

First Nations Inuit Health Branch (FNIHB) was formed when the Government of Canada recognized the presence of health disparities within Indigenous populations across Canada. Therefore, it’s a Federal branch that supports the delivery of a spectrum of community health services and programs such as primary care, public health, dental, ancillary, drug, health promotion and homecare.

Being part of the Mental Wellness Team at FNIHB as a program manager assistant, I observed that the team is responsible for providing funding and supports to communities for community-based programming and Mental Health services on reserve. By doing so, they aid in reducing risk factors and improving health outcomes associated with First Nations and Inuit mental health.

“My fieldwork experience at FNIHB has been an incredible learning opportunity since this was my first professional work experience. As a program manager assistant to the Mental Wellness team, I got involved in various learning opportunities within the Mental wellness programs, performed administrative duties, visited community on reserve, understanding Indigenous culture, attain professional trainings related to mental health and collaborated with other professionals in the field. All of these experiences are vital for my professional and personal growth”.

Saria Jabbar

Health Promotion and Disease Prevention, First Nations and Inuit Health Branch, Health Canada, Regina, SK

The First Nations and Inuit Health Branch (FNIHB) is a division within Indigenous Services Canada. FNIHB’s objective is to improve the health outcomes of Indigenous people by increasing their availability, access, quality and autonomy of health services.

One of the roles of a fieldwork student within the Health Promotion and Disease Prevention Unit is to provide administrative support to the Indian Residential Schools Resolution Health Support Program. This entails processing paperwork so that residential school survivors and their families are able to access mental health, cultural and emotional support services immediately. Students at FNIHB provide administrative program support in their units, yet also have the opportunity to participate and learn from members of other departments within FNIHB. Overall, the agency provides students with a realistic perspective of the functional chaos that is encountered within the workforce. It is a great transition from lectures on health policy to hands on experience with implementing policy.

“I am grateful for the time I have spent at FNIHB because not only has it allowed me to view the theoretical teachings of my classes put into practice, but it’s also opened my eyes to the heart breaking reality of suicide and trauma within Indigenous communities. I have had the opportunity to hear first-hand the atrocities endured by survivors, but also their stories of strength, healing and hope for the future. Therefore, I was provided with the opportunities to grow professionally and personally. The skills and relationships acquired from my time at FNIHB will help me pursue a career in the field of health, so that I can make a difference in the lives of others.”
Edwin Senga-Muyumba  
The Cooperators Life Insurance Company, Regina, SK

The Co-operators has provided me with the opportunities to explore the insurance side of health. I also became aware of the importance and benefits of being having a good insurance policy at work places, and the negative impacts the lack of one can have on the health of an employee attempting to take sick leave. Additionally, the agency allowed me to participate in other departments to learn about the various type of health insurance roles. I was also exposed to various forms of interaction between employees and supervisors with the use of computer applications that facilitated communication between leaders and employee, through means such as conference calls, and live online video presentations. I had the opportunity to partake in data entry, organization and display through presentations and Microsoft’s Excel usage. My role in the agency as a practicum student was, Disability Claims assistant. That role consisted of me facilitating the entry of data onto excel worksheets, organization of data and visual representation of that data through graphs. Also, I updated some internal company worksheets with current information.

“Health insurance for employees is an important access to healthcare”

This experience has really made me more conscious of how complex health insurance policies are in terms of the many parties involved, and the burdens the claimants and providers face when determining if one if eligible for insurance.

Amanda Walters  
Dental Assisting Program, Saskatchewan Polytechnic, Regina, SK

I completed my fieldwork placement at Saskatchewan Polytechnic Wascana Campus in the Dental Assisting Program. I selected this placement as I hope to pursue a career within this institution upon graduation. As Saskatchewan Polytechnic is an educational institution they were very accommodating to the addition of a student within one of their programs and were willing assist me however possible to get the maximum benefit out of my experience.

“This placement exceeded all of my expectations. I learnt so much more than I had anticipated and I cannot wait to share my experience with others. I am more excited than ever to begin my career and I have the wonderful people at Saskatchewan Polytechnic to thank for this!”

