All 3-Minute Special Project Videos can be found on the UR Kinesiology Youtube Channel
Type URKinesiology Fieldwork and the Student’s Name and it will take you right to the video!

Features Inside!

Feature Special Project:
All Nations Hope Network:
Paige Klarer’s Food Security Program

International Placements!

Naif Alnakhli - Saudi Arabia
Alex Igual - Barcelona, Spain

Experiential Learning Coordinator
(Fieldwork Coordinator)
Brandy West-McMaster
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**Feature Special Project - Food Security Program**

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General Directorate of Health Affairs  
Medinah, Al-Medinah Al-Munawwarah, Saudi Arabia  
Naif Alnakhli, Health Studies

The General Directorate of Health Affairs of Medinah in Saudi Arabia is a governmental administrative structure that is assigned to coordinate with governmental institutions, prepare statistics and researches, educate and train health staff, administrate and run health care facilities, and implement Ministry of Health’s plans and programs. The agency provides a volunteer opportunity that is part of community participation program that connects between the agency and citizen's thoughts. My role is to know and discuss the implementation of strategic plans, the functions of preventive medicine departments, differences between preventive and therapeutic medicine, administrative structure and policies and standards. Also, I have to participate in community participation programs and write initiatives that improve health outcome in my province. Sense of surprise surrounded me when I knew the implementation of electronic health strategy that will transform healthcare delivery to world-class standard. Furthermore, sense of privacy came over me because health studies major is new in Saudi Arabia, it connects between administrative, psychological, social, physical fields and health care provision that matches citizens' needs and improves their health outcome. “Writing initiatives that improve health outcome in my province and learning knowledge on health care in Saudi Arabia provides me with a good chance to get a job in private sector such as consulting centres and UN Saudi Arabia.”

Naif Alnakhni

Special Project  
A program that will educate asthmatic children to create an inexpensive tool to use with an inhaler to decrease the frequency of visits to the Emergency department visits and a help achieve a higher quality of life.

Saskatchewan Parks and Recreation Association  
Regina, SK

Saskatchewan Parks and Recreation Association (SPRA) is a non-profit member-based organization dedicated to the leadership and facilitation of programs and services to enhance the impact of recreation on the quality of life in Saskatchewan. With funding from Saskatchewan Lotteries, SPRA strives to create equitable access to recreation experiences by engaging their network of members, communities and provincial recreation associations in the delivery of programs that contribute to individual and community wellbeing. As a fieldwork student, I provided support to SPRA’s Youth Engagement initiatives. I gained knowledge and applied strategic planning, program planning, and project management that was related to HIGH FIVE®, Play Leadership, Take the Lead®, and the Youth Community Education through Recreation (YCER) initiative. I was able to promote and communicate the benefits of recreation to SPRA members and stakeholders, and was able to participate in a Strategic Planning session. I also attended the Framework for Recreation in Canada which was an imperative experience during my fieldwork, because I saw how programs and services can be aligned with the five goals of the Framework for Recreation in Canada 2015 document (Active Living, Inclusion and Access, Connecting People and Nature, Supportive Environments, and Recreation Capacity). “SPRA made me learn that as leaders in recreation we know that physical activity has many benefits, but it is vital to make physical activity a positive experience so children and youth can develop to be skilled and caring role models. I also learned that recreation has the potential to address socio-demographic challenges and issues, which will help me in my future research working with Indigenous communities.”

Ann Dorion

Health Studies

Take the Lead!® Annual Survey 2017-2018 Evaluation Report. The special project will involve promoting survey intake and then completing an evaluation report and summarizing findings.

“SPRA made me learn that as leaders in recreation we know that physical activity has many benefits, but it is vital to make physical activity a positive experience so children and youth can develop to be skilled and caring role models. I also learned that recreation has the potential to address socio-demographic challenges and issues, which will help me in my future research working with Indigenous communities.”

Ann Dorion
Northern Inter-tribal Health Authority, Prince Albert SK

Damaris Fadare, Health Studies

The Northern Intertribal Health Authority (NITHA) is a First Nations Health Authority located in Prince Albert, Saskatchewan providing third level services to Northern multi-community band and tribal councils. NITHA provide third level health care services directly to improve provision culturally appropriate, and accessible health care services to four partner communities. NITHA four partner communities consist of Prince Albert Grand Council (PAGC), Meadow Lake Tribal Council (MLTC), Peter Ballantyne Cree Nation (PBCN), and Lac La Ronge Indian Band (LLIB) and each has extensive experience in health service delivery. NITHA have a strong public health and community health unit. While working on my project, I had the opportunity to work independently, and collaboratively with the HIV-coordinator, infection control nurse, health promotion advisor, and the infection control specialist. I also had the opportunity to visit one of NITHA partner communities on Treaty day and learned about the NITHA stakeholders, and how healthcare decisions are made based on community needs.

Special Project

Exploring needle disposal programs within NITHA partner communities and providing culturally appropriate recommendations on based evidence-based needle disposal practices across Canada, United States, and Australia.

