Experiential Learning Newsletter

STUDENT EXPERIENCES IN REVIEW

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

Spring Summer 2020 Looked a little different than a typical Fieldwork Semester!

Because of the variety of professional associations our agencies belong to in the area of Kinesiology and Health Studies, some supervisors were able support students starting in the typical May to August Semester while others had to follow restrictions but were able to host students from June to September and even July to October. Some students started remotely, others were face to face for the majority of the time but spent some time working remotely or in a hybrid situation. We adjusted Remote Learning Plans and reporting templates, prepared risk assessment paperwork and relied on each agency to share their specific COVID-19 protocols as directed by the Saskatchewan Health Authority. All of the students were successful and provided important support to the people they served and made important contributions that would not otherwise been available.

Covid-19 did not stop these determined students! Thank you to all of the supervisors for bringing these students along on your new journey of figuring out how to support your clients in a safe and effective environment!
# WINTER 2020

## MAY TO AUGUST

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## PAID INTERNSHIP

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**Daria Schaff’s Feature Placement**

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## Bachelor of Kinesiology (BKIN)
- Majors in Human Kinetics, Gerontology and Health Promotion
- Bachelor of Health Studies
- Bachelor of Sport and Recreation Studies
- Majors in Sport and Recreation Management and Therapeutic Recreation
University of Regina, Kinesiology and Health Studies Fieldwork Program

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. Fieldwork typical runs alongside the University semester system: January to April, May to August and September to December. Students research and find their own placement based on their KHS/HS Degree Program, Major and Self-determined Learning Objectives. Some decide to look for opportunities locally and others look, provincially, nationally or even internationally!

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.

Below is a link that gives an overview of our program and the opportunity to explore agency responsibilities and the policies of the program...
https://www.uregina.ca/kinesiology/fieldwork-opportunities/objectives.html

If you are interested in hosting a student, please fill out your information in the link below. Please note that students are responsible for finding their own placements and your information will be posted as a possible agency for them to achieve their learning objectives. Just because you fill out this form does not mean you will be guaranteed to host a student.
https://www.frontrush.com/FR_Web_App/Player/PlayerSubmit.aspx?sid=MTIxMTM=-W3+KGfJuZUs=&ptype=contact

Please let me know if you have any questions.

Brandy West-McMaster
Experiential Learning Coordinator
306-337-3146
khs.fieldwork@uregina.ca
Bachelor of Kinesiology

Jasmine Farthing

Totum Life Science, Toronto ON

Totum Life Science is a multidisciplinary gym located in Toronto, Ontario. It offers fitness classes, group training, team training, chiropractor services, physiotherapy, nutrition services, naturopathic services, Yoga and Pilates, and much more. The professionals working at Totum are a team of individuals that have obtained high levels of education as well as having a common focus on helping people. Health and wellness are multidimensional which requires a multidisciplinary approach. Totum embodies this with everything they offer.

During my fieldwork, I got to participate in a wide variety of operations at Totum. I shadowed a wide variety of training: fitness classes, youth performance, and personal training of all ages. I met with multiple professionals; including progression and regression exercises, program design and prescription of varies populations, creating my own assessment, looking at gait in varies populations, etc.

“Working with Totum Life Science for my fieldwork has allowed me the opportunity to learn from professionals at one of the best gyms in Canada. I not only got to apply what I’ve learned throughout my degree in a practical setting but I learned, grew, and developed further as a kinesiologist. I firmly believe this experience will successfully help me as student to transition to my career path.”

Abegail Gabat

Creative Options Regina, SK

Creative Options Regina (COR) is a non-profit, charitable organization that develops personalized support services for people experiencing disability. COR operates through the philosophy of Gentle Teaching, and through this culture of gentleness, the organization hopes to nurture, teach and sustain the experience of connectedness, companionship and community for all those they serve. My role as the fieldwork student was the Lead Travel Trainer for the Travel Training Program. This program provides knowledge and skills to people experiencing disabilities on how to ride city transit. Learning to ride city transit increases freedom, confidence, independence and access to services. Aside from managing the Travel Training Program, I also took part in the planning of COR Studio’s summer programs. In program planning, my supervisor and I had to be up to date with provincial health and safety protocols before implementing any ideas. One project that I oversaw was the Paper Crane Project. The community worked in folding 1000 paper cranes together to inspire hope, well wishes and good health during this time. Many people at COR and in the community folded the cranes, which were then displayed at COR as a hanging art installation.

If I could summarize my time at Creative Options Regina, it would be that “Failing to succeed does not mean failing to progress.” I was able to try so many new things during my fieldwork and felt supported the whole way through.

