“Students applying Kinesiology and Health Study theories to practice in guided community experiences by professional partners”

Peyak Aski Kikawinaw - Together We Are Stronger

What is Fieldwork

Each student in Kinesiology and Health Studies is required to complete fieldwork as a final part of his/her degree program. Fieldwork is a 15-week, 560 hour, unpaid internship designed to provide the student with an opportunity for a practical, “real world” experience bridging his/her academic present and professional future. Students research and find their own placement based on their Degree Program, Major and Self-determined Learning Objectives. Some decide to look for opportunities locally and others look, provincially, nationally or even internationally!
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<th>EXPERIENTIAL LEARNING IN THE CLASSROOM</th>
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Special Project Title: Is Our Healthcare System Enough?

I wanted my special project to focus on the difficulties spinal cord patients experience with our healthcare system. It came to my attention early on that they slip through the cracks of our system because of lack of funding and lack of qualified individuals. By looking at research articles, interviewing current clients and other healthcare professionals, I decided to focus my project on bringing more awareness to this issue and suggesting a potential solution to these problems.

First Steps Wellness Centre (FSWC) is a rehabilitation center offering therapy to populations with spinal cord injuries, stroke and neuromuscular conditions. They are a non-profit organization that was founded in late November of 2008, in affiliation with Project Walk in California. Since 2014, FSWC is now one of the only independent organizations within Canada to offer this type of therapy. The basis of their organization is to offer services to people in which are not receiving enough therapy within our healthcare system, while also offering a comfortable and enjoyable environment.

Jordyn Bosley

At FSWC, clients are assisted in regaining their function through intensive exercise-based rehabilitation programming, the usage of Functional Electrical Stimulation (FES), and/or the usage of the Therasuit Method. In the beginning of a fieldwork placement at FSWC, fieldwork students begin with assisting therapists with their client hours by providing lifts, retrieving and cleaning up equipment, as well as offering any other assistance a therapist needs during a session. As the fieldwork term progresses, fieldwork students assist in more ways as they take on individual client hours while still assisting the other therapists. This experience has been very beneficial for my professional and educational development. As my placement progressed, my knowledge and understanding of neurological and neuromuscular therapy increased which correlated in my confidence in executing skills progressing as well.

Overuse Injuries in Exercise Therapists. My special project looks at the different overuse injuries therapists have endured. Through surveying the therapists and clients at First Steps Wellness Centre, I looked to see if there were any reoccurring injuries and the effects that these injuries had on their therapy hours. With the information I gathered, I could research ways to help alleviate them.

“First Steps showed me that genuine connections and friendships are just as beneficial in a therapy setting as the therapy itself, for both the therapists and the clients.”

Jacinta Mack

“Don’t get caught up on yesterday; treat each new day as a new opportunity to learn and thrive.”

Special Project Title: Is Our Healthcare System Enough?

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Daryl Chambers
Calgary Flames Hockey Club
Calgary, AB

The Calgary Flames Hockey Club is a professional hockey team within the National Hockey League (NHL) that is located in Calgary, Alberta. The NHL employs and showcases the best hockey athletes in the world. Over the course of the fieldwork semester, my role was within the Strength & Conditioning department. The Strength & Conditioning staff are responsible for the development, training, and monitoring of the athletes on a daily basis to optimize on-ice performance. The experience that I have developed with the Calgary Flames has been instrumental in my development as an aspiring future Strength & Conditioning professional. By accumulating professional experience within the field, I have gained the confidence and knowledge in adequately training NHL athletes during the regular season to optimize on-ice performance.

Yearly Training Plan. The special project included an extensive overview of the entire yearly training plan (YTP) for the Calgary Flames hockey team. The YTP involves a yearly and monthly periodized plan, evaluation of the regular season schedule, incorporated on-ice intensity and volume tracking data, and off-season and in-season training phases that aims to develop essential athletic attributes for on-ice performance.

Geselle Dela Merced, OPEX, Regina, SK

OPEX Fitness Regina is a fitness facility that provides coaching to anyone at any level of fitness. They offer a personalized approach to fitness and nutritional programming, as well as lifestyle coaching based on where you are when you first come into the gym and where you want to be. Whether you have little experience with training or are an elite level athlete, a coach is always available to provide real time instruction throughout your workouts to ensure you are getting the most out of your time in the gym.

Hip Functional Range Conditioning Program. I had the opportunity to create and implement a hip mobility program using the principles of functional range conditioning. The goal of this program was to increase mobility, flexibility, strength, and symmetry within the hip joint of select clients. Developing this program gave me an opportunity to showcase my skill in prescribing exercise for rehabilitation purposes and has solidified my decision to work towards becoming a physical therapist.

“My fieldwork placement has impacted me both personally and professionally. I became part of a family, in which we continuously supported and cared for each other. I was nurtured by many exercise specialists, who provided me with a diverse set of skills and perspectives towards coaching and rehabilitation. I can confidently say that OPEX has prepared me for my future career aspirations.”
Thanks to the Queen Elizabeth Diamond Jubilee scholarship program, I completed my practicum in Australia. PHAA is the principal non-government organization for public health in Australia, meaning they are a recognized voice in discussions on a broad range of health issues. PHAA drives better health outcomes based on the social determinants model of health and population-based practices of public health, supporting knowledge-sharing, capacity building in public health, better accessibility and equity of health systems, and evidence-informed policy. As an intern there I worked primarily on analysing submissions and researching policy outcomes.

I shadowed Senior Policy Officer Dr Ingrid Johnston, attending various conferences related to public health. I spent time in Parliament with MPs learning parliamentary processes and discussing upcoming bills and policies. I also participated in cultural training that enriched my understanding of the history, contemporary issues, and resilience of Aboriginal and Torres Strait Islander peoples. Working with PHAA I had so many amazing opportunities to experience all sides of public health, from microbiology to policy research.

My final contribution was to an editorial for the Australia and New Zealand Journal of Public Health.

“For working with PHAA broadened my understanding of the field of public health and gave me the opportunity to learn from professionals involved in everything from microbiology to policy research.”
At Alpha Physical Rehabilitation & Health Centre, they have a variety of health professionals that work together. They offer physiotherapy, acupuncture, massage therapy and exercise therapy. They mostly deal with work related injuries, motor vehicle accidents, as well as some sports related injuries. Their focus at Alpha is prevention, rehabilitation, education, pain management, as well as improving the overall quality of life after injury or surgery. As the student, you work with the exercise therapist, with duties including initial assessments, developing exercise programs, demonstrating exercises. You also handle administrative duties, like charting in client’s files and booking appointments. I learnt how to adapt simple exercises to fit client’s depending on their injury as well as how to progress exercises.

**Special Project: Stages of Healing: Shoulder Injury and ROM.** For my special project, I created a Range of Motion chart with the normal ranges of each joint as well as I took on my own client from start to finish. I used the chart to compare his range in the shoulder and then went through the stages of healing post-op. The three stages are range, mobility & function, and finally strengthening. I created a program for the client, which I then used to help others with common injuries.

“Working at Alpha has expanded my knowledge in the field of rehabilitation. I have enjoyed every minute working with the staff and interacting with different clients, as well as getting hands on experience.”

**Courtside Sports Medicine and Rehabilitation**

Régine, SK

Gabrielle Gagnon

Courtside Sports Medicine and Rehabilitation (CSMR) is a multidisciplinary clinic that focuses on an active functional approach to recovery. Their rehabilitative approach not only includes manual therapy, but also emphasizes the importance of educating clients on proper technique, exercise, and work activities. As a student at CSMR, I was given the opportunity to shadow various specialists, including physiotherapists, a medical physician, an occupational therapist, and an exercise physiologist. I learnt and observed various treatment modalities, such as graston, taping, traction, manual manipulation, acupuncture, intramuscular stimulation, and interferential current. I got to work one on one with clients to perform functional capacity evaluations, design exercise programs, and implement them accordingly.

“As an individual that aspires to be a family physician in Northwestern Ontario, this fieldwork opportunity was extremely valuable as it taught me the importance of a holistic approach to health and healing.”

