

# Make Your Move



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

## Moving Through Summer News!

The summer is flying by. People always assume that the School of Kinesiology shuts down for the summer. After all, the undergrad students are not here, there can't be that much to do, the faculty and staff must be on extended holidays lying on a beach somewhere. This is most certainly NOT the case. As you will see as you read through the newsletter there has been a considerable amount of activity happening and we are now revving up for the start of the Fall semester and looking forward to another great year. Enjoy the rest of your summer.



## Student Faculty Advisors

- 1<sup>st</sup> Yr. – Dr. Carlos Zerpa – SB 1013 – 343-8940 – [carlos.zerpa@lakeheadu.ca](mailto:carlos.zerpa@lakeheadu.ca)
- 2<sup>nd</sup> Yr. – Dr. John Gotwals – SB1003 – 346- 7952 – [john.gotwals@lakeheadu.ca](mailto:john.gotwals@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)

## Graduate Diploma student gains recognition



Stephanie Lowe, a recent graduate of the Graduate Diploma in Professional Kinesiology program has been recognized as the Canadian Small Business Woman for the month of March, 2015. She is the founder of Destiny Wellness Centre, a Registered Kinesiologist, Personal Trainer and Yoga Teacher. It was during her undergraduate years that she developed her passion for health and fitness while working with Varsity sports teams, the Toronto Track and Field Centre and the York University Fitness Centre. Stephanie also experienced her own transformation during her personal health journey to successfully lose 70lbs through a balanced regime of healthy eating and exercise. She designed and taught her first "Women on Weights" Fitness class and has since then continued her passion for empowering women through health & fitness.

## Graduate Diploma program Fall 2015

If you have been considering enrolling in the Graduate Diploma in Professional Kinesiology program there are still a few last minute spaces left for this Fall. For more information visit our website: [Kinesiology](http://www.lakeheadu.ca/kinesiology)

## Faculty News



Announcing a new addition to the School of Kinesiology family. Congratulations to **Dr. Erin Pearson** and Matt on the birth of their baby girl, Isla Abigail Pearson. She decided to take a little extra time to appear but all is good and they are settling into this new experience of parenthood.

**Dr. Tony Bauer** has formally retired and is busy exploring items on his bucket list. All the best to Tony, his unique contribution will be missed.

**Dr. Derek Kivi** recently attended the National Strength and Conditioning Association (NSCA) national conference in Orlando, Florida. This conference brings together scientists, personal trainers, and strength and conditioning specialists with the objective of disseminating research-based knowledge and its practical application to improve fitness and athletic performance. He attended various presentations by researchers and participated in practical sessions conducted by elite trainers and coaches, and he plans to incorporate the information learned into the KINE 3711 (Exercise Prescription) course in the fall.



**Dr. Carlos Zerpa** presented a paper "The Effect of Removing Examinees with Low Motivation from Large Scale Assessment Data Calibration Using Item Response Theory Mathematics Models" at the 9<sup>th</sup> Conference of International Test Commission held in San Sebastian, Spain in July.



World traveler **Dr. Paolo Sanzo** presented a poster in March at the Gait and Clinical Movements Analysis Society Conference in Portland, Oregon on "Patellofemoral Joint Taping and its Effect on Hip, Knee, and Ankle EMG Muscular Activity". In April he presented an oral podium presentation at the 18th Congress of the International Society for Medical Shockwave Therapy in Mendoza, Argentina on "The Effects of Radial Shockwave Therapy on Function, Range of Motion, Strength, and Pain in Patients with Chronic Lateral Epicondylitis". Mendoza is known for its wines and is also the location of the world's tallest peaks outside of Asia - Aconcagua (stands at 22,837 feet) - Paolo went as high as 12,000 feet and also had the opportunity to visit the vineyards and do a high mountain tour.



**Dr. Joey Farrell** has returned from completing a well-deserved sabbatical that included extensive travel through Australia and New Zealand.