Travel Training Program - The Travel Training Program gives people who experience disabilities the knowledge and practical skills that are needed to travel independently on public transit at their own pace. During my time at COR, I found ways to adapt and improve the program by creating fun videos on how to ride the bus during this time and researched what we could do differently while comparing other similar programs in other cities.
Bachelor of Kinesiology
Human Kinetics/Health Promotion

Taylor Haeusler

Elevate Performance, Trail, BC

I will be an effective kinesiologist because I have developed the understanding for injury recover and to motivate different clients, and how to communicate effectively with clients and coworkers.

Athlete Field Days-I ran a 4-week program for young athletes at track once a week. I focussed on improving the athlete’s agility, stamina and speed. Each week was composed of different drills and activities with those three areas in mind. I ran a girl’s group and a boys group with speed being the priority for every week while alternating agility and stamina work.

Human Kinetics

Big Sky Centre for Learning and Being
Astonished! Regina, SK

This semester I had the opportunity to work with Astonished! Astonished! is a non-profit organization that is based out of the University of Regina and works with young adults with complex physical disAbilities. They work in the philosophy of person-centeredness and the strengths perspective. The Student Researchers and Core Members are then free to make their own choices, goals, dreams. Regular programming occurs three afternoons a week from September-June, and the Summer Literacy programming runs twice a week from July-August. There are also monthly social events. Throughout my time at Astonished!, I have had the opportunity to support Core Members in regular program and summer literacy, as well as research COVID-19 relief funding, and health policies. Due to COVID-19, the majority of my experiences and connections have been through Zoom, but I have also had some in-person opportunities to spend time with Core Members and get to know them (while physical distancing, of course). I have built such incredible relationships, and each relationship has provided me with different learning experiences and values. Overall, Astonished! has taught me how to be a kinder, more supportive person.

Emma Handcock

“Astonished! has opened up a whole new world for me. They have provided me with the confidence to be a leader, to use and understand different communication techniques, and to critically analyse the accessibility of today’s world.”

Virtual Mosaic Seminar Series: I observed what was missing in virtual program due to the closure of many events due to COVID-19. Therefore, I provided a four-part cultural seminar series to provide a Mosaic-like experience through Zoom. This included an overview of 12 different cultures, a Greece-themed movie, and an in-depth look at Ukrainian and Indigenous cultures. My project was meant to provide the Core Members of Astonished! with a Mosaic experience, even though Mosaic was cancelled.
Bachelor of Kinesiology  
Luigi Herreria

**Level 10 Fitness, Regina, SK**

Level 10 Fitness is a locally owned and operated health and training facility that offers extensive and professional service to a wide variety of customers and clients. The Level 10 team of exercise specialists, performance coaches, registered dietitians, mental trainers, physiotherapists and registered massage therapists have worked together for several years to help their loyal customers achieve their goals. The Level 10 Community includes those who seek a better quality of life through improved health, wellness and function, and those who pursue high performance and athletic excellence. My role as a fieldwork student started off as shadowing different trainers through their zoom sessions. I was glad that gyms were able to open up again following phase 3. As I progressed, I was given the opportunity to help fellow trainers and lead a few fitness classes and sports team sessions. Level 10 provides a great learning environment for fieldwork students. I was fortunate enough to be able to practically apply what I learned in class, and also learn professional skills that I would have not learned in the classroom. I am glad to say that my experience at Level 10 has helped tremendously with my professional growth, and has given me a skillset that can help me in my future endeavours.

"Effort is the one aspect that you as an individual has control of. If you are not putting any effort into getting the most out of your fieldwork, then you will not learn much during your time."

**Vertical Jump Program:** My special project was designed and implemented to help anyone increase their vertical jump height. This 5-week program included four different phases focusing on specific adaptations in order to properly progress the individuals while reducing the chances of injury. The phases are 1) building the base, 2) force absorption, 3) force production, and 4) elasticity. Another major focus of the program is teaching proper jumping mechanics so that the individuals can jump more efficiently without any wasted energy through the jump.

Kootenay Therapy Center, Cranbrook, BC  
Jessica Hewison

Kootenay Therapy Center is a physiotherapy clinic that offers a biopsychosocial approach to client health. They offer a multitude of services including physiotherapy, acupuncture, massage therapy, yoga, kinesiology, clinical counselling, and occupational therapy. Throughout my time at the clinic, I have had the opportunity to create therapeutic exercise programs for a vast clientele group. Because of COVID19, my role has been slightly different than previous fieldwork students. I have been working on sending out programs over an exercise platform called Embodia. I have also been sanitizing rooms, administering COVID19 screening forms, and helping the therapists in any way I can. Because of the reduced client capacity in the clinic, hours have been increased to ensure that everyone needing an appointment can get one.