Environmental Public Health Department- Saskatchewan Health Authority, Regina

Chelsea Osiowy, Health Studies

Within the Saskatchewan Health Authority (SHA), the department of Environmental Public Health is dedicated towards ensuring a safe and healthy environment for all in the Regina Qu’Appelle Health Region. The department focuses on evaluating the biological, physical, and chemical hazards around us every day, and consists of Public Health Inspectors (PHI’s) who maintain services or inspections such as: restaurants and temporary food vendors; safe water; safe housing: animal bite control; and Tobacco control. As a Student Community Engagement Coordinator, my role comprised of many responsibilities, including: raising awareness of pet respect and Rabies, networking with clients, and teaching children within Regina skills to interact safely with dogs, avoiding bites. I attended public events, and travelled to various Daycare centres to deliver promotional materials and presentations about dog safety. Throughout this practicum, I was fortunate enough to shadow various PHI’s, and experience their full-scale of responsibilities, while also gaining a comprehensive understanding of how Public Health keeps our community safe. This Fieldwork placement has not only provided me with skills and knowledge that are pivotal in my future professional career but has allowed me to develop confidence that will be invaluable to my personal growth.

This fieldwork experience has allowed me to develop more confidence and knowledge than I could have imagined. I’m so grateful for each relationship and skill I have thus far cultivated. –Chelsea Osiowy

Special Project

Be Dog Smart is a Dog Bite Education Program for Children under 12 years of age, facilitated by the SHA in partnership with the Regina Humane Society. Through an educational lesson which emphasizes pet respect, understanding dog communication, and promoting safety with stray dogs, Be Dog Smart provides valuable information for parents, educators, and children, and teaches everyone how to handle dog encounters with greater safety and confidence.
All Nations Hope Network, Regina, SK
Paige Klarer, Health Studies

All Nations Hope is a multi-pillar, non-profit organization located in North Central Regina. The main focus of the organization is to support Aboriginal people who are living with HIV and Hep C through outreach, training and research. Doing my fieldwork term here allowed me to expand my knowledge surrounding the social determinants of health, and how they differ for the Aboriginal population in relation to their non-Aboriginal counterparts. I had the opportunity to experience many ceremonies, such as the sweat lodge, and learn new skills such as beading. Through working in the outreach, I was able to first hand hear people's stories, and learn about issues pertaining to the health care system, addictions and poverty through each individual’s unique circumstances.

“All Nations Hope has provided me invaluable knowledge surrounding the Aboriginal culture, and how the many social determinants of health differ between Aboriginal and non-Aboriginal populations.” – Paige Klarer

Feature Special Project

Food Security Program
Paige is an example of student that goes above and beyond and really makes a difference in her fieldwork. As well as making some very good networking contacts for her future, Paige showed her willingness to learning and her passion to help people using the theory she learning while at the U of R in the Health Studies degree program!

CBC heard what Paige was doing and she was featured in an article:
Heidi Atter · CBC News · Posted: Jul 09, 2018 5:00 AM CT https://www.cbc.ca/news/canada/saskatchewan/all-nations-hope-food-security-1.4737709

'Lots of people need to eat': New food security program turns food waste into meals at All Nations Hope"

A summer student's idea now has bags of donated food coming in from Regina businesses

Volunteer Paige Klarer said a lot of people coming into All Nations Hope have health issues. 'We tell them you need to eat better but that’s not a reality because a lot of them ... don’t have the transportation to go to the food bank.'
(Heidi Atter/CBC)

"Klarer runs All Nations Hope's new food security program. A volunteer summer student from the University of Regina, she had the idea to take food waste and turn it into meals — and now she's putting the idea into action."

As a result of the CBC article: Paige was able secure several more donations from local business!

Special Project Reflection Video https://www.youtube.com/watch?v=ryJJm1XHZKw

https://www.youtube.com/watch?v=ZPxDNB856Aw&feature=youtu.be
Campus For All, University of Regina
Belgis Shakouri, Health Studies

Campus For All (CFA) provides inclusive post-secondary education support to individuals who experience various intellectual disabilities. Their goal is to provide an authentic opportunity for individuals to experience university life and to enhance their professional qualifications.

As a practicum student with CFA, I supported various aspects of the students’ academic and social experience. I built relationships with students and worked alongside them on course materials and assignments. I also encouraged students to become more involved in campus life and accompanied them in activities such as on-campus workshops, plays, films and the Have a Heart Campaign. Campus For All not only gave me a direct experience with students but also an opportunity to examine and conduct research into the philosophy of inclusion. I visited several organizations around the city (e.g. Cosmopolitan Learning Centre, Saskatchewan Abilities Council, Autism Resource Centre) to learn how they put into practice the philosophy of inclusion and how they differ from Campus For All. I also spent time researching the relationship between the social determinants of health and inclusion and belonging.

In summary, Campus For All provided both a hands-on experience as well as opportunity to further my knowledge of and research abilities relating to my Health Studies degree. I have taken away many skills from Campus For All which will be an asset to a career in the health field, particularly with marginalized groups in society.