**Manual of Post-Operative Exercise Protocols** My special project is a manual of post-operative exercise protocols. These protocols were gathered from viable sources and include phases of recovery, goals, precautions, and exercise suggestions. This resource was developed in order to reduce the time spent on researching, designing, and implementing exercise programs for clients recovering from the most common surgical procedures. These include short and long rotator cuff tear repairs, anterior cruciate ligament repairs, meniscus repairs, and spinal disc fusions.
Wascana Rehabilitation Centre (WRC) is a facility of the Saskatchewan Health Authority that offers comprehensive medical rehabilitation for those who require the support. The centre provides services for children, adults and those in long term care. WRC’s programming is complete with a multi-disciplinary team of medical professionals. As a fieldwork student at WRC, I was able to complete my time in both the Children’s Program and the Functional Rehabilitation Program (FRP). The role of a student at WRC involved program planning and implementation, ensuring proper body mechanics, ensuring proper documentation and completing physical assessments. Although some of the roles and responsibilities were similar between programs, the way they were carried out differed greatly. In the Children’s Program, the mission was to empower families so that they had the tools to make physical activity a part of their everyday life. In FRP, the mission was to enable the tertiary level client to maximize their functioning by utilizing an active approach. This fieldwork opportunity allowed me to develop my skills of communicating, gathering information and ensuring safety. It also provided me with insight into the functioning’s of the provincial health care system.

**Madison Gerome**

**FUNdamental Movement Skills** The purpose of this special project was to develop and implement a program that would provide preschool aged children of varying functional abilities an opportunity to experience and excel in fundamental movement skills in a fun and closed environment. I planned and implemented two 6-week group programs that focused on the gross motor skills of balance, locomotion, coordination and object control.

“I am grateful for my experience at WRC as it has granted me with the opportunity to work with a diversity of rehabilitation professionals to impact the lives of many.”

**Karly Koronkiewicz**

**Scott Anderson and Associates Physiotherapy and Rehabilitation, Regina, SK**

“I learned so much more than I could have imagined at Anderson Physio. The constant hands on experience and exposure became crucial to my experience. It was such a welcoming and driven environment to be a part of.”

Anderson Physio is a private clinic where patients from all walks of life can come to receive the help they need. I was able to see patients of all kinds; SGI and WCB cases, university and professional athletes, elderly and chronic patients, post-surgical patients and also patients who only required some acute care. My role at Anderson Physio was as a student exercise therapist. I assisted patients through assessments, exercise programs and other various parts of their treatments. I gained an extensive amount of hands on experience. This environment has been tailored for education not only of students but of the patients as well. It was such a welcoming and trusting environment to be in, I don’t think I would have received the same experience anywhere else.

**Ultimate Athlete Evaluation** - I screened ultimate athletes for deficits and imbalances to try to prevent future injury areas and improve their level of game play. We tested 9 athletes in 5 areas; balance, agility, leg power, flexibility and core strength. I then compiled all the data into charts and sent it out to the athletes along with some normative data for them to compare themselves too. I included information about how they can improve themselves in areas that they may have deficits or imbalances in.
Bachelor of Kinesiology

Amanda Kozey  RCMP Depot-Operational Conditioning Unit

All RCMP members begin their careers in Regina by attending The RCMP Training Academy, “Depot”. During a six-month training course, various units deliver the 26-week Cadet Training Program to applicants wishing to become RCMP officers. One component of the Cadet Training Program is the Operational Conditioning Unit (OCU) which works to ensure that the cadets are physically ready for the demands of working in the field as a regular member. The role of a fieldwork student is to be an OCU Facilitator. I had the opportunity to observe, assist, and lead a variety of fitness classes and job-related lectures, administer a variety of fitness evaluations, as well as keep up with the various administrative duties that come with being a facilitator. The main fitness/occupational evaluation used by the RCMP Depot is the Physical Abilities Requirement Evaluation (PARE). The experiences throughout my fieldwork placement have been amazing and it has helped me grow as an individual by pushing me out of my comfort zone. I have become more confident when speaking in front of larger groups or people as well as in sharing my own knowledge about fitness.

“Being at the RMCP was by far my favorite this I had done throughout my degree. It was extremely rewarding seeing the changes cadets would make in their short time with the OCU.”

Crush Those Competencies An after hour fitness class that would allow cadets to have a change from their set weekly program that allows them to still see the continued results needed to be successful in the OCU. My goal was to have a relaxed environment that allowed cadets who did not enjoy exercising to have fun with fitness.

Neil Squire Society, Regina, SK

Neil Squire Society provided a great experience to work with individuals with disabilities in a client centred perspective. Working as an Assistive Technologist’s assistant allowed me to combined my passions of technology and health together in order to identify how it may benefit people. The skills that I had developed during my practicum placement are invaluable for any future job, and has widened my perspective regarding how to conduct myself when providing services to others. Working for a non-profit organization was rewarding and motivating. The dynamic situations allowed for many different experiences that I feel other jobs would lack. This is truly a great place to build the professional skills one needs in a supportive, positive, and growth mindset workplace culture.

Robert Kraakman

Assistive Technology Assessment. The Special Project will be a thorough assessment of a client, identification of recommended Assistive Technology supports, training and set up of devices, follow up with client, and determination of client satisfaction. The project will allow me to follow the protocol required of an Assistive Technologist from the initial meeting with a client all the way to providing supports in the workplace or school.

“All tools are technology, and all technologies are Assistive Technology.”
Bachelor of Kinesiology

CDI Injury Recovery Centre Ltd., Moosomin, SK

CDI is a private Athletic Therapy clinic. They have a satellite clinic located in Esterhazy, SK and intentions of opening a second clinic in Russell, MB. They provide rehabilitation services to all types of individuals with musculoskeletal injuries, from children to athletes to the elderly population. They use many therapeutic modalities such as acupuncture, soft tissue release and massage, mobilization and traction, therapeutic ultrasounds, cupping therapy, TENS therapy and KT-Taping. My role at CDI was to assist and work under the supervision of the Athletic Therapists in treating injuries with exercise prescriptions and therapeutic modalities. Duties included supervised assessments, design stretching and strengthening programs dependent on the stage of rehabilitation, hands-on experience with different therapeutic modalities, completing charts of the clients explaining the therapy process, scheduling and invoicing clients.

“To the best of my abilities, always provide efficient, effective and safe care in regards to orthopaedic therapy and rehabilitation in musculoskeletal and brain-trauma like injuries.”

Taping and Wrapping Manual While working at CDI, I was given the opportunity to work alongside my supervisor as an athletic trainer for the town’s football teams. These teams each have volunteer parents that have first-aid or similar training to be the team’s medical help. The objective of my special project was to make a manual that explained and demonstrated proper taping and wrapping of common football injuries, as well as proper fitting of football equipment. The outcome was pictures to hang in the trainers’ room and a hard-covered manual that was given to each of the teams for their first-aid toolboxes.

The Saskatchewan Association for the Rehabilitation of the Brain Injured, Regina, SK

“At SARBI, I have experienced the impact an empowering, and unconditionally supportive community can have on the rehabilitation of an individual. This approach has shown me we are always stronger together.”

The Saskatchewan Association for Rehabilitation of the Brain Injured is a non-profit organization dedicated to increasing quality of life through a psychosocial rehabilitation model for persons experiencing an acquired brain injury (ABI). As the Student Program Manager, I had the opportunity to develop weekly programming for clients and to build professional relationships on excursions with ABI Outreach Team specialists (i.e., speech pathologist, and occupational therapist). I have also been exposed to the operational side of a non-profit organization (i.e., grant proposal applications, fundraising strategies and filing system organization). This experience in the positive and person-first centred environment has allowed me to become an empowered and confident leader through meaningful connections made with clients and the ability to specialize in creating adaptive movement classes for persons experiencing an ABI. SARBI has given me the opportunity to powerfully step into my desired career of physical therapy, with an approach that is fuelled by compassion and dedication to provide services that can restore meaning in an individual’s life.

Yoga for All This project is designed to allow clients to engage in the relaxing nature of meditation and gentle yoga postures. Yoga is the practice of connecting the mind with the body. Clients participated in gentle stretching and strengthening of dominant muscular groups to improve functional movement. As well, clients were guided through meditation to decompress and relieve emotions in a safe environment. Ultimately, to create clarity and mindfulness in their lives.
Bachelor of Kinesiology

Level 10 Fitness, Regina, SK

Ty Pederson

Level 10 is a great agency to do your fieldwork at. They have many years of experience with fieldwork students and they have a great system for the students they bring in. Dan Yaskowich is the fieldwork supervisor and he does a phenomenal job of teaching the students as well as helping keep the students organized. As a fieldwork student your role can be whatever you want it to be. Level 10 does a great job of letting you customize your experience. You can be as involved or uninvolved as you would like in the personal training aspect of the gym. For myself I was quite involved and as time went on they started giving me my own clients and classes to train which has now turned into a job opportunity for me at Level 10. Overall my experience at Level 10 has exceeded my expectations in every way and I would recommend this agency to anyone.

