

# Make Your Move

Office of the Practice of Kinesiology and Community Placement  
School of Kinesiology 807-343-8414



## News for the Winter Term!

Hello - Many of you may be able to relate to the little fellow to the right. Warmer air is supposed to be on its way and in the meantime the weather provides more encouragement to stay inside to study! Be sure to take brief breaks to go out and enjoy the ODR's, ski hills, trails and other amazing activities you can do in Northwestern Ontario.

Enjoy your term!



## Student Faculty Advisors

- 1<sup>st</sup> yr. Dr. Carlos Zerpa – SB 1013; [carlos.zerpa@lakeheadu.ca](mailto:carlos.zerpa@lakeheadu.ca); 343.8940
- 2<sup>nd</sup> yr. Dr. Derek Kivi – SB1008; [derek.kivi@lakeheadu.ca](mailto:derek.kivi@lakeheadu.ca); 343.8645
- 3<sup>rd</sup> yr. Ms. Leanne Smith – SB 1019; [leanne.smith@lakeheadu.ca](mailto:leanne.smith@lakeheadu.ca); 343.8414
- 4<sup>th</sup> yr. Dr. Ian Newhouse – SB1017; [ian.newhouse@lakeheadu.ca](mailto:ian.newhouse@lakeheadu.ca); 346.7754

## Updates in the School of Kinesiology

2017 brought a number of changes to our School. We've been so busy that we have not had time to share everything in a newsletter. Below is a summary of our recent changes:

- ❖ June 2017 was Glen Paterson's final month as Practice of Kinesiology Coordinator. His retirement has been filled with music, theatre, and cars. As his email auto-response message so accurately expresses Glen is "retired but not at rest".
- ❖ December 2017 Dr. Joey Farrell retired after 26 years dedicated to kinesiology here at Lakehead. Enjoy your well-deserved retirement!
- ❖ As you can imagine, neither Joey nor Glen are quite ready for full retirement so you may see them in the halls continuing to work on projects that will contribute to improvements in our programs!
- ❖ Dr. Ian Newhouse is our new Director (Acting) of the School of Kinesiology
- ❖ Leanne Smith is the new Practice of Kinesiology Coordinator
- ❖ Brooke Moncrief started in September 2017 as the new Graduate Diploma Program Coordinator. Welcome Brooke!

Faculty Advisors (FA) complete degree audits in January and e-mail students with any concerns. Contact your FA if you would like to discuss your progress this past term.

**Faculty News!**

**Dr. Paolo Sanzo**



I was the Co-Captain of the Doping Control and Medical Teams for the World Junior Baseball Championships held in September 2017. Lakehead University and the School of Kinesiology played a key role here and offered a unique opportunity to the students in Kinesiology to be part of this. We had 21 volunteers from the School of Kinesiology be part of these teams in various capacities!



I also had the opportunity to attend the "Space, Health, and Innovation: Emerging Challenges, New Opportunities, and Benefits to Society" forum at the Canadian Space Agency. This forum engaged Canadian health and biomedical experts to identify healthcare challenges, explore opportunities to collaborate and leverage research and technology developmental activities, and exchange ideas between academia, government, industry, and clinicians to plan Canada's next chapter in human space exploration.

**Dr. Braden Te Hiwi**



I worked as a writer for Canada's Sports Hall of Fame in the development of a virtual museum exhibit. I worked on it a few years ago, but it has only just now been finished and become live in the last month or two.

The exhibit is called "Canadian History and Society through the Lens of Sport" you can read more at [canadasports150](http://canadasports150) . I was one writer in a small group of writers, and contributed to sections on cultural and racial diversity. There are other interesting sections including one on women's sport. Please, have a look if you are interested.



## Student News!

### Kinesiology Association of Lakehead University

Undergraduate students of the Honours Bachelor of Kinesiology at Lakehead University have been busy with school work, recreational/varsity sports, and extra-curricular clubs. The Kinesiology Association of Lakehead University (K.A.L.U) represents the undergraduate team of students in the Kinesiology program. There have been many events to promote exercise and a healthy lifestyle. From Kine Orientation in September to a Zumba Fundraiser for the Girls and Boys Clubs of Canada Thunder Bay, K.A.L.U's purpose is to connect Kinesiology students with the community in a purposeful and fun way.

Upcoming events in the winter term include:

- Sports Tournament Fundraiser to send Undergraduate students to conferences in Toronto
- Kinesiology Formal
- Wing Crawl
- Graduation get-togethers

These events are inclusive to other programs to attend, as the main goal is to promote physical activity across Lakehead.