Have A Heart Campaign

William Park, Health Promotion

Creative Options Regina, SK

Creative Options Regina (COR) is a non-profit organization that develops personalized support services for people experiencing disability. COR is rooted in the philosophy of Gentle Teaching. COR strives to strengthen the fabric of companionship and community for all those we serve. The Travel Trainer Program is a partnership of 4 to 40 and COR with the City of Regina which promotes the use of conventional transit with current para transit users to provide them with more flexible and timely options.

Creative Options Regina has been a rewarding and educational experience. I have been supported by the COR employees and an awesome supervisor making my experience pleasant. I had the pleasure to get to know the people of COR and the individuals COR supports.

The Travel Trainer is an option to learn to use conventional transit with current para transit users. The Travel Trainers is three individuals experiencing disability to train their peers and others in the community in the use of conventional transit. The training helps the individual to use the bus safely and build confidence in these skills.
Located in Regina, Saskatchewan, Level 10 Fitness is a locally owned and operated fitness centre that offers a diverse range of services to a wide array of clients. Some of the services offered at Level 10 are personal training, group fitness classes, massage, yoga, spin classes and high performance athletic training. Level 10 employs university educated and highly certified staff that offer the highest quality programming and exercise prescription. Fieldwork students will integrate themselves into the Level 10 community by shadowing and observing trainers as they program and lead their clients through workouts. Here students will learn the intricacies of exercise prescription and programming, from how to make a fitness class properly flow, how to select and modify exercises and how to tailor workouts for a diverse range of clientele from general population to high performance athletes. Students will be given ample opportunity to apply their knowledge and will have the chance to program for clients and fitness classes on their own. Level 10 will help students expand their knowledge in the exercise sciences and they will leave with a new found confidence in their ability to be an effective exercise specialist.

Timi Adebogun, Human Kinetics

Branden Daniels, Human Kinetics

“Level 10 allowed me to apply my knowledge and find my identity as an exercise specialist. The highly certified staff expanded my knowledge and gave me confidence in my ability to program and prescribe exercises for diverse populations.”
- Branden Daniels

“The experience has increased my ability to program for different populations tailored towards the client’s goals.”
- Timi Adebogun

**Special Project**

Off-season training program: for high school football players at O’Neil High School

**Baseball: Speed, Agility and Quickness Series**

This special project features a series of videos with drills that baseball coaches can reference and utilize to help their players improve speed, agility and quickness on the field and base paths. Videos give a detailed breakdown of drills and offer progressions to help make each drill more sport specific.
Courtside Sports Medicine & Rehabilitation, Regina, SK

Robert Bailie, Human Kinetics

Courtside Sports Medicine and Rehabilitation (CSMR) is a multidisciplinary rehabilitation centre located in the south end of Regina, Saskatchewan. The treatment team at CSMR include physiotherapists, kinesiologists, a psychologist and chiropractors. With such a wide variety of practitioners, CSMR is able to offer a range of rehabilitation services. Students doing their fieldwork at CSMR shadow their supervisor to better understand clinic operations and observe interactions with clients. Once the student becomes comfortable they are tasked with responsibilities such as demonstrating exercise and stretching routines to clients, performing functional testing, filling out clinic SOAP notes as well as assisting with billing and client charting responsibilities. As the student gains skills and knowledge throughout their placement, the number and complexity of tasks they are assigned increase all while giving the student greater freedom and independence in their role as kinesiologist at the clinic. Through my time at CSMR I gained valuable experience working with a variety of clients as well as was able to witness first hand the positive impact the rehabilitation exercises I prescribed had on the health of these clients.

“My fieldwork experience at CSMR provided me with valuable practical experience in a rehabilitation setting. I was able to apply the knowledge gained from my undergraduate degree in a real world setting, working along side other professionals in the field. The freedom and hands-on experience I was given was very rewarding and I look forward to a career in this field.”

Postural Correction Program. Developed a pamphlet to be used as an educational tool for clients containing exercises and stretches to correct common postural problems.

The Cooperators, Regina, SK

Kristen Burba, Human Kinetics

During my time at the Co-operators, I worked as the Disability Claims department’s assessment coordinator. My roles included learning about different assessments and which conditions they are most suitable for and connecting with the appropriate provider for each assessment. Through this, I have had the opportunity to connect with many clinical professionals from clinics all across the country. With these professionals, I have been able to help problem solve and develop genuine professional relationships. This role has given me a look at the “other side” of rehabilitation, instead of the hands-on side of things. Administrative skills and time management is a crucial part of working here, and I have been able to develop those skills significantly along the way. This role has helped me to realize the direction I want to pursue in the future as a professional.