As Phase II Curriculum Assistant my primary roles included assisting the Instructors with changes to standardized course outlines, course descriptions and manual revisions. All of which might sound dull to outsiders but I found it truly fascinating to see the inner workings of a curriculum and all of the detail that is required to put together a successful program. I also worked closely with the Program Head to put together the proposal for the changes to be presented to Program Council. My goal for this placement was to gain experience within the program as it is where I want to work and I wanted to learn as much as possible from those who are currently there. This placement far exceeded my expectations and was greatly educational and I am very happy I had the opportunity to complete my placement at such a welcoming and exceptional agency.
My experience as a fieldwork student with the Regina Pats has been a very rewarding experience. Under the supervision of Mark Rathwell, who is the Director of the Regina Pats Community Foundation I was able to gain valuable community relations and event coordination experience. Further, my daily responsibilities included processing and responding to donation requests, representing the club at player appearances, and assisting with administrative tasks. Along with my daily responsibilities in the business office, I was delegated tasks at Regina Pats home games. I also assisted with the planning and coordination of the Homecoming Weekend event which featured a Gala hosted by the club, Celebrity All-star Game, and Centennial Classic Game against the Moose Jaw Warriors.

Throughout my placement with the Regina Pats I have gained valuable experience in a number of different areas. My learning objectives allowed me to seek out opportunities in order to develop and refine my skills as a professional. Being exposed to the planning and implementation of promotions, entertainment, and pre-game ceremonies has proved to be valuable. I am now more aware of the skills needed to thrive in a role working in sports and entertainment.

"Working with the Regina Pats has allowed me to become familiar with the many different roles and responsibilities within the business operations of a junior hockey franchise. Working behind the scenes at live sporting events has prepared me for my future career working in sport."

-Tyson Brinkworth

"Completing my fieldwork with the Regina Pats and the CHL in the 100th anniversary year that they are hosting the Memorial Cup has been an incredible learning experience. In my position as Regina Pats/CHL MasterCard Memorial Cup Intern, I have been at the center of the planning, coordinating, and soon the execution of the Memorial Cup Tournament. This fieldwork opportunity has given me the chance to be a part of game day operations, special event coordination/planning, player appearances, sponsor/host committee meetings and so much. The internship has taught me how to succeed in a fast paced industry, see the business side of sport, and all the aspects that go into creating and successfully executing an event at the national level."

-Jake Murray
Saskatoon Blades Hockey Club, WHL, Saskatoon, SK

Jesse Schewaga

I completed my fieldwork with the Saskatoon Blades Hockey Club. I worked exclusively with the Business Operations staff, specifically with the ticketing staff. I was happy to handle day to day jobs depending on what needed to be done during office hours, and different responsibilities during games. I handled deliveries, sorting, cleaning, and data entry. Employees were great to work with and very respectful. Overall the experience was a good one and I have learned a lot about working in the field and have gained valuable experience and contacts which is the most important thing.

Master of Kinesiology (MKin)
Specialization: Clinical and Applied Movement Science Fall 2018

Overview
The Master of Kinesiology (MKin) in Clinical and Applied Movement Science will provide students with a unique opportunity to gain advanced knowledge and experience through evidence-based teaching and applied engagement.

Program Objectives
With an integrated and multidisciplinary focus, this course-practicum based graduate degree will be the only one in Canada which focuses specifically on clinical and applied movement sciences.

Students will complete 8 core classes specifically focused on clinical and applied movement sciences. In addition to the course requirements, students will complete two practicum placements.

Admission
Applicants must satisfy the admission requirements of the Faculty of Graduate Studies and Research at the University of Regina.

Admission requirements will be:
• Minimum English Language Proficiency as defined by the Faculty of Graduate Studies and Research at the University of Regina;
• Bachelor of Kinesiology, or equivalent, with a minimum average of 70.00% (or equivalent); plus
• A minimum grade of 70.00% (or equivalent) in the following pre-requisite courses (or equivalent): Human Anatomy, Human Physiology, Exercise Physiology, Biomechanics, Motor Control, Sport/Exercise Psychology.

