How did COVID-19 Affect Fieldwork?

COVID-19 forced Fieldwork to look very different from past experiences. Most agencies had to stop operations quickly and some supervisors were let go. This left a few of our Fieldwork Students without supervisors. As a group, we quickly transitioned into Remote Learning. Students and supervisors prepared remote projects and activities to continue to work towards achieving learning objectives. Fortunately, Patrick Bernat (CEP), from the Dr. Paul Schwann Center at the University of Regina, was able to support those students whose supervisors no longer had the ability to guide them. THANK YOU PATRICK!

Like most students, Kaitlyn Crowe (Human Kinetics) moved to a Remote Learning Plan under the direction of her Level 10 Fitness Supervisor, Dan Yaskowick. Kaitlyn turned her own garage, back in Manitoba, into a gym and began the planning process to start her own business. She will be ready to start training her own clients when it is safe to do so.
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<td>Disability Claims Advocacy Clinic</td>
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<td>Candelaria Aristizal Londono</td>
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<td>First Steps Wellness Centre</td>
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<tr>
<td>Kyle Amdt</td>
<td>Dr. Paul Schwann Centre</td>
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<td>Scott Findura</td>
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<td>Liam Schwartz</td>
<td>First Steps Wellness Centre &amp; Saskatchewan Wheelchair Sports</td>
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<td>Chantal Berezowski</td>
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<td>Samantha Burko</td>
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<td>Andrea Bredin</td>
<td>Chronic Disease Prevention and Management, Saskatchewan Health Authority</td>
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<td>Vera Chukwuemeka</td>
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### BACHELOR OF HEALTH STUDIES

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### BACHELOR OF SPORT AND RECREATION STUDIES (Therapeutic Recreation)

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### BACHELOR OF SPORT AND RECREATION STUDIES (Sport and Rec Management)

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<td>Berger</td>
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THANK YOU TO ALL OF OUR AGENCIES WHO SUPPORTED OUR STUDENTS THROUGH THE COVID PANDEMIC!
Bachelor of Kinesiology

Mariz Anonas
Ranch Ehrlo, Regina, SK

**Human Kinetics**

Ranch Ehrlo organization is that offers services that include but not limited to assessments and psychotherapy, family treatment and reunification. As well as, early learning, vocational training, emergency receiving services, treatment, foster care, 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 youth from across the country (Ranch Ehrlo Society, 2020). A student’s role at the Ranch is to observe and participate as a youth care worker. The position works directly with residents, who are youth and adults. Shifts can include but are not limited to, arts and crafts, playing sports, de-escalating crises, supervising chores, or being a shoulder to cry on. The impact on a student by working directly with children residing at a Ranch Ehrlo unit allows a student to see first-hand various effects and results of determinants of health on growth and development.

**Awareness of Wellness.** I had seven weekly educational sessions about the positive effects of and mechanics involved in being active and nutrition. I led youth in workouts at the unit and the Lawson Fieldhouse. The children also participated in workouts with a trainer at Adrenaline Strength and Conditioning. Also, I contributed to daily plans by adding activities to get the kids moving.

**Candelaria Aristizabal Londono**
Disability Claims Advocacy Clinic, Pilot Butte, SK

Disability Claims Advocacy Clinic is a third-party advocacy group whose focus is on helping individuals in need throughout their application process for Canadian Pension Plan Disability (CPPD) benefits. Case managers help support clients through any and all of the stages of the CPPD process and work to ensure that each applicant is given the greatest opportunity for success. Practicum students are required to perform numerous administrative skills as well as implement the use of their people and communication skills as they work with clients through open and respectful communications. Additionally, students are required to use and develop their knowledge of disabilities, medical terminology, and government institutions such as Service Canada. This experience helped me develop a better understanding of the administrative process behind disability support as well as of disabilities in general and the people who experience them. Not only did I gain knowledge and experience but I ultimately came out as a more well-rounded individual with respect to the health care system.

**Critique of Service Canada Report: Barriers faced by immigrant and ESL applicants under the current structure of Service Canada:**

The purpose of this report was to outline the flaws in the current CPPD system and highlight the gaps experienced by ESL and immigrant applicants. The report offered some contextual information, summarized the system, described the barriers faced by the population of interest, and offered potential solutions.

“Working at DCAC helped me become a more well-rounded individual with respect to the health care field and helped me gain skills that will benefit me as a contributing member of any team but particularly as I pursue a career in health care.”

“Ranch Ehrlo allows Kinesiology students to apply analytical methods and procedures in applied exercise and therapeutic rehabilitation that are beneficial to the youth in completing their treatment plans” – Mariz Anonas
Bachelor of Kinesiology

Kyle Arndt

Human Kinetics

Dr. Paul Schwann Applied Health and Research Centre and Athlete Health (DPSC) and Performance initiative (APHi), University of Regina, SK

The Dr. Paul Schwann Centre (DPSC) is a health and wellness facility which provides many high-quality services to the public. These include the Love 2 Live program, occupational training and testing, exercise therapy, Rock Steady Boxing, physical therapy, exercise therapy and other specialized services. More importantly the DPSC attempts to educate clients with the knowledge necessary for maintaining an active lifestyle. For example, the DPSC’s mission statement is focused on three key elements, which are to: “Provide evidence based quality service and innovative programming in physical activity and health; contribute to the learning environment for students, faculty, staff and the broader community; and initiate and foster research that enhances knowledge in health and wellness.” A large portion of my experience also took place with the Athlete Health and Performance initiative (AHPi) which provides sport specific strength and conditioning training for the Cougar and Ram athletes.

“My time at the DPSC gave me the opportunity to work with and learn from a number of different health and exercise professionals in multiple settings. All the different programs at the DPSC allowed me to learn how to plan and develop exercise programs for multiple populations, ranging from athletes to patients with chronic conditions.”

Velocity Based Training Experiment. Velocity-based training is a novel method of prescribing intensity during strength training that has been shown to be superior at improving strength and power in athletes compared to traditional methods. In order to practice velocity-based training, one needs to invest in extremely expensive technology to measure the barbell velocity of exercises. For my special project, I designed a research experiment to find a more practical and inexpensive device that would allow the AHPi coaches to practice velocity-based training while saving some money for the program.

The experiment consisted of comparing the peak concentric velocity measurements from the Iron Path Pro iPhone app versus the GymAware PowerTool device to determine whether or not the Iron Path Pro iPhone app is a suitable tool to use to practice velocity-based training (VBT). The Iron Path Pro iPhone app simply uses video tracking technology to calculate velocity, while the GymAware PowerTool is the gold standard of linear position transducers. The Iron Path Pro app costs five dollars, while one GymAware device costs $2200 USD.

The pictures below are screen captures from the Iron Path Pro iPhone app. On the left it shows the traced barbell path of an athlete performing squats. On the right, the picture shows the velocity (m/s) of each repetition the athlete performed. Following the data collection from over 30 Ram and Cougar Athletes, a correlation test and a Bland-Altman analysis were completed to compare the peak velocity outputs between the GymAware device and the Iron Path Pro app. The results of the statistical analysis indicate that the Iron Path Pro iPhone app is a valid tool to measure peak concentric velocity and practice VBT for the bench press exercise; however, it is not a valid tool to measure peak concentric velocity and practice VBT for the back squat.
First Steps Wellness Centre is a non-profit organization that provides intense exercise-based activity therapy to those with spinal cord injuries and other neuromuscular conditions. First Steps Wellness Centre is a unique rehabilitation facility as they help their clients regain function though activity-based therapy focused on the entire body including below the level of injury. The members of First Steps Wellness Centre are dedicated and committed to improving each client’s motor function with the goal of improving their independence and overall quality of life. The role of the students includes assisting with lifts and transfers, assisting clients through aerobic and resistance exercise, setting up and taking down exercise equipment and creating programs for clients that students work with independently. First Steps Wellness Centre provides students with the opportunity to apply their knowledge from the classroom as well as expand their learning through theory and hands on experiences.

Sledge Hockey with the Cougars. My special project consisted of an evening where children of all abilities could come out and try the sport of sledge hockey with members of the University of Regina women’s and men’s hockey teams. The staff and clients at First Steps Wellness Centre came out to support and participate in sledge hockey in addition to members of the Avengers sledge hockey program and children who had never had the opportunity to play sledge hockey.

“My placement at FSWC was by far the highlight of my degree, I had the opportunity to work with incredible people and gain a tremendous amount of knowledge along the way.”
Bachelor of Kinesiology

Scott Findura
First Steps Wellness Centre, Regina, SK

Throughout my time at FSWC, I was able to significantly expand my understanding of anatomy and physiology as well as the pathophysiology of spinal cord injuries and neuromuscular disorders. In addition, the opportunity to have valuable hands-on experience at FSWC has allowed me to develop a number of professional skills that I believe has better prepared me to be successful in my future career opportunities.

Four-Week Upper Body and Core Strengthening Program: For my special project, I took on the responsibility of designing a four-week upper body and core strengthening program for two of the clients I worked with at FSWC. Using their outlined goals, my purpose of creating this program was to provide my clients with a future plan that they could use in therapy to achieve these functional improvements and track their progress along the way.

“Don’t be afraid to take on new challenges during your placement as these provide the greatest opportunity for personal and professional growth”.

Liam Schwartz
First Steps Wellness Centre and Saskatchewan Wheelchair Sports

Saskatchewan Wheelchair Sports is a non-profit organization that specializes in developing sport, recreation, leisure, and fitness training for individuals who suffer from mobility impairment. Saskatchewan Wheelchair Sports has worked on developing sports such as tennis, basketball, rugby, sledge hockey, shooting, and skiing across the province. My role at Saskatchewan Wheelchair Sports was as a community figure. I helped run two events during the week. On Wednesday nights, we held an event called Bridge the Gap. Which was a night for anyone who suffers from a mobility impairment to come to Wascana Rehabilitation Centre and play wheelchair rugby for a few hours. And the other event was a youth basketball team called the Paratroopers. We would have practice on Thursday evenings and I would coach the team through a one-hour practice. During my time with Saskatchewan Wheelchair Sports I have gained an appreciation for how a smaller business survives on a daily basis, and what it takes to run a non-profit organization. I also learned how to change and alter numerous amounts of chairs and tires to ensure equipment was in good condition. In addition, I also learned the basics and how to play and practice in both wheelchair rugby and wheelchair basketball.

Paratroopers Activity Hour. A one-hour exercise opportunity for the Paratroopers youth wheelchair basketball team. A month-long design, once a week exercise opportunity. Held at First Steps Wellness Centre on Tuesday evenings from 5-6pm. Program designed by myself with the advice and help of staff and research.

Human Kinetics

“Recognize potential, not limits.”

Scott Findura
First Steps Wellness Centre, Regina, SK

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Human Kinetics

“Recognize potential, not limits.”
Bachelor of Kinesiology

Chantal Berezowski  Ignite Athletics, Saskatoon, SK

Ignite Athletics is a private, high performance gym located in Saskatoon, SK. The clientele that trains at the facility ranges from general population to elite athletes and also encompasses people of all ages and sports. The student’s role at Ignite Athletics is to shadow and assist the strength and conditioning coaches, as well as the rest of the staff, and to build professional relationships with both the clients and staff. Throughout the semester, the student will continually build on their responsibilities and independence around the facility by taking on new challenges as they become prepared and comfortable in doing so. This placement provides the student an opportunity to utilize the theory learned throughout the degree program in a safe environment. It allows the student to gain practical experience while being submerged in the workplace and gain confidence in their abilities as they learn from the provided feedback from each of the highly experienced Certified Strength and Conditioning coaches at Ignite Athletics.

**Kinogram Protocol.** The special project completed throughout the semester resulted in the creation of a protocol that the staff at Ignite Athletics can use to create kinograms. A kinogram is used to break down the major phases seen during sprinting which allows for the coach to identify asymmetries in the athlete’s running technique. They can then coach to correct and improve the athlete’s speed mechanics based on the visual provided in the kinogram.

“Be confident enough in your own abilities to portray them effectively.”