Mental Health in the Workplace

“Being able to use my knowledge from both of my degrees (human kinetics and business) has been such a challenging but fun experience. I have improved my administrative skills while maintaining my passion for rehabilitation. Being able to see the behind the scenes works of rehab has reaffirmed that I want to work in rehab, but has also solidified how I want to utilize what I have learned in my business courses. Being able to be surrounded by co-workers that share the same expertise and care for our clients is so inspiring. It creates a motivating environment that stimulates the drive to learn.”
Dr. Paul Schwann Applied Health and Research Centre, University of Regina

The Dr. Paul Schwann Centre (DPSC) is an applied health and research clinic in the University of Regina. They provide clients with innovative services based on current research and students with practical learning opportunities via volunteer or fieldwork placements. The DPSC employs certified, experienced health professionals such as exercise physiologists, chiropractors, massage therapists, athletic therapists, and personal trainers. During fieldwork placements, students work with exercise physiologists in either the cardiac rehabilitation area or the exercise therapy area which includes services such as initial health and fitness assessments and exercise programming, occupational testing, team/athlete testing (e.g. functional movement screen, direct VO2 max), and body composition testing.

Alliance Health is a medical clinic that offers a wide variety of treatment options designed to work together to improve health and wellness. Alliance’s physiotherapy clinic provides clients with various musculoskeletal and neurological injuries and imbalances with top quality care and relief. Typical duties of these placements include: leading warm ups/cool downs, athlete and occupational testing, assessing client’s fitness and musculoskeletal condition, creating and implementing safe and effective exercise prescriptions, aiding clients along the way with exercise prescription, and keeping accurate charts on clients.

Ellen Bearss, Human Kinetics

Working with the experienced, skilled staff at the DPSC and Alliance has given me valuable insight and hands-on experience in the field of kinesiology and physiotherapy. I feel that the wide variety of populations I was able to work with and activities I participated in has made me a more confident, well-rounded future health professional.

-D Ellen Bearss

Dustin Lalonde, Human Kinetics

This placement is such a diverse and well-rounded learning experience. There is certainly no shortage of information; you can learn as much or as little as you would like. You are given the opportunity to find areas that interest you and dive in to further enhance your knowledge and skillset.

-Dustin Lalonde

Special Project

Rotator Cuff Rehabilitation Exercise Treatment Program

ACL Reconstructive Surgery Rehab Program
KIN Enterprises Inc., Prince Albert, SK

Chelsey Delisle, Human Kinetics

KIN Enterprises is an agency located in Prince Albert that offers both day and work programs to adults with cognitive and intellectual disabilities in order to provide them with diverse and relevant opportunities as well as to enhance their quality of life and involvement in the community. KIN Enterprises is divided into 5 different programs that are each tailored to meet the varying needs of the participants. My role as a fieldwork student at KIN has been to develop and implement a physical activity program for the participants. My role has provided me with an opportunity to teach and train participants and employees alike in an exercise program using diverse techniques and a variety of instructional methods to help maximize benefits to the participants. KIN Enterprises has been the perfect fieldwork agency, not only due to the skills and knowledge I have acquired but also due to the connections I have made within this field and within my community.

Development and implementation of a physical activity program for adults with cognitive, intellectual and physical disabilities

Central Avenue Physiotherapy, Swift Current, SK

Cailin Ekstrand, Human Kinetics

Central Avenue Physiotherapy is a privately-owned facility located in Swift Current which works primarily with WCB and SGI clients. The clinic welcomed their first fieldwork student from the U of R to work alongside their staff and made it easy for me to integrate and feel equal to an employee. I participated in functional capacity testing, exercise prescription, and program creation for a variety of clients with a variety of injuries. I worked with private clients which allowed me to expand my understanding of exercise prescription and adaptability immensely. I have achieved my main objective of expanding my knowledge of rehabilitation options for injuries. I utilized skills taught throughout university and applied them in a hands-on and practical setting.

Learn to Move! The objective of this was to lead a free class which focused on educating individuals to properly move. I chose six basic movements which we use in everyday tasks. With each movement, I explained and demonstrated the importance of proper execution with the intention of avoiding or limiting injury.

A career goal of mine is to find a career where I can provide people with disabilities more opportunities that may lead them on a path to greater independence and improved quality of life. My fieldwork position at KIN Enterprises this summer has not only reaffirmed that career goal, but has also set me on a path to reaching that goal.

This placement confirmed desires to support athletes in rehabilitation along with the opportunity to experience valued personal growth. This endeavor will be held close as I emerge as a professional in Kinesiology.
YMCA of Regina

The YMCA is a non-profit organization that offers many activities and facilities for the community. From workout facilities, gym areas, and opportunities for people within the community. At the YMCA I had two roles, on being a personal trainer which helped me expand my knowledge of exercise prescription, proper movement technique, and gain clients of my own train, including helping some co-workers learn how to exercise while having a desk job. The second job I had was Camp Coordinator and got the experience of planning the entire Sport Development Day Camp at both the downtown and northwest locations. This included planning for facilitators to come in and coach, along with including physical literacy games and activities during open time. Overall, my placement gave me a wide range of experiences that will continuously help me in the future as I feel more confident that I can practically apply the knowledge I have learned throughout my schooling.

The YMCA gave me the opportunity to build on my anatomical and biomechanical knowledge and step out of my comfort zone and plan relative activities for kids aged 6-12.

