



School of Kinesiology and Health Studies

SPRING 2025 NEWSLETTER

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Queen's
UNIVERSITY

WELCOME FROM THE DIRECTOR



Dear Alumni,

I'm writing to you from my office at the corner of Division and Union Streets, where the fullness of the trees indicates that spring is here, even if the 9-degree temperature suggests otherwise.

One of the best things about working in higher education is its predictable rhythm. The weather might be strange, and the world might be volatile, but the cycle of enrollment, coursework, and convocation continues, more or less uninterrupted.

This hasn't been the easiest of years, but the staff and faculty's commitment to one another and our students has sustained us through budget cuts, job losses, and a six-week strike, to complete the cycle once again.

The academic year will wrap up on June 25, when 173 Kinesiology (specializations), 94 Health (majors), 8 master's students, and 3 PhDs walk across the stage at Slush Puppie Place. We are looking forward to reconnecting with our recent graduates, meeting their friends and families, and learning about what awaits them next.

In July, new and returning students will start registering for courses. One significant change this year is the introduction of a modular degree structure, which reduces the number of credits students need to complete a major, thus providing them with more flexible degree combinations. It will take a year or two to understand the full implications of this shift, but it's clear from early plan count numbers that Health Studies continues to be a big draw for students entering their second year.

As a direct-entry offering, the Kinesiology program remains essentially unchanged, but students will have the option to pursue a minor, including in Health Studies, as of 2026. Demand for this program is as strong as ever, and enrollment is set to increase to 200 students per year.

WELCOME FROM THE DIRECTOR, CONT'D

Our programs thrive because we have been able to appoint new faculty members, which in turn allows us to prioritize ongoing curriculum renewal. In January 2025, we fulfilled a longstanding goal to create a position in Indigenous studies when we welcomed Dr. Jodi John, Queen's National Scholar in Indigenous Food Sovereignty and Community Health, to the school. You can read about Dr. John's research, which is grounded in community needs and ways of knowing on page 4. We are also in the process of hiring a new cardiovascular exercise physiologist who will further boost our strong tradition of research and teaching in that field.

In less happy news, SKHS lost three outstanding staff members in 2024 as a result of restructuring. In their absence, we are drawing on our collective mindset and creative reserves to protect the high-quality education and student experience for which we are known. Thanks to your generous donations to the Student Experience Fund, we have been able to maintain the tradition of taking incoming Kinesiology students to camp, which will be held for a third year at the RKY camp on Eagle Lake in September. We also look forward to reintroducing our Alumni Meet & Greet at homecoming in October (read more on page 3). I hope to see you there!

It's always a pleasure to hear from alumni, and I welcome you to contact me if you have questions or ideas about the school.

Sincerely,

Samantha King

HOMECOMING 2025

HOMECOMING MEET & GREET

When: Saturday, October 18th, 2025 10:30am – 12:30 pm.

Building tours will be offered at 11:00 am and 11:30 am

Where: 28 Division St., Kingston ON (School of Kinesiology and Health Studies Building)

[Event Webpage](#)

Celebrate Homecoming 2025 with your Health Studies, Physical and Health Education, and Kinesiology classmates, and meet current students, faculty, and staff in the School of Kinesiology and Health Studies!

Drop-in for light refreshments at the School of Kinesiology and Health Studies building. Alumni and their guests are also invited to join tours of the building at either 11 am or 11:30 am to see our undergraduate teaching lab, student spaces, and our adapted exercise program Revved Up. The building is accessible for all mobility types. Accessible washrooms are on both the first and second floor. A gender inclusive and accessible washroom is also available on the second floor.

You do not need to register for this event.

Event contact:

Michelle Shorey
Department Manager
skhs.manager@queensu.ca

Queen's
PHE, HLTH, & KIN Alumni:
You're Invited!
**SKHS
Alumni Meet &
Greet**

Saturday, October 18th, 2025
10:30am – 12:30 pm.
SKHS Building
28 Division St.