Brownstone Health and Fitness, Regina, SK

Brownstone Health & Fitness is a multidisciplinary clinic that prides itself on teamwork. The team includes an exercise therapist, personal trainer, several physiotherapists, chiropractors, massage therapists, counsellors, and a sports medicine doctor. By employing a wide range of professionals with different interests and specialties, this clinic is able to offer well-rounded care to each individual that walks through the door. As a fieldwork student, I was able to work with a variety of professionals that shared new and interesting perspectives. I maintained a dual role with two main supervisors: an exercise therapist and a personal trainer. Exercise therapy involves working with various populations including WCB and SGI clients, private clients, and a breast cancer rehabilitation group. There are limited breast cancer rehabilitation services in Saskatchewan, therefore this placement offers the opportunity to work with a unique population. The personal training and exercise therapy roles allowed me to see multiple sides of health and fitness, and develop skills relating to both training for general fitness and training with rehabilitation goals in mind. I had the opportunity to work on programming, communication skills, exercise leadership, and ultimately learn about all the aspects that contribute to the effective provision of client-centered care.

“Women’s Rehab: Breast Cancer & Exercise.” The objective of this project was to improve my own knowledge and create a resource for future fieldwork students and other healthcare professionals. Cancer rehabilitation is not emphasized within our degree program and I realized that I had a lot to learn. This resource manual includes information about common breast cancer-related surgeries and conditions along with exercise considerations and suggestions for anyone working with this population.

“This placement offers the opportunity to grow as an individual both personally and professionally. I am very thankful to have been part of this team.”
Andrea Bredin

Human Kinetics

Chronic Disease Prevention and Management, SHA

The Saskatchewan Health Authority’s Chronic Disease Prevention Management unit is a team of healthcare professionals who develop and implement programs for individuals who have a chronic disease. The programs consist of two components, an educational component as well as an exercise component. My experience at this placement involved working alongside exercise therapists and respiratory therapists who ran the COPD rehab program at multiple locations around the city. During these sessions, I was able to sit in on the educational component and learn more about COPD and how to manage it. I learned about oxygen tanks and how to change an individual over from one oxygen tank to the next from the respiratory therapists. Alongside the exercise therapists, I got to complete assessments, lead the exercise sessions and adapt exercises to specific client needs. Apart from assisting at rehab, I also spent time working at an office. During this time, I gained experience in researching as well as working with health professionals to develop a new rehabilitation program. This placement allowed for many opportunities to further my education. I am grateful for my time spent with the SHA and am excited to continue working in the health field.

Type 2 Diabetes Project Charter: My project was researching, planning and developing a new exercise program for an upcoming Type 2 Diabetes rehabilitation program. A project charter is a resource for healthcare professionals to use as a guideline to run a program from start to finish. The project charter I developed is a starting framework for my supervisors to continue to develop and implement the program in the future.

Vera Chukwuemeka

Human Kinetics

COPD Rehabilitation and Maintenance Project Charter – My project was to develop a step-by-step handbook for the COPD rehabilitation and maintenance program. This handbook includes every protocol for the COPD program. My project was a unique and educative experience for me. It gave me an opportunity to conduct multiple research on COPD and exercise. I believe this project also increased my knowledge and confidence to work with older adults.

“Fieldwork is an amazing opportunity to apply your knowledge, improve your skills, expand your scope of practice and go out of your comfort zone! Make the most of it!”

“The Saskatchewan Health Authority is a broad organization with so many unique units. I completed my fieldwork in at the clinical integration unit. This unit that operates the COPD rehabilitation and maintenance program, for older adults living with COPD and other breathing related health conditions. These programs operate in four locations across Regina. During my placement I worked side-by-side with Exercise therapists and respirologists. My main areas of focus were running the group workouts and making workout programs. Throughout my placement I assisted with leading breathing exercises. I was able to observe and conduct fitness assessments pre and post rehab. I was able to conduct research to create pamphlets for posture cues and safety measures to observe while using a treadmill. I was also able to conduct research to create a survey that might get published in a journal. Finally, I was able to expand my scope of practice to older adults. However, the most important thing for me is that, I am much better at communicating and building professional relationships. My experience was very educative as I had to do a lot of research. It was fun, it kept me active and there was never a dull moment.

“My project was researching, planning and developing a new exercise program for an upcoming Type 2 Diabetes rehabilitation program. A project charter is a resource for healthcare professionals to use as a guideline to run a program from start to finish. The project charter I developed is a starting framework for my supervisors to continue to develop and implement the program in the future.

“This fieldwork allowed me to see first-hand the different programs SHA has to offer and the impact it has on individuals. I experienced many opportunities that allowed for growth and development.”
Bachelor of Kinesiology

Health Promotion, Saskatchewan Health Authority (SHA), Regina, SK

Austin Penner  Health Promotion

Saskatchewan Health Authority is the single health authority in Saskatchewan. As a health authority, it provides health services such as; primary, secondary, and tertiary care, home care, mental health services, population health and addictive services to the citizens of Saskatchewan.

Working in the health promotion unit, we focused toward citizens making the Healthy Choice the Easy Choice in places where they work, live, and play. The health promotion team works to remove barriers, assess needs, ensure participation, develop partnerships, address the social determinants of health, and base decisions on promising practices. My role in the health promotion department was to promote healthy lifestyles and enhance my knowledge of community development in a health promotion setting. This experience has taught me that all citizens of Saskatchewan have a right to a healthier and better life. I had the opportunity to learn policy change, enhancing community action, and how to create supportive environments. I was able to enhance my knowledge of health promotion and enhance my skills that will benefit me in the future.

Asset Map of the North Network. The asset map is designed to show resources, programs and services that are available to citizens in the North network of Regina. An asset map is a great way to track the resources that a community has. Knowing the type and quantity of resources that are available helps identify gaps that may occur and build on existing resources. The primary use of the asset map is to be a support intersectoral engagement for the test pilot site.

“The time at SHA helped me establish a better understanding of health promotion and how to connect citizens to resources that improve health”

Angelika Ramos  Health Promotion

The Saskatchewan Health Authority (SHA) is an organization that is committed to improving the health and well-being of the people in Saskatchewan through better coordinated health-care services across the province. Their work is grounded on mutually beneficial partnerships among health care providers, patients, and families to ensure that the health system is supporting their vision of Healthy People, Healthy Saskatchewan. As a fieldwork student at the SHA, my role is to work alongside the health promotion team to build capacity and promote positive health messages in the community. This includes participating in community conversations about unstructured play, screen time and access to nature. Moreover, I also had the opportunity to work alongside the Age-Friendly Regina Committee for the completion of my special project. This project will be used as a tool to move the Age-Friendly Regina Initiative forward in the city.

Age-Well Regina: A Guide for Navigating Support Systems in Regina. This project is an evidence-based guide designed to help older adults in accessing information related to housing, mental wealth, and crime prevention and safety. It will serve as an age-friendly tool that aims at reducing the complexity of navigating through the support systems in Regina.

“After witnessing first-hand how the determinants of health can impact the lives of people, I have never thought that I would be wanting to become more dedicated at advocating and working towards equity in health.”
Cassidy Schmidt

Health Promotion and Gerontology

This experience provided me with a wide range of experiences. Through assisting with COPD programming and Forever… in motion to building a fall prevention program for Home Care, I was never out of tasks to do. The SHA provided me with real world experience which helped me see how complex the aging population is and it gave me the professional tools I need to work with older adults in my future career. It also allowed me to learn the importance of working as a team in order to build a better experience for those you are serving.

Fall Prevention in Home Care: This program was designed to allow Continuing Care Aides the ability to teach their clients six simple exercises that build core and lower body strength in order to reduce their risk of falls within their home.

Angelika, Andrea, Cassidy, Austin

“Feeling lost is okay, if you keep pushing through that feeling it will all make sense by the end.”

Haley Choma

Human Kinetics

Functional Rehabilitation, Yorkton, SK

Functional Rehabilitation is a multidisciplinary clinic that focuses on providing a truly client-centered recovery process. The clinic employs a chiropractor, physiotherapists, psychologists and clinical exercise physiologists whose main clientele are WCB and SGI clients. My role as a student exercise physiologist was to assist the clients with their exercise programs. This included creating, demonstrating and modifying exercise programs to suit the client’s needs and abilities. Another responsibility that belonged to the exercise physiologists was functional testing. In functional testing you are able to see how the gains made in the exercise programs are helping the clients to increase their functional capacity. Through my fieldwork program I was able to gain plenty of hands on experience and all of the professionals within the clinic were supportive and willing to lend a hand to aid in my development. The collaborative approach between professionals that occurs at Functional Rehabilitation is a unique environment that aids in student and client development.

“Feeling lost is okay, if you keep pushing through that feeling it will all make sense by the end.”

Client Educational Discussions. The purpose of this special project was to provide the clients with a more interactive learning experience. Educational discussions are part of the program outlined by the insurance companies. I worked diligently to provide the clients with the information and to present it in a way that the clients can relate to. Relating and interacting during the discussions makes it more likely that the clients will understand the information.

“I am grateful for my fieldwork experience because it provided me with the opportunity to work with a diverse population and taught me the importance of the client-centered recovery process.”
Bachelor of Kinesiology

Nicole Clay  Human Kinetics

Return to work services involve individualized assessments, rehabilitation, retraining and education on preventative measures. They provide a clear path to workplace reintegration for employees who have been off work due to an injury (whether it happened at work or not) or a chronic medical condition. Depending on your injury or illness, your return to work team may include an occupational therapist, physiotherapist, kinesiologist, chiropractor, massage therapist, psychologist, psychiatrist, psychotherapist and/or medical doctors. My role during my time in the Return to Work Program was a student kinesiologist. In this role I was able to perform functional assessments, create and adapt exercise programs, and take on my own clients currently on a Worker’s Compensation Board claim. This placement has given me the knowledge to enter a clinical setting with the skills to be successful.

“Lifemark has given me the opportunity to transition from classroom into clinic, and advanced my understanding of a clinical setting. Lifemark has provided me with the experience to begin a career in kinesiology.”

Level 10 Fitness, Regina, SK

The Level 10 agency provides a developmental hands-on fieldwork opportunity for Kinesiology students. Level 10 is dedicated to the pursuit of personal excellence through the advancement and promotion of wellness and athletic development. It is the perfect fit for students wishing to gain knowledge and expertise from a variety of educated professionals on both general population and sport specific training. The agency is dedicated to the continued pursuit of education and professional knowledge. Their educated staff enhance your professional skills and provide a motivating and inspiring culture that elevates the entire Level 10 community. As a fieldwork student your role is dependent on your commitment to learn and progress. Initially you shadow a variety of performance coaches to learn how to develop effective programs, how to manage group sessions, and interact professionally with clientele. By the end of the term, given you show initiative, you will have developed the skills to lead group and private sessions to implement effective training sessions for a diverse clientele. Overall, my experience at Level 10 has positively impacted my professional growth as a Kinesiologist and more specifically as a personal trainer. I have developed skills, relationships, and mentors that will be instrumental in my future aspirations.

The Fundamental 5: At Home Hockey Training. The Fundamental 5 was designed and implemented to personally develop effective skills in team program design, delivery, and communication. Additionally, it provided the youth athletes whom participated (Female PeeWee AA Rebels Hockey Team) with the opportunity to be introduced to fundamentals of strength training movements and speed, agility, and quickness exercises to advance their sport specific performance. The Fundamental 5 developed my skills in communication, program design, and group training delivery.

Kaitlyn Crowe  Human Kinetics

Lifemark Health Centre, Sunpark Plaza
Calgary, AB

Effect of kinesiotherapy on knee strains. The special project is designed to take my interest on the knee specifically, and to test and recover injuries for a Return to Work Program. Designed to be able to perform full duties when returning to work, with full strength and stability in the injured knee. The focus will be directed at knee stability and strength, rather than the subjective pain the client feels.

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“If you are uncomfortable… you are growing, learning, and creating for yourself the opportunity for a better future. Push yourself outside of your comfort zone as much as possible.”