Special Project

Sport Development Summer Day Camp Coordinator:
Planning and implementation of the Sport Development Day Camp for kids. This included coaching of my own and bringing in facilitators that specialize in their sport so kids can develop or progress their skills, have fun, and stay active.

Alpha Physical Rehabilitation & Health Center, Regina, SK

Alpha Center is a primary rehabilitation clinic located in Regina, Saskatchewan. The clinic consists of two physical therapists, one exercise therapist, two massage therapists, an acupuncturist and an office administrator. The professionals at Alpha work together by providing a multidisciplinary approach to heal injuries, improve their patient’s quality of life and injury prevention. The Alpha Center treats a variety of injuries including: WCB, SGI, sports-related, musculoskeletal injuries, joint pain and more. The role of the student at Alpha Center is to work alongside the exercise therapist, performing a variety of biomechanical assessments and creating exercise prescriptions, in order to rehabilitate a variety of injuries. The student will also help to chart on patients, record clinical findings, measure any deviations in range of motion, administer ultrasound and schedule patients.

My experience at Alpha Center exceeded all of my expectations. I was surprised at how quickly I was encouraged to work independently with the patients. I learned a vast amount of knowledge from my supervisor, as well as the physical therapists and the office administrator, allowing me to gain knowledge on multiple disciplines.

Special Project
Reliability and Validity of a Chinese Checkers table at Measuring Dexterity.
**OPEX Fitness Regina, SK**

Taylor Huyde, Human Kinetics

Description of Experience: If you want to learn what it takes to own and operate a premium label gym in Regina, look no further than OPEX Fitness Regina. OPEX Fitness Regina will tailor your experience for what you want. You will be treated as a professional, completing tasks that pertain to growing and expanding the business. You will become an expert at forming connections with clients and other like-minded businesses. You will help coach a wide variety of clientele. The extremely knowledgeable and experienced staff will challenge you to build confidence and skill in the areas pertaining to your learning objectives. You will leave OPEX Fitness Regina with an abundance of knowledge and skills that will allow you to succeed as a young professional in the kinesiology field.

**Healthy from Home:** is an online subscription full of healthy recipes, wellness articles and advice on how to live a healthy. The purpose of its creation was to share helpful advice to an online audience that is struggling with certain aspects of their lifestyle. It contains content from easy family meals to how to live a high-energy life. This resource was aimed at helping women become their best selves.

**Coastal Fitness Services, Langley, BC**

Stephen Langford, Human Kinetics

Coastal Fitness houses a variety of services for people residing in the lower mainland of British Columbia. Athletic Therapy (AT), Massage Therapy, Fitness Coaching, Strength and Conditioning, and Nutrition Coaching are all services that Coastal Fitness offers. During my time at Coastal Fitness I led members through exercise programs, coached movement and exercise technique, shadowed my supervisor during Functional Movement Screenings (FMS), shadowed the AT while he led clients through movement patterns and corrections, and coached athletes through strength and conditioning programs. I also helped create and publish social media content for the companies’ different social platforms, as well as record, edit, and publish various exercise videos for online members and their programs. The experience at Coastal has given me an inside look to all of the moving parts required to run, operate, and facilitate a welcoming training environment and business.

**Special Project**

"At Coastal Fitness, I was able to learn from and work with experienced professionals in the field of Kinesiology. I developed as a student, person, and professional both technically and practically. I was able to complete all of my learning objectives, and add to them as well. From leading members through exercise programs, coaching athletes in strength and conditioning, learning the protocols and uses of the FMS to creating, editing, and publishing videos, my experience at Coastal Fitness has been rewarding and irreplaceable."

"I walked into OPEX Fitness Regina a scared student. Today, I am walking out with more self-confidence, an abundance of knowledge and a skill set that will allow me to be a successful professional in the health field."

**Online Exercise Video Database and Social Media Content Creator**

Filmed, edited, and published both exercise videos for the online members as well as conceptualized, filmed, edited, and published social media posts for Coastal Fitness’s variety of social media platforms.
First Steps Wellness Centre (FSWC) is a non-profit organization that provides intensive exercise-based therapy to people with spinal cord injuries, cerebral palsy, Multiple Sclerosis, and other neuromuscular disorders. Each client’s program is custom-designed with the goal of improving functional movement and quality of life. FSWC operates on the idea of neuroplasticity: the nervous system is not “hard-wired” and when it is stimulated, nerves can regrow after injury. The biggest difference between FSWC and other exercise-based therapies is the amount of time spent with each client as some clients spend upwards of 15 hours per week at the facility. Fieldwork students assist the exercise therapists in day-to-day operations while gaining hands-on experience working with clients. Fieldwork students play an important role in the organization by being “educated volunteers” who can provide more intensive assistance while also taking on a leadership position to guide training sessions unsupervised, freeing up client hours for other therapists.