**Dr. Ian Newhouse's** most recent collaborative research was published in the Canadian Geriatrics Journal, Vol. 18, Iss. 2, June 2015. The article is entitled, "Identifying Feasible Physical Activity Programs for Long-Term Care Homes in the Ontario Context". The purpose of this systematic review was to gauge feasibility of exercise and falls prevention programs from the perspective of long-term care homes in Ontario, given the recent changes in funding for publically funded physiotherapy services.

**Dr. Erin Pearson and colleagues** presented the following poster back in September at the 7th Annual Coaching in Leadership and Healthcare Conference, Boston, MA. "The CHANGE Program: Comparing an Interactive Co-Active Coaching Approach with a Prescriptive Lifestyle Treatment for Obesity: A Summary of Project Findings". The Conference was hosted and sponsored by Harvard University and McLean Hospital. The research team was recently informed that this research was adjudicated and received the "First Place Poster Award" out of some 25 international research projects presented at the Conference.



**Professor Vineet Johnson** continues work on completing his PhD through McGill University in Montreal – his major area of research is Neuro-Rehabilitation in Stroke. In June he attended a joint conference entitled Rehab Week 2015 held in Valencia, Spain. This conference represented the combined proceedings of The Conference on Recent Advances in Neurorehabilitation (ICRAN), The International Neurorehabilitation Symposium (INRS) and The International Conference of Virtual Rehabilitation (ICVR)). The conference primary objective was to explore all aspects of neuro-rehabilitation. In addition the research team of Dr. Jane Lawrence Dewar, Ms. Kirsti Reinikka, Mr. Daniel Vasiliu and Professor Johnson was recently awarded the 50+ Research Stories Award as part of the Lakehead University 50<sup>th</sup> Year Anniversary Celebrations.



## Canoeing and Hiking – Kine 4193

### 3<sup>rd</sup> Year Students:

Those students entering third year who intend on participating in the Canoe Trip experience in fourth year are required to register for Camp School (Canoe Prep) **Kine 4193(FA) for this Fall. Registration is to be completed on-line.** Those who do not intend to participate in the Canoe Trip are required to take Hiking School in 4<sup>th</sup> year.

Camp School Kine 4193(FA) will meet Monday and Wednesday 2:30 – 4:30 Sept. 14 to Oct. 21 (no class Thanksgiving Monday). Every student participating in Camp School will need to provide proof of current swimming qualifications (at least a Bronze Medallion) or complete a swimming assessment conducted in the LU pool. Swimming assessments will take place Wed. Oct. 28 – 2:30 – 4:00. Those

who do not complete 16 lengths (400 m) in 15 min. have the option to complete a swimming upgrade class and subsequent reassessment or they will be required to do hiking in 4<sup>th</sup> year.




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*“All students need to select either Canoeing or Hiking to meet the requirements of Kine 4193 – this is a non-credit required course!”*

*“It is strongly recommended that varsity athletes and other community team athletes consider Camp School (Canoe Prep) for this credit. There will be less conflict with practice and game schedules.”*

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*“The 4<sup>th</sup> year Canoe Trip students will need to bring their Health Card number and a medical emergency contact number to the mandatory planning meeting Sept. 8.*

### Current 4<sup>th</sup> Year Students:

For those entering fourth year, one of the culminating highlights of your experiences here at LU is the annual canoe trip. Students who completed and gained credit for Camp School (Canoe Prep) Kine 4193(FA) in the Fall of 3<sup>rd</sup> year will be completing the Canoe Trip Sept. 9-13. Note that you do not need to re-register for the Canoe Trip.

The trip planning meeting is scheduled for Tues. Sept. 8 at 12:00 Noon in SB 1016. *Your Health Card number and a medical emergency contact number is required at that time – forms will be e-mailed shortly.*

**Attendance is mandatory.**

Students will meet the following morning Sept. 9 at 8:30 am to board the bus for the canoe trip. Students will return to campus Sunday Sept. 13. Please bring all personal equipment required – sorry no pets allowed.

Fourth year students who are not eligible or who chose not to participate in the Canoe Trip are required to complete Hiking School – register online for **Kine 4193(FB)**.