“If you are uncomfortable… you are growing, learning, and creating for yourself the opportunity for a better future. Push yourself outside of your comfort zone as much as possible.”
Bachelor of Kinesiology

Level 10 Fitness, Regina, SK

Tamara McVannel Human Kinetics

Level 10 Fitness is an organization that provides expertise and knowledge on physical health and offers supervised training for a variety of clients, ranging from the general population to high-performance athletes. The mission of Level 10’s performance coaches is to help people achieve personal excellence through the advancement and promotion of health, wellness, and athletic development. To achieve these goals, they offer flexibility on the size of training groups to match the individual’s needs including private sessions, small group sessions, large group sessions, and team sessions. As a fieldwork student at Level 10 Fitness, I had the opportunity to shadow every performance coach, create and implement workout plans for individuals and group sessions, and develop relationships with clientele. By having these responsibilities, I was able to gain confidence in my abilities to create program plans and build relationships with clients. Acquiring these skills will be helpful in my future plans of working in a client-based profession, either as a performance coach or physiotherapist.

The Fundamental 5 – it is educational sessions for young aspiring female peewee hockey players that break down exercises into 5 basic movements. These movements are 1) upper body push, 2) upper body pull, 3) lower body push, 4) lower body pull, and 5) accessory and core exercises. By learning these movements, young athletes gain the foundational skills to perform any workout program and reach their goals.

Sean Renouf Human Kinetics

Level 10 Fitness is a supervised training facility located in Regina, Saskatchewan. At Level 10 all clients work directly with performance coaches, either via a private or group setting. Service is provided to a wide margin of clients – ranging from athletes at the highest level of their sport to general classes for those just beginning their fitness journey, including everything in between. As a fieldwork student, my role was ever changing throughout the semester. It began as a shadow, observing and learning from the more senior trainers. As I progressed, I was able to design and implement my own programs for personal clients, various sports teams and fitness classes in which I was able to lead. Given the priority in which Level 10 places on education of their staff members, I was fortunate to be able to learn a plethora of skills in which I would never have learned in a University of Regina classroom. Although my career intentions are not within the field of personal training, the knowledge I learned will greatly assist me both for my own health, as well as implementing a proper health care plan for the population as a whole.

Critical Analysis of The University of Regina Human Kinetics Program: Throughout fieldwork, I realized my learning objectives revolved around things I should have learned in class. After reflecting upon classes I had taken, I realized many did not relate to my future career and left gaps of critical information. I created this analysis in order to outline essential areas of improvement vital to future success of all students.

“Level 10 fosters the growth of fieldwork students through hands-on experience instructing clientele, implementing programs designed for varied abilities, and an atmosphere of support and feedback from expert performance coaches.”

“I’ve learned exercise is possible for everyone and I intend to use this knowledge to allow exercise – in the same manner as pharmaceuticals drugs - to be prescribed via physicians.”

“Level 10 provides expertise and knowledge on physical health and offers supervised training for a variety of clients, ranging from general population to high-performance athletes.”
Bachelor of Kinesiology

Juliet Davies  Human Kinetics

Children’s Program, Wascana Rehabilitation Centre

Saskatchewan Health Authority, Regina, SK

The Wascana Rehabilitation Centre (WRC) is a part of the Saskatchewan Health Authority and offers comprehensive medical care and rehabilitation programs for children, adults, and those needing long-term care. I am grateful to have had the opportunity to complete my fieldwork placement at WRC in the Children’s Program. As a fieldwork student, I am a part of the multi-disciplinary treatment team responsible for providing family-focused services to children aged 2-22 with a variety of congenital or acquired conditions and diagnosis. I worked under an exercise therapist to empower families and provide them with the tools to make physical activity a part of their everyday life. Throughout my fieldwork, I participated in a variety of interesting learning experiences such as aqua therapy sessions, giving a presentation, and working with children who are diagnosed with very rare genetic diseases. This fieldwork opportunity helped me grow both personally and professionally by enhancing my communication and leadership skills as well as increasing my self-confidence when working with clientele.

“There was never a dull moment working in the Children’s Program. I was kept busy with important tasks and had the opportunity to learn something new each day.”

Core & More and Lil Gym Time Group Programs. The purpose of this special project was to develop and implement two new programs that would provide preschool-aged children of varying functional abilities a safe space to improve their gross motor skills while having fun. I was in charge of planning and implementing two different programs that ran on six-week rotations. The aim of these programs was to improve core strength, endurance, locomotion, and following rules in a group setting.

Functional Rehabilitation Program (FRP), Wascana Rehabilitation Centre (WRC)

Lauren Petras  Gerontology

Chair Yoga and Miracle Ball Chronic Pain Management Program. For my special project I created a chair yoga and fascia release class for clients with limited ability to weight-bear. Once completed, I had the opportunity to teach this class for a period of 6-weeks with clients on program at the FRP.

“During my time at the FRP I was introduced to the multidisciplinary approach to tertiary level rehabilitation. I got hands on experience right off the bat and began working alongside clients within the first few weeks planning global conditioning programs. By the end of my fieldwork term I was proficient in executing fitness assessments, prescribing exercise programs, actively participating in team meetings and confident in my communication with clients. The FRP was an amazing environment to complete fieldwork and I am grateful for both the knowledge and professional connections I gained this term.”
Galya Drake  
**Ignite Athletics, Saskatoon, SK**

Ignite Athletics is passionate about setting the standard for future strength and conditioning coaches. They welcome interns to learn from the best, working closely with all types of athletes from junior to professional levels. My experience, working as an Assistant Strength and Conditioning Coach, has shown me what is takes to succeed in this field. I learned various training techniques, coached sessions, built lasting relationships, and acquired skills that I can take with me as I transition into the workplace. Building my confidence as a coach and learning how to work with others has been my biggest take-away. It has allowed me to grow individually, create a sport-specific program, and to strategically advance someone towards their goals.

“**You can take certain skills you admire from the experts and make it your own. It is not about trying to be exactly like someone else, but rather being set apart and staying authentic and genuine to yourself while being willing to learn.”**

Lilah Drozda  
**D1 Training, Franklin, Tennessee, USA**

D1 Training in Nashville is unlike others exercise facilities because the intent is to commit to a matched, individualized intensity for each client, similar to that an athlete would receive at the division one level.

D1 is a national fitness concept; its’ goals are written around providing programs for based on the five basic tenets of athletic-based training: dynamic warm-ups, strength, conditioning, performance, and recovery. Through both large group and one-on-one training plans, D1 offers its community an accountability grounded in research-based product design, reporting feedback, and nutrition awareness, in order to achieve optimum sport and fitness goals. As an intern at D1, I was able to shadow and work closely with multidimensional coaches to gain a sense of how to implement and structure programming; I also learned how to recognize the need to progress and regress exercises tailored the individual. From developing basic movement skills with young children, to administering exercises to improve pitch speed for the clients from the LA Dodgers, I played in a comprehensive learning environment that was ever-evolving. Working with this range of members allowed me to become more adapting. I assisted members to make best use of the gym, their time, and their personal goals. My experience at D1 was like no other. I quickly became a part of the community and learned valuable lessons from each individual I had the chance to work with.

“As a strength and conditioning intern at D1, I developed the tools and experience necessary to become an efficient and admirable coach in the industry. I am now well-prepared to apply my knowledge moving forward in my career to help improve the wellbeing of many.”
Scott Anderson and Associates Physiotherapy and Rehabilitation is a clinic located in Regina, Saskatchewan that has been providing care to patients who have undergone sport, workplace, or motor vehicle accident injuries. The role of the students at Scott Anderson and Associates Physiotherapy and Rehabilitation will include an hour-long initial assessment, manual therapy, and exercise prescription. Students will have the opportunity to take clients for an hour-long initial assessment to determine the source of the pain for the individual. This will be examined through asking a series of questions, physical, and neurological exam. The physical exam approach will include analyzing and evaluating gait patterns and taking range of movement (ROM) measurements. Students will have the opportunity to take on the “hand-on” or manual therapy approach to treat stuff and/or injured joints. The manual therapy approach will consist of hip flexor and myofascial stretches. As well, students will have the opportunity to structure an exercise program for clients with the help of the supervisor. Students will observe and demonstrate the exercise to ensure the clients are doing each exercise correctly. The impact of experience was positive. Students will work directly with clients through initial assessment, manual therapy, and exercise prescription to help client recovery from an injury.

Use of Plantiga Insole device to track biomechanical asymmetry in knee rehabilitation for female RIOT Football Athletes. I used the Plantiga Insole device for initial testing for knee rehabilitation for female RIOT Football Athletes. I created a knee rehabilitation program using the information from Plantiga Insole as I could identify asymmetry and movement patterns that were unique to each athlete.

Complex Regional Pain Syndrome Brochure: This project was designed to educate Complex Regional Pain Syndrome (CRPS) clients, future students or employees who would be working with CRPS clients in the clinic. The brochure is to be used in the clinic to ensure the best care and to assist with the administration of treatment with CRPS clients.
Bachelor of Kinesiology

Craven Sport Services, Saskatoon, SK

Human Kinetics

Craven SPORT Services is a clinic and training centre that focuses on the holistic treatment of its clients by incorporating physiotherapy and training to address whole health. With a team of physiotherapists, strength and conditioning coaches, dietician services, mental training, massage, and diagnostic ultrasound, Craven SPORT Services reaches a wide variety of clients.

Keegan Edwards

“I gained the confidence and reassurance I needed to continue my pursuit in becoming a physiotherapist. I became confident working hands on with clients and applying my knowledge in client situations.”

Craven on 1st Ave North is a high-performance training facility for the strength and conditioning programs. As a fieldwork student at Craven, you can expect to be given roles that are orientated towards your learning objectives. I was always interested in becoming a team strength and conditioning coach. Many of my experiences at Craven were focused on professional development necessary to become a successful coach. Craven provided a setting to apply all my classroom experiences and transition it to practical skills. I believe that it was a beneficial program and I am very grateful as not every student has an opportunity to work with world class coaches and athletes.

Simple set is a prescription software used by physiotherapists and strength and conditioning coaches to provide programs to their patients or clients. My project was to create multiple program progressions, clean up the interface, and update any missing exercises and their descriptions. By doing so, patients and clients will have an easier time following their exercise prescription.

Megan Gronsdahl

“Every day is a chance to get better. Have fun with it.”

As a student strength and conditioning coach, I oversaw the safety of clients during one-on-one sessions and open gym times. During my time at Craven I worked will many different clients, including general population, geriatrics, high performance athletes, and rehabilitation clients. By creating a safe and positive working environment, I was able to use my skills to not only correct technique with clients but build relationships with them as well. Working at Craven SPORT Services gave me experience with an array of clients that broadened my understanding of rehabilitation and training. My confidence and knowledge in my field of study also increased after my time there, and I am grateful for everything I learned.

The Biomechanics of Diving – My special project revolved around the diving team that I worked with at Craven SPORT Services. I wanted to learn more how the biomechanics affected their sport, and also how to properly develop an exercise program based on those mechanics. This was an opportunity for me to learn more about a sport I wasn’t familiar with and use the principles of biomechanics and training in different circumstances.
Community Wellbeing and Inclusion, City of Regina, Regina, SK

Community Wellbeing and Inclusion is a unit within the City of Regina that has the responsibility to promote community wellbeing, cultural programs, and strive towards building accessible and inclusive programming opportunities for marginalized groups. The unit’s main goal is developing programs and services within the city that will help with community integration and reduce barriers. During my time here, I provided support to any member needing it at the time which allowed me to be immersed in various responsibilities, such as note keeping in meetings, participating in community engagement, and providing input from upcoming projects. My duties also involved working on and perfecting my special project that would show to be of great benefit for the unit and community. Tasks ranged from day to day but that has allowed me to build and continue to strengthen my adaptability and communication skills. This placement has allowed me to learn new skills and encounter experiences I never would have had the chance to before. I am thankful for all that Community Wellbeing and Inclusion has taught me about creating new perspectives and what they have taught me about myself.