“560 hours might seem like a lot but it goes by quickly. Always keep up to date on your objectives and assignments and you will have a successful fieldwork experience.”

Track and Field Training Program

I took 9 athletes from the track club in Regina and took them through an eight-week training program where I saw them twice a week and created workouts for them and taught them all how to lift.

YuanHeng Pu

Level 10 Fitness, Regina, SK

Level 10 Fitness is a full-service supervised training organization, where each and every session is guided by a Certified Personal Trainer (CPT). At Level 10, exercise specialists aim to deliver effective, appropriate, and efficient workouts that meet and exceed the expectations of the broad spectrum of clients serviced. My fieldwork experience that I had at Level-10 was more than I expected. After one month of learning from exercise specialists and many opportunities for hand-on experience, I start to train my own clients, help other trainer to cover some classes. In the end of the fieldwork, I am able to working independently.

“The most important aspect in achieving a successful outcome is believing that it is the only option.” —Level 10 Fitness

Strength & Conditioning

I signed a 2-month program for 8 clients. Its focus was on improving strength and flexibility. The program was twice a week (Thursday and Saturday night, 8pm-9 pm). I gave them different a workout every time, but all the workouts related to their goal.
Trench Fitness is located in Regina, Saskatchewan, at 115 Hodsman Rd. Trench Fitness offers an 8000 square foot strength training and conditioning facility. Trench Fitness offers personal training, group training, nutrition consulting and 24/7 access to their members. Their goal is to create a healthier lifestyle for their clients. Trench fitness has a broad client base from general population to competition prep. Trench fitness believes in ‘four pillars’ for you to reach your goals: mindset and motivation, nutrition, training, and lifestyle. These four pillars will help clients reach their goals.

During my time at Trench Fitness I created a clinical assessment for new clients. This way we can give them the physical assessment and create a specific program for them accordingly.

SaskAbilities, Regina, SK

“SaskAbilities offers a very energetic and welcoming environment that you cannot help but immerse yourself in. Getting to be a small part of bettering people’s lives was the most rewarding part of the experience”.

Karley Romanuk

Benefits of Exercise and Nutrition Modules  My special project involved planning and facilitating sessions about the benefits of leading a healthy and active lifestyle. Many of the participants at Saskabilities are involved in Special Olympics or other physical activities, so it was very fitting to give insight into the background of how exercise affects the body. Making the information as relatable and engaging as possible helped to generate the best possible outcome.

SaskAbilities is an organization that provides programs and services for people experiencing disability. Since the inception of the organization in 1950, the four branches across Saskatchewan (Yorkton, Swift Current, Saskatoon, Regina) have been focused on building inclusive communities and providing meaningful opportunities. During my time with SaskAbilities I was able to explore two sides of the program; initially working as a Support Worker and then transitioning into a Service Coordinator role. As a Support Worker, I worked hands on with the participants by interacting in the daily sessions both in-house and out in the community. Some activities included items such as museum and gallery tours, nature walks, volunteering, cooking, music, and other skill building activities. As a Service Coordinator I became familiar with program planning, communicating with the participant’s support staff and caregivers, as well as building connections with other organizations. It was incredible to see how involved SaskAbilities is and just how much it is helping to enhance people’s quality of life. It is a cutting edge organization that has the participant’s best interests in mind. The staff and participants taught me countless lessons and skills that I will carry into the future.
I had the opportunity to work in two agencies during my Fieldwork experience. The first one is the Doctor Paul Schwann Centre which is a fitness and lifestyle center that offers many programs and services to help others enhance knowledge in health, wellness and physical activity for people of all ages. The second one is the Athletic Therapy Clinic which is a place for trained therapy professionals to help prevent, assess and care for musculoskeletal injuries that happen within athletes and individuals that are involved with physical activity. My role was to create and conduct exercise programs, lead a variety of workouts and health assessments, assess and treat athletes, and provide assistance to the Athletic Therapists at home games. This experience gave me the opportunity to use my knowledge through university and apply it to work with people that have health problems and athletic injuries. It gave me real hands on experience as opposed to learning out of a textbook which helped me become more confident with communicating my knowledge with people and assess, treat and lead properly.

Injury Prevention Plan for Rehabilitation Through Stability and Strength

This plan will help prevent an injury from happening again or from happening in the first place. It will also help with increasing range of motion, stability, balance and strength which are all needed for injury prevention.

The Dr. Paul Schwann Centre (DPSC) is a health and wellness facility which provides many high quality services to the public. These services include exercise therapy, cardiac rehabilitation, physiotherapy, chiropractic care, traditional Chinese medicine, occupational testing, fitness testing, and personal training. More importantly the DPSC attempts to educate clients with the knowledge necessary for maintaining an active lifestyle. With the numerous services available, the DPSC provides fieldwork students with plenty of opportunities to learn from many different practitioners. Depending on the service, students may also have hands-on opportunities where they can work under the supervision of a CSEP-CEP. The DPSC provides students with various experiences which aids in deciding on a future career direction. In my time at the DPSC I spent most of my time with cardiac rehabilitation and exercise therapy. Although the practical experience I gained was invaluable, the best part of the DPSC is the staff. Everyone is personable, knowledgeable, and willing to educate. The DPSC has provided me with the knowledge and experience I wanted with working with clinical populations.

“These past 15-weeks have provided me with the environment to transition my degree into a career. I learned how to apply concepts from the classroom to a clinical setting.”

Love2live Volunteer Handbook. I developed a volunteer handbook for the Love2live cardiac rehabilitation program. The handbook provides the purpose of the program, a brief program description, volunteer expectations, a “do not do” list, dress code, emergency procedures, and some simple tips for working with clients. It contains most of the information a new volunteer needs on the first day in order to reduce their learning curve and maintain client safety.
Lifemark Health is one of the biggest rehabilitation clinics in Canada that provides an interdisciplinary team approach to treatment and rehabilitation. The Return to Work program offers a daily treatment program including exercise conditioning, physical therapy and education classes based on client’s current needs and job demands, and the team strives their best to ensure all clients are returning to their work successfully. As a fieldwork student, I was able to learn in-depth about what I expected to be learned during my fieldwork included assisting prescribing the exercise program and teaching exercises to clients, performing supervised fitness assessments, and writing up reports for the clients after they completed their session.

Do You Feel It My Special Project aims to help people who are struggling with their rehabilitation due to pain, to understand the pain and the differences between pain and hurt. I gathered information through research and discussion with other professionals to put in my brochure, I provided one-on-one education session with the client.

“Every single moment I spent at Lifemark was eye-opening and it was a way above and beyond my expectation. From day 1, I was able to observe and learn new skills as well as applying my knowledge I learned from school. It was absolutely memorable experiences and the professional skills that I have obtained here will be benefit in my future career.”

Chelsea Jones
Orange State University Recreational Sport Department, Corvallis, Oregon, USA

Bachelor of Kinesiology, Human Kinetics & Health Promotion

Bachelor of Sport and Recreation Studies, Sport and Recreation Management

Oregon State University’s Recreational Sports department is the primary destination for students, staff, and alumni to find their sport, adventure, fitness, and wellness needs on campus. During my fieldwork placement I worked within the department’s Advancement and Assessment team alongside the Coordinators of Fitness and Wellness. My four main focus areas included student development, program development, marketing, and administration. The large projects involving program and student development included assisting with the development of the Resistance Training Leadership program that aims to provide students the practical skills to be competitive in the fitness and wellness job market. I also assisted with the program development of the Peer team’s online and in person training modules using the online education tool Canvas. During my placement I was responsible for creating policy manuals for the new Olympic Lifting and Functional Training spaces. This included research, policy review, assessment, adhering to legal obligations, and space evaluation. As well, throughout the placement I would act as the lead in a number of marketing and promotion events occurring throughout the term that allowed me to tell the story of Rec Sports to our current and potential users.

My special project was to develop a job description and curriculum for future interns in the fitness department. Including creating intended learning outcomes, duties, and projects using a situational leadership model progression. This was unique as I was able to create an internship program for a student, just as someone created an internship for me. The intern program will assist future students in their fitness training development and push them ahead of the competition in the job market.