Placido Krause, Human Kinetics

**Special Project**

**Braden’s Epidural Stimulation Implant** - Training Before and After

I was offered the once in a lifetime opportunity to experience the before and after effects of an epidural stimulation implant. Braden flew to Thailand to receive this relatively new procedure in which an implant was surgically wired to his spinal cord to provide neural stimulation to “bypass” his injury. This allows him to re-learn how to create voluntary movements and allows me witness the effects that the stimulation has on our training program while helping to provide feedback to the other therapists to better utilize his implant in his other therapies.

“**My fieldwork placement at First Steps Wellness Centre has provided me with the opportunity to gain the confidence, knowledge and experience needed to work in a professional rehabilitation setting in a way that few other organizations can offer.**”

Frances Krinke, Human Kinetics

**“FSWC allowed me to utilize and further the knowledge obtained so far in my degree all while gaining great hands on experience in a field of potential career interest. ”**

**Special Project**

**Hunter’s Home Exercise Program:**

Assist and actively partake in Hunters intensive as part of the children’s program before working with Hunter one-on-one. Then utilize the experience and knowledge gained here to achieve the ultimate goal/special project of developing an exercise based home program for Hunter to further his development and build on his progress after therapy.
Wellness Revolution Studio, Regina, SK
Carrie Livingstone, Human Kinetics

Wellness Revolution Studio (WRS) is a private fitness facility located in Regina’s Warehouse District. WRS offers private personal training, group training/classes, massage therapy, yoga classes, and nutrition and wellness coaching. As a fieldwork student at WRS, you have the opportunity to shadow and work with many different trainers with a variety of certifications. The trainers and staff at WRS are extremely welcoming and make you feel like part of the family from day one! Any potential fieldwork student wanting to improve their knowledge of how to create and run a personal training business, increase movement correction skills, learn more about program design, and gain new knowledge, should consider a fieldwork experience at WRS.

“I have gained a ton of new knowledge from WRS when it comes to movement correction and program design. I have made not only new industry contacts but friends with the trainers from WRS.”

Craven Sports Services, Saskatoon, SK
Christian Magnus, Human Kinetics

My experience at Craven SPORT Services has been amazing. Even though it has been tough and stressful at times, this was a great experience to really test how well I was prepared for the field. The field is truly different and CSS is a place that will prepare you but will push you to be better every day. Program design for teams and individuals, fitness testing, exercise technique, group sessions and mentorship sessions were part of the experience. CSS also offers the opportunity to work with a wide range of clients including general population and athletes from many different sports. Overall the experience was amazing and the approach that CSS has will teach you the why and how of training and conditioning. Understanding this will open your mind to a different way of training and you will see the results. As an athlete myself, the impact my fieldwork experience had on my own body was mind blowing. Applying this newly found training regime, I personally felt the results and I ended up totally buying into the process that CSS offers. It truly made me rethink how I was exercising in so many different ways. My experience taught me many valuable lessons in the business side of things as well as the training. The CSS family is also super welcoming and I felt part of the team the moment I walked through the door.

“Trust the Process” – There are many ups and downs while being a trainer. Instead of being a trainer, you must be more than that. You must be a coach and lead your client(s) on the right path based on their needs and goals.

Special Project 8-Week Training Program for Post-Breast Cancer Treatments”
CBI Health Centre, Gold Square North, Regina, SK

Mica McGarry, Human Kinetics

CBI Gold Square North is a multidisciplinary physical rehabilitation centre that provides a variety of services including physiotherapy, chiropractic, exercise therapy, acupuncture and counselling. The clinic engages clients in an active approach to recovery which provides them with resources to better understand and control their pain, as well as regional, global and functional conditioning that will assist them in returning to activities of daily living. Clients who attend CBI have generally been referred by either SGI or worker’s compensation board (WCB). Upon orientation to the program, the client’s return to work and leisure goals are established and an exercise program is designed with these goals as the primary focus.

“This experience truly increased my confidence as an emerging professional. I value the opportunities CBI provided me to practice exercise prescription, get creative, and broaden my understanding of multidisciplinary rehabilitation.

“How (and Why) We Roll” is an educational seminar for clients on the use of self-myofascial release as an at home pain control method.

Haztech, Regina, SK

Addison Meredith, Human Kinetics

Working as a Junior Kinesiologist at Haztech was unique in a great way. Working in the occupational health and safety industry gives kinesiology students a completely different perspective of what can be done with a human kinetics degree. Haztech performs pre-employment and pre-access occupation health assessments for a variety of clients. Each assessment is different, but most assessment includes very similar testing. My role at Haztech was to perform all services that the health centre offers. A brief description of what I did was: drug and alcohol testing, taking clients vitals, performing pulmonary function assessments, conducting audiometric testing, completing mask fittings and performing a varying degree of musculoskeletal assessments. It took time, but eventually I was able to perform all of these tasks with no help or supervision whatsoever. Overall, what Haztech did was raise my confidence in a professional environment. I was given a large amount of responsibility that I wasn’t sure I could handle. My supervisor had faith in me throughout my placement and I now feel significantly more comfortable working within a professional atmosphere.

Working in the multifaceted occupation health and safety industry has given me experience in numerous different kinesiology related areas as well as given me a completely different idea of what a kinesiology student can do with their degree.