WeRConnected. For my special project I developed a program plan for a new recreational youth program for children aged 4-14 experiencing any physical, sensory, or developmental disability. The focus is to develop meaningful movements and skills needed for lifelong physical activity through the use of games early on while providing the opportunity to build friendships and create a sense of belonging. It will be implemented as a class lab for a therapeutic recreation class at the University of Regina.

Live Well Exercise Clinic, Regina, SK

LIVE WELL Exercise Clinic is a medical fitness clinic. They specialize in supervised exercise and healthy-lifestyle coaching for people with chronic health conditions and for prevention. My end-of-term goal as a CEP student at LIVE WELL was to be a case manager for members and the clinical lead on the floor. My responsibilities included: taking member’s vitals, health coaching, conducting baseline and follow-up assessments, designing individualized programs, creating easy-to-follow exercise cards, and communicating member progress to physicians. It was my job to ensure that all medical and functional limitations were accounted for when working with a member. My placement encouraged me to take a leadership role in an exercise setting. I gained confidence in my prior knowledge and abilities to take vitals, create individualized programs, and conduct assessments. My learning objectives for my fieldwork included: to assist in program development and implementation, to learn and work in an environment that values diverse individuals with complex needs, and to learn and practice in an integrated healthcare model. My supervisor worked with me to ensure that all of my learning objective expectations were met and exceeded!
Bachelor of Kinesiology

Shae Gorrill  Human Kinetics  Saskatchewan in Motion, Regina, SK

I had a great time at Saskatchewan in motion! Everyone works collaboratively toward their goal, which is getting kids more active, more often. They do this in many ways such as events, providing resources about physical activity and partnering with other agencies. I assisted with the Go Out and Play Challenge, which is their main event that they promote. I had the opportunity to work with all the team members on their projects and provided assistance to whatever they needed. Throughout my time, I met many people and got to hear their challenges and barriers surrounding physical activity. This made me realize how important this agency is because communities need help getting youth active.

Balancing Screen Time. Screen time is a large influence on kids’ physical inactivity. This project was in partnership with the Saskatchewan Health Authority to show the documentary, Screenagers. This film is about the different struggle’s kids face regarding technology. After I showed the film to different audiences, I led a group discussion about the film and received feedback on what services or resources they need.

“This experience opened my eyes to the different barriers that communities face. It is rewarding to help people overcome their barriers.”

Morgan Green  Human Kinetics  CBI Park Street, Regina, SK

At CBI Park Street, I was completing the job of a kinesiologist. I was able to create and adapt programs for clients with different injuries. I was able to run orientations. I also completed testing for check ins with clients, also pre-occupational employment tests. I was also included in weekly rounds, so everyone was up-to-date on all our clients’ treatment plans. This impact helped me gain confidence in myself and my abilities. CBI Park Street helped me use the knowledge I have learned over the past four and put it into actual client situations.

“Just Keep Swimming” - Dory from Finding Nemo

The Grand Slam. This is a booklet created for softball players and coaching. Included inside is a shoulder range of motion assessment. As well as a prehab training program, an off-season program to focus on bullet proofing the body to prepare it for the upcoming season. A conditioning program, a pre-season/ during season program designed to increase power, strength, and flexibility within the body. The rehab programs are very basic programs designed for a rotator cuff injury, hip pain and golfer’s elbow.
Bachelor of Kinesiology

Kirstin Greve

Adrenaline Strength and Conditioning is a training facility offering a variety of classes, one-on-one, small group, and team training sessions. Classes include Swass, Assets, First Lift, Ladies Strength, Beginner Strongman, and Mobility. Many youth hockey, basketball, ringette and volleyball teams also call Adrenaline home. Adrenaline serves a wide range of clients to meet their individual need and goals. As a fieldwork student at Adrenaline, you have the opportunity to shadow and work with multiple trainers and strength coaches. There is also room to progress into a position of leading warm-ups, creating group workouts, and contributing and supervising team strength and conditioning sessions. Proper technique, body control, and reaching full range of motion of key aspects emphasized in training. There is a great balance of guidance and independence at Adrenaline; if you find something you like, are interested in, or want to learn more about you can allot more of your time to that area. For me, this was working with athletes for strength and rehab. Though each trainer has their own style and niche, Adrenaline is a family. It provided me with a great environment to develop professional skills, create relationships, and further my learning of holistic training.

“Adrenaline is a fantastic and welcoming atmosphere to be a part of. From day 1, I was given the opportunity and independence to learn and find an area that fit me and excel at that, helping athletes reach their goals.”

Hanna Ha

Adrenaline Exercise Library. It includes compound strength exercises and variations that can be done. In addition, there are various mobility exercises for the ankle, hip, shoulder, and thoracic spine. Finally, a category of at-home activation and strength exercises are provided for assistance training during COVID-19. Each video contains a demonstration of the exercise, along with a how-to description, the muscles activated, and benefits of the exercise.

Creative Options Regina, SK

Creative Options Regina is a non-profit organization that provides personalized supports for people experiencing disabilities and mental health struggles. Through the philosophy and practice of Gentle Teaching, COR is committed to nurturing meaningful relationships through supporting those that they serve to live the life that they want, and not what is prescribed to them. Many programs and activities are offered through the COR studio such as coffee group, science class, art therapy, music therapy, and yoga. As the fieldwork student, I took on the role as the Travel Trainer Supervisor where I had the opportunity to lead the Travel Training Program. This program aims to empower people experiencing disabilities with the practical skills, confidence and independence in order to use city transit, rather than having to rely on paratransit or other forms of transportation. During my time aside from my role, I was able to help out around the studio, participate in many of the programs, and take part in the campaign, 100 Acts of Kindness. This experience at COR has truly been so incredible, where I’ve been able to build upon my professional skills, all the while developing many genuine connections and relationships that I will cherish for a lifetime.

Human Kinetics

Travel Training Program: Through a four-phase program, people experiencing disabilities are able to learn how to use city transit independently, rather than having to rely on paratransit or other forms of transportation. Not only does this reduce costs, but gives them an opportunity to gain a greater sense of freedom, confidence and community.

“At COR, I’ve been able to experience the unconditional love, trust and support they offer not only to the people they serve, but to each person that walks through their doors. Getting to be part of such a fun and welcoming community has shown me that there is always room for one more person at the table.”
LG Fitness is a locally owned strength and conditioning fitness facility in Regina, Saskatchewan. As a fieldwork student at LG Fitness, my main job duty entailed personal training on an individual and group level. Therefore, I spent the majority of my fieldwork assisting clients with exercises and motivating them to achieve greatness. This enabled me to be a great leader and learn how to communicate with clients in a professional setting. Aside from personal training I helped with social media, plan events, work at the front desk and lastly, answer any inquiries that new clients or current clients had. This gave me experience with the back end of running a business and allowed me to experience some of the highs and lows of being a small business owner. Overall, my fieldwork experience was very successful, I learned many things about myself, I pushed myself to overcome barriers, and lastly, I was able to gain experience in a professional job setting that will be vital for my future endeavors.

“I believe in providing an adaptable service to meet the requirements of differing individuals in order to empower them to fulfill and achieve their goals.”

CBI Health Group is a national organization which focuses on the health and wellness of individuals within the community. The agency takes a multidisciplinary approach to the treatment of clients in order to ensure all areas affecting health are cared for. While motor vehicle accidents, long term disability claims, and private clients are cared for by the agency, the majority of clients are in a Return to Work program following an injury experienced at work. As a fieldwork student, I was placed on the Return to Work team which consisted of providing active rehabilitation strategies to injured workers. My role included creating and demonstrating exercise programs, functionally testing clients, and assisting in running group education sessions. The tasks of the placement provided the opportunity to put the knowledge and theories I learned through my courses into practice. I was also able to gain knowledge on topics not covered in the university courses, but are crucial to helping clients understand their healing process. The experience at CBI Health Group was both challenging and rewarding. I was able to build more confidence in working with clients and sharing my knowledge, while also helping clients re-discover their sense of purpose.

Enhancing Client Knowledge and Experience. Clients in two major Return to Work programs did not participate in education sessions prior to this project. Four sessions were developed focusing on overall physical activity and wellness, goal setting strategies, proper body mechanics, and concepts of pain and healing. Client experience was enhanced through updating the client area. New educational posters and brochures were developed in order to stimulate conversation with clinicians, and update the client lunchroom.
Bachelor of Kinesiology

Courtside Sports Medicine and Rehabilitation, Regina, SK

Courtside Sports Medicine and Rehabilitation is a multidisciplinary facility that is based on an active functional rehabilitation approach. Programs at Courtside are active in nature with additional emphasis on proper technique, exercise education and workplace activities. Courtside is a multidisciplinary center that treats a variety of clients including private clients, individuals injured at work or in motor vehicle accidents, and those sponsored by insurance companies. Fieldwork students at CSMR work alongside certified exercise physiologists and perform a wide variety of duties that contribute to the clinic’s operation. Students are very active in client’s recovery programs, functional testing, exercise prescription and supervision. Other responsibilities of the fieldwork student include preparing the Cybex machine, laundry, charting, billing, and providing hot and cold packs for clients.

Human Kinetics

Abbey Hollinger

My special project was mental health and wellness educational lecture and tracking sheet. I noticed that Courtside did not have any mental health and wellness resources or education lectures for their clients and I saw this as the perfect special project idea. Courtside highly values exercise and health education for their clients, I thought that this resource would fit in well with the clinic and benefit many clients.

Jasmin Kamboz

“My fieldwork experience at Courtside helped me build confidence in my education and skills. I am very grateful for the opportunity to be a part of their clients’ rehabilitation journey.”

“My special project entailed creating an exercise guide to help develop confidence in the clients at CSMR. I created posters with images and descriptions regarding proper technique and safety to accompany each piece of equipment in the facility. This was made with the intention to help clients gain independence in their ability to perform their rehabilitation programs and allow the exercise physiologists another tool to generate safety for their clients.”
Bachelor of Kinesiology

Kristin Hudy

Alpha Physical Therapy and Rehabilitation, Regina, SK

Alpha is an organization which offers physiotherapy, exercise therapy, massage therapy, and acupunture. The clinic specializes in the treatment of work and motor vehicle related injuries however, also treats sport injuries as well as injuries relating to musculoskeletal and joint pain. At Alpha, the focus is to rehabilitate client injuries while providing education and skills for pain management and injury prevention. The goal is to increase client function back to his/her pre-injury level and improve the overall quality of life. As a student, my role was primarily to learn the duties of Alpha’s exercise therapist, Nissa Oliver. These duties include conducting initial assessments, creating individualized exercise programs, demonstrating exercises to clients, and providing education surrounding injury and hurt vs. harm. In addition, my role included charting in client files, booking client appointments, and assisting other professionals in the clinic to ensure smooth operations. This experience was impactful as I learned much more than I could have within a classroom setting. I not only improved my professional skills in areas such as organization, professional communication, working as a part of a team, and effective problem-solving, but also gained skills in exercise prescription, injury education, effective documentation, exercise modification, and progression of exercise programs.

Assessment Templates and Combatting Sacroiliac Joint Pain. My special project included developing assessment templates for future fieldwork students to use as a guide when conducting initial assessments. I created assessment templates for a wide variety of injury sites including the shoulder, back, knee, and ankle. Additionally, I created a standardized exercise program to rehabilitate sacroiliac joint pain. This program was tested on 12 individuals over 10 weeks while tracking improvements.

Taylor Issel

CBI Health Centre, Prince Albert, SK

CBI is a nation-wide health organization, and focuses on improving the lives of those within their communities. To provide excellence in care, CBI recognizes the need to foster a partnership with all those involved on a client’s team which allows for the client and clinicians to be successful. As a student my role changed throughout my fieldwork experience. I started with observing my supervisor and learning the procedures of how to build, develop, and implement programs. This lead to having my own clients that I followed through from start to finish. I thoroughly enjoyed my experience as it allowed for many different learning opportunities aside from the standard expectations of how to develop and implement a program. I was able to work with a variety of age demographics and physical [dis]abilities, which opened up my learning experience. Completing my fieldwork experience with CBI has allowed me to gain valuable professional skills and develop relationships with professionals in a multidisciplinary setting.

