

# Make Your Move



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

*Office of the Practice of Kinesiology and Community Placement  
School of Kinesiology 807-343-8291*

## Happy New Year!

Welcome back one and all to another exciting term of study, socializing and snow-shovelling. As I compose this newsletter my old bones are rattling as the chill of January has settled in. Winter semester is here – refocus on your studies but don't forget to take advantage of the KALU winter activities, get out to a Thunderwolves game, go snow shoeing, skiing, snow boarding or for something a little different try dog-sledding. Stay safe and enjoy the great outdoors. This newsletter contains a little something for all of you – take some time to “move” into 2017!



## Student Faculty Advisors

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- 2<sup>nd</sup> Yr. – Dr. Derek Kivi – SB1008 – 343-8645 – [derek.kivi@lakeheadu.ca](mailto:derek.kivi@lakeheadu.ca)
- 3<sup>rd</sup> Yr. – Mr. Glen Paterson – SB 1019 – 343-8291 – [glen.paterson@lakeheadu.ca](mailto:glen.paterson@lakeheadu.ca)
- 4<sup>th</sup> Yr. – Dr. Joey Farrell – SB1015 – 346-7754 – [joey.farrell@lakeheadu.ca](mailto:joey.farrell@lakeheadu.ca)

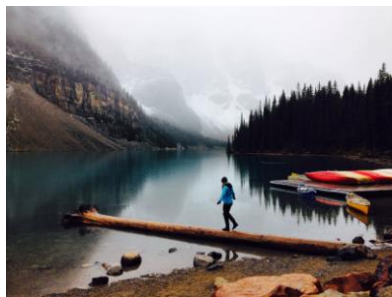
## Is a student exchange in your future?

Kinesiology students interested in completing a portion of their degree studies at another institution outside of Canada may apply for and be selected to study abroad. Over the past number of years a handful of students have taken advantage of this opportunity to enhance the learning experience with international study. Generally those interested in exploring this option would complete some research into program choices and international study locations in second year with the intent of completing at least one exchange semester in third year of the Kinesiology program. Most recently Charles Sturt University in Australia (<http://www.csu.edu.au/courses/bachelor-of-health-and-rehabilitation-science>) and Lakehead have exchanged students between the Bachelor of Health and Rehabilitation Science program and our Kinesiology program. Previously students have completed course work in Ireland at The University of Ulster in the Sport and Exercise Science program ([www.ulster.ac.uk/campus/jordanstown/](http://www.ulster.ac.uk/campus/jordanstown/)).

Interested students should first go to the website of Lakehead International (<https://www.lakeheadu.ca/future-students/international-students/exchange-students/outgoing-exchange-students>) to find out more about the application process. Mr. Patrick Carr coordinates exchange arrangements and questions can be directed to him at [pcarr@lakeheadu.ca](mailto:pcarr@lakeheadu.ca) or phone 343-8068.

Other exchange opportunities may exist as well. Students are encouraged to contact the International Office to gather further information and to take advantage of these learning adventures.

## Alumni News! Where are they now?



### Erin Duhaime - HBK 2013, GDipKin 2014

As a new University of Alberta graduate with a [Master of Science in Occupational Therapy \(OT\)](#) I have recently reflected back on my educational career that lead me to where I am today. Lakehead University's Kinesiology program provided me with a solid foundation of human anatomy, biology and body mechanics. This foundation in combination with the practical component of the Graduate Diploma in Professional Kinesiology was the ideal precursor to a career in rehabilitation medicine. I love that Lakehead provides a small community feel and I still to this day feel comfortable enough to reach out to any past professors should a question arise. This supportive environment fostered my belief that hard work and perseverance help you reach your career goals. I distinctly remember shadowing one day on the neuro-rehabilitation unit at St. Josephs Hospital when I stumbled onto OT. I quickly learned that OT is diverse and a holistic approach to the patient and that as Kine grads we are a natural fit. I am grateful to have had the opportunity to be exposed to a career I had previously never come in contact with, if it weren't for the 4<sup>th</sup> year Kin Career Exploration course. Now, as an Occupational Therapist working in Alberta, in the hospital setting I will continue to build on the skill set I acquired from my time at Lakehead and subsequent MScOT. Lastly, I would encourage any prospective students looking into Rehabilitation Medicine Masters to also look outside of Ontario, as there are excellent opportunities outside the province.