Hiking School class meets Tuesday and Thursday 2:30 – 4:30 Sept. 15 to Oct. 22 and has compulsory overnight outings culminating with a great outing on **Thanksgiving Weekend (Oct. 9-12)**.

If you took Camp School last Fall but for some reason cannot participate in the Canoe Trip this Fall you are required to complete Hiking School and should register online for Kine 4193(FB) ASAP.

**Note: Participation in both hiking and canoeing requires a current Standard First Aid/CPR “C” certification or equivalent. If you have not done so, please complete this and update your file with Sandra in the office by Sept 4.**

Camp Preparation classes and the Canoe Trip will be conducted by Dave Maynard from Spirit of the Paddle and Hiking School classes and trips will be conducted by a very experienced hiking instructor Julian Holenstein.




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*“Canoe trip details (including trip kit list and medical emergency forms) have been e-mailed directly to those who successfully completed Camp School last Fall.”*

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

*2nd year students wishing to complete the Canoe experience in 4<sup>th</sup> year will need to register for Kine 4193-FA for Fall Semester of 3<sup>rd</sup> year*

## Concussion Research Collaboration

Dr. Carlos Zerpa has established a research collaboration agreement between the Neurotrauma Impact Laboratory at the University of Ottawa, the School of Kinesiology Research Lab and Lakehead University Sports Medicine Concussion Clinic. The Neurotrauma Impact Laboratory under the direction of Dr. Blaine Hoshizaki - lead researcher in the field of head injuries in sports specializes in concussion injury reconstruction by relating impact events to real life scenarios. The collaboration between the parties includes:

- 1) Exchange of information and data to conduct scientific research, grant applications and publications.
- 2) Discussing joint projects between the University of Ottawa and Lakehead University to support traumatic brain injury research and graduate student work.
- 3) Conducting research work in conjunction with Lakehead University Concussion Clinic to explore other avenues and develop new techniques to assess traumatic brain injuries in relation to injury reconstruction, balance, walking and driving.

Some of the current concussion return to driving research work being conducted by Dr. Carlos Zerpa is also based on collaborative research with Dr. Michel Bedard and the Centre for Research on Safe Driving.

## Head Impact Testing

The School of Kinesiology Concussion Research Laboratory operates with the vision of enhancing the understanding of concussion head-injuries and how these injuries affect our health. This summer, Dr. Carlos Zerpa and his team consisting of Graduate Students Steve Carlson and Dennis Dumphy, and Research Assistant Tom Hoshizaki will use a new Head Impact Drop Rig system to spearhead the commencement of concussion injury reconstruction research and its relationship to driving ability in Northwestern Ontario. The team will also be conducting research on sport helmet dynamic response performance during head impact. The new Head Impact Drop Rig system was designed and built by a group of graduating Mechanical Engineering students as their senior degree project under the supervision of Dr. Carlos Zerpa from the School of Kinesiology, and Dr. Meilan Liu and Dr. Kefu Liu from the Faculty of Engineering. This is the first project that has been completed under the newly established partnership agreement between the Neurotrauma Impact Science Laboratory (NISL) at the University of Ottawa and the School of Kinesiology Concussion Research Lab at Lakehead University. The NISL provided the head form and accelerometers for this project. The Concussion Clinic and the Centre for Research on Safe Driving at Lakehead University have also established collaborations with Dr. Zerpa to conduct research on concussion and driving. The Head Impact Drop Rig System, with functional design modifications by Professor Glen Paterson, is pictured to the left and is now ready to be used for these research endeavours.



Current co-op work terms are being completed at: Stride Orthopaedics, Medical Diagnostics Inc., Bombardier Transportation Canada Inc., Camp Hope, Health and Happiness and Norwich Rehabilitation and Highland Physiotherapy

Congratulations to co-op students Cheryl Luptak and Faiz Ahmed who have successfully challenged the Board of Polysomnography Technologists exam and earned the credential Registered Polysomnography Technologist or RPSGT.

## Co-op Corner

Students interested in integrating conceptual classroom learning with experiential application in the work place may choose this option. The Co-op option adds a year to the program with students graduating with an Honours Bachelor of Kinesiology Co-operative Program Option Degree. Total enrolment is limited with the total number accepted based in part on projected co-op employment opportunities.