“Grasp as much information and take every opportunity that comes your way, as it can lead to so many different paths and learning opportunities.”

Youth Dryland Training. Training sessions took place for an hour and a half, and focused on agility, core strength, balance and muscular strength. Agility work was completely by the use of ladders and hurdles to work on footwork. Core strength, balance and muscular strength where completed during a circuit rotation. The circuit consisted of eight stations that needed to be completed prior to a cool-down that consisted of MovNat movements.

“As an aspiring professional in the health care field, my fieldwork opportunity at Alpha provided me valuable information by expanding my knowledge in the areas of exercise prescription and the rehabilitation process.”
Above & Beyond Autism Consulting Services (ABACS) is a Regina-based company dedicated to providing services to young children who are diagnosed with Autism Spectrum Disorder (ASD). ABACS believes in the use of an evidence-based approach while using the principles of Applied Behaviour Analysis (ABA) in their teaching methods. Their goal is to help build, maintain and generalize skills in all areas of development and to help enhance the quality of life of the learners. As a fieldwork student I was given the opportunity to have the role of an instructor therapist (IT) in providing one-on-one and group programming with the learners. After the intensive training period I was given the responsibility of implementing programs, collecting data and creating my own program for my special project. I was fortunate enough to gain experience working hands-on with the younger population which I know will help me down the road as a professional working with diverse populations.

My special project was a warm up exercise program that I created to include into the learners everyday routine at the centre. I had created two separate warm ups, one imitation program for the younger early learners and another receptive program for the older learners. These programs were created to provide some structured physical movement into the learners day-to-day time at the centre.

“I really appreciate how this experience has always kept me on my toes and taught me how to prepare for the unexpected. Every day at the centre I was presented with new challenges which gave me the opportunity to grow as a person and move forward with my ambitions.”

Armstrong’s Physiotherapy is primary physiotherapy clinic with three locations in the city of Saskatoon. Armstrong’s works with a wide variety of clients, including injured workers, athletes, children, and the elderly. As a student exercise therapist, I worked alongside physiotherapists assisting with the prescription and implementation of home exercise programs, as well as monitoring and documenting the progress of clients. I had the pleasure of spending my time at two of the three locations in the city, which helped me to see a broader range of clientele.

My time at Armstrong’s physiotherapy has been nothing short of eye-opening. Just the experience of being in a working environment gives you something that no classroom could. Having supervisors that pushed me to work independently with clients gave me the opportunity to develop skills that I can take with me into my future.

“If I had to pick one common theme from this semester, it’s that adaptation is a necessary skill in the real world and that the learning that comes with it is invaluable.”
Bachelor of Kinesiology

Haylen Langelier
Human Kinetics

Accountable Care Units (ACU), Pasqua Hospital, Regina, SK

The accountable care units (ACU) seek to transform the way that health care is delivered. Traditional health care is characterized by interprofessional silos and poor communication which results in unorganized, exhausting, and disconnected care. The primary goal of ACUs is to reduce the complexities of health care by fostering teamwork and relationships between health care professionals. Building relationships enables the delivery of high-quality multidisciplinary health care. The main features of ACUs are unit-based teams, routines, and performance reporting, which all contribute to a sense of accountability for the outcomes that occur on each hospital unit.

The responsibility of fieldwork students is to learn about accountable care and its effectiveness and to engage in quality improvement projects. A fieldwork student can expect to be involved in many of the frontline operations of the ACUs such as structured interdisciplinary bedside rounds and accountability handover. This experience has allowed me to gain valuable insight into various careers within the health care system and become familiar with the health care system in general. It has also equipped me with a strong foundation of skills and knowledge to be able to improve health care in the future.

Unit 4A Accountability Handover Process Audit. Audit the nurses’ performance of bedside handover, synthesize and interpret the results, and subsequently implement quality improvement strategies to increase performance.

Josie Lehner
Human Kinetics

Kinetik Rehabilitation Services, Saskatoon, SK

Kinetik Rehabilitation Services offers rehabilitation and disability management services to insurers, individuals, and the private sector. The clinic aims to meet specific needs through expertise in preventing work-related injuries and ensuring a safe return to work and activities of daily life. Client needs are met by utilizing a comprehensive and multidisciplinary approach consisting of physicians, psychologists, exercise, physical, and occupational therapists. During my fieldwork placement as a student exercise therapist, I developed exercise programs for primary, secondary, tertiary, and mental health clients. Following program development, I implemented the program through demonstrating and teaching various exercises to clients. Additionally, I was responsible for leading group programming, including pool therapy sessions and group stretch classes. During my time at Kinetik I gained experience in a holistic rehabilitative setting. Through building rapport with each client, I learned the importance of providing client-centered care and its critical role in successfully reaching treatment goals.

The Benefits of Exercise on Mental Health. My special project is a presentation included in an educational session for the clients of the mental health program. The presentation delivers an overview discussing the benefits of exercise pertaining to mental health. The presentation explores the benefits that exercise can have on both physiological and psychological aspects in relation to improving and moving towards a state of mental wellness.
The Regina Police Service has been serving Regina for 128 years and focused on optimizing the safety of the community. The position of the practicum student is titled as the wellness coordinator assistant and is in the Human Resources department. The student is responsible and involved in a wide variety of wellness and fitness activities. The main activity includes assisting in the set up and instruction of fitness classes each day at noon. I also had the opportunity to teach my own evening class once a week; this was a great experience to develop my leadership, and public speaking skills. Other varies fitness activities include conducting fitness testing (CSEP-CPT), developing individualised fitness programs, personal training, and body composition assessments. Other tasks that took place in the office were attending meetings, and assisting in the organization of health and fitness initiatives/events for the members and employees. Additionally, the student attends the Saskatchewan Police College three times a week as a spectator and occasionally assists the instructor during fitness classes, providing generalized fitness programs and helping with monthly fitness testing. This experience with the Regina Police Service was rewarding and educational. Moving forward this opportunity has been valuable and beneficial to my future career as a new professional entering the fitness industry.

RPS Fitness App: The purpose of the app is to provide easy access to proper and safe workouts for RPS members and employees. The exercises selected fit the equipment available in their facilities and will have demonstration videos attached. The workouts developed are varied in experience level and exercise principles to meet the demands of everyone in this diverse organization.

OPEX Fitness Regina is a unique gym facility that provides personalized fitness training, nutrition and lifestyle consulting, and wellness education. Fieldwork students at OPEX are granted the ability to undergo an intake assessment, and to receive individualized training from a personal coach in order to fully understand the OPEX client experience. Most importantly, students are able to work alongside OPEX staff to master the intake assessment process, the intricacies of exercise program design, and the technique of providing quality coaching for clientele. OPEX Fitness Regina is a facility that prides itself on offering specialized training for mature individuals of all abilities. Thus, fieldwork students can expect to receive a rigorous, hands-on experience assisting OPEX members with training including weight lifting, CrossFit, gymnastics, and rehabilitation exercises. OPEX Fitness Regina is a placement that fosters hard work, leadership, time management, and communication skills in its fieldwork students, and thoroughly prepares these young professionals for a career in their field of choice.

Training and Creating Personalized Exercise Programming for an Individual Experiencing Back Pain. I was able to complete my special project under the guidance of my fieldwork supervisors by coaching my client through the intake process beginning with a client interview, followed by a movement analysis assessment, and finally with the implementation of individualized exercise programming to help reduce her back pain, and to achieve her fitness goals.

“I am grateful for my experience at OPEX Fitness Regina, and I am confident that the relationships, skills, and lessons I have gained will play an integral role in my future career.”

“I don’t challenge yourself, you will never realize what you can become.”
Bachelor of Kinesiology

Taylor Marr  Human Kinetics

CBI Health Group, Lloydminster, AB

Intake to Fit For Full. My special project involved taking a client from an intake assessment to what we call “Fit For Full”, meaning fit to return to pre-episode duties. With skills learned I performed an initial functional assessment, injury specific exercises, and design a full client specific rehabilitation program. The final outcome being helping an individual through an injury and return to their functional independence.

CBI Health Group focuses mainly on rehabilitation of clients who have been injured in a workplace accident. The rehabilitation teams are made up of interdisciplinary professions including physiotherapists, occupation therapists, psychologists, and kinesiologists. Each team member is valued and plays an important role in the rehabilitation of clients. As a fieldwork student, being supervised by a kinesiologist, my role was mainly prescribing exercises to each client that I saw. I would see clients from very acute stages of their recovery up until their discharge day, which allowed me to be familiarized with a wide range of exercise including range of motion all the way to work simulation. By the end of my placement I was doing a full case load of what a kinesiologist is required to do, giving me the confidence to be able to work in a rehabilitation setting. CBI was extremely helpful, every one of the team members was willing to answer questions I had as well as explain the process they are taking when teaching me a new skill. I have gained many new skills to help me moving forward, as well as gaining new relationship and connections to draw back to in my future endeavors.

“The clinicians at CBI advanced my knowledge while allowing me to autonomy to gain key skills that I was interested in, overall gaining new confidence and motivation.”

Jillian Mellon

Stapleford Health & Rehab Center is a multidisciplinary clinic that focuses on the healthy living and functional rehabilitation of their clients. During my fieldwork experience, I worked alongside kinesiologists to provide exercise therapy mainly for individuals who had experienced a workplace injury and were undergoing treatment to return to work. I observed and participated in the multidisciplinary treatment process as it relates to Worker’s Compensation Board, SGI, and some privately insured clients. As a fieldwork student, I was able to enhance my knowledge and skills of client interaction, exercise prescription and monitoring, documenting progress, and modifying and progressing exercises as needed and able. I learned different ways to implement functional movement-based exercises and pieces of equipment to provide clients with the tools they need to recover and remain healthy following the commencement of their treatment. Being afforded the opportunity to work with so many other professionals pushed me to become more confident in my abilities.

Research to create and deliver an updated version of the Healthy Lifestyle & Nutrition education lecture. Education is a highly valued component of treatment by the staff at Stapleford and is continually needed by the clients. I created a presentation and accompanying pamphlet with current information about training principles, muscle and exercise physiology, nutrition, and ways to increase physical activity in everyday life.

“Through my experience at Stapleford Health & Rehab, I became confident in my abilities to provide exceptional services as a kinesiologist to aid in the rehabilitation and recovery of individuals.”
Highland Rehabilitation Centre, Moose Jaw, SK

Highland Rehabilitation Centre is a multi-modal care facility that includes physiotherapy, athletic therapy, massage therapy, and brace fitting. They have a progressive practice devoted to preventative as opposed to reactive strategies to rehabilitation. The clinic embraces numerous philosophies, including providing a comprehensive treatment plan, and limiting movement at the lumbar spine through maintaining a neutral alignment during exercise. They additionally push their clients to exceed the point of being pain free; but, to ensure their problems will not arise in the future. I had various roles at Highland Rehabilitation Centre. I provided support to the physiotherapist through preparation and administration of exercise programs to clientele and administration responsibilities. Furthermore, I assisted the athletic therapist with treatments for the athletes at Briercrest College. Finally, I created various condition specific protocols such as for radiculopathy, proximal hamstring tendinopathy and femoroacetabular impingement.

“...I have acquired a more comprehensive and practical understanding of the musculoskeletal system from my fieldwork, and an extensive knowledge of the rehabilitation process which will be vitally important for my next journey as a Kinesiologist.”

Injury Screening System. Developed and implemented an injury screening system utilizing various assessments that provides information regarding where an athlete is predisposed to injury. I also arranged follow-up appointments designed to alleviate these deficits and improve performance.