“I think fieldwork is an amazing opportunity to shoot for the stars and try to end up at an agency you might think is ‘out of your league’. I love having the opportunity to complete an international placement!”
My journey through the University of Regina has been a long one, but most definitely a good one. I thank the Faculty of Kinesiology for affording me ample opportunity to learn, work, and play. I encourage all students to explore the many opportunities to get involved on campus as it makes your university experience that much more valuable and memorable. Throughout my two degree programs, and with the experience gained through the Faculty of Kinesiology, I have been fortunate to complete three international education experiences; the first at the University of Oregon, the second in Madrid, Spain, and the third at Oregon State University.

At the University of Oregon I had the privilege to work alongside 9 other interns from across the United States for the PE & Rec Department at UO. As a co-hort we were tasked with various timeline based projects to solve real-life challenges faced by the recreation centre. We were also afforded many touring opportunities of various facilities including the University of Oregon’s own Matt Knight Arena, the Ducks football complex, and Autzen Stadium. Our co-hort was fortunate enough to travel to Portland to tour Portland State University, Corvallis to tour Oregon State University, and Beaverton to tour the Nike World Headquarters. Although the internship projects were challenging, the bond that we as a co-hort group formed is one that I will cherish forever.

The Faculty of Kinesiology’s Study Abroad trip to Madrid, Spain was the second international experience I went on, and it was an opportunity that combined my two favorite things: travelling and sports. It was the perfect combination of being able to explore new cities and a new country, while learning and deepening my knowledge of sport management. We as a group were able to take in many fabulous tours including of Santiago Bernabeu Stadium, the Royal Palace of Madrid, the 1992 Summer Olympic facilities in Barcelona, and the Sagrada Familia in Barcelona.

Lastly, on my international experience journey through my undergraduate degrees, I returned back to the beautiful state of Oregon where I was completing my fieldwork requirement for both of my degrees at Oregon State University in their Recreational Sports department. My placement objectives were focused on student development, program development, marketing, and administration. The large projects involving program and student development included assisting with the online and in person training programs for the Resistance Training Leadership program and Peer Team training modules.

I am so thankful for the Faculty of Kinesiology program to allow me the opportunity to combine my fieldwork requirements for my Human Kinetics degree and Sport Management degree as I was able to create a unique fieldwork experience that not only challenged me, but changed me. I was able to learn so much about a field I love while exploring a new country. I am so thankful to the Recreational Sports department at Oregon State University for hosting me as a student and pushing me out of my comfort zone in order to grow and learn. It is through these experiences that I am very grateful for the opportunity to be able to travel, learn, and build a network of amazing people. I believe that these opportunities not only helped me grow professionally, but personally, and are experiences I will remember forever. I highly recommend any student take the opportunity to seek out such opportunities, not only on their own, but ones in which the University of Regina provides. The UR International office as well as the Faculty of Kinesiology staff are incredibly supportive on your journey to knowledge and are always happy to provide resources and care where needed.
I conducted my second work term at the University of Regina with the Faculty of Kinesiology and Health Studies and the Athletic Department as a Marketing and Communications Intern. During this time, I worked on many different projects such as running the @URAllKinected social media platform, developing a website, being the sports information contact for Cougars hockey games and scheduling the UR Creative Media team.

This semester I switched from researching and implementing @URAllKinected to creating content for the account and making it fully operational. Making the page operational required me to schedule and conduct meetings with all of the partners whose programs are included in the page. To make posts I also had to learn how to effectively use Adobe Photoshop and other programs in the creative suite.

On Cougars athletics hockey game days, I acted as the point for Sports Information duties. The game-day tasks were creating programs for each game, ensure my staffing was scheduled, taking action shots at the game, ensuring the broadcast was operation, running social media, reviewing goals and creating a post-game recap.

The website was developed for us to upload and distribute our photos online through PhotoShelter. This website allows media, athletes, parents and anyone interested in Cougars athletics to download pictures free of charge. The website can be found by searching www.reginacougars.com/photos.

The UR Creative Media team (pictured) was also part of my responsibilities as I scheduled them for our basketball and volleyball events, where they ran the broadcasts for Canada West TV.

This experience was enriching and challenging. Throughout this experience I have had to develop skills that are not my strongest. One skill that is most evident is my post-game recaps, to see the improvement throughout the semester is genuinely satisfying.

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The Faculty has recently introduced a Paid Internship Option for our Sport and Recreation Management Major. We are excited to announce that Ben finished his second out of three semesters of this inaugural Paid Internship during this Fall Semester.

If your organization is interested in supporting a student through the Sport and Recreation Management Paid Internship, please contact us for more details!

Khs.fieldwork@uregina.ca
Karina Mokrousova

The Regina Exhibition Association Limited (REAL) is the not-for-profit corporation that operates Evraz Place. Evraz Place is the largest interconnected event complex in Canada and the centre of sport, business and entertainment for the community. The property hosts the majority of Regina's major events, including Canada's Farm Progress Show, Queen City Ex, Canadian Western Agribition and many recreational sports, numerous concerts, trade shows, conventions and special events. The title of my position was Sport and Recreation Coordinator – Student within the Programming, Entertainment and Tenant Relations (PET) department. Throughout my experience, I have had the opportunity to assist with management and execution of the 2019 Tim Hortons NHL Heritage Classic, Prairie Classic and other large and small scale events. Assisted in coordinating the Regina Pats games and managing the venue during games and special events. I utilized EventPro, an event scheduling and venue management software system, to generate event service orders, contracts and monitor multiple bookings.

“Learn to Skate” Program for Newcomers. This program is a part of a multi-year strategy that focuses on increasing the engagement of newcomers in current Evraz Place offerings and building new sport offerings for newcomers. This inaugural year, the program was introduced as a one day event for exchange students at the University of Regina, who enjoyed a free post-game skate at the Brandt Centre following the Regina Pats game on November 16th. In future years, the program will be run for 5 weeks and focus on learning how to skate.

Benjamin Rumpel

Saskatchewan Parks and Recreation Association (SPRA) is a non-profit organization that provides funding and expertise to the field of recreation across the province of Saskatchewan. They are one of the Tri Global organizations under the Saskatchewan Lotteries fund and provide grants, and training courses across all areas of recreation. These areas include parks, facilities, youth engagement, inclusion, and fitness. They are the leaders in recreation in the province of Saskatchewan. My role with SPRA was to provide assistance to the various consultants and administrative staff. As a fieldwork student I helped in promoting, researching, and assessing various programs and internal goals. Along with that I was able to attend multiple conferences and workshops that allowed me the opportunity to network with recreation professionals from all parts of Saskatchewan. My fieldwork has made a positive impact on my professional career and has provided me with a foundation of skills and experience that will allow me to meet my professional goals moving forward in my professional and personal life. I also felt I had a positive impact on SPRA as someone that brought a unique outside perspective to the Organization and that it was a mutual partnership.

My special project was focused on strength-based leadership. I was responsible for creating leadership recommendation on how the organization can internally improve workplace culture. With that I created a document that gave multiple recommendations of leadership assessments the organization could use to assess their current staff leadership and based on that assessment identify strengths each staff member brings to the organization.
The Saskatchewan Junior Hockey League (SJHL) is a non-profit Junior A hockey league in Saskatchewan and Manitoba, consisting of 12 teams. My official title was the “Marketing Coordinator”, and I reported to the “Director of Marketing & Communications”. My main responsibilities included: Creating press releases, creating sponsorship packages, using analytics to aid in decision making, and planning for the 2020 SJHL/MJHL Showcase. The key lesson I learned during this experience is that you need to customize to achieve the best results. When designing a sponsorship package, you need to analyze the package from the opposing party’s perspective. Often times, something you believe has no value, is something the opposing party values.

Going into fieldwork, I wanted to find a placement that provided many networking opportunities. My placement with the SJHL exceeded my high expectation for networking opportunities, as I was able to form relationships with local sports celebrities, in addition to SJHL executives.

2020 SJHL/MJHL Showcase - The SJHL/MJHL Showcase promotes the best talent from the Saskatchewan Junior Hockey League & Manitoba Junior Hockey League. I am responsible for planning and implementing this event!