All HBKin Co-op and any 2<sup>nd</sup> or 3<sup>rd</sup> year HBKin students interested in being considered for a position in the Co-op program must complete an application which includes the completion of an essay and statement of interest, and a Co-op Work Term [Registration Form](#) available from the [Student Success Centre](#). Minimum academic requirements for final admission include successful completion of Year 1 and Year 2 of the HBK program with a minimum 75% cumulative average in all Kine courses and a minimum 65% cumulative overall average. HBKin students who are not registered as Co-op upon acceptance will need to complete a Request for [Program Change Form](#) through the Office of Admissions and Recruitment by Nov. 30<sup>th</sup> of year 2 or year 3. In addition, the Kinesiology Co-op Admissions Committee will review all applications with admission decisions being completed by the end of January. For more info click [HERE](#).

## UofT Undergraduate Research Conference

On March 27<sup>th</sup>, 2015, four undergraduate students, Jacqueline Harvey, Ian MacDowall, Alexis Sharp, and Justine Tempelman, travelled to the University of Toronto for the National Undergraduate Research Conference in Kinesiology and Physical Education. The conference consisted of three sessions, each with a variety of presentations occurring, grouped by sub-discipline of Kinesiology.

The students provided the following summary of their experiences.

All four of our presentations occurred in the afternoon session, which resulted in a lot of shuffling between rooms as we went to each presentation to support each other.

Upon returning to Thunder Bay, we have had the opportunity to reflect on our experiences. In particular, we enjoyed having the opportunity to learn about the innovative undergraduate research projects being completed at other universities, while also being able to represent our own school. After this reflection, we came to understand how fortunate we are to have chosen Lakehead University as the choice of our undergraduate degrees. Many of the presentations were done as a meta-analysis style, and we came to truly appreciate the opportunity to complete new research as part of our 4220 projects. We found that the day flew by, and we all enjoyed having the opportunity to choose which presentations to attend based on our own interests. Related to this, it was of benefit to be able to have academic conversations with others to develop our own knowledge in specific areas of interest. In terms of our own presentations, this experience increased our confidence and self-efficacy for presenting in front of groups. Lastly, this experience was a wonderful end to the semester, and an enjoyable method of disseminating our research project results at a peer-reviewed conference.

The conference was of benefit to all of us, as it provided the opportunity to present our research projects in front of unfamiliar audiences. Doing so allowed us to improve our presentation skills while being exposed to an audience who challenged us with unique questions. This helped us think of our research in innovative ways, while also considering implications and future directions by collaborating with individuals from other sub-disciplines of Kinesiology.

Furthermore, being exposed to new research in a variety of fields allowed us to learn more about the scope of Kinesiology. More specifically, the Keynote Speaker exposed us to the field of Physical Cultural Studies for the first time. This involved learning about this sub-discipline of Kinesiology that is much less concrete, and more subjective than many topics we have studied to date. As such, it challenged our thinking, and inspired us to view topics in a more holistic manner when approaching any individual, problem, or research project in our future experiences. Overall, this was a positive experience, and we look forward to applying our new knowledge from this experience as we move on to new and exciting academic and professional endeavours following graduation.

## Undergraduate Research Student Receives Award

Fourth year undergraduate student Alexis Sharp received an award in recognition of her outstanding presentation in Behavioural Studies research presentation at the UofT Undergraduate Research Conference at the end of March. Her research project entitled: "Assessing the Effectiveness of Student Led Simulation in Enhancing Interprofessional Competencies" was well received and generated considerable interest.

Congratulations to Alexis and her supervisor, Dr. Erin Pearson, on this accomplishment.