North Central Family Centre, Regina, SK

Sawyer Morris

When you first walk in their doors, you will feel an overwhelming sense of chaos. The second time you walk in, you’ll look down and find a smiling child hanging off your leg with an endearing look and hope that you’ll bake, draw, paint, learn, or play with them. The last four months inspired much leadership and mentorship in me. In the mornings, you meet new people and learn from those who have been a part of the centre for twenty years. You answer the needs of the community and whatever passion you bring forward, it will be welcomed and celebrated. You will humble yourself at the door and get a slice of real life with new experiences every day. Everyone within North Central Family Centre put the aspect of family into the care and work they do every day. Each new day invited new activities, new challenges, and new ways to connect to each other in a meaningful way. I was astonished by their receptiveness to my energy that I brought to my practicum. From recycling programs, to physical activity and sports nights, the youth showed me a genuine warm welcome to the family they’ve built over many years and that meant the world to me. Once we established trust, we grew together throughout my entire fieldwork and plan to maintain our relationship in the future.

“He all possess the extraordinary power of leadership in our own lives. True leaders don’t aspire to create a following, rather inspire leadership in others as well.”

Health and Wellness Education for Inner-City Youth. Providing an unique opportunity for teens and tweens from the North Central Family Centre to access the University of Regina facilities and equipment. This was an opportunity to stay active every Wednesday evening, to bridge a relationship between the KHS faculty and the North Central community going forward, and to inspire those youth to pursue education and sports in their futures.
I had an incredible experience this semester and am proud to have been a part of this organization. Astonished! is a non-profit organization that implements programming and support on the U of R campus for young adults with complex physical disabilities. Astonished! has a philosophy of person-centered and strengths-based learning, allowing the students to be in control of their goals and opportunities. Programming occurs three afternoons a week, and there is a social club event once a month where core members of the organization come together within the community for a fun night out. This semester I had the opportunity to support student researchers and core members throughout programming and events in both one on one and group-based settings. I also aided in preparation for the A! annual spring gala.

“Astonished! has changed the way that I see the world. No matter the physical ability, we are all people who have individualized needs. The relationships I built throughout the semester have taught me how to approach everything I take on with a positive attitude, and how to be kind and empathetic with every person I meet.”

Volunteer recruitment plan. My special project this semester was to develop a plan to ease the process of finding volunteers. This plan has a number of aspects; the first being the creation of posters directing potential applicants to the Astonished! website. Next, updating the website to include information about each opportunity as well as a volunteer application form that will be sent directly to Astonished!’s program coordinator upon submission. My plan is meant to make the initial contact between volunteers and A! more efficient, and the changes will soon be implemented.

“Alta-Sask allowed me to take on an active role within the clinic and facilitated learning opportunities that challenged me to explore my strengths and weaknesses as a professional.”

Altamaha Wellness Clinic, Lloydminster, AB

Altamaha Wellness Clinic is an interdisciplinary rehabilitation clinic offering the public a variety of services rooted in a client-centred approach to care. The wide range of treatments that they offer allows for an equally diverse range of clients visiting the clinic, which created the opportunity for novel learning experiences daily. I was provided the opportunity to take on an active role within the clinic and the treatment of clients. My role was comprised of creating, modifying, and evaluating exercise rehabilitation programs for clients. This role encompassed a multitude of other aspects as well such as client education, charting, and collaboration with therapists and professionals. The unique needs of each client and their situation involved constant and effective communication with other therapists to ensure that our practice is aligned with our main focus, the well-being of our client. This provided me with many opportunities to link the content I had learned from my previous courses with current clients. Altamaha empowered me to recognize and embrace uncertainties by facilitating opportunities to achieve my learning objectives. Being able to experience both successes and challenges in a supportive environment has been an essential part of my professional growth and continued learning.

Pilot Exercise Rehabilitation Program for Males with Diastasis Recti Abdominis. For my special project I had the opportunity to develop a pilot exercise rehabilitation program to be tested by the clinic. Once finalized, this program will fill a gap in the current guidelines and literature in regard to the population presenting with this pathology. The program consisted of pathophysiology, movement patterns, an 18-session exercise plan with modifications, and outcome measures.
Central Avenue Physiotherapy works with Workers Compensation Board and Saskatchewan Government Insurance programming (primary, secondary, and tertiary) patients, as well as private insurance patients. In the gym, there is another program called GLA:D it is for individuals who have osteoarthritis and physiotherapist play a role in this program by referring patients. There are eight physiotherapists at the clinic and one exercise therapist. The first few weeks of my placement were dedicated to learning about the clinic and patients. Following those two weeks I gained independence and started working with my own clients. Some of my roles were: charting, preparing for initial assessments or progress reports, completing grip strength and treadmill testing, and conducting exercise sessions with clients. The staff members were very welcoming and willing to help and I gained a lot of practical experience. I am very thankful for my experience at Central Avenue Physiotherapy, as the knowledge gained from this placement will carry over to my professional career.

“I completed my fieldwork experience with many improved and new skills such as enhanced communication skills, the ability to properly demonstrate and explain exercises, and increased confidence in the workplace.”

The Regina Community Clinic uniquely provides holistic, community-based, healthcare that programs a multitude of health-related services. Heavily driven by the idea of social determinants of health, the RCC offers the services of physicians and nurses alongside nutritionists and exercise specialists, effectively catering to the different dimensions of health. My work within the RCC’s exercise department is symmetrical with this vision of holistic care. To exemplify, my duties include learning to program client-centered exercise plans, facilitation of group exercise class for at risk populations, development of online media, and client consultations. Given the flexibility of the organization’s mission to provide holistic care, I was empowered to work on projects that benefit the organization in different ways, like collaborating with different departments to design new programs. While learning critically important skills for future workplaces, like leadership and communication, the RCC was an advocate for my personal and professional growth in the form of opportunity. Working with clients makes me a part of their lives, and frames my work as important and relevant. In this way, the RCC has come to teach me that while health is multidimensional, our individual contributions as students are valuable and necessary.

“I worked with the RCC to both take advantage of digitizing healthcare provision, and developing a group program for individuals with comorbid anxiety and depression. In regards to the digital component, I created monthly, thematic workout videos that educate, and demonstrate exercises in an easy to consume format. Alongside the counseling department, I developed an evidence-informed group class for populations with anxiety and depression, which merges exercise and cognitive-behavioural therapy.”

“The Effects Exercise Has on Mental Health. I completed my special project on The Benefits Exercise Has on Mental Health. My goal was for patients to learn about what happens in the brain while exercising and the benefits they can receive not only physically while exercising but also mentally and emotionally. I created a presentation on PowerPoint and created a logbook so clients can report their mood prior to and post exercise.

“To put oneself intimately in another person’s life is fieldwork’s rare gift. Being able to impact another’s health is the ability to change a life for the better.”
Stapleford Health & Rehab Centre is a privately-owned clinic and has been operating in Regina for over 20 years. Stapleford is a multidisciplinary clinic that uses a team approach when working with individuals who are prepared to take control of their own health using physiotherapy, exercise therapy, massage therapy, occupational therapy and chiropractic’s. Student’s at Stapleford implement different tests and programs to contribute to the operation of the clinic. Under the supervision of a certified exercise therapist, the student work with clients in prescribing exercise programs, performing functional tests, initial assessments, cardiovascular tests and creating workout programs specifically designed for the client’s type of injury. The student will also help create exercises for group training classes and assist with set up, take down, and watching the participants to ensure they are performing the exercises safely.

Learning the Process of Rehabilitation. For my special project I worked with a new SGI client with an ankle injury. The goal was to learn about the process of rehabilitation and the ability to do tests and exercise prescriptions independently. I learned how to do an initial assessment, a functional test, and a cardiovascular test. After performing these tests, I would create exercise programs and work with her for 3 weeks on the program until we tested again. This process continued until she was able to graduate from the clinic.

Trench Fitness is a locally owned and operated fitness facility in Regina, Saskatchewan. Trench Fitness offers a variety of services, including nutrition and exercise consulting, personal training, as well as group classes. They aim to assist clients by providing them with the tools to adjust their lifestyle in order to achieve one’s health and fitness goals. As a fieldwork student, I was able to gain practical experience leading clients and group classes through their programs, create exercise prescriptions, and participate in consultations. The staff at Trench Fitness encouraged my learning at every step and offered support throughout my time with them. Thanks to Trench Fitness, I have grown my skills as an exercise professional, and I would recommend this agency to any student looking to gain practical experience.

Exercise Demonstration Videos - I have created videos that depict and explain the correct form for various exercises, and Trench Fitness can share the videos with their clients. Not all clients will purchase personal training but may need assistance with proper form while performing an exercise. Thus, the videos will be utilized as a simple reference tool to ensure effectiveness and safety when performing the exercises.
Bachelor of Kinesiology

Dr. Paul Schwann Health and Research Centre, University of Regina, SK

**Human Kinetics**

“**This has been a great and valuable experience as it has allowed me to go out of my comfort zone and develop skills that I believe will be incredibly useful in my career as a healthcare professional. I also place great value in the work that I have done at the DPSC as it has allowed me to provide a service that has benefited others a great deal**”

**Arwa Shamiss**

**Life Fitness & Health Presentation.** My project consisted of creating a presentation that can be utilized by the Love2Live program for their monthly cardiac talks. With this special project I compiled the necessary information regarding cardiac rehabilitation and how it is beneficial to individuals with a cardiac condition. I also provided the basis of exercise guidelines in order to provide individuals with the knowledge and tools necessary to allow them to take charge of their own health. This is now a tool that can be used for these cardiac talks for years to come.

The Dr Paul Schwann Health and Research Centre (DPSC) is a health and wellness facility that provides a multitude of services to individuals in the community. There are a variety of programs offered through the DPSC that focus on cardiac rehabilitation, exercise therapy, occupational testing and athlete rehabilitation. My role consisted of working with the Love2Live cardiac rehabilitation program and the Enrich neuro-rehab program. Both roles were similar as I would aid Clinical Exercise Physiologists (CEP) in conducting exercise testing as well as creating exercise programs for individuals. These tests would include, conducting a 6-min or 2-min walk test, Berg Balance Scale tests as well as gathering weight, height, waist/hip girth and grip strength of clients. Through this experience I gained a great deal of technical skills like program planning, conducting assessments and taking medical history. I also developed my interpersonal skills as I was working with a diverse group of clients through the different programs.

**Ryan Smith Human Kinetics**

TotalCardiology Rehab is one of the largest outpatient cardiac rehab centres in Canada located in Calgary, Alberta. At TotalCardiology Rehab they offer a 12-week medically supervised exercise and health coaching program that is designed to restore physical, mental, social and occupational well-being as patients recover from their heart episode. My role as a student at TotalCardiology Rehab was designed to help with this twelve week medically supervised program with the guidance of a clinical exercise physiologist. This program allowed me to perform tasks such as running orientations for new clients to introduce them to the program, instructing exercise sessions pertaining to stretching and resistance tubing, learning about different cardiac conditions and medications commonly associated and running medically supervised stress tests with the help of a CESTA.

**TotalCardiology Rehabilitation, Calgary, AB**

“**TotalCardiology Rehab is the perfect placement for anyone that wishes to experience what it is like to work in a clinical setting and see what it takes to rehab a cardiac patient.**”

**Human Kinetics**

*How the effects of THC affected the cardiac system.* This project provided information to the staff about how acute effects of THC affected the cardiac system.
I have had the opportunity to step into the role of Student Program Supervisor at The Saskatchewan Association for the Rehabilitation of the Brain Injured (SARBI). SARBI is a non-profit organization dedicated to enhancing the quality of life for acquired brain injury (ABI) survivors. SARBI offers psychosocial day programs to support and facilitate the reintegration into the community for ABI survivors. My fieldwork experience has provided me with many opportunities including developing and facilitating a day program for a diverse group of adults. I have created a newsletter to stay connected through distance when physical distancing guidelines were placed. I was also able to attend the ABI Outreach afternoon groups, introducing me to many more clients the community serves. Being involved with these groups provided the opportunity to create professional relationships with professionals working on the ABI Outreach Team including an occupational therapist. During my time at SARBI, I have gained experience in learning how to adapt different activities, learning new communication skills including transitioning to connecting with clients online and learning more about acquired brain injury. The SARBI community welcomed me in with open arms, this experience highlighted my ability to connect with people and create meaningful person-centered activities.