"My time at Kootenay Therapy Center has taught me how to apply theoretical knowledge gained throughout my degree to a practical setting which is extremely beneficial to my future endeavours." – Jessica Hewison

**Embodia Video Library** – My special project was making a video library through an exercise prescription website called Embodia. I created approximately eighty exercise videos, created short descriptions which I turned into voiceovers, edited the videos, and published them on the website. Each video took approximately 15 minutes to create so I put a lot of time and energy into the project and am extremely happy with the way it turned out.
Maryam Imran

Clearwater Physical Therapy, Fort McMurray, AB

Clearwater Physical Therapy is a privately-owned physiotherapy clinic located in Fort McMurray and has been in existence for over 16 years. They provide multiple services including Physical therapy, exercise therapy, massage therapy, acupuncture and a paediatrician program. The therapists of the clinic provide a patient centered approach to the rehab process through education, activities and a fun environment. The student’s role in the clinic is similar to an exercise therapist, where the student provides exercise programs for patients according to their specific injury. Their responsibilities include assisting the patient through the rehab program, constant communication, and demonstration of the exercises. Students work to create friendly connections with the patients to understand any psychosocial barriers they experience, as well as to form a meaningful relationship. In addition, students will go through training on how to operate an online platform called “Jane App”, where the student will work at the front desk to schedule appointments, submit insurance claims as well as chart for the patient. My experience at Clearwater has really increased my confidence and has given me plenty of knowledge on exercise prescription, various techniques to treatment as well as great interpersonal skills.

Created a YouTube channel that contains videos of me demonstrating various exercises that are commonly used within the clinic. The video displays how to perform the exercise, as well as some key points to keep in mind to ensure proper performance. The purpose of this project is so that when we assign at home-exercise programs, the patient can watch the videos and check for proper positioning, poster and loading.

Michaela Kleisinger

XTHERAPY, Edmonton, AB

I completed my fieldwork placement at XTHERAPY Athletics in Edmonton, Alberta. This is a boutique fitness studio which offers high intensity interval training, spin, yoga and barre classes. They have been open for just over two years now, and are the only boutique fitness studio with all four class offerings in downtown Edmonton. My role as a fieldwork student was multifaceted, and ended up being an incredible experience! I worked to create nutrition plans and mindfulness journals for a weight loss challenge, worked with front desk staff and other instructors as a manager and ride instructor lead, demolished and constructed a brand new spin studio in the basement, as well as countless other projects which taught me so much. I was lucky to learn about how to run the business side of a fitness studio, and keep the doors open, all thanks to my superwoman of a supervisor, Tamera Rude. I am so grateful to the entire XTHERAPY team for taking me on (in short notice due to the COVID-19 pandemic) and teaching me so much over the last 16 weeks.

“As a kinesiology student, getting to experience a placement surrounded with physiotherapists has given me excessive confidence and knowledge that will benefit me in my future career.”
Bachelor of Kinesiology

Yuen Tung Lee

Scott Anderson Associates Physiotherapy and Rehabilitation, Regina, SK

Scott Anderson & Associates Physiotherapy & Rehabilitation is a private clinic located in Regina, Saskatchewan. Professionals at Anderson Physio work on the philosophy that exercise is medicine when it comes to rehabilitation. The clinic provides wide range of manual therapy and exercises-based services to patients with sport, workplace and motor vehicle accident injuries. As an exercise therapist student, the main focus is to help patient to regain normal physical functioning after suffering an injury by determining the mechanism of the injury, evaluating their functionality and prescribing the most suitable rehabilitation program with the help of the physiotherapist. Students will be exposed to multiple “hand-on” techniques and given the opportunity to perform manual therapy under supervision. My experience is Anderson Physio is like no other. This placement has given me the opportunity to use what I have learned through university, gain more knowledge and hands on experience while aiding patients’ recovery.

Self-Care. It consisted two 20-minute mental health and exercise educational lecture sessions and four 5-minute meditation sessions. The purpose of the project is to help participants understanding the importance and effects of exercise have on mental health; to provide ways to improve their overall health; to aid behavioural change and cultivate a habit which would be beneficial in long-term even when they are not in the clinic.

Jaycee Magwood

Celtic Training Centre, Killarney, MB

Celtic Training Centre is a training facility that provides group fitness training to a wide range of clients. The facility focuses on functional fitness training to allow varying populations to participate safely and meet their health and fitness needs. Celtic Training Centre devotes all of their efforts to improve the lives of every individual that enters their facility. With the gym being a family owned business in a small community, it really provides a family like atmosphere for everyone. As a fieldwork student, my main role was to learn from the trainers and begin demonstrating exercises. Eventually I took on a larger role that involved planning, organizing and instructing fitness classes for varied fitness levels. Celtic Training Centre has allowed me to learn new skills and provided me with many opportunities to experience success. Not only did I gain knowledge and experience, but I was also able to make new relationships and connections in the health and fitness industry.