### Jonathan Tunley - HBK 2012

I've just started my career as a Physiotherapy resident this year. After completing my HBK degree I worked for 2 years as a Clinical Kinesiologist. I had a great experience working as a Kin and I took that time to research, as much as I could, my options for further education. After taking another job managing insurance claims for motor vehicle accident clinics, I decided I wanted to pursue a career in Physiotherapy. I completed my [MSc Physiotherapy](#) degree at Leeds Beckett University in the United Kingdom and I am now qualifying as a Registered Physiotherapist in Canada. I couldn't be happier with the path I've taken as it's starting to feel like all my hard work has paid off. The moral of my story is take your time with making these big decisions and get involved in your field of interest so you can make an educated decision.

### Rebecca Armstrong - HBK 2010

Following graduation, like many, I was unsure about which path to take next. While figuring out my next move, I became a personal trainer at GoodLife Fitness in the GTA. Physiotherapy (PT) had always been an interest of mine and I applied for my Master of Physiotherapy the following year. The first thing I did was look at the deadlines, requirements and fees for the applications and made a timeline and checklist to ensure I wouldn't miss any important dates. I chose to apply to all the English PT schools in Ontario (Queen's, McMaster, U of T, and Western). Surprisingly most schools did not have many course prerequisites in order to apply. However, for the ones that did, graduating from the Kine program at LU covered all those necessary. Although not required for McMaster, anatomy, biomechanics, musculoskeletal injuries and psychology provided me a strong foundation. Prior to applying, I also took a keen interest in developing some hands-on skills by volunteering in multiple physiotherapy clinics during my summers. With increasing competition for PT, it is important to stand out amongst the crowd. For McMaster and Queen's especially, a greater emphasis is placed on the interview and personal essay portions, and they are both looking for well-rounded individuals with experience and traits that will make you stand out. If physiotherapy is something you are looking to take, I would highly recommend volunteering in different clinics, or finding a mentor from which to learn.

Key tips: get started early! Applications are due in early January for a September start, and many require references from professors and other professionals (i.e. a physio you shadowed etc). Also, check [ORPAS](#) for application information so you can prepare early, or if necessary re-take a course or two. Overall, I felt that Kine at LU left me very well prepared for completing my [Master of Physiotherapy](#) at McMaster University.

*"Many of our recent graduates are attending Graduate Schools across Canada and beyond - with a large percentage of them continuing here at LU in the Graduate Diploma or Master of Kinesiology Programs."*



## Life as a Kine Grad – Erin Sargent – HBK 1998

My career has evolved since graduation but my success was built on the great foundation I received in the Kinesiology program at Lakehead. Shortly after graduation, I started a personal training business in Thunder Bay. I was one of very few females working in the field as a personal trainer in Thunder Bay at that time. It was this experience that solidified my desire to always work in an applied setting. My venture proved to be very successful and by the 2<sup>nd</sup> year, I had a waiting list for taking new clients. By the 3<sup>rd</sup> year, I realized that I wanted to study further while staying in an applied setting so I chose to attend the University of Calgary for their Master of Kinesiology (MKin) program.

While studying in Calgary, I continued to train clients part-time. While applying for part-time work, I was told on two occasions that any employees that were graduates of Lakehead's Kinesiology program were some of their best! I attributed this to the practical courses and skill-based labs woven throughout the 4 years of curriculum.