As a Student Intern, I participated in a wide variety of tasks. These tasks including packing and shipping clinic boxes via courier for officiating and coaching clinics, unpacking and returning of necessary items and forms once these boxes were returned. I participated in Minor Hockey Association Team Evaluations, both on and off the ice, by conducting on-ice time trials and goaltender evaluations, as well as observing players on the ice and ranking them according to criteria provided. I helped to proofread, create, and design numerous pieces of media, informational documents, and presentation material including the Grassroots Coaching Module Document, the supplementary PowerPoint for the coaching module, and stories for publication on the SHA website. Other tasks included assisting in taking pictures of new merchandise, participating in various staff team meetings, and compiling binders of Midget AA and AAA male team applications. I was also involved in putting on the Official’s Gameday Gathering event for my special project.

Official’s GameDay Gathering. In the spirit of the NHL Heritage Classic game being held in Regina, the SHA in partnership with the NHL’s Official’s Association put on a hot-stove discussion and luncheon event showcasing the NHL officials who were to be working the game. In attendance were registered officials of all ages from across the province. Attendees had the opportunity to meet, ask questions, receive advice, and hear the stories of the NHL officials. Kyle McDonald of Performance Consulting was also welcomed as a special guest speaker for the second half of the event and gave a presentation on emotional intelligence and expectations in sport.
Residents living at Broadway Terrace would first describe it as home. The independent-living apartment with integrated care home is located in Regina, Saskatchewan. With Wascana Park, bus stops, and grocery store nearby, the location of Broadway Terrace is convenient for the 150 older adults that live there. Inside, there is a lounge, a chapel, an art room, and other recreation spaces that are utilized regularly by the recreation department and the residents. Overall, Broadway Terrace is a community for older adults to begin the next chapter of life. Fieldwork students at Broadway Terrace are warmly welcomed by residents and staff. As positive relationships are developed, students contribute to a team that provides excellent care services. Throughout the semester, students will research, plan, and facilitate meaningful programs. Students will also utilize technology to document recreation participation, progress notes, and therapeutic recreation assessments. Throughout the semester, I felt supported to reach my goals. I became a more confident leader as I facilitated new programs with the residents. I recognized the meaning that recreation can bring to one’s life, such as through music and art. The person-centered, holistic approach to recreation at Broadway Terrace will have an everlasting impact on my professional perspective.

“I love going to work knowing I will leave fulfilled! Everyday I experienced moments reminding me of how recreation changes lives. Thank you to the staff and residents at Broadway Terrace!”

Victoria Tisher

Broadway Terrance, Regina, SK

Program Outlines After facilitating programs, I used a template to describe the programs in detail. Program outlines include step-by-step instructions regarding the setup, equipment, number of staff, and length of time required for the program. It also includes holistic benefits offered by the program. My goal was to create outlines that can be used by new staff, and to ensure programs align with the Broadway Terrace mission, vision, and values.
The Non-Insured Health Benefits (NIHB) – First Nations and Inuit Health Branch (FNIHB-SK), Indigenous Services Canada provides First Nations and Inuit people with health benefits that are not covered through private or provincial health plans. NIHB consists of different units such as: medical transportation, pharmacy, dental, medical supplies and equipment, vision and mental health counselling. Some First Nation communities manage their medical travel through contribution agreements through Indigenous Services Canada that are not available on reserve or in the community of residence. Students need to go through the required training before getting immersed into their role. Knowing Microsoft Word and Excel is beneficial for doing your work at NIHB as you will be asked to write letters to communities and enter data. The necessary skills that are required are strong organizational skills, multitasking ability, and communication skills. Taking ownership and not requiring constant supervision to complete tasks to coordinate the training conference.

The best aspects of my four months at NIHB-FNIHB have been gaining valuable work experience, working with different team members in the Community Development and Support Unit and interacting with staff at all levels. My self-confidence and communication have all improved because I had the opportunity to communicate and network with First Nation communities and First Nation Health Organizations.

Medical Transportation Community Coordinator and Health Director  
Meeting/Training – November 28, 2019, Non-Insured Health Benefits hosted a meeting/training session in Prince Albert, SK for First Nation community coordinators and health directors in Saskatchewan.

Eman Ezwai  Creative Options Regina, SK

Creative Options Regina (COR) is a non-profit organization that offers supportive living and daytime programs for individuals who are experiencing disabilities. COR follows the philosophy of gentle teaching which focuses on improving the lives of the people we serve by making sure they feel safe, loved, loving and engaged with our presence, hands, words and eyes. My role at COR as the Travel Training Coordinator was to aim towards the empowerment and independence of individuals with disabilities by teaching them how to ride the bus rather than relying on other means of transportation such as paratransit. During my spare time at the studio, I was able to take part in many programs such as drop in art classes, paint nights and different holiday activities. My favourite experience at this organization has been meeting so many new people and having a positive impact on their lives by just being a constant friendly face they get to spend time with!

Taking one step at a time will always lead to progress- especially when the first step involves developing trust. COR does an amazing job at building relationships fueled by love and trust.
Bachelor of Health Studies

Morning Star Lodge, University of Saskatchewan Regina, SK

Mikayla Hagel

The Morning Star Lodge (MSL) is an Indigenous Community-Based Health Research Lab which focuses on promoting Indigenous research methods and methodologies. The lab is committed to research and education that will influence Indigenous People’s lives in Canada in a positive way. MSL recognizes and is built on utilizing Indigenous knowledges, beliefs, and philosophies as valid and important research methodologies. The lab hopes to build capacity for community members to create and maintain partnerships with communities and funders, conduct research done ‘in a good way’, and to participate in knowledge translation which includes dissemination and mobilization of research with community members. Students working at the MSL benefit greatly from the reciprocal learning and mentorship model utilized at the lab, as we all hold unique gifts to offer and share to the research team. At the lab, students can expect to partake in all aspects of research such as: grant application writing, project report writing, peer editing and reviewing documents for publication, writing and co-authoring for various manuscripts for journal articles or textbooks, conducting community-based research, all aspects of data analysis, and disseminating the knowledge informed by research projects.

“My time with MSL has given me the space and opportunity to further develop my research and data analytic skills while also providing me with the opportunity to participate in Indigenous ceremonies to further improve my spiritual well-being.”

Kelvin Wobo

Ranch Ehrlo, Regina, SK

I had the opportunity to work alongside with staff at the Ranch Ehrlo Society as an ER (Emergency Receiver). As a practicum student, my focus was to increase an active lifestyle amongst the youth. Upon starting my day at the ER, I realised physical activity would be my best choice as these kids spends most of their time indoors. This experience was rewarding as it made me know how active I was too by pushing beyond my physical limits. My physical activity with the kids involved, running, creating and going through an obstacle course, climbing up the hill (Lebret Hill) and going to the gym. In all, the kids actively showed great zeal in their participation thereby making my 4 months stay with them a success. While I did work on physical exercise, I also worked on mental exercise too (as this two combined, physical and mental, initiates a stable being) by teaching and actively participating with the kids in the game of chess, thereby creating an active atmosphere where they actively engage in some indoor activity before going out for outdoor activity (physical exercise). Apart from physical fitness my time at the ranch made me bond with kids and understand what some kids in our society are going through. It also strengthen my communication with both staff and kids.

Ranch Ehrlo is a non-profitable agency delivering a wide range of accredited mental health and developmental services in and around Regina, Saskatoon, and Prince Albert. As part of it services, Ranch Ehrlo provides assessment and psychotherapy for members of the broader community, vocational training, family treatment and reunification, early learning, emergency receiving services, treatment foster care, affordable housing, residential treatment and education for children and youth with mental health and addictions needs, residential care for older adolescents and adults with pervasive and complex developmental disorders, and community recreation and sports programs for at-risk youths.
This is a five-year program offered jointly by the Faculty of Education and the Faculty of Kinesiology and Health Studies (under the supervision of a joint coordinating committee of the two faculties). Once students enter the program they must complete the entire integrated program to graduate with both degrees.

Regular Physical Education (PE) Major students participate in Kinesiology and Health study classes, such as:

- Personal Fitness and Wellness
- Educational Gymnastics
- Rhythms and Dance
- Lifespan Growth and Motor Development
- Motor Learning and Control
- Movement Education
- Developmental Sports and Games
- Rec, Persons with Disabilities
- Human Anatomy

Joint Degree Physical Literacy Major’s study PE regular classes with an additional number of Kinesiology classes including:

- Indigenous Health and Sport in Historical Perspective
- Introduction to Sport and Exercise Psychology
- Research Methods in KHS
- Exercise Physiology
- Biomechanics
- Sociology of Sport, Recreation and Physical Activity
- Lifestyle, Health and Wellness
- Human Physiology I
- Introduction to Nutrition
- Health Psychology

Joint degree students complete the Education Internship rather than a KHS “Fieldwork Experience”.