Female Summer Hockey Training: My project consisted of promoting a training class for female hockey players to join. There was a hockey skills component and a strength and conditioning class that the girls attended 3 days/week for 3 months. Ten girls joined the group where I was in charge of planning and instructing their strength and conditioning programming as well as a more individualized hockey skills program. The goal of the project was to have the group feeling stronger and more confident in their abilities for their respective try-out camps in the fall.
Bachelor of Kinesiology

Human Kinetics

Ryan Schienbein

Level 10 Fitness, Regina, SK

Level 10 fitness is a locally owned and operated supervised fitness and training facility which provides comprehensive, expert support, to a full spectrum of clients and customers from across all of Saskatchewan. For over thirteen years, Level 10 staff has worked together to help its loyal following of customers reach their fitness goals. The Level 10 community includes those seeking a better quality of life through improved health, wellness and function, and those pursuing high performance and athletic excellence through strength and conditioning for sport. Dan Yaskowich, fieldwork supervisor, does an exceptional job of organizing, structuring, and educating the students to assist in making the experience as beneficial as possible. In general, the role of a fieldwork student with Level 10 is largely in the hands of the student themselves and varies throughout their time with the organization. The more involved the student is in their placement, the greater opportunity there is to be called upon by other trainers to assist and take over sessions. Overall my experience at Level 10 exceeded my expectations in every way possible and I am extremely fortunate to be continuing my journey with them as I step into a full-time position moving forward.

“I have grown so much as an individual and a personal trainer from this experience. I cannot express my gratitude enough to the entire Level 10 staff.”

Miller Football Running Program – I invited 8 athletes from the Miller Marauders Highschool Football team here in Regina and led them through a four-week running program. This consisted of three, one-hour sessions a week (Monday/Wednesday/ and Friday) for the month of July. During these sessions we focused on improving speed, agility, quickness, conditioning, and football specific skills.

Bachelor of Health Studies

Planned Parenthood Regina, SK

Planned Parenthood Regina (PPR) is a non-profit community organization, and registered charity. The sexual health education clinic strives to provide accessible, confidential contraceptive and sexual health programs, along with services with priority focusing on youths’ in the Regina community. As a fieldwork student, my role at the agency was a researcher where I had to align methodologies with the research goals, while using a range of tools to acquire information, write up reports and present the findings. One of my best experiences with this placement was building strong rapport as I conducted interviews with immigrant and refugee women; I had a chance to gain in-depth understanding of the intricacies as a newcomer when trying to gain access to sexual health care services. Throughout my placement, working collaboratively with the Community Educator and the Executive Director provided me with essential knowledge and skills that will be valuable in furthering my professional career in Public Health.

Improving access and communication for sexual health services and outreach for both immigrants and refugee women: The special project involved interviewing immigrants and refugee women who were living in Regina for less than five years. Through research, interviews and online surveys the data was used to create a report with recommendations for the agency to improve ways in which they provide services in the community as well as improving outreach.

“Your specific skill set will add value to the right employer. Find your fit, believe in who you are and take initiative because your future is in your hand!”
Parkridge Centre (PRC) is a long-term care home for 237 residents with diverse needs. PRC has a unique resident base with a population age range from 8 to 100 years of age, averaging the age of 52. PRC provides an interprofessional practice that includes; clinical dietician, occupational therapy, physical therapy, respiratory therapy, social work, speech language pathology and therapeutic recreation services. PRC is committed to provide resident, client and family centered care model supports the planning, delivery and evaluation of health care based on mutually beneficial partnerships among residents, clients, family members and care providers.

“As a student TRS my role was to facilitate, plan and place daily programming for the resident, among other tasks. I have had the opportunity to build close relationships with many of the residents and staff that I will always value. I have learned communication skills and assessment practices that have built my confidence in my abilities to run programs and relate programming with assessment. I hope to bring my confidence with me as I grow and join the professional work”

E-Leisure Education with iPads - For my special project I decided to develop a leisure education learning how to use iPads for different recreational uses and basics. In this program I work with the residents in my neighbourhood that are interested in learning how to use their iPads and teach them the different uses of the iPad. As they learn more skills with their iPad, I develop a user guide that breaks down the process of each thing to do on the iPad. During this time in the background I also compile apps with therapeutic benefits in all the domains to help leave a foundation of uses in the future for Parkridge Centre.
I started my first work term at Special Olympics Saskatchewan which is a provincial charitable organization that’s mission is “dedicated to enriching the lives of individuals with an intellectual disability through sport” (Special Olympics Saskatchewan, 2020). They reach over 1,500 athletes in 16 communities in Saskatchewan and offer 18 different sports. Special Olympics Saskatchewan is offering more than an opportunity to compete in sport, but also a chance to increase confidence levels, independence, and other life skills in their athletes. Their message goes beyond sports and into everyday life fighting for social change for a more inclusive world.