***All Kinesiology students are required to complete a 4<sup>th</sup> year undergraduate research project either in a small group in Kine 4230 or individually in Kine 4220. Students are selected to attend the UofT undergraduate research conference from those who have completed Kine 4220 projects.***



## Elective News

Many are offered;

### Fall

- \* Kine 3135 – Musculoskeletal Injuries II
- Kine 4059 – Advanced Psychology of Physical Activity
- \* Kine 4071 – Adapted Physical Activity – Motor Development Clinic
- \* Kine 4134 – Clinical Exercise Physiology
- Kine 3118 – History of Sport in Canada (History department)

### Winter

- Kine 3011 – Physiology of Exercise II
  - Kine 3113 – Health Promotion and Weight Management
  - Kine 4015 – Quantitative Biomechanical Analysis
  - \* Kine 4610 – Advanced Issues in Nutrition
  - \* Kine 4713 – Career Exploration
  - Kine 4055 – Interprofessional Education and Wellness
- \* 4<sup>th</sup> year students only – all others open to both 3<sup>rd</sup> and 4<sup>th</sup> years**

**NOTE: Many of these elective courses have limited enrolment and some have specific detailed entrance requirements. For more information consult the [current calendar](#) and/or your faculty advisor.**

### Kine 3113 (WA) – Health Promotion & Weight Management

Using a health promotion lens, students will examine issues surrounding weight management from both individual and societal perspectives. Contributory factors such as health behaviours (e.g., physical activity, diet) and the obesogenic environment will be examined. Research evidence aimed at uncovering solutions to attenuate the burden of this epidemic will be integrated.

For further information: TBA

### Kine 4015 (FA) – Quantitative Biomechanical Analysis

Prerequisite: Kine 2015

Focus is on the theories and methodologies associated with quantitative biomechanical analysis techniques. Topics include the discussion and application of videography, electromyography and force analysis techniques.

Enrolment is limited.

For more information: Dr. [Carlos Zerpa](#)

### Kine 4071 (FA) – Adapted Physical Activity - Motor Development Clinic

Prerequisite: Kine 3070

Students actively participate in 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.

For further information: [Dr. Eryk Przysucha](#)

### Kine 4134 (FA) – Clinical Exercise Physiology

Pre-requisite: Kine 3010

This is an advanced course linking basic human physiology principles to acute and chronic adaptations to physical activity in both health and disease. Emphasis is on the critical interpretation and reporting of current research in skeletal muscle and cardiovascular physiology. Students will also work with the Canadian Society of Exercise Physiology preparation materials preparing for CPT certification.

For further information: [Prof. Vineet Johnson](#)

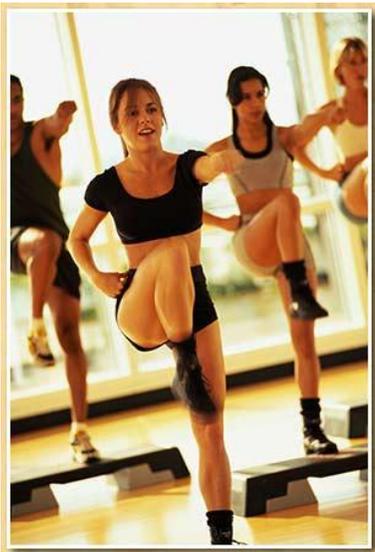
### Kine 4055 (WA) – Interprofessional Education and Wellness

Students from different professions come together to work in a collaborative, student-driven learning environment to explore the benefits and challenges of interprofessional teamwork. To simulate a real-world inter-professional environment, students on campus meet face-to-face at the beginning of the course and are challenged, with the aid of a facilitator, to communicate start up information with their off campus group members using web based communication tools. Communication for the remainder of the course is web based. Each student contributes his/her knowledge and expertise to the development of Wellness Management Plans.

For further information: [Dr. Joey Farrell](#)

“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 – a total of 8 FCEs in first year credits.”



## Recent Graduate News

**Tiffany Gervasi – 2014 (HBK)** Currently I am finishing my Recreation Therapy diploma at the college and doing an internship with Spinal cord Injury Ontario/Thunder Bay Accessible Sports Council.

I can also officially walk completely unassisted, surgery went well and recovery is slow but happening!

**Vanessa Kroeker – 2013 (HBK) Current status:** second year physiotherapy student at the University of Ottawa  
Future goal: coming back to Thunder Bay to work as a physiotherapist. I don't really have a newsy bit because I'm boring and I've been so busy with school since I graduated KINE!