- submitted by Jasmine Ferdousi

### **New CCUPEKA Award for Student Leadership**

Are you a fourth year student? Have you been involved with and played a leadership role in kinesiology related activities and programs within the community?

#### **YOU COULD BE ELIGIBLE TO WIN OUR NEW CCUPEKA LEADERSHIP AWARD!**

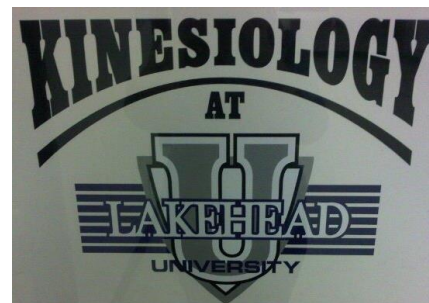
The successful nominee:

- Will receive a certificate awarded at the Kinesiology 4220/4230 poster presentation
- Can add the award to their CV
- Will have their name on a plaque of award winners posted in the Sanders Building

Contact Dr. Ian Newhouse for additional information and the application form  
Submissions due by **February 28, 2018**

### KALU

*All students enrolled in the Kinesiology program at Lakehead University are automatically members of KALU. This is "your" association working to organize extracurricular activities for Kinesiology students to facilitate cohesion from entry level to the graduating class.*




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#### Reminders

*"The course calendar that you enter under is the course calendar you graduate under!"*

*"You are allowed to complete an additional 2 FCEs in first year credits over what you complete in required first year courses. You are allowed to complete 8 FCEs in total at the first year level."*

*NOTE: All students are required to complete the non-credit Outdoors Experience - Hiking course Kine 4193 in order to graduate.*

## Graduate Student News

The Fall semester was a busy and exciting one for the MSc Kinesiology program. **Leigh Jefferies** and **Kailey Trodd** both successfully defended their respective theses; a defining achievement representing years of hard work and the unofficial completion of their degrees.

Additionally, six students proposed their respective projects and will be getting to work on them early in the New Year. Topics and projects include: neck strength and concussions, ankle bracing, perfectionism and rehabilitation, smelling salts, exercise programs for persons with disabilities, and concussion rehab. Stay tuned for more proposals early in the Winter term and watch out for recruitment posters; students are always welcome to participate in projects which they meet the criteria

- Submitted by Zach Henderson

## Alumni News! Where are they now?

**Chery Luptak** – HBK Co-op, Gerontology minor 2016, MPH 2017  
Health Promotion & Research Analyst at Waterloo Public Health

**Kylie Szczebonski** – HBK 1997  
Director of Care at OMNI Health Care in Peterborough

**Dr. Tony Valente** – HBK 2002, BEd 2003, MSc Kinesiology 2007, NOSM 2014  
Family Physician at Harbourview Family Health Team

*How did Lakehead provide you the unique skills and opportunities to succeed in your chosen profession?*

Undergraduate and Post-graduate Kinesiology curriculums provided the foundation to tackle medical science; while my education degree improved my function in small groups and teaching. -- Both have important roles in learner centered medical education.

The exposure to specialized undergraduate and post-graduate academic instruction, from professors I admired and respected, simultaneously combined with opportunities for engagement in local, provincial, national, and continental athletic competition in Soccer and Track, motivated me to reach the limits of my potential. I endeavour to maintain this same level of commitment today, in my daily work as a Family Physician.



KEEP  
CALM  
AND  
FINISH  
STRONG



## Education Opportunities within Kinesiology

### GRADUATE SCHOOL

What are your plans next year? Have you considered the Graduate Diploma in Professional Kinesiology? It is a graduate study program specifically designed to provide professional training and clinical skill upgrading for current and future practitioners of Kinesiology. Through the Graduate Diploma, individuals receive advanced training in: musculoskeletal assessment; disability management and ergonomics; exercise prescription; as well as business, ethics and risk management. This is a great step to further prepare for the College of Kinesiologists of Ontario registration examination as well as for future practice. For more information contact Brooke Moncrief at [brooke.moncrief@lakeheadu.ca](mailto:brooke.moncrief@lakeheadu.ca) or drop by SB 1028C.



Did your 4220 or 4230 project peak your interest in research? Have you considered the two-year Master of Science in Kinesiology? The MSc program employs a multidisciplinary approach that focuses on the study of human performance from a scientific perspective. Through the MSc program students achieve higher education, advanced research skills, and complete an independent research project in their field of interest. This is an amazing opportunity to contribute to kinesiology scientific literature. For more information contact Dr. Erin Pearson at [erin.pearson@lakeheadu.ca](mailto:erin.pearson@lakeheadu.ca).