In these last four months we have been focusing on organizing new and adapting annual fundraisers. We worked with Big Time Gameshows, a Facebook delivered trivia gameshow, in having their finale be a fundraiser for Special Olympics Saskatchewan. Another fundraiser we adapted to ensure COVID-19 measures were met was the 14th Annual Truck Convoy for Special Olympics Saskatchewan. This fundraising event was the first to happen in person at Special Olympics Saskatchewan since the Polar Plunge, which took place at the University of Regina in February. I was also able to see first-hand the impact Special Olympics Saskatchewan has on their communities, athletes, volunteers, and participants of fundraisers.

My report component for this term was the creation of the 2019-2020 Annual Report. It brings together all aspects of the organization and accomplishments that were made in the last program year. I had creative freedom in the design of the report and worked with other team members developing the content of the report. It also allowed me to develop new skills in using Adobe InDesign. While creating the report it also helped to deepen my understanding of the organization.

“This term went by so fast but it has already taught me so many valuable professional and personal skills, such as use of different creative programs, different types of communication language and has helped build more confidence. I look forward to building on these skills in the next two terms.”
In my first work term, many of my responsibilities were outlined but I also took on some of my own. Special Olympics Canada asked provincial marketing and development members to help in brainstorming a new national campaign idea for Week of Inclusion. I saw it as a new learning opportunity so I put my name in. Due to COVID-19, they were wanting a social media-based campaign that could be easily done from home and help to raise awareness to Special Olympics. In the meeting, I offered the idea of making a sign that reads “I #ChooseToInclude” in a social media post, and the idea built to a photo challenge with best poster award and lead to the actual campaign idea that was used nationally. I am so glad I put myself into a new learning opportunity with professionals from across Canada. I got to see how an idea from a brainstorming meeting built into a national campaign.

A POST FROM SARA THAT YOU MAY HAVE SEEN ON URALLKINECTED

"Sara England is an SRM Paid Intern Student who is currently working at Special Olympics Saskatchewan to finish her Bachelors in Sports and Recreation Studies, and she has a message to share:

This week is Global Week of Inclusion! Please join Special Olympics as we demand for a more inclusive world because an inclusive world is a stronger and better world for all. We have the power to make a change when we Choose To Include! You can show your support and be entered to win a TimCard by following 3 simple steps:

1. Taking a photo holding a sign that says "I #ChooseToInclude", as Special Olympics Saskatchewan athlete Tyler is here

2. Post to social media with #ChooseToInclude and @SpecialOCanada in the caption

3. Tag a friend to join in the conversation"
Bachelor of Kinesiology

James Anderson

Courtside Sports Medicine and Rehabilitation, Regina, SK

Courtside Sports Medicine and Rehabilitation is a multidisciplinary clinic that offers clients access to a multitude of supports such as exercise therapy, chiropractic therapy, occupational therapy, physical therapy, and psychological counselling. The staff at courtside work as a team to ensure a seamless delivery of treatment. The ultimate goal is to empower clients to accept an active role in their rehabilitation through education and access to a variety of equipment and therapeutic modalities. Although Courtside treats a diverse population, the majority of clients that receive exercise therapy are insured by either SGI or WCB. Through the administration of testing protocols, program development, communication with client treatment teams, and general clinic maintenance I have been able to gain independence and confidence in my abilities to work in a dynamic and client centered environment. The impact of COVID-19 made this a rather unique semester as strict protocol was in place to maintain client health and facility sanitation.

Mindfulness and It’s use in Chronic Pain Management. My project was initially inspired by a client’s description of being in a state of constant pain and feeling as though he had tried everything to manage his symptoms. While for many, a total pain free life is unrealistic, I offer research and an educational brochure to support the practice of mindfulness as an effective measure to be used in conjunction with exercise therapy to lessen the degree of pain symptoms.