Connections. My special project goal was to create connections. I was to plan and facilitate the psychosocial day program at SARBI. I spent time building relationships and determining specific ways of communicating with each client to plan meaningful activities suited for individual wants and needs. I added personalization through daily introduction activities. Through building relationships and fostering trust I created an open space for authenticity and honest conversations.

“I have learnt the true meaning of community while at SARBI. I created safe empowering environment and built strong relationships to inspire the feeling of belonging within a group.”

College Park II is a retirement residence which is dedicated to the care for each of their residents. This is achieved through quality programs for residents to participate in, as well as a caring and competent staff. I was able to work with two Recreation Therapists who are leading the way in their profession. My time as a student at College Park consisted of a variety of responsibilities. My major focus was to plan and lead exercise groups that are designed to help residents maintain and improve their balance and stability as well as to provide a consistent source of physical activity. I was also able to assist and take the lead in various other activities which aim to satisfy other areas of wellness. These included leading a weekly mindfulness and meditation group and a daily group called neurobics (exercise for the mind). I was also able to shadow an Occupational Therapist from Stapleford Physiotherapy whose client base is primarily at College Park I & II. This gave me the opportunity to gain additional knowledge and experience in a variety of therapy sessions, such as mobility maintenance/rehabilitation for post-hip surgery, carpal tunnel surgery, and stroke.

“Parkinson’s Exercise Group. During my time at College Park, I was able to create relationships with a few of the residents who have Parkinson’s Disease. I decided to create a weekly exercise group for these residents which helped provide them with a source of physical activity. We gathered once a week for a group exercise session consisting of some full body stretching, posture/stability exercises, and resistance exercises. I also followed up with one-on-one exercises.
The Royal Canadian Mounted Police is Canada’s national police service. The unit that I was placed in was the Occupational Conditioning Unit (OCU). The OCU focuses on preparing cadets physical fitness in order to be equipped for police work. My time there was spent assisting and leading a variety of fitness classes, administering a variety of fitness evaluations, program development, and leading lectures. My overall experience working in the OCU was incredible. I was given a lot of learning experience from my supervisor and everyone throughout the unit. Each team member specialized in something different in regards to fitness, therefore I was educated in each area. I had the opportunity to instruct classes on my own as well as partake in weekly staff meetings. Between the knowledge I gained and the relationships formed with each team member, I believe I am fully prepared for my future professional career.

**Skill Improvement Sessions.** My special project involved creating and planning an entire program for cadets on skill improvement sessions. My lesson plans were directed towards the physical demands for police officers in the field. The sessions I got to develop and instruct were obstacle training, push-ups, pull-ups, running, PARE assistance, and hang cleans. The sessions demonstrated many techniques on how to improve the specific skill.

“*The people I met throughout my placement made a huge impact on my experience. The welcoming environment allowed for me to be successful in completing my learning objectives.*”

Peak Power is an athlete fitness training centre located on the SAIT campus in Calgary, AB. Peak accommodates all the SAIT Trojan athletes as well as other clubs and sports teams. “Learn. Train. Achieve.” is Peak's philosophy, a philosophy that represents how they coach athletes and the interns that come in. Peak is known for its exercise physiology lab and Olympic weightlifting club. With not many gyms having access to an exercise physiology lab Peak is able to perform many fitness tests on all athletes to track their overall fitness and well-being. As well for having a big weightlifting area Peak is known for programming and teaching weightlifting for many athletes to further adapt their skills. My role as an intern at Peak was to work with athletes and train them through daily and weekly workouts. Design programs for the athletes and to become a coach. Through hours of hands on training and learning it helped myself grow as a Kinesiology student and broadened my knowledge of the sporting world. I became a coach while working at Peak and will continue you to use what I learned, and I will coach in the future.

“*The best part of working at Peak was working with the athletes and building a great coach to athlete relationship and helping athletes achieve their goals through sport specific training.*”

Men’s Basketball Yearly Training Program (YTP). The goal of this special project was to complete a full year training program for the SAIT Trojans men’s basketball team. I broke down their weekly training cycles for each specific training phase throughout the year. The goal was to try and make a training plan that would feed the needs of the players and could help them be at their best throughout the season and into playoffs.
Bachelor of Kinesiology

Jared Ursulan

Alberta Physiotherapy Clinic, Medicine Hat, AB

Alberta Physiotherapy Clinic is a private practice health care clinic dedicated to physical therapy and rehabilitation. Clients range from athletes, individuals wanting to return to work, or people who just want to be able to return to everyday activities. By using hands on care from the physiotherapists and getting treatment through different modalities, clients are treated with up to date scientific evidence. My role at APTC was to create or modify exercise programs and to instruct the clients how to perform the exercise safely and properly. While also helping administer modalities to clients and making sure beds and equipment were clean. During my time at APTC I was put in numerous situations that forced me to grow and gain experience in a field that I plan to pursue a career in, which is physiotherapy and exercise rehabilitation. Doing my fieldwork here I feel I gave myself a very good platform to start my career and look forward on building my knowledge and skill with exercise programming and rehab.

Non-Surgical ACL Rehabilitation - Providing evidence towards the route of non-surgical ACL rehab giving people a decision to make, as well as show casing tests for evaluation in rehab and strengthening exercises to focus on for an injured ACL. With this evidence and discussion with other physiotherapists trying to find ways we can incorporate this route in Medicine Hat.

“It is okay if you do not know the answer right away, it just means you have more room to grow”

Fieldwork Special Project Videos

3-Minute Videos…Students share their reflections of professional growth and development

In a three-minute video, students reflect on their growth and development because of participating in their special project. Throughout the semester, they monitor the planning, application and reflection of their special project and present the valuable skills they learned through the process of the project. They are not evaluated on their special project (as that is a part of the pass/fair component of Fieldwork) but are evaluated on their ability to share what they learned in a concise and creative manner.

From the beginning of their placement, students have been brainstorming, planning, preparing and carrying out their special project. This special project is a way to leave their mark at their agency as well as practice and develop valuable professional skills and knowledge that will serve them well with their future careers. They are to imagine themselves at a job interview where they will share experiences working on this special projects and how it helped them gain the skills, knowledge and increased confidence in their program area.

Special Project videos from the Winter 2020 Semester can be found on the URAllKinected Youtube Page.

https://www.youtube.com/channel/UCpJPFF4ij64pZ1kSvFc8ifw/playlists
Bachelor of Health Studies

Accountable Care Units (ACU) Pasqua Hospital, Saskatchewan Health Authority, Regina, SK

The ACU is a non-traditional silo model that emphasizes the delivery of care through teamwork between multiple disciplines instead of teamwork between individual disciplines. This revolutionary method of care has been shown to reduce medical errors, decrease patient mortality, and increase patient and staff satisfaction. The Pasqua hospital is the first in Canada to practice this method of care. I had the privilege to work with the four ACU’s as well as the multidisciplinary team behind this model while completing my fieldwork.

Samira Adams

During my fieldwork at the Acceptable Care Unit (ACU), I was able to learn a new system of model of care that bring all team members together and also providing patient- family centred care. All member of the ACU work in a team-based environment along with great leadership. I was able to learn how important a great leadership can be. As a university student you are expected to be an independent learner but I was able to learn that teamwork is an essential that I will be able to use for any career.

Just Ask One Question and Team Huddle. The MSU wanted to implement a new evening team huddle and I was able to help by using an audit tool and help leadership makes decision and a proper start time and understand some of the hardship that might come up. The Just One Ask Question survey helps the ACU understand patient’s experience while on the units.

I had the privilege to work with the four ACU’s as well as the multidisciplinary team behind this model while completing my fieldwork. My role at the ACU was a quality improvement student. I was responsible for gathering and analyzing quality improvement data on unit 3D. The four months I spent working with the ACU allowed me to develop my professional skills in data analysis, leadership, communication, and teamwork. I would recommend anyone interested in a health-related field to consider doing their fieldwork with the ACU’s.

Unit 3D Relational Covenant. My special project was the relational covenant on unit 3D. This project was a qualitative research inquiry about the perception of teamwork on an ACU. The project involved interviewing all the staff members on unit 3D, transcribing data from the interviews, analyzing the data using a software program called Nvivo. From the data gathered I was able to generated themes and created statements to form the relational covenant.

Abenniel Browne

“You may encounter many defeats but you must not be defeated.”

Dr. Maya Angelou

“When care members are better connected with one another, patients receive the safest, highest quality care possible.” Unit 4A
Accountable Care Units work in a format where physicians, nurses, pharmacists, dietitians, physiotherapists and social workers operate within the same unit at the same time in order to deliver efficient patient care. As a member of the quality improvement department, my role was to discover the areas where performance was lacking and incorporate measures in order to improve performance on a unit-specific level. Additionally, I completed comprehensive unit-based reports, which provided a summary for the performance of units based on various established metrics with unit managers.

**Accountable Care Units (ACU) Pasqua Hospital, Saskatchewan Health Authority, Regina, SK**

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**David Olanipekun**

“The ability to engage in effective communication and teamwork in healthcare is integral because while the names on the badges will change, the people and personalities stay the same.”

**Accountability Handover Improvement** - Based on audits that were taken in January 2020, my special project was to improve the techniques employed at handover in order to improve communication and safety. This was implemented through surveys with staff to gain knowledge into existing practices, ‘Catches and Saves’ tracking to determine and display errors at the bedside to staff, observations with Patient Family Advisors and routine presentations to staff.

**Caitlyn Fatteicher**

Street Culture Project is a Regina based non-profit charitable organization that works in empowering vulnerable youth. They accomplish this by mechanisms such as social entrepreneurship, positive role-modelling, community resources, positive social activities, education-based programming and life skills training. As a student within this company I worked collaboratively with case managers, caseworkers and team support in developing and implementing prosocial programs for youth. I was also given the opportunity to participate in numerous cultural programs such as talking circles and sweats and was able to work closely with their Cultural Liaison who taught me a lot about Indigenous teachings and ceremonies. I was also able to complete accredited training such as Applied Suicide Intervention Skills Training (ASIST) and Trauma Informed care which taught me a lot about intergenerational trauma and to assist individuals with suicidal ideations. All of these skills that I gained during my fieldwork will aid me throughout my career as I continue to work in the human service industry.

**Street Culture Project, Regina, SK**

“My fieldwork at Street Culture Project has provided me with many opportunities to apply and enhance my current knowledge about the social determinants of health and to put it into practice.”

**How the Canadian Social Services System is Failing Our Current Youth.** My special project consisted of a letter to our member of parliament, briefing note, and report on youth who age out of Section 10 of the Child and Family Act to propose a change to policy. A Section 10 is when youth either 16 or 17 sign a document that indicates that the government is now their legal guardian and assume all responsibility of this youth. Currently, youth who sign a Section 10 end up homeless once they turn 18 since, they no longer have the supports needed to succeed when transitioning into adulthood. With the proposed recommendations outlined in the report, the Saskatchewan government would prolong support for these youth as long as they are working on advancing education or employment. This recommendation is similar to Alberta and Ontario legislation. By implementing this, it would levitate the burden on non-profit organizations and also gain government support to fund these programs that Street Culture Project current offers.
Public Health Agency of Canada (PHAC) is a federal government agency that is responsible for improving and protecting public health through innovation, leadership, and partnership. Their main activities focus on emergency preparedness, infectious and disease control, physical and mental health promotion, and supporting informed decision making. As a fieldwork student at PHAC, I was placed with the Knowledge Mobilization Unit. In this unit, I contributed to tasks focusing on public health intelligence gathering, development, and exchange. I created a presentation and a literature review pertaining to antimicrobial resistance. I also contributed to the development of the timely scan and binder for COVID-19, stakeholder's profile management, as well as, updating some knowledge mobilization resources. Throughout my learning experience, I attended multiple webinars, conferences, and participated in a remote site visit. Completing my fieldwork at PHAC has been an informative and valuable experience. This placement has provided me various opportunities to practice and apply the skills and theoretical knowledge I gained throughout my academic years at the University of Regina. PHAC has expanded my understanding of the existing social determinants of health present in various demographics and communities of Saskatchewan. In the future, I wish to apply what I learned from this experience by becoming an effective leader and contribute to the decision-making processes pertaining to public health.