Improving The Design: For my project I analysed the importance of pre-employment physical testing, the benefits of the current testing structure as well as how to improve upon the current design.
Amata Poirier, Human Kinetics

University of Ottawa Varsity Athletic Therapy, ON

The University of Ottawa Athletic Therapy Clinic is a clinic that specifically services all the varsity athletes. They provide services in the clinic and on the field or court during each sports home game. Their main goal and purpose is to assist the athletes to return to game play in a safe and timely manner. A fieldwork student can expect to assist with operating modalities, checking hips levels and ranges of motion, along with prescribing and demonstrating exercises to the athletes. The experience gained in the university setting gives the student a good idea of what it would be like to work with different sports team at an elite level. Which then provides a good foundation if ever they want or get the opportunity to work with a professional sports team.

“"The University of Ottawa Athletic Therapy Clinic has been a challenging, yet rewarding experience. Working with the varsity athletes I have been able to develop my skills when it comes to rehabbing injuries and getting them to return to game play. The biggest takeaway from this experience has been gaining the confidence to lead an initial assessment and to prescribing exercises.""

Capital Athletic Therapy & Rehabilitation Centre, Ottawa, ON

Capital Athletic Therapy & Rehab Centre is a multidisciplinary clinic that works to provide real, truthful therapy for the betterment of their clients and their health. Offering physiotherapy, athletic therapy, massage therapy, osteopathy, sport mental consulting, personal training and yoga. The staff uses a manual style of therapy and a functional rehabilitation approach. The goal is to be Ottawa's top sport therapy clinic where an individual can find whichever service they desire under one roof.

“"My experience at Capital Athletic Therapy & Rehab Centre has given me the ability to grow as a professional and gain clinical and field experience. I have had the opportunity to work with people of various ages and athletic ability. Which has helped my passion for this profession grow and has given me a good sense of what population I should expect to work with when, and if I join the private clinic world.""

Special Project

Capital Athletic Therapy & Rehab Centre Exercise & Stretching Manual
- The purpose of the project was to design an exercise and stretching manual for the clinic so that they have a starting database of exercises and stretches that they can provide to their clients. The project will be the first of its kind for the clinic and is constructed so that is can be changed and things can be added to it easily.
Ignite Strength and Conditioning, Saskatoon, SK
Terryn Stadnyk, Human Kinetics

Ignite Conditioning is Saskatoon’s premier athlete training facility. Ignite has tailored and unique philosophies that separate them from traditional weight training programs. Ignite coaches are experienced Certified Strength and Conditioning Specialists who are exceptional role models and leaders who exemplify athlete’s agility, strength, power, techniques and most importantly their confidence and attitudes. Ignite prides itself on training “homegrown” local talent in a variety of sports including, football, hockey, volleyball, and wrestling just to name a few. The atmosphere at Ignite is fun, energetic, and positive. Ignite has grown rapidly over the last few years in Saskatoon and they most recently announced a new elite training facility set to open January 2019.

“I am forever grateful for the generosity, support, and trust I received from Ignite’s Junior athletes. It is because of them I want to pursue Junior training in the future.”

Student Energy in Action for Regina Community Health, Regina, SK
Brittany Weinbender, Human Kinetics

SEARCH is a non-profit student-run, interdisciplinary primary health care initiative. Thanks to our partnership with the Saskatchewan Health Authority (formally RQHR) and the Four Directions Community Health Clinic SEARCH is able to use their location in order to provide primary health care and social services after hours in north central. Some of the services SEARCH offers is primary health care, physiotherapy, counsellors, social workers, a nutrition program, childcare, cultural support, teen group, women's group, literacy days and what's the buzz. By offering a variety of programs SEARCH aims to bridge the gap for diverse populations.

"Volunteering at SEARCH has taught me infectious diseases such as HIV is still rampant in Saskatchewan. National HIV Testing Day was a success but there is still a stigma surrounding the disease".

Board of Directors Manual. The goal of this manual is to help the new Board of Directors recognize their roles, responsibilities and the functions of a non-profit organization. Other key documents in the manual will include the contract with Saskatchewan Health Authority (formally RQHR), the strategic plan, grants, financial papers, bylaws, professionalism documents, code of ethics etc.
Regency Manor, Central Butte, SK

Jillyan Clark, Therapeutic Recreation

Central Butte Regency Manor is a 27-bed, long-term care facility that is located within the Five Hills Health Region. In addition, this facility offers one respite bed that is available for individuals who require short-term relief. Care homes, like this one, will provide around-the-clock nursing care for the geriatric population. However, unlike other nursing homes, Regency Manor also has a primary healthcare clinic attached, with a full-time Nurse Practitioner. This facility is also unique in the aspect that they provide an Adult Day program. This service is available Monday to Friday, and is specifically for people from the community to come into the facility for recreational, and daily care purposes.

“...has taught me so much about myself – as an individual, and a professional. Furthermore, I have developed a new-found confidence in my skills and abilities”.