Prior to their internship, Joint Degree students are asked to submit Learning Objectives to share their plans to explore the KHS and Physical Literacy portion of their course. Students are challenged to think about how to combine a passion of their own with a need of the school and community and find a way to make a difference in creating healthy and happy lifestyles.
Interning in Shaunavon was an amazing experience. I was able to apply what I have learnt in education, as well as kinesiology classes. During my internship I was teaching two physical education classes, as well as coaching volleyball, so this provided me with plenty of opportunities to apply what I have learned in my physical literacy degree. While coaching volleyball, my experiences in coaching theory and sports psychology helped me to create drills and improve the boy’s mental strength. The boys performed extremely well this season and made a provincial appearance. While teaching Physical Education Grade 9 and 11/12, I was able to draw previous knowledge from my developmental and anatomy classes to further the students’ understanding of movement and performance cues. Overall, it was a fantastic experience and I cannot wait to start teaching in my own classroom!

Learning Objective Priorities:

1. Add and practice mental fitness with the senior boys’ volleyball team.
2. In Shaunavon, I have noticed a decline in strength and overall physical literacy. I would like to use strength-based activities and explore multiple areas of fitness to improve my student’s overall performance.
3. Introduce a variety of indigenous games to the Grade 9, 11, 12 Physical Education classes. Also have the theme of and the historical perspective of the different sports.

O’Neill is a High School located in the north end of Regina Sk. My role was to educate students by teaching Physical Education/Health 9, Physical Education 20, Physical Education 30 and a Sports Medicine 20. I was highly involved with the extra-curriculars at the school. I coached Jr. Boys Volleyball, Recreational Curling, and help out with both the band and choir Christmas concerts. I have learnt more in the last 4 months then I ever could have sitting in a class. I was able to use my kin degree to dig deeper into the new Physical Education 20 & 30 curriculums using what I learnt in Nutrition, Biomechanics, and many other kin courses.
Sheldon Williams Collegiate, Regina, SK

Emily Jones

Sheldon is a wonderful school that has an amazing community vibe with all the students, and staff members. I had the great opportunity to teach a Physical Education 9, Wellness 10 (two of these classes), Personal Fitness 20/30, and a Math 9 class. I was able to include curriculum learning with year, unit, and lesson plans. While also being able to include resources and information from the extra classes I have taken within my joint degree. Along with teaching the curriculum I was able to teach valuable life lessons, thus helping to create competent and confident skillful movers for life. Throughout all of this I was also able to help students find a passion for physical activity. Lastly, I was lucky enough to take part in extra-curricular at Sheldon Williams Collegiate by being the Soccer Girls head coach. This allowed me to create close relationships, and to share a passion of mine with some remarkable players. Internship has grown my confidence as a teacher, and has shown me that I have a passion for teaching.

“My passion in life is to help everyone find a love for physical activity, and with becoming a Physical Educator I am able to do exactly that.”

Carly Kentz

Thom Collegiate, Regina, SK

Over the course of my internship at Thom Collegiate, I was tasked with not only teaching physical and health education, but also teaching health sciences with a focus on nutrition. This was a wonderful opportunity because it not only let me reflect on the classes taken in the faculty of education, but also those in the faculty of kinesiology. With developing plans and assessment criteria, I was able to successfully develop course content which reflected everyone’s strengths. During this time, I also took a priority in getting involved in extra-curricular activities. In the fall, myself, along with another intern, took on the responsibility of head coaches for the Jr. girls volleyball team. We had a successful season overall with attending two tournaments, one out of province. After volleyball, I had little down time as basketball started up and I have now offered to be an assistant coach with the Jr. girls basketball team, to which I will be helping out after my internship has concluded.

“Learning objectives that I took a priority in were exploring various modes of assessment, as well as tying in as many of my kinesiology classes as I could while developing lessons. On my lesson plans, I added a box titled “kin considerations” to which I considered various university classes and used textbooks for reference material.

“If you have gained the students’ trust, you are a successful teacher.”
Jasmine Kerr

Macdonald School is a K-9 school located in Stockholm Saskatchewan. My role at Macdonald was to educate all the students in physical education from K-9. I was fortunate to get many different experiences that included teaching French, health 6/7, health 8/9, PAA, guided reading, career education and I was a part of the Levelled Literacy Intervention Program. The focus of the school and staff is on outdoor education and on fostering positive relationships with the students, staff, and parents. I was able to discover the impact the teacher-students and teacher-parent relationship is and how its importance to student success and enjoyment at school. By getting students outdoors I also was able to understand the improved mood and ability of the students once they got outside.

Reg Leidl, a role model of mine once said, “the students will not remember everything you taught them, but they will remember how you made them feel.” This was a quote that resonated me and will stick with me for the rest of my teaching career. I believe that by forming positive relationships and by making sure every child has an opportunity to be successful is key to being a successful teacher. I want to continue to inspire students to live healthy and active lifestyles.

Lacy Orange

I was involved in all of the extra-curricular activities offered at the school. In the fall, I was the volleyball coach for the Grade 5, Grade 6/7 and Grade 8/9 Volleyball team. In the winter, I was able to share my passion of curling with my students by coaching an intramural curling team. Coaching gave me the opportunity to continue to build relationships and get to know my students even better, but in a different setting, which is very important.

I was blessed to be able to intern at Churchbridge Public School with Amanda Kornaga. I taught the following subjects throughout my internship: Wellness 10, Health 8/9, PE 1, 2 & 3, and History 20. Being in a K-12 school, I was able to experience a wide array of subjects and grade levels, whether that be reading to kindergarteners or teaching grade 11s about ideologies. Highlights from my internship include planning and facilitating an outdoor winter wellness day for the Wellness 10s and being immersed in the broader Churchbridge community. Churchbridge was not only the place of my internship, but rather it felt like home.

1. Adapt my pedagogy to meet the needs of a student with Down's Syndrome.
2. Include Treaty Education into my pedagogy.
3. Use my experience in sport to engage those students who are not yet skilled enough to participate in typical sport experiences.
4. Utilize community recreational spaces to facilitate learning.

“You'll often hear/read PE teachers say/write that they teach certain skills so that their students can use them to be active for life. We often forget the present. It's ok for PE to be fun. It's ok to play games that motivate your students to move and enjoy themselves in the present.” —David Benay
Sydney Reynolds

Churchill Community High School, La Ronge, SK

Churchill is a northern high school located in La Ronge, Sk. The school building itself is fully equipped for physical education. There is a main gym, a “mini” gym, fully equipped weight room, wrestling/ yoga room, four equipment rooms, skating rink, curling rink and many outdoor hiking/ skiing trails. I was able to teach grades 7-12 students in physical education. My main philosophies while I was teaching were; get my students active and moving and to be inclusive of all learners. I was able to be an ambassador for physical literacy by showing students how learning the basic skills will transfer to their everyday lives and futures. I was able to help coach volleyball and basketball as well as be hands on in a variety of community events. This experience impacted me in many ways. I learned about indigenous culture in a more genuine way then through classes. I got to experience things such as round dances, language, stories, and hunting first hand. I am so grateful for this experience as it gave me an opportunity to form relationships and learn about myself as a future educator.

“In studying other cultures, we learn more about ourselves and our relationship to all things in this world.” - Eustace Conway

Brayden Ruszkowski

Archbishop M.C. O’Neill High School, Regina, SK

When you see the school for the first time you might see an older plain school, but once you get inside and experience what O’Neill is like, you will love it. From being there, you will get to experience how great the students are to work with. Furthermore, the staff is welcoming and helpful. They invited me to many events and activities which allowed everyone to become closer. During my time at O’Neill, I wanted to better develop the students’ physical literacy from improving their skills to teaching them how to pick up an object properly. My philosophy as a teacher is to help my students become more physically literate and become active for life. They will be able to do this by having the necessary tools to play games to learning how to have better balance and stability on different surfaces. My roles and responsibilities at the school were to be a Physical Education and Wellness teacher first. I was also an assistant coach for the boys’ soccer team and made sure to help out with the school dance. This experience has impacted me in many ways as I have grown and improved as a teacher.