*light refreshments
provided*

NEW FACULTY SPOTLIGHT



Dr. Jodi John, PhD

**Assistant Professor & Queen's
National Scholar, Indigenous Food
Sovereignty & Community Health**

Dr. Jodi John has joined the School as an Assistant Professor and was selected as the top candidate for the Queen's National Scholar in Indigenous Food Sovereignty and Community Health competition. Dr. John completed her doctoral degree in the Department of Geography and Planning here at Queen's with a research focus on Indigenous health, community strengths and resurgence and on interrogating and addressing determinants of Indigenous health inequities. Dr. John brings a highly impressive capacity to conduct community-based participatory research that aims to promote community priorities, ways of knowing and being, and knowledge mobilization.

We are excited about what Jodi brings to the School both from pedagogical and research perspectives. We welcome her to SKHS!

NEW COURSE SPOTLIGHT: EXERCISE PRESCRIPTION

FROM CLASSROOM TO COMMUNITY: LEARNING TO PRESCRIBE EXERCISE THAT MATTERS

This year, third- and fourth-year Kinesiology students could step outside the classroom and into the community through a new, hands-on laboratory course focused on movement and exercise. Blending foundational knowledge of exercise physiology with real-world application, KNPE 356: Exercise Prescription, guided students in developing essential clinical skills, including communication, documentation, physical fitness assessments, and individualized exercise programming.

What made the course experience truly special was its experiential learning approach. Students had the opportunity to work with community members at the Ongwanada Resource Centre, which challenged their understanding of exercise and movement. They also explored movement in water at Ongwanada's hydrotherapy pool. Additionally, students were introduced to the idea of drawing inspiration from the land during a Walk Talk at Little Cataraqui Conservation Area with land-based educator Misty Underwood, which deepened their understanding of how exercise supports health and well-being. Using a case-based model, students practiced conducting physical assessments and interpreting clinical data to design safe, effective, client-centered exercise prescriptions in our Revved Up Gym.



NEW COURSE SPOTLIGHT: EXERCISE PRESCRIPTION, CONT'D

KNPE 356 is more than just a course. It's a powerful reminder that community, connection, and compassion lie at the heart of meaningful learning. The SKHS Student Resource Fund supported the community experiences that are integral to this course. We hope to continue expanding our connection to the community through this course and would like to thank our alumni for making opportunities like KNPE 356 possible.



THREE QUESTIONS FOR DR. ADAMS

THREE QUESTIONS: A CONVERSATION WITH RETIRING PROFESSOR DR. MARY LOUISE ADAMS

On June 30, Dr. Mary Louise Adams will retire after 28 years of service in the School of Kinesiology and Health Studies. Dr. Adams is an award-winning teacher and researcher whose work investigates the social dimensions of everyday movement and recreation. She is the author of two books, *Artistic Impressions: Figure Skating, Masculinity and the Limits of Sport*



(University of Toronto Press, 2011) and *The Trouble with Normal: Postwar Youth and the Making of Heterosexuality* (University of Toronto Press, 1997). Her many articles and chapters focus on topics ranging from fitness tracking to sexual harassment in sport. While Dr. Adams taught a number of different courses in the socio-cultural area, she is most widely recognized for her many years at the helm of HLTH 333 Contemporary Issues in Sexuality—a course with intellectual and life lessons that resonate with students for decades to come.

On a break between packing boxes and recycling file folders, Dr. Adams sat down with Sammi King to reflect on her time at Queen's.

What will you miss most?

Having access to young people. That becomes harder in retirement. They provide a reason to think critically about what's happening in the world and feel like something constructive is to be done. Rather than feeling horrible and helpless, we can talk through an issue and learn about it together.

What will you not miss?

I'm not sorry to be missing the next round of AI. I feel for my colleagues who are going to have the challenges of dealing with that. All the solutions, all the ways we can preserve the integrity of independent thought and creativity, involve small class sizes—an impossibility in the current environment.

THREE QUESTIONS FOR DR. ADAMS, CONT'D

What are the biggest challenges you've observed?