Alex Ensign

Peak Power Sport Development, Calgary, AB

As a fieldwork student at Peak Power Sports Performance, I was given a lot of independence and encouraged to take initiative whenever possible. Some of my roles were to lead all warm ups and cool downs, lead sessions when other coaches were unavailable, design and implement glute, transverse abdominis, and core workouts for all teams. At the beginning of the placement I was required to shadow other coaches but was quickly given more independence as their trust with me grew. I also designed all agility programs for the men’s hockey camp. During each training session we are encouraged to use our knowledge to coach and cue athletes about proper form and technique to prevent injuries and encourage athletes. Fieldwork students must also communicate and collaborate with other coaches and the supervisor to design and create exercise programs for all the team sports. Another role the Fieldwork students have is to ensure cleanliness and safety protocols are being followed, this includes cleaning the exercise equipment and reminding athletes to be using hand sanitizer.

Annual Hockey Power Summer Agility Program. To design and create an agility program to be used each summer for the Hockey Power summer Program. The program will be designed to increase agility, change of direction, quickness and reaction time by progressing from closed skill agility to open skill agility.
Central Avenue Physiotherapy is a clinic based out of Swift Current, Saskatchewan offering physiotherapy and exercise therapy services to assist clients in maintaining and/or improving independence, performance, injury rehabilitation, and overall health and wellness. Central Avenue Physiotherapy believes in treating clients with the utmost care and respect, with a huge emphasis placed on client improvement and satisfaction. My role here was to assist clients in their rehabilitation process. This included, but is not all inclusive of, building rapport, developing individualized exercise programming, demonstrating and explaining exercises, giving form cues and correction, conducting progress testing and writing progress reports, and overall, just being there to assist clients in whatever way possible.

This experience has been so rewarding and the impact it has had is something I truly believe will be life-lasting. Getting to see clients significantly improve in their functioning, independence, and overall well-being is so rewarding as you can reflect back on this and see what your role was in helping this person improve. The difference you can make in a person’s life is huge, provided you afford the client with the proper care and supports.

"People might not always remember what you said nor will they always remember what you did, but people will always remember how you made them feel."

Body’s Response to Exercise, Pain, and Stress. My special project was selected due to the reoccurring questions and uncertainty that clients had, namely WCB clients. Clients would start their rehabilitation program and not have confidence in the program as they were uncertain about how it would help, which was often apparent due to them not having knowledge on exercise responses.

Courtside Sports Medicine and Rehabilitation, Regina, SK

I have spent the last four months working at Courtside Sports Medicine and Rehabilitation. Courtside is a rehabilitation center with a focus on functional rehabilitation post injury. Courtside is a supporting clinic for both SGI and Worker’s Compensation and works hand in hand with both companies in order to get clients healthy and back to their jobs. As a student at Courtside in the middle of pandemic, I was responsible for cleaning up after clients to ensure our clinic was a safe space for everyone. Along with cleaning, I was able to provide exercise prescriptions for clients, be available to clients for questions and concerns, chart on clients as well as attend daily conferencing with the client’s physiotherapists. I have found my experience at Courtside to be extremely eye opening, helpful and allowed me to use the skills I have developed throughout my degree. Working at Courtside for has allowed me to utilize certain classes and build on that knowledge by experiencing a clinic setting. The experience I have gained for Courtside has given me the confidence to study for the CEP exam and pursue Exercise Physiology as I apply for Physiotherapy.

"At Courtside- I was able to capitalize on my strengths, developing confidence for my weaknesses and prove to myself that I would be a valuable addition to the field of health care.”

My special project focuses on a client I’ve had the privilege of working with. Sherae is a client who has an acquired brain injury and has been coming to Courtside for decades. Not only is it physio and exercise therapy for her, but it’s socialization and she has made incredible strides. For this reason, I have chosen to do research on the importance of socialization and physical activity for those with acquired brain injuries.
Bachelor of Kinesiology

Robyn Lopinski

Craven Sport Services, Saskatoon, SK

Craven Sport Services (CSS) is a facility that offers many different services in rehabilitation and training. CSS has two different centres: The Main Clinic and the Training Centre. Fieldwork students will find themselves located at the training centre where they have the opportunity to administer training programs for teams, groups and individuals; correct movement patterns and mechanics, become experienced in administrative tasks, and have mentoring sessions with their supervisor. Students will be able to work with a multiple number of different clients from elite athletes to beginners, elderly to youth populations, and healthy to rehabilitative populations. CSS is able to provide a safe, welcoming and positive working environment for staff, students, and clients. While working at CSS I was continually challenged to push beyond my comfort zone and become more confident as a trained professional. In the end, my experience at CSS has been challenging but extremely rewarding because not only did I build relationships with my team and clients, but I am leaving feeling confident in my ability to succeed in the field.

“Understanding the basics and foundations of exercises is vital to know in order to grow and achieve fitness goals quickly and correctly.”