My priorities revolving around my learning objectives was to get students more educated on their bodies by knowing about how the muscles and bones function when doing different activities. Also, making sure that the students know what they need in order to be healthy and fuel their body properly. Lastly, I wanted to make sure to see how my students and I react to stress to try and help both of us to cope better.

“My priorities for my learning objectives were to be inclusive in my classes and incorporate indigenous content into my lessons. I was able to adapt all of my lessons so I had maximum participation from all students. I did this by talking with the students and the support workers about how to ensure all students were getting benefits from my class. I was also able to really immerse myself into indigenous culture and I found that I learned more for myself and didn’t put as much content in my lessons as I wanted to be able to teach from a genuine place from experience rather than what I learn in a textbook.

““I want to continually learn and grow to build upon my experiences to better help my students excel in living a healthy active lifestyle.”
Mackenzie Stricker  

My experience at Miller was very rewarding and overall amazing. I was fortunate enough to work alongside such great colleagues and meet so many students. During my internship I taught two Sports Performance 20 classes, Wellness 10 and Math 9. With each class came different experiences and different memories that I will never forget. Along with teaching those subjects I wanted to get involved in extra-curricular events so I helped coach the girl’s soccer team in the fall. They were a great group of girls to work with and were very talented. My goal throughout my internship was to encourage as many students as I could to help them become more active and enjoy physical education throughout their lives. This experience has taught me lots about myself and how I want to be as a teacher in the future.

Learning Objective Priorities:

- Demonstrate and promote healthy living for each of my students in and out of the classroom
- Trying to incorporate a “Learn to Lift” fitness program into the schools for students.

Erin Strueby  

One personal quote that I have kept in mind during my internship is, “Teaching is a LEARNING experience.” Although many may think that teachers are experts on specified subjects, they are constantly learning alongside their students. I remind myself quite often that teachers do not know everything, and that is okay!

1. To improve and enhance my professional relationship building skills/abilities – with students and colleagues.
2. Development of a (new) physical activity based program within the school environment to promote healthy living.
3. Effectively support students with diverse needs and different abilities increase their overall success rate within my class and every day activities.

Throughout my internship experience I have been given the opportunity to teach several wellness, and physical education classes. The classes I have been teaching for the past couple months include a female wellness 9 course, a male wellness 9 course, a female wellness 10 course, and a co-ed physical education 20 course. Teaching requires me to create detailed unit plans, and lesson plans that outline the learning goals for my students. Throughout my time at Luther College High School, I have taught about human anatomy, dance, Sepak Takraw, Tchoukball, mental health (self awareness/self management), Indigenous games, snowshoeing, aqua-size, and many other unique topics. I have been working under the supervision of two different co-operating teachers who have provided me with continuous support, and experiential learning opportunities. In addition to my teaching, I have also been able to start a Ladies-only workout program within the school, which has encouraged female students to practice healthy workout habits in a safe and non-judgmental environment. I have been enjoying my time at Luther College High School as a student-teacher and have acquired many new skills, and have gained several different abilities that I will be able to make use of as a future practicing teacher.
St. Nicholas School is an elementary school within Regina Catholic School Division located in the northwest corner of the city. During my internship experience, I progressively assumed the duty of a physical education specialist within the school under the tutelage of my cooperating teacher. This role afforded me the opportunity to apply my knowledge of the human body, biomechanics, and physical literacy to educate and interact with most of the students in this school. I was responsible for short and long-term lesson planning related to physical education, for assessing students based on curricular outcomes, and for making the gymnasium environment a fun and exciting place where physical activity was valued. As well, I got the opportunity to become involved in extracurricular activities as I coached football and volleyball.

The impact of this experience was noticed with each new day as the unpredictability of working with youth presented me with situations that enabled me to learn about successful teaching strategies for physical activity, appropriate adaptations that can be made to physical activity to best teach and accommodate all students, and how I could best make students physically literate in the short amount of time I had with them.

"This learning experience gifted me with countless opportunities to better myself as a physical educator and as a human being. I can now recognize how special this profession is and how impactful and influential a teacher is to their students. To me, quality physical education is a must for school-aged children to ensure students are more physically literate and that they value physical activity more than students from past generations. The world can be a healthier and happier place with a high caliber physical education."

My learning objectives focused on promoting the importance of physical activity while getting my students as active as possible, and on applying my knowledge in human anatomy, biomechanics, health psychology, and indigenous sport to make my lessons as rich as possible. Throughout the semester, I was able to take my objectives and learn how to teach towards them at various points in my internship while involving myself in extra-curricular activities to provide physical activity opportunities to students outside of class time.
The Junior Practicum is designed as an introductory practicum experience that will introduce students to professional roles within sport and recreation management. Students will engage in work related experiences on campus for an average of 9 hours per week over the course of the semester, participate in weekly seminars, and complete relevant assignments.

COURSE OBJECTIVES

1. Introduce students to the fieldwork program and provide a professional experience
2. Have students gain experience in sport or recreation management
3. Have students broaden and develop their professional skill set
4. Provide a management type experience as a frame of reference for upper level classes
5. Introduce degree/career portfolio development

All practicums are on campus and supervised by program leaders.

A Special Thank You to all the supervisors from this Fall.

Alison Fisher, Recreation Services/UR Fit
Lara Guzik and Thomas Retzlaff, Rams Football
Braden Konschuh, Sports Information
Bonnie Cummings-Vickaryous/Melissa Turbuck, Being Astonished!
Habib Habib, HoopLife Basketball
Sarah Hodges, Women’s Hockey
Bob Maltman, Women’s Soccer

I realize that it takes extra planning, effort and nurturing to support these students, in what is for some, a first experience in this field. Though some of you had to show some 'tough love" along the way this semester, I noticed significant growth in many of the students through conversations and reading their reflections.

I also appreciate the extra support that many of you demonstrated by attending the "Portfolio Sharing-3 minute Presentations" and taking the time to meet with me to discuss the students' performance and progress on their learning objectives. The time that you have spent providing written feedback on their performance evaluations, oral support in meetings and weekly interactions have proved to be invaluable to each of these student's professional development.

It is wonderful to hear that a few of the 130 students were lucky enough to stay on as paid employees and that others plan on further volunteering with your agency!

Thanks,
Brandy, Instructor, Experiential Learning Coordinator
Hallie Burke

Being Astonished!, Regina, SK

My experience at Astonished! was unbelievably amazing. I learned so much in the short time that I was there, and how much their work impacts people’s lives. They help young adults with complex physical disabilities share their dreams, explore their strengths and lead others to a more authentically inclusive society.

My time at Astonished! was spent helping plan the Walk & Roll. The Walk & Roll is Astonished!’s annual fundraiser that helps raise funds for the work of Astonished!. I was in charge of making posters for fundraisers that teams were doing, managing all of the Walk & Roll teams, making sponsorship packages, finding potential sponsors, reaching out to them and other miscellaneous tasks. Working at Astonished! helped me reach all my learning objectives which were managing teams, learning about how to recruit sponsors/donors, and get better at professional communication. I definitely would recommend anyone to choose their placement in SRS 130 to be at Astonished!

“I have learned so much from my placement at Astonished! and I know that I have gained a considerable amount of experience for future jobs/placements.”

Tate Coughlin

UR Fit, University of Regina, Regina, SK

My experience with UR Fit was great, I worked alongside some very knowledgeable individuals and people I really enjoyed working with. The job I was tasked with was social media creation/marketing as well as a major project which was a glow in the dark yoga class I organized and ran. I created many Instagram posts for UR Fit and also helped with scheduling of the winter semester classes. I learnt how to run a meeting, also certain ways to promote and market the UR Fit program to students by putting on that yoga class. Overall, I felt I learned valuable communication skills as I have networked with many individuals around the school that have connections I can use down the road for my career in hockey management or scouting. The social media marketing experience will help as an introductory job with a professional sports team as a market for the team. I am happy with my choice to work with UR Fit of my junior practicum, as it has given me many valuable skills, I will now use in a work setting and I can say I have experience in these certain aspects to use on my resume.
**Sport and Recreation Studies (SRS) 130: Junior Practicum**

**Nicholas Cuthbert**

Being Astonished!, Regina, SK

Astonished! is a non-profit organization that works with young adults who have complex physical disabilities. The organization focuses on person centredness and creating a more authentically inclusive community. Astonished! provides age-appropriate monthly outings for all their core members, as well as, nine hours a week allocated to the Astonished! Teaching and Learning Centre where student researchers are able to name their strengths and explore their goals. My contributing role while volunteering at Astonished! involved being a support person for one of the student researchers, and helping plan programs. This entailed helping the student researcher reach their goals for the semester.