The first thing that comes to mind: The failure of the province to support higher education and the failure of the university to resist or to challenge the province publicly. Students and faculty are trying to do that on their own, without institutional support. More positively, students are more willing to be political and they're not afraid to use the word "feminist"! They also arrive now with some knowledge of the problematic aspects of Canadian history. When I first started teaching, people said very troubling things out loud in the classroom. Today's students understand that it's not right to expect all people to behave or think or worship or play in the same way—they understand that diversity is a good thing.



We will miss Dr. Adams and wish her a well-deserved retirement!

MATTHEW WILLIAM NELMS MEMORIAL AWARD

In July of 2024, Matthew William Nelms, a former undergraduate and graduate student in SKHS, passed away from cancer. Matthew completed his undergraduate degree in 2017 and his graduate degree (MSc) in 2019. Following completion of his graduate degree he entered Medical School at the University of Toronto receiving his MD in 2023. Soon after accepting a position in Anesthesiology at McMaster University, he was diagnosed with colon cancer.

To honour the memory and wishes of the late Dr. Nelms, and in collaboration with Matthew's family, the Matthew William Nelms Memorial Award was established to recognize graduate students who embody academic excellence, compassion, leadership, and service. The award will be presented each year to two graduate students, one each at the master's and doctoral level.

This spring, at the Annual Graduate Student Research Day, the School of Kinesiology and Health Studies named MSc student, Justin Bureau, and PhD student, Emily Ferguson, as recipients of the inaugural Matthew William Nelms Memorial Award.



Justin Bureau is completing his second year in the SKHS Master of Science graduate program under the supervision of Dr. Chris McGlory.



Emily Ferguson is completing her third year in the SKHS doctoral graduate program under the supervision of Dr. Chris McGlory.

RECENT GRADUATE STUDENT SPOTLIGHT



DR. LINDSAY LEW, PHD

**Recipient of the 2024-2025
Governor General's Gold
Medal**



The School of Kinesiology and Health Studies graduate program is pleased to announce that Dr. Lindsay Lew has been awarded a 2024-2025 Governor General's Gold Medal for her outstanding academic achievement in our doctoral program. The Governor General's Gold Medal recognizes doctoral graduate students who have achieved the highest academic standing in their degree program. It is one of Canada's most prestigious awards for graduate students.

Dr. Lew completed her PhD degree in August 2024 with an outstanding doctoral dissertation examining the impact of endogenous and synthetic sex hormone exposure on cardiovascular function in women. During her tenure as a graduate student in SKHS, Dr. Lew successfully co-instructed 3 physiology courses in the Kinesiology program and co-supervised 3 undergraduate thesis students.

Dr. Lew is currently a CIHR funded postdoctoral fellow at the Exercise Physiology and Cardiovascular Health Lab at the University of Ottawa Heart Institute.

UNDERGRADUATE STUDENT SPOTLIGHT



CAMERON HARE, BSCH

Cameron Hare recently completed his Bachelor of Science (Honours) in Kinesiology as part of the Queen's University Class of 2025. He is Métis, with ancestral ties to the Red River Métis settlement, and spends most of his free time staying active and playing sports. One of his favourite courses during his undergraduate degree was ANAT 315/316, especially the hands-on learning experiences in the human cadaver lab.

During his studies, Cameron volunteered with Revved Up for three years, completed the Disability and Physical Activity (DIPA) Certificate, participated in the Kinesiology Research Mini-Stream in the Muscle Physiology Lab, and completed the Athletic Therapy Mini-Stream as a student athletic trainer with the Men's Rugby and Volleyball teams. He has also spent the past three years working as a researcher in diabetes prevention and health promotion with Indigenous communities through the Kahnawà:ke Schools Diabetes Prevention Program (KSDPP). Cameron also worked as the Senior Indigenous Peer Mentor with the Four Directions Indigenous Student Centre and as a Lead Equity Ambassador with Queen's Undergraduate Admissions and Recruitment during his undergrad.

After graduating, he will continue his research at the School of Kinesiology and Health Studies while completing his Master of Science with the Community-Engaged Health Promotion Research Lab under the supervision of Dr. Lucie Lévesque, with a focus on Indigenous community mobilization for diabetes prevention and health promotion.