The MKin program was course-based and included a research component. They were two of the hardest years of my life but proved very valuable. My skills and knowledge were advanced, I had many opportunities to work in the field with elite athletes and my confidence grew. Some of my time spent in the program required me to be a TA and I discovered that what I loved the most at that time was to teach. Following graduation, I returned to Lakehead to teach for one semester in the lab before securing a sessional teaching position at Humber College in the Fitness and Health Promotion (FHP) Program. This 2-year diploma program was designed to train students to work as personal trainers and in public health. Although I loved teaching at Humber, Toronto was not for me. Fortunately, a position was posted for a full-time, permanent position as a professor at Niagara College in the same program.

I taught in the FHP program for 8 years, all the while realizing that there was a need in the Niagara Region for more qualified Certified Exercise Physiologists and Kinesiologists. To respond to that need, a colleague and I, developed the Exercise Science for Health and Performance Program. This is a one year graduate certificate designed for Kinesiology grads that need to build their practical skills and knowledge to feel confident and be successful in their field. With the new designation of "Registered Kinesiologist" in Ontario, the timing was ideal. The program has improved its enrollment each year since its inception. During my time at the college, I dabbled in the field to ensure my own skills were up to par. However, by the 10-year mark, I felt a pull to return to my field.

I do believe opportunities present themselves at the right time. A position for an Exercise Physiologist was posted at the Canadian Sport Institute in Calgary (CSI Calgary) just as I was feeling this need to return to the field. I would be working with my MKin professor from U of C and a few of my former classmates. I jumped at the chance to move when I was offered the position and I have now been with CSI Calgary for over a year. It gets better every day. I am responsible for a number of National and Development teams when it comes to assessment and interpretation. I also work closely with both the NextGen and National Wrestling athletes as part of the Integrated Support Team where I am responsible for cardiovascular programming. The Canadian Sledge Hockey Team is another group that I love to work with. And finally, I am the lead Anthropometrist for our National Teams. I may return to teaching one day in the future and I know that this experience would prove valuable in the classroom.

I can't say enough about the strong foundation that I received at Lakehead. It was there that I developed the passion for sport and recognized the need for being a lifelong learner. I wish there was enough time in the day to read all the research related to my field! You should be proud to be a Kinesiology grad from Lakehead.



### 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.*







## Registration as a Professional Kinesiologist

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

The Registrar from the College of Kinesiologists of Ontario will be able to provide all the information required and answer your questions at the upcoming presentation **January 27/17 at 2:30 pm in classroom SB1016**. All current students and interested graduates are welcome to attend. Mark this date on your calendar.

## 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.

[Learn more about OKA.](#)

## Co-op Program News – Kinesiology at a Nuclear Power Plant



After finding and applying to an online posting for a kinesiology co-op student position at Ontario Power Generation (OPG), I received an invitation for an interview in June. Shortly after, I received an offer of employment starting in September for an eight month placement at the Darlington Nuclear Generating Station refurbishment project. This major milestone project started October 15, 2016. It will upgrade equipment for all four units over the next ten years and hopefully extend plant life to at least 2055.



After a rocky start (my start day being delayed a week, not having access in my building for a couple days, as well as not having computer access), I was required to complete a variety of training CBT's (Computer Based Training) that taught me about nuclear power, and safety. During this placement, I am working for the human performance department, where human performance is the combined system of processes, values, job site conditions, and individual worker behaviours, executed to accomplish a specific task. This is an important department to have in the nuclear industry because of the high risk environment as well as possible error-likely situations. I believe that it uses kinesiology practices because it looks at why people do what they do and ways to reduce human errors. At OPG, the human performance manager for the Darlington station asked me to organize a guest speaker presentation for the operators and maintenance staff at OPG. Spencer Beach, a burn survivor, came to OPG and retold his story on how he failed to use safety protocols and the proper PPE (Personal Protective Equipment) leading to a life threatening accident. Additionally, I attend department meetings, go on field walk-downs where I participate in observation and coaching sessions, and gather data to compile and analyse so that we can measure trends (example: what behaviours are being ignored). Furthermore, this co-op position has provided me with the opportunity to network with professionals within the nuclear industry when I attended a "Women in Nuclear" conference on November 6-7. Specifically, I have seen Kinesiology applied through motor development (information-processing) and ergonomics in both the office space and power plant. Overall, this has been a great experience and I am excited that my contract has just been extended for another work term.