My experience with Astonished! has impacted me tremendously as it helped me with my communication skills, program development skills, and most important to me, introduced me to many co-workers/ co-volunteers and friends to expand my network.

“Astonished! has given me the opportunities to help make a better and more inclusive community at the University of Regina.” Nicholas Cuthbert

**Ethan D’Souza**

Recreation Services, University of Regina, Regina, SK

This semester I did my Junior Practicum with the University of Regina, specifically with their recreation department. My supervisor was Alison Fisher. This department oversees and manages multiple facets under the university banner such as intramurals, varsity clubs, recreation facilities and services within the university and more! The work I did was best described as an administrative assistant. I was given a lot of task that eases the stress of human capital by spreading the work around. The work did not take an immense amount of training and was mainly in the realm of paperwork. I had to digitize a lot of paper work for safe keeping and created a lot of documents to work and manage varsity club budgets. I am currently a full-time employee of a provincial sport body. I have my job split into two parts, sport administration and coaching. The driving goal and ambition in my life right now is to eventually be a head coach of my own club and to use the skills and theories I have learned at the University of Regina into practice. This was a very impactful semester for me for 2 main reasons. I got to get a very hand on approach to the day to day administration of running sports clubs which is very much a life goal of mine. I also got to meet and develop a very strong contact and relationship through my supervisor that will do me well in the future.
During my experience I got to work for Recreation Services. They are dedicated to enriching and enhancing the quality of campus life and educational experiences of the university and community. They oversee intramurals, sport varsity clubs, and different activities like URFit to promote a healthy and active lifestyle. I worked with intramurals and helped plan and coordinate special events. I completed office tasks which included scheduling games, printing and entering in score sheets, and help plan special activities and events. My experience was beneficial for me to develop more professional skills that are required in the field of sport and recreation management. Within my placement, I now have a better understanding of different opportunities that arise from this degree. The staff were all very welcoming and helpful when I needed assistance.

Overall this placement introduced me to different people within the field of sport and recreation management. Recreation Services was a very rewarding agency to work at for my placement experience.
Austin Filipchuk

This practicum experience was great for learning new skills and meeting new people within the basketball community in Regina. HoopLife is a basketball organization that runs training camps and sessions in Regina and Saskatoon. The roles from the placement were sales based, focusing on sending emails and making calls to increase the amount of registers for the sessions. Other roles such as working with spreadsheets and the knowledge of marketing with other companies were present in the practicum. It is a great experience for students who are looking to have a career in the sports field after completing university and provides them with a collection of contacts in the basketball community. The skills can be translated to any other sports as they are key in the operations of any sports activities being produced for the public.

“Working with HoopLife helped me to understand the importance of communication between an organization and its current and future consumers. The experience was a great way to witness all of the background operations that take place in order to provide a quality service.”

Aldo Galvan Orduna

I did my practicum through the University of Regina Rams. I worked on many different tasks during this great experience with the Rams, that definitely helped me to gain knowledge and develop my professional skills. During my time I was able to scout opponents and identify their tendencies by creating reports. Most of my practicum focused on scouting and video breakdowns, but I also had the opportunity to experience the business and academic aspects that the Rams team has to do as a university level program. Some of these aspects were to monitor student-athletes academic accountability and organize the participation of public events to create an identity between the community and the team.

“After this practicum, I have finally experienced both sides of the coin, as a player and after this practicum, as a staff member. I am not going to lie, I kinda start liking the staff member side. Can’t wait to see what the future holds for me.” -Aldo Galván Orduña
I had the opportunity to work for the University of Regina Women’s Hockey team as their Administrative Assistant. The women’s hockey team is a part of the Canada West division of the University Sports and competes to get to the title game against the winner of the Canada East division. My role as the Administrative Assistant was to plan the team’s road trips for away games, help film home games, pre scout opposition and also scout players that may come to the university in the future. This experience has had an immense impact on me and the way I view sport and recreation. I have been able to see the inner workings of a very successful organization and how they work. I have been able to work with some amazing people and have made many new connections. The experience has furthered my love for hockey and built on my resume as a sport and recreation manager. If you love hockey, want to learn skills used in the business of hockey, meet some amazing people and work towards your future as a businessman or women in sport, then come join the team.

My placement was with Cougars Sports Information. Within this agency I helped take photos during sporting events, run broadcast for sport events, filmed sport events, and wrote a game recap. My role was to be a team player who could step into any role that was needed on any given night there was a sporting event. This experience allowed me to understand another side of sports. I gained knowledge about how broadcasts are run and how to troubleshoot a live performance. This experience will help me in my future by widening my career opportunities from the technical, journalism, and teamwork skills I learned from this experience.
My experience at U of R athletics was great because of a chance to work with like minded individuals who enjoy sport and recreation as much as I do. During my experience I was tasked with multiple things that included being an assistant statistician for the U of R hockey and basketball teams, assisting in photo website development, and photography for the U of R basketball teams. The agency was easy to work with and accommodating to my current job schedule. They allowed me to accomplish my learning objectives and assured myself that my chosen career path of sport and recreation management was right for me. I enjoyed my time with the agency so much that I have accepted a position following the practicum in order to continue working with this organization and to continue building my professional skills.

I did my practicum with the University of Regina Women’s Soccer Team. My responsibilities included recording practices, creating highlight packages, scouting opponents, and tracking data in spreadsheets. This is a great experience if you want to see what goes into coaching a team. It provides an opportunity to get close to the field rather than working in an office setting. I learned a lot about what goes into making a game plan and preparing for upcoming opponents. Working for the soccer team is definitely a valuable and unique experience.

“Working with the Cougars Soccer Team allowed me to see how sports operate from a coaching standpoint.”
This past year was my first as an Assistant Professor here in KHS at the University of Regina. Over this year, I was given the opportunity to instruct the 2nd and 3rd year courses in Motor Control and Learning (KIN 280 and 380). A major focus of these courses is improving students’ understanding of how the nervous system controls movement and how these principles can be applied to re-train movement skills for people with neurological conditions. Being a self-proclaimed “neuro-nerd”, I was thrilled to have the opportunity to teach this material. Through the courses, students are challenged to take complex ideas about anatomy, physiology, and biomechanics, and apply them to practical scenarios that they may experience in their future careers.

As part of our KIN 380 coursework, students were invited to visit a local organization called “First Steps Wellness Centre” (FSWC) to see ideas discussed in class being used in the real world. FSWC is a non-profit organization that specializes in the delivery of rehabilitation for people with neuromuscular disorders. They use intensive, activity-based exercise therapy to promote neurologic recovery for people with various conditions, such as spinal cord injury, brain injury, stroke, and cerebral palsy. The facility is run by Kinesiologists with accreditation as CSEP Clinical Exercise Physiologists. It was a big ask, but the staff and clientele at FSWC were extremely hospitable, providing 10 facility tours to a total of over 100 students across two days. The most enjoyable part for me was seeing the “light bulb” moments as students took in the experience of meeting neurorehabilitation clients and practitioners that use and apply concepts that we discussed in class on a daily basis.

For some people, whole body vibration can promote improvements in muscle strength and tone. On this Power Plate, students experienced it first-hand.

Trying out the Xcite Functional Electrical Stimulation device. Electrical stimulation is delivered to activate weak or paralysed muscles. For some students it was a bit “shocking!”

For people who are not able to stand, this supportive seat is boosted up to allow them to spend time in an upright, weight-bearing position.

A demonstration of the Universal Exercise Unit, a key piece of equipment used in the FSWC Children’s program.
The Fieldwork program relies heavily on Kinesiology and Health Study professionals in the community to provide quality opportunities and leadership for our students. Together the student and the supervisor create and modify learning objectives to plan for a placement full of exploration and practice. Students must take initiative, ask questions, take risks and step out of their comfort zone to get the most out of their experience. After a period of observation, students will have the opportunity to first assist in activities and then take the lead role of the professional when they are ready. With continued support from their supervisor, students are expected to perform their responsibilities with competence and a growing level of confidence.