Program Outcomes
1. Gain exposure to and responsibility for varied practical situations under qualified supervision.
2. Gain knowledge and competence in working with individuals and groups in a structured program setting.
3. Develop an in-depth understanding of clinical and applied movement science interests and needs, and the variations of services delivered by multiple agencies and organizations.
4. Demonstrate a level of competence in leadership, programming, and administrative abilities, as well as a commitment to human values and ethics.

For application and program information, please contact Dr. Darren Candow, Associate Dean-Graduate Studies and Research (khs.gsr-assocdean@uregina.ca)
William Booth Special Care Home, Regina, SK

William Booth Special Care Home is in cooperation with the Regina Qu’Appelle Health Region and is committed to providing holistic care for all people. William Booth seeks to fulfill this service by following Christian principles, values and ethics. Their holistic approach is facilitated through an Interdisciplinary Team approach that is resident/client focused which values family and community input. William Booth provides long-term residential care for 53 residents, respite care, convalescent care, and adult day program support.

During my time at William Booth I was very fortunate to work alongside such a caring group of staff members. The learning at William Booth was continuous and no two days were the same. My experience has allowed me to become fully prepared for a profession in recreational therapy by allowing me to develop skills in assessment, documentation, program planning, and program implementation.

“The best part of my fieldwork experience was being able to work with such great people every day.”

Tiffany Powell

The Meadows, Saskatchewan Health Authority, Swift Current, SK

The Saskatchewan Health Authority is an amalgamation of twelve former health regions into one provincial authority. Working in the former Cypress Health Region and with the Regional Certified Therapeutic Recreation Specialist (CTRS) who currently oversees The Meadows and nine other rural long-term care facilities. Fieldwork students experience the full scope of Recreation Therapy practice based out of The Meadows through assessments, planning interventions, developing programs, implementation, enhanced documentation, and department oversight. Students will experience working closely with other professions and being part of an interdisciplinary team. The agency allows students to be successful in future practice, allowing students to fulfill the role of the Therapist prior to completion, which adds confidence in the student for their future career.
Reshimi Rauf

During my placement, I was given the opportunity to work with both inpatient and outpatient clients at Wascana Rehabilitation Centre along with Saskatchewan Association for the Rehabilitation of the Brain Injured (SARBI). As a Recreation Therapy Student, I was able to plan, assess, implement, and deliver various programs. I spent most of my placement assisting our clients to integrate back into their homes and the community. I was able to collaborate with Spinal Cord Injury Saskatchewan, City of Regina, and First Step Wellness to deliver an event in our community to spread awareness and to educate the public. I was able to apply everything I learned at the University of Regina to succeed at my placement. I feel that our university does an amazing job at preparing us for the real world.

“There is a lot of advocating that we have to do as future Recreation Therapists. However, after witnessing the difference you making while incorporating recreation in your clients’ lives, it is all worth it at the end.” It was truly a once in a lifetime opportunity to be able to complete my placement at WRC. It gave me the opportunity to build positive and strong relationships with some of the clients and I will always carry that with me.

Myliss Yeo

College Park II Retirement Residence, Regina, SK

College Park II is a retirement living home which provides services to independent, personal care and memory care residents. College Park II offers several therapeutic activities and entertainment to assist in improving resident quality of life and well-being. A variety of activities are planned to meet the needs of all residents; a few specific activities include various fitness programs, pet therapy, music entertainment, art club, sensory programs, outings and socials. Specifically, as a student of College Park II, my role was to assist in assessing, planning, implementing and evaluating programs to best suit the residents needs and abilities.

My experience was truly influential, I became mindful of which programs best suit residents abilities. I also learned of new program ideas to plan and implement in my future career. In addition, I created relationships with several residents that I will continue to cherish.

"I loved my placement at College Park II. My experience provided me with the opportunity to put my skills and education to use in a professional setting and I now feel prepared for my future as a recreation therapist. Observing residents smiling and enjoying themselves while participating in the activities I implement is so heartening; it really puts into perspective that I chose the right profession to go in."