**Amie Mathews – 2014 (HBK-Co-op) Current status:** Student going into Year 2 of Master's of Occupational Therapy at McMaster.  
**Future goals:** I'm focused on going with the flow of school. It is definitely more intensive than what I expected so I am just trying to complete the school work so that I can do my placements, which I have been enjoying immensely. I'll be back up to Northwestern Ontario for my second placement and my third semester in the summer through the Northern Studies Stream in collaboration with NOSM. I can't wait to be back!

**Jessica Skillen – 2014 (HBK)** I graduated from the Lakehead Kinesiology program in 2014. Currently, I am attending University of Alberta for physiotherapy and am now entering 2<sup>nd</sup> year. I hope to continue to learn about the diverse areas involved in physiotherapy, specifically neurology and cardiorespiratory; with the goal of ending up in a similar field after graduation.

**Jamie-Lyn Zela – 2013 (HBK), 2014 (GDip-Professional Kinesiology)** Completed the Graduate Diploma in Professional Kinesiology program and I am currently working full time as a registered kinesiologist within the nursing homes but welcome new job opportunities.

**Natalie Lopez – 2013 (HBK)** I am currently completing my second year of Chiropractic College at the Canadian Memorial Chiropractic College (CMCC). I am loving it, although the high course load can make you a little overwhelmed, like all the time. The curriculum is interesting and accompanied with great faculty!

**Nicolas Serafini – 2013 (HBK), 2014 (GDip-Professional Kinesiology)** Things on my end have been busy and exciting but are going really well. In September I wrote the R.Kin exam and successfully passed in October. Since then I have been job searching and volunteering twice a week at Cambridge Cardiac. A couple of weeks ago I had an interview for a R.Kin position at Toyota and this week I was offered a 3 month, full-time position at the Cambridge plant. Also, unexpectedly, this week I was offered a part-time position at Cambridge Cardiac. It was a very tough decision but I accepted the position at Cambridge Cardiac and completed all the paper work! I am very excited to be working in the field! I most definitely attribute my success in both of these milestones to you and everyone in the Graduate Diploma program. I sincerely thank you for all your hard work and help over the last year.

**Jillian Gignac – 2013 (HBK)** I am loving the Medical Radiation Technology (MRT) program. It is the place for me. It has gone by so quickly. I completed a 4 month placement in Dryden during the winter and now am at Thunder Bay Regional, for 8 months. My national exam will be near the mid/end of next January and then I'll be certified! Being a Kinesiology major has definitely helped me in so many ways. Having the anatomy and physiology background has been a huge bonus the whole way through. I was also able to drop a few classes per semester as I got the credits transferred. We have to write a final research paper and a few students have asked me to help them with and edit their APA formatting. Also, just having strong study habits has helped being that it's such a busy program. It's definitely not a walk in the park.

**Jessica Smith – 2014 (HBK)** As of January I will be in Norwich, England studying my Masters of Science within Physiotherapy. I will be studying at the University of East Anglia in the charming town of Norwich. I look forward to returning back to Canada once I complete my program and become a physiotherapist within a sport-based setting.

**Scott Edwards – 2014 (HBK)** I am working at St. Joseph's hospital in Thunder Bay as a rehab assistant. I work with physiotherapists and occupational therapists providing therapy for inpatients that have suffered strokes, or have had hip and/or knee replacements. In the future, I am planning to apply to a masters program in Physiotherapy.

### Recent grads

***Please keep me informed of your activities since graduation and send along regular updates for inclusion in future newsletters. Also if any of you are in a position to consider providing a paid work term for a co-op student or a placement for an undergraduate or a graduate diploma student please let me know. You can contact me at [glen.paterson@lakeheadu.ca](mailto:glen.paterson@lakeheadu.ca)***

## Where are they now?



Greg Flewelling graduated from Lakehead University in 2010 with a HBK degree and a Bachelor of Education degree in 2011. He recently sent along the following information.