Special Project

Evidence-Based Program Outline: I conducted brief research on recreational programs scheduled for evenings. This exploration focused on specific recreational domains for recreational programs scheduled for evenings, and their perceived effectiveness. This included a program outline and poster for each program.

The Residence in Mission

Mission, BC

Kelsey Hengen, Therapeutic Recreation

I had the opportunity to complete my fieldwork placement at a residential care facility called The Residence in Mission (TRIM) in Mission, British Columbia. Everything about my experience at The Residence in Mission was positive. The staff and residents were welcoming, the focus was Person-Centred Care, and the job was busy, rewarding and fulfilling. I had the opportunity to administer assessments, plan and implement programs, design the backdrop for the Western Day social, attend leadership meetings, be responsible for staff/resident shopping, organize Friday barbecues, assist with bus outings and complete documentation. I gained a lot of experience with dementia and acquired brain injuries. My placement allowed me to accomplish goals and set new ones.

Special Project

Memory Boxes

The best part about my experience was putting a smile on a resident’s face, making them laugh, and knowing that I had the ability to brighten their day. Quality of life is so important, and I am so fortunate to have been able to provide Therapeutic Recreation to older adults and seniors for the sake of improving Quality of Life.
University of Alberta Hospital Eating Disorder Program, Alberta Health Services, Edmonton, AB

Caley Hodgson, Therapeutic Recreation

The University of Alberta hospital Eating Disorder Program focuses on patients who have anorexia nervosa, bulimia nervosa and other eating disorders that are not otherwise specified. The goal of treatment is to normalize weight, eating and attitudes towards weight/eating and to manage symptoms of co-morbid features. Using a multidisciplinary team method including psychiatrists, dieticians, psychologists, medical doctors, nurses and a recreation therapist provide the 12 bed inpatients with continuous monitoring for those who are severely compromised. Outpatients are also apart of treatment. Patients participate in group activities and meal supervision and education. The recreation therapy student will have the opportunity to work with the interdisciplinary team and gain knowledge designing, planning, implementing, evaluating and documenting various interventions and activities. These activities will include groups in the form of one-on-one, small group, large group, inpatient, outpatient and day program individuals. The recreation therapy student is responsible for assessment of patients and will be a part of the decision-making process of individualized/appropriate goal orientated treatment plans.

Tai Chi with Caley – Mindful movement to relax the mind and body of one with an eating disorder.

College Park II Retirement Residence, Regina, SK

Sydney Schnell, Therapeutic Recreation

Evidence-Based Practice Activity Guide

Each activity offered at College Park II will have the evidence to back up the benefits of the activities and therefore explain why they are offered at CP2. This will inform the residents themselves and the family members as well as to why their loved ones are doing the activities they are.

College Park II Retirement Residence is a great place for individuals to live, perhaps to gain a sense of purpose, to be a part of a community and to meet so many other wonderful people. There are so many activities to choose from, residents do not have a chance to feel bored. My professional role was to conduct assessments on residents to observe their activity levels and interests and encourage them to participate when they can. Lastly, it is significant to document their goals, weaknesses and successes. This experience has given me perspective and experience to strengthen my abilities and skills as a recreation therapist.

“This has been the best experience of my life.” Not only was I able to use the knowledge of my degree in a challenging work environment but I learned so much about myself. The ins and outs of eating disorders are very complex – and everyone experiences their eating disorder in their own unique way. I laughed, cried and experienced an abundance of learning working with the patients in this program. I hope that I helped them as much as they helped me learn about myself.

“I made so many special bonds with the residents and this only made me more comfortable in my professional role. Due to this, I was able to improve my communication skills, my leadership style and my confidence as a successful recreation therapist, as my assessment and documentation skills have improved as well. I only hope it continues down the road into my future career and I will have College Park II to thank for it.”
Jessica Loran, Sport & Recreation Management

YMCA of Saskatoon, SK

**Special Project**

National Drowning Prevention Week. To promote Drowning Prevention Week, we planned a variety of activities including a kayak demonstration, swim level assessments water aerobics classes for kids, coloring contest and other crafts.

“At the YMCA I was able to learn about programming for children, with first-hand experience, as well as expand my knowledge of aquatic facilities and the time-consuming programming that takes place within them.” – Jessica Loran

The YMCA is a widely known and recognized fitness facility that offers many different opportunities to community members at subsidized rates. The YMCA offers a day-care to members with young children, and it has a full fitness centre and pool where they offer a large variety of children and adult programming. Additionally, they have a full-sized gym and racket ball and squash courts. All the programming that takes place is focused on benefiting members and the surrounding community. Here at the YMCA of Saskatoon, as the summer fieldwork student I had the opportunity to work on spring and fall programming, but primarily focused my time on helping to direct and plan summer camps. The YMCA host three different summer camps: Blackstrap, Super Summer, and Martensville day camps. I processed registrations, organized schedule and group activities, and worked with children when counselors were sick or away. Working with the YMCA this summer, has improved my workplace skills and abilities because I have had the opportunity to take part in new experiences. In addition, I have made several contacts at the YMCA and have lined up work opportunities for the future, because of my placement here.