Exercise Database: The goal of my project was to continue an online database using SimpleSet which is an exercise prescription software. My project included creating twelve months of progressional programming, cleaning up the interface, and updating any missing exercises and their descriptions. By doing so, it provided the physiotherapists and strength and conditioning coaches easier access to exercises stored online, provides companywide standards, and allows clients to understand exercises easier.

Brownstone Health & Fitness, Regina, SK

At Brownstone Health & Fitness, you can work as an Exercise Therapist and as a Personal Trainer. Due to the multidisciplinary clinic nature, you will have the chance to share ideas with other practitioners, such as physiotherapists, to provide clients with the best treatment plan that is goal-oriented and client-centred. As an exercise therapist, I worked with a wide range of populations, including private clients, WCB and SGI clients. Brownstone also offers a unique breast cancer rehabilitation program; however, due to COVID-19, we could not bring the group classes back to the clinic. Fortunately, I was still able to participate in a program called ‘Urban Poling.’ This program is funded and offers the opportunity to turn walking into a full-body workout using 90% of the body’s muscles and increase caloric expenditure. As a personal trainer, I had the chance to work with the general health population in private and group settings. Having a dual role at the clinic helped me see a wide variation of people and develop skills related to both professions. I created and refined new skills, and I now know what I want my next step in my career to be.

“Fieldwork is a great opportunity to discover what you like doing. This experience offers the opportunity to develop skills, grown and prepare for the real world”

Personal Training & General Exercise Prescription Information Paper.

I followed personal training clients throughout the semester. The goal was to see improvement in overall strength by testing various benchmarks. It was a valuable experience because I was able to work on my leadership and program development skills. I developed a general exercise prescription information paper for exercise therapy clients. It was needed at the clinic since many of our clients had no previous training experience and wanted to stay active outside of the clinic.
At Adrenaline Training I had the opportunity to work with athletes of various ages and abilities. I assisted with the set up and take down of equipment, helped walk athletes through the warm ups and cool downs and the instruction of workouts including spotting and correcting form. Large teams were divided into smaller groups allowing myself to work more closely with them which provided continuous opportunity for practical experience.

Adrenaline Training offers an amazing learning experience for fieldwork students. Training athletes of all ages and abilities they recently launched AAA (Adrenaline Athlete Academy). I would recommend Adrenaline to students who are looking for a placement that provides a variety of learning opportunities in every area of health and fitness. This business has professionals in strength and conditioning, sports performance, and nutrition., checking off many interests of kinesiology students.

**Multisport Fitness: A workout class for teens aged 11-14 was held once a week.** The goal of this class was to make it engaging yet educational for the students since they all participate in sport. Working with Deanna and Derek we decided to break training down to the basics, focusing on the fundamentals while practicing proper form and technique. I created the strength program for each class while Derek helped me with the instruction and Deanna took charge of the speed/agility half of the class, teaching me how to properly instruct young athletes. Over the course of 6 weeks we covered how to properly squat, hip hinge/deadlift, bench, and lunge for the strength portion. For the speed/agility portion we practiced coordination, sprinting techniques, and change of direction. By the end of the 6 weeks majority of the teens expressed interest in returning to adrenaline to advance their training.
Prairie Sky Integrative Health is a Naturopathic clinic that focuses their medical model around patient centered care, education, collaboration, engagement and unconditioned positive regard. By taking a holistic approach to curing and preventing disease, naturopathic doctors can build a unique program that touches on all the areas that have the biggest impact on a patient’s health. The main goal is to empower each patient to become the true healer. My role as a fieldwork student included shadowing patient-doctor consultation to learn the intake process, creating educational tools such as brochures and posters, assisting with reception to improve workplace efficiency and actively participating at the IV clinic. I had endless opportunities to actively participate and apply my learning. The impact of my experience helped me to redefine my idea of medicine and work alongside professionals in the field of holistic care. The experiences and knowledge I have gained during my placement have inspired my future career goal to help more athletes heal naturally from chronic injury and disease.

My project was to develop an informative documentary that explains the connection between Gut Health, Leaky Gut Syndrome and over-training. This included understanding the initial intake process, the physiology related to exercise and digestive health and demonstrated my ability to communicate an idea using words, video and visuals.

"My fieldwork experience taught me that the key to a client’s happiness is listening with open ears and to approach each day as another opportunity to learn something new."

"Completing my placement at a naturopathic medical clinic has opened my eyes to the range of possibilities that are available to help heal the body and prevent injury and disease. Burnout caused by overtraining can lead to difficulty regulating blood sugar levels, a suppressed immune system, a buildup of inflammation and even the development of chronic mental health conditions. After observing patient-doctor consultations and assisting with patient care, I have decided to focus my special project on building a naturopathic healing plan for an athlete suffering from the chronic effects of burnout.