After completing my bachelor of education degree at Lakehead University in 2011, I decided to move back home to Fort Frances, Ontario. While in Fort Frances, I held a number of jobs at the same time. I worked as Kinesiologist at a local physiotherapy clinic, a recreation therapist at a retirement home, and a substitute teacher for two separate school boards.

In January of 2013, I decided it was time for a change and it was my best option to utilize my skills and advance my career out west in Calgary, Alberta. As soon as I relocated to Calgary, I accepted a job as personal trainer. After several successful months as a trainer, I was offered a job with Alberta Health Services as a research assistant with a study called the Tomorrow Project ([www.in4tomorrow.ca](http://www.in4tomorrow.ca)). The Tomorrow Project is a longitudinal cancer research study and is Alberta's largest research study to date, having recently achieved the intended goal of recruiting 50,000 volunteers who have not been diagnosed with cancer. Other provinces in Canada have been doing similar studies under different names. The data collected for each province, with participant's consent, have the option of being part of the Canada-wide study called the Canadian Partnership for Tomorrow Project. Along with this, I began teaching biomechanics as an instructor at Mount Royal University for the massage therapy program in January of 2014.



Kinesiology at Lakehead University has most definitely prepared and guided me through my journey thus far in life. The four-year program has definitely been geared towards student success in that it provides an excellent knowledge base through both cognitive and practical experiences. Every employer that I work for has complimented me about my education, and Lakehead University has provided me that solid foundation to be successful currently, and also with any future direction I choose to go with my career. When I say career direction, operations ended back in March of 2015 and my contract with Alberta Health Services is coming to end. I have decided to venture on and transition my skills into the business side of things. I have recently interviewed for an abilities case manager position at Sunlife Financial in which a university educational background in a health field is mandatory. I will always credit kinesiology as the solid backbone to my resume that has allowed me to take many career paths with unlimited direction.

Last but not least, I cannot forget about the faculty at Lakehead University. I have stayed in touch with some faculty members over the years and they have been vital to my success, whether being references or being available for phone conversations for advice and guidance. They have gone above and beyond their duty to ensure student success and for that, I am very grateful and appreciative. A special thank you to Dr. Eryk Przysucha, Dr. Paolo Sanzo, Dr. Tony Bauer, and Dr. Wayne Melville. I would not be where I am today without their teaching, help and guidance.

## Exceptional and Unconventional – a different path

Kristin Thompson graduated from HBKin in 2009 and after completing one year of her Masters decided to travel a different path as evidenced in the following update.

My activities since graduation are not newsletter worthy haha! I wish that I could say that I am using my Kinesiology degree! Since graduation I have been, as they say, "living the dream". After graduation I moved south to the States, and for the past 6 years I have spent all of my time mountain biking, backcountry skiing, rock climbing, and travelling. I have made a career in Signmaking, which allows me to take 9 months of the year off work to pursue the sports and activities that I love. I reside in Salt Lake City, Utah (home to the greatest snow on earth), and could not be any happier.

*Editors note: Kristin's background in Kinesiology has provided a foundation of physical activity experiences that have continued to feed her passion for her unconventional career.*



# Kinesiology Graduates – Convocation 2015



## School of Kinesiology

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## Certification Courses

### CSEP – CPT Certification

TBA – Oct/Nov. – 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 (~\$500)

### Standard First Aid/ CPR-HCP Certification

Oct. 17 & 18 (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/HCP - Can. Red Cross Re-Certification

Nov. 7 (9-5) (session only 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

Oct. 24 & 25 – 9 am – 1 pm each day

- Great for those interested in coaching & athletic therapy
- 8 hrs of guided hands-on wrapping and taping experience – 4 hours each day

- \$115 includes manual and all materials
- Enrollment is limited to 16 – minimum 10
- Certificate of completion granted

### Pool Workouts

TBA – Oct. or Nov.

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



Coaching  
Association  
of Canada



National  
Coaching  
Certification  
Program

### NCCP Coaching

Available through the [Department of Professional Development in Education](#)

- Certification in Competitive Coaching Part A & B will be earned.
- Each Part can be completed separately.
- 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 2015. 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](#).