*\*Remember* – it is recommended that you seek a potential supervisor prior to applying.

## NEW Exchange Opportunity

### Consider Complimenting Your Education with an Exchange to York St John University in York, England

Recently the School of Kinesiology confirmed an exchange opportunity with York St John University, for students in the winter term of their third year in Kinesiology.

Having recently visited the campus, toured the facilities, attended a number of laboratory sessions, and met the faculty members, I highly encourage you to consider taking on the challenge. Planning needs to start in your second year, but can be finalized at the beginning of year three. Our International office will assist you in your preparation, and inform you of a contribution to financial support to travel to Britain. You remain a Lakehead University student, but complete courses at York St John. Some of the courses will transfer back to Lakehead with direct equivalency to required courses, while others will count toward your electives. Contact Leanne Smith ([leanne.smith@lakeheadu.ca](mailto:leanne.smith@lakeheadu.ca)) if you think you might be interested; she can provide more information and encouragement.

York St John has a BEAUTIFUL campus, program, and York is a lovely city, you can't go wrong. Take the opportunity **now**, don't wait!

-submitted by Dr. Joey Farrell



## Presentations and Conferences

### OKA



The vision of the Ontario Kinesiology Association is to have Kinesiologists recognized as the authority on human movement and the preferred health care provider of practical, applied and effective solutions for injury prevention, improved health and performance outcomes for clients. The OKA exists to promote the profession of kinesiology, support the discipline's professional standards and assist Kinesiologists in their growth and development. A representative from the OKA presented on **January 19, 2018 at 2:30 pm in classroom SB1016**. [Learn more about the OKA.](#)

### Registration as a Professional Kinesiologist

Have you been wondering about the process of becoming a Registered Kinesiologist upon completion of our program?



A representative from the College of Kinesiologists of Ontario provided information and answered questions at a presentation on **February 2/18 at 2:30pm in classroom SB-1016**. If you missed the presentation and want to learn more, contact Leanne or Brooke to obtain a copy of the presentation.

### 2018 Tai Chi International Academic Conference



The School of Kinesiology, with support from the City of Thunder Bay, will be hosting an international research conference on Tai Chi, with the academic component running from **Tuesday September 25 to Thursday September 27, 2018**. *Save the dates*. Visitors will attend from all over, with a strong contingent coming from Thunder Bay's sister city of Jiao Zhuo, China. Research about all aspects of Tai Chi will be presented in oral and poster format. Opportunities will exist for students to assist at the conference in a variety of capacities. Enjoy the experience of an international conference here in town. Stay tuned for more information on how you might participate.

## School of Kinesiology

Lakehead University

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## Certification Courses & Workshops

### CSEP – CPT Certification

- Involves instructional training & practice classes followed by theory & practice exams for final certification
- Requires current First Aid and CPR
- Leads to Personal Trainer certification
- Prep sessions in SB-1016 beginning Feb 2018. Schedule TBD.
- Cost for certification through CSEP ~\$600; practice sessions can be arranged with local CSEP examiner (additional fee may apply)



### Wrapping and Taping

March 24 & 25 9 am-1pm

- Great for those interested in coaching, rehab & athletic therapy
- 8 hrs of guided hands-on wrapping and taping experience
- \$115 includes manual and all materials
- Enrollment is limited to 16 – minimum 10
- Letter of completion granted



### First Aid/ CPR-HCP Certification

March dates TBA  
(online plus 1 day workshop)

- For those who still need this certification or those who want to update
- Presented in cooperation with the Canadian Red Cross – meets all requirements for our program
- Enrollment limited to 20 – minimum 10
- Cost \$TBA

### CPR-C - Cdn Red Cross Re-Certification

March TBA  
(sessions arranged if needed)

- For those who need to re-certify CPR
- Presented in cooperation the Canadian Red Cross – meets all requirements for Standard First Aid & CPR-C re-cert
- Enrollment limited to 20 – minimum 10
- Cost \$65.00

To sign up for or get more information on any of these workshops e-mail [Leanne](mailto:Leanne) or enter your name on the sheet posted outside office SB 1019.

**Remember -  
check your LU email account throughout the year for course and activity updates.**

**Wishing you all the best for 2018.  
Keep active,  
fit, and healthy.**

## Workshop Ideas

Note that workshops will only be offered if there is enough interest meaning that there are at least eight paid participants. Email your suggestions for other possible workshops to [Leanne](mailto:Leanne).