Submitted by 2<sup>nd</sup> year co-op student Alysha Duivesteyn

## Experiential Learning within Kinesiology

The following courses offer students the opportunity to gain “hands-on” experiences by interacting with members of the community at large. Some of these are “core” or required courses, some are electives, but all provide valuable experiential opportunities that help to shape your understanding of the practical side of the field of Kinesiology.

Many other courses within the program offer valuable “hands-on” practical experiences in both classroom and lab environments.

### Kine 1711 – Movement Observation and Assessment

A course in applied kinesiology designed to illustrate the motor patterns characteristic of infants, children, adults and older adults. Students practice assessment of motor skills through visual observation and application of specific tools like the Test of Gross Motor Development. The effects of age, practice, motivation and experience on performance will be introduced by observing participants in ecologically valid settings.

### Kine 3070 - Introduction to Adapted Physical Activity and Sport

An introduction to issues associated with adapted physical activity, viewed from the lifespan approach. Topics include examination of issues in inclusion; discussion of motor characteristics of individuals diagnosed with different developmental and neurological deficits; exploration of different intervention approaches; and the introduction of basic concepts in measurement as applied to the process of assessment of atypically functioning individuals. Opportunity is provided for a practicum placement in a community agency.

### Kine 4071 - The Motor Development Clinic

Identification, assessment, instruction, and evaluation of children with movement difficulties. Includes a practicum of individual instruction planned and implemented by the student in a clinical setting. Emphasis is on the learning of multiple assessment techniques, structuring individual education plans, and the ability to implement intervention strategies in an ecologically valid setting.

### Kine 4712 - Cardiac Rehabilitation Apprenticeship

Lectures, readings, observation and apprenticeship in all phases of a cardiac rehabilitation program enhance students' understanding of exercise prescription, cardiovascular physiology, cardiovascular disease risk factors, cardiac stress testing, relevant community services and common drug treatments for cardiovascular disease.

### Kine 4713 - Career Exploration

The application of theory and practice of Kinesiology in a community based placement situation. Students will experience first hand the reality of a career in Kinesiology or a related field. Placements will be selected from a diverse and varied pre-approved list of community education placement partners. Participants will gain experience under the supervision of an on-site supervisor and be engaged in information sharing seminars with fellow students throughout the course. A combination of community placement hours and career seminar classes are required.

### Kine 4810 – Directed Studies

A student may undertake an independent project under the direction of a faculty member. The nature of the work will be clearly defined and agreed upon by the student and faculty member involved. The student must contact the proposed supervisor prior to course commencement.

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*“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.*



## School of Kinesiology

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Kine on the Web!  
[Check us out!](#)

## Certification Courses

### CSEP – CPT Certification

TBA – Feb. – Facilitated independent study

- Includes instructional training & practice classes followed by theory & practice exams for final certification
- Requires current First Aid and CPR
- Leads to Personal Trainer certification
- Presented in cooperation with the Canadian Society for Exercise Physiology
- Enrollment limited to 15
- Cost TBA (~\$600)



### Standard First Aid/ CPR-HCP Certification

January 28 & 29

(Two days - 9-5 each day)

- 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 \$115.00



### CPR-C - Can. Red Cross Re-Certification

February or March TBA (9-5)

(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

### Wrapping and Taping

February 4 & 5 (9–1 each day)

- Great for those interested in coaching & 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



### Pool Workouts

TBA

- Creating effective water based exercise for clients needing a supportive aquatic environment
- Enrollment limited to 20 – minimum 10
- Cost TBA

**Note: dates are subject to change.**

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

*Just a reminder to check your LU e-mail account throughout the year for course and activity updates.*

***We wish you all the best for 2017. 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. E-mail your suggestions for other possible workshops to [Glen](#).