College Park II Retirement Residence, Regina, SK
Experiential Learning within Course Work

Prof. Brenda Rossow-Kimball, PhD  Adapted Physical Activity Coursework

I have had the privilege of engaging with students in adaptive physical activity (APA) coursework for over 14 years. In these APA classes (KIN/SRS 120 Recreation for Persons with Disabilities; KIN/SRS 241 Social Construction of Disability; KIN 341 Active Living & Physical Disabilities; KIN 342 Active Living & Developmental Disabilities), students are invited to explore – and challenge - their assumptions about the experience of disability through:

- the practice of adapting activities to enable people with varying abilities to experience success and enjoyment in physical activity,
- reflexive writing related to their past and current personal, professional, and academic learning experiences,
- movement and skill development activities for Parasport,
- self-directed artisanship creating personally meaningful representations of their understanding,
- critical assessment of accessible, universally designed public infrastructure in their community, and
- conversations with people experiencing disabilities, their families, and advocates and professionals in their communities.

For me, the best part of experiential learning is getting to know the students. I have come to recognize that:

- Students arrive in our classes with vast, diverse experiences.
- Experience is a source of knowledge, but it is not always valued nor called upon in academia.
- While experiential knowledge may complement the learning objectives in a course, it can also disrupt what is assumed about the experience of disability.
- Disruptions in knowledge create more space for learning, benefiting all students and instructors.

When offered the opportunity to self-direct their own learning, I find that students are endlessly creative. While I wish I could share everyone’s work, I will highlight two projects. Kristen Burba, Mica McGarry, and Shayla Syrota spent over 60 hours creating five life-sized statues representing sports in the 2018 PyeongChang Paralympics (skiing, snowboard, wheelchair curling, biathlon, Para ice hockey) to bring awareness of parasport to the campus community.

When reflecting on his past experiences, Joseph Grams realized that his understanding of disability has “assembled over time”, like pieces of a puzzle, which will continue to be shaped by future experiences. Using his woodworking skills, he created a puzzle that represents his learning about the diverse experiences of disability.

This past semester, students enrolled in KIN 341 played adaptive sports including goalball, wheelchair curling, sitting volleyball, wheelchair tennis, wheelchair badminton, sledge hockey, 5-a-side soccer, and wheelchair basketball. Through these activities, students were not only able to play a sport they’ve never tried, but they learned about the importance of proper positioning in a wheelchair, training techniques necessary for biomechanical efficiency, the function of trunk control in sport movement, and the potential and benefits for adaptive sport to become part of the ‘mainstream’ sport experience.

Bio note: Brenda’s teaching and research is influenced by narrative inquiry methodology as conceptualized by Jean Clandinin & Michael Connelly (2000).
2018 Outstanding Fieldwork Award Recipient Astonished!

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 Bonnie and Katherine for attending the Dinner to accept the award on behalf of Astonished!

Astonished! is a non-profit registered charity based in Regina that works towards an inclusive community where young adults with complex physical disAbilities can share their dreams, explore their strengths, and lead others to a more authentically inclusive society. Operating on a user-led model, Astonished! builds and offers programs in the areas of self-discovery/skill building, literacy, vocation and recreation. Through a memorandum of understanding with the University of Regina, Astonished! and the University collaborate on a variety of research and inclusion opportunities. Astonished! demonstrates a model of social inclusion by creating opportunities for young adults with complex physical disAbilities, University faculty, staff, and students.

As with most things, agencies are only as good as the people in it. Bonnie Cummings-Vickaryous and Katherine Taylor and the young adults in the program have invested themselves in making this agency what it today Astonished! has hosted fieldwork students from a variety of our KHS Program degrees and Majors including Health Studies, Sport and Recreation Management and Human Kinetics. They have also hosted Sport and Recreation Studies Junior Practicum students. Bonnie and Katherine are always doing the little extra to help expose students to a variety of opportunities available to apply their professional skills and knowledge to practical situations. They understand the value of preparation and pay attention to details that students need like taking the time to create job descriptions and share ideas face to face with the students in the class.

“Thanks to Astonished! I now understand more about the challenges and opportunities there are to people with complex disAbilities. I also am able to walk away with friendships and more knowledge on what happens in the real world of my degree.”

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