“To sum up this experience, I learned that you don’t necessarily have to change the world to be effective. What matters more is about what you do in the realm of your influence.”

Public Health Agency of Canada (PHAC), MB/SK Regions, Regina, SK

Susan McGee

e-Cigarettes: Juuling 101. An emerging topic and growing health concern in Canada are small, sleek e-cigarette devices made by a company known as Juul, highly popular among youth. It has imposed dire health implications by creating early dependence of high levels of nicotine in adolescents also causing adverse effects on the developing brain. Further research and enacted legislation are needed to truly understand the health implications and to mitigate any further damage to Canada’s youth.
Bachelor of Health Studies

Shelley Quist

Stewardship and Clinical Appropriateness Department, Saskatchewan Health Authority, Regina, SK

The department originally started out with Antimicrobial Stewardship which looked at the use of antibiotics and how the use or misuse of them was impacting the health of people in the health authority. This started to branch out and create other clinical quality improvement programs that the departments participate in. The Opioid Stewardship is the newest section in the department and is helping to research issues surrounding the opioid crisis the country is now faced with. My role was as a research analyst and the project I worked on was related to Opioid Stewardship. I was responsible for reviewing the ethics application before re-submission, reading the literature and other literature pertaining to the project, creating a database to be used for the collection of data from medical charts, reading patients medical charts to find data, and then cleaning and compiling the data for presentation. This work has shown me how the process goes from start to finish in a research project. I had to be patient and adapt to the different circumstances that came up like Covid 19. Being adaptable and ready for change is a must in this department.

Clinician reports for opioid prescribing: A novel approach to opioid stewardship. This project is to compare the ordering habits of seven hospitalists at the Accountable Care Units at the Pasqua Hospital in Regina, SK. We collected data from paper charts and electronic charts to help create a clinician report for the hospitalist to review their prescribing habits with opioids.

"My clinical experience has taught me to be open to new ideas and how to work in a team environment through the good and not so good."

Dayne Riche

Regina Education and Action on Child Hunger (REACH), Regina, SK

REACH is a non-profit organization working to provide healthy, nutritious foods and food education to Regina’s children and their families. Some of the many food security initiatives include the Good Food Box, Family Basket, and cooking classes for a variety of populations. My role was a food security support worker. I spent time researching food insecurity and related policies, supporting the education staff in facilitating cooking classes, and preparing boxes to be sent out. This experience opened my eyes to a new perspective of vulnerable populations in Regina and the gaps that exist in ensuring the most vulnerable people are food secure. My program focuses a lot on the social determinants of health, but this is something that one will never really understand until you see and experience these struggles first-hand.

“The variety of opportunities at REACH provided me with a well-rounded experience that I am proud to have been a part of and will carry newfound values with me in my future endeavors.”

Health Education Resource Strategy – My project was to develop a resource for the staff for posting on social media. This resource contains over 100 written pieces complete with visuals on various health topics including nutrition, physical activity, and chronic diseases. These posts are made with the intention of educating the client base on their health in simple, easy to understand terminology for all literacy levels and populations.
Neil Squire Society helps many people who do not have means to take career-building courses to improve themselves to find meaningful employment and sustain themselves. Through the job developers, computer comfort courses, and their facilitators, Neil Squire Society helps individuals with various forms of disabilities learn how to mold themselves in the appropriate manner to hold and sustain employment long term. This is because many of their clients are not able to hold employment long term due to their disability because they do not have the skills to manage it in a contemporary Canadian working environment. Neil Squire Society uses technology, knowledge and passion to empower Canadians with disabilities. They also provide assistive technology accommodation assistance for a wide variety of clients to help them overcome barriers enacted by their disability.

Shadow/support Regional Manager and Assistive Technology Specialist to apply and/or develop specific training/skills in a way that is both professionally and organizationally beneficial. Provide instructional assistance for participants* in Computer Comfort, WTEEE Group, Solutions areas with functional direction and support being provided by a Coordinator. Interact with participants based on lead/direction of area Instructor/Coordinator(s). During instruction time, provide tutoring support in such a manner that encourages independent thoughts, decisions and actions of participants.

The impact this experience has had on my professional skill building is insurmountable. The sheer impact it has had on developing and instilling effective communication in the workplace itself is a worthy contribution, which will be an asset for me moving forward. From understanding the needs of clients and providing that service within the parameters of the organizational policy to effectively communicating with superiors. This definitely was an interesting and challenging experience.

“Whether you think you can or you think you can’t, you’re right.” — Henry Ford

Bachelor of Health Studies

The Bachelor of Health Studies is a joint degree between the Faculty of Kinesiology and Health Studies and the Faculty of Arts in partnership with the First Nations University of Canada.

It aims to provide students with an integrated understanding of the ways in which social, economic and cultural "determinants of health" shape individual beliefs, attitudes and practices, which in turn affect physiological and biological functioning of individuals.

The degree promotes an interdisciplinary understanding of health, drawing on both the social sciences and the natural sciences, and aims at promoting knowledge development and action conducive to health. This program meets the needs of Saskatchewan and Canada as health issues continue to dominate public policy choices. A key feature of this program is its emphasis on understanding indigenous health needs.
Maeve McKinnon

Wascana Rehabilitation Centre, Saskatchewan Health Authority, Regina, SK

I completed my fieldwork placement at Wascana Rehabilitation Centre, in the Adult Rehabilitation Program with the Recreation Therapist. The recreation therapy program provides leisure education and support to clients who are experiencing barriers. Through functional intervention, education, and recreation participation, the Recreation Therapist works to maintain or enhance the leisure lifestyle of the client. In this placement, I had the opportunity to practice delivering recreation therapy services to clients. Some of my responsibilities included assessing the client’s leisure lifestyle, documenting the progress of clients, and facilitating leisure programs at the Sportplex in Regina and at Wascana Rehabilitation Centre. What I enjoyed most about my placement was getting to know the clients who attend the Adult Rehabilitation Program. Learning about the client’s favourite leisure activities or what leisure activities want to try was a very meaningful part of fieldwork.

R.E.S.T. Program. For my special project, I helped to create a rehabilitation program for adults in rehabilitation who are not allowed to return to work. The program, named Rehabilitation, Education, and Support Together, or R.E.S.T. served to provide education and support to adults experiencing a disability or diagnosis that has greatly altered their life. My role was to create a program proposal for the group, create weekly content to be presented to the group, and help to facilitate/lead the weekly sessions.

Mackenzie Taylor

Ranch Ehrlo Society, Regina, SK

Ranch Ehrlo is a non-profit organization with the mission, “To provide quality preventative and restorative services to, and advocacy for, vulnerable individuals and families through highly engaged and professional employees”. I spent my fieldwork placement at one of the 24/7 youth residential treatment housing units for boys between the ages of 14-17 years old. During my time I built relationships with the youth, participated in programming, assessed the client needs, developed and implemented programs, and evaluated various outcomes. A large portion of the placement was engaging in activities of daily living, role modelling appropriate social behaviours, and participating in various program activities. The impact of my fieldwork experience was profound, not only did the youth teach me new skills and games, but they also taught me the true meaning of resilience.

I developed a Leisure Assessment Tool that is agency specific. By using this assessment tool it will aid in delivering meaningful programs that will contribute to the treatment and goals of the client. The purpose is for completed assessments to go in the unit binder that contains background information on each individual. New staff could read and learn about what the youth like to do and then use the information to help foster new relationships by facilitating and engaging in desired programming.
Special Olympics Saskatchewan (SOS), Regina, SK

Special Olympics Saskatchewan (SOS) is a non-profit organization located in Regina, Saskatchewan. SOS provides athletes of all ages with intellectual disabilities the opportunity to participate in sports and recreation. Special Olympics is much more than just a yearly event but has grown to be a year-round national movement for athletes. SOS utilizes sports to improve individual’s health and lifestyle by keeping them active and socializing with their peers. I was given the role as the Assistant at Special Olympics Saskatchewan. It was my responsibility to help the two departments, Marketing and Programming, with any tasks that needed to be completed such as: helping promote and plan events, designing logos and other promotional items, filling out grant applications, updating coaches’ reference books, talking to sponsors, and organizing the athlete uniforms and equipment.

“Always be prepared to adapt in situations that may not go as planned.”

Prince George Cougars Hockey Club, BC

The Prince George Cougars are a WHL team located in northern British Columbia. During my fieldwork I worked alongside the Cougars Director of Business and Game Operations Iain Scott. I also worked along with the Cougars business staff during day to day operations and community events. My role in the organization was to assist the Cougars in planning, executing and evaluating home games throughout the regular season. Some of the responsibilities at the home games included setting up and taking down on-ice promotions, organizing volunteers, communicating with game night sponsors and local businesses. Through the practicum experience there was never a dull moment in the office or during the games. The practicum experience was fast past and required a lot of time and effort, but the rewards are endless. The skills walking away from the Cougars have not only helped me grow in my professional development, but it has helped me grow as an individual.

“The Game”- My special project included me taking over the lead role of running the Cougars home game against Lethbridge. In my game I coordinated with local businesses to set up kiosk and coordinated all the timings for the ceremonial puck drop. As well I created the scripting for the in-stand events throughout the game and coordinated with all the volunteers throughout night to ensure a successful game.

“Choose a fieldwork that pushes you to your limits and challenges you. If you put the time and effort in the reward will be better than meets the eye.”
Ben Berger

Faculty of Kinesiology and Health Studies and Cougar Athletics, University of Regina, SK

Congratulations Ben! For being our first student to complete the Sport and Recreation Management Paid Internship! Ben started in the Spring Summer 2019, completed his second semester in Fall 2019 and finished his 12-month internship in Winter 2020.

I conducted my third work term at the University of Regina (U of R) with the Faculty of Kinesiology & Health Studies and the Athletic Department as a Marketing and Communications Intern. The previous semester I developed the @URAllKinected social media platform, helped develop the new Regina Cougars and Rams website (it's now live, check it out!) and worked athletic events.

This semester I was given added responsibilities to my duties. To make the @URAllKinected social media platform run more efficiently and give students working experience in digital marketing, I created the Kinesiology & Health Studies Media Team (KHSMT). The KHSMT was comprised of two students who developed their photography, digital content creation skills and professional skills. It was amazing to watch their growth over the course of the semester and give them real experience in the field of digital marketing. Throughout my entire placement, the follower growth of the @URAllKinected social media platforms was remarkable as our Instagram following grew 67% while Twitter and Facebook grew 16% and 8%, respectively.

The second major project I worked on this semester was the development of two commercials that feature the Sport & Recreational Management (SRM) and Therapeutic Recreation (THRC) at the U of R. This project was fascinating as I was able to engage with current students and alumni in the faculty to help shape a commercial that will best showcase these amazing programs. The filming for the commercials is only 25% complete due to the pandemic but will be resumed once it is safe.

I want to thank the Faculty of Kinesiology & Health Studies and the Athletic Department for the opportunity to complete my internship with their organization. This experience has made me grow professionally and personally in so many different ways and will be instrumental to my future success in sports management.

Ben Berger

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
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

Please see just a couple of ways that Supervisors and Students made the best of the COVID-19 Pandemic in the Winter 2020 Semester.

Shantelle Seibel and the staff at SARBI, supported Karissa Spence as she continued to connect the SARBI Community through a weekly Newsletter.

In this time of uncertainty, a group of current KHS Fieldwork students completing their practicum with Saskatchewan Health Authority came together to provide an essential service as they join fellow student, Dayne Riche at REACH to prepare food packages. KHS students are great people. Great job Andrea Bredin, Austin Penner, Angelika Ramos, Cassidy Schmidt and Vera Chukwuemeka (missing due to illness). Thanks to their supervisors, Dana Folkersen, Tracy Sanden, Joy Sluser, Kristin McKeil, Bree Calland, Marisol Molina-Smith.

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