My healing plan will utilize Food as Medicine to regulate blood sugar levels and decrease gut inflammation, natural supplementation to repair the strength of the intestinal walls, improve sleep quality, energy, digestion and mood, recommendations on IV therapies and other alternative treatments for managing pain and reducing acute inflammation."
Bachelor of Kinesiology

Eduardo Toledo Aldana

Transcending Health Kinesiology, Regina, SK

Transcending Health Kinesiology is a kinesiology-based business operated by a former University of Regina student. Transcending Health Kinesiology is trying to improve the awareness of kinesiology as a health profession in Saskatchewan. My role as a fieldwork student was to facilitate the delivery of services for patients and clients in line with the CKA scope of practice. I was also involved in research, development of a stroke rehabilitation department and a marketing campaign. Majority of my placement took place online. This experience It allowed me to learn how to virtually communicate and train clients.

“I am thankful for Transcending Health Kinesiology for being able to accommodate my placement during the Covid-19 pandemic. It has allowed me to grow as a professional and learn how a kinesiologist fits within the health care system. All while emphasizing the importance of having client-centred and evidence-based services!”

Stroke Rehabilitation Program. My project was to develop a stroke rehabilitation program based on the scope of practice of a Canadian Kinesiology Alliance Registered Kinesiologist (CKA-RKIN).

Status of Women Office, Ministry of Advanced Education, Government of Saskatchewan, Regina, SK

The Status of Women Office is the sole branch in the government of Saskatchewan that acts as a catalyst to raise awareness of issues affecting women, and ensures that gender considerations are integrated into government policy-making, legislation, and program development. This practicum was a great place to learn how to apply a GBA+ lens to government policy and initiatives. During the busy times, such as when government is in session, there is a lot of work to do; briefing notes to be written, public inquiries to respond to, and session notes to develop for the Minister to take forward to name a few. During the quieter times is when projects and initiatives are worked on. This is a small office with a very broad mandate. The team works closely very closely together. There are limited resources which means that to be successful in this placement one must be self-driven and able to work independently. A person must be able to become part of the team quickly and be ready for a steep learning curve. This placement is a wonderfully eye-opening experience and a great place to learn if you are looking to go into public service or the non-profit industry.

If you want to learn how government works and how social determinants of health apply to real-life then this is the perfect placement.”

Package on Childcare –this included developing a critical path, a project plan, writing a 3-page briefing note on childcare in SK (including cost, availability, rural vs urban, use, COVID-19 implications), and developing a jurisdictional scan of childcare across Canada to see how Saskatchewan compares to other provinces and territories.
First Steps Wellness Centre is a not-for-profit organization that specializes in providing intense exercise-based therapy to individuals with a wide variety of neuro-muscular disorders. First Steps Wellness Centre aims to help clients regain function, independence, and quality of life using activity-based therapy that is focused below their level of injury. The therapists at First Steps Wellness Centre are dedicated to providing the best care and therapy to their clients and are always using current research to improve their methods and expand their knowledge. Students completing their fieldwork at First Steps Wellness Centre will assist with lifts and transfers, set up and take down equipment, assist clients with their exercise programs, and work with clients independently. First Steps Wellness Centre allows students to apply what they’ve learned throughout their degree and also expand their knowledge through research and practical, hands-on experience.

Shoulder and Upper Body Strengthening Program for Manual Wheelchair Users: For my special project, I designed an upper body strengthening program for individuals who use manual wheelchairs. I created a manual that explains shoulder and upper back anatomy, as well as common shoulder pathologies and research supporting the use of exercise for preventing shoulder pain, as well as exercises that clients can do at home, outside of their therapy time at FSWC.
Peyak Aski Kikawinaw – Together We Are Stronger

Thank you to our many, many partner agencies for committing to our students through one of the most difficult times in your business and/or responsibilities. Not only have you guided students in the transition of achieving their learning objectives remotely, you have also modelled professional behaviors in adaptability to support the people you serve.

STUDENTS MAKING A DIFFERENCE…Abagail Gabat is a Human Kinetics Student who is completing her fieldwork this Spring Summer with Creative Options Regina (COR). She was recently featured in their newsletter. She has been very creative in supporting the COR Members with her Crane project.

Newsletter link: https://mailchi.mp/969656682a206/d8v0uhfhts-1537304?e=89e724df12

The Crane Project: Video and Tutorial by Abegail
https://www.youtube.com/watch?v=mk_O61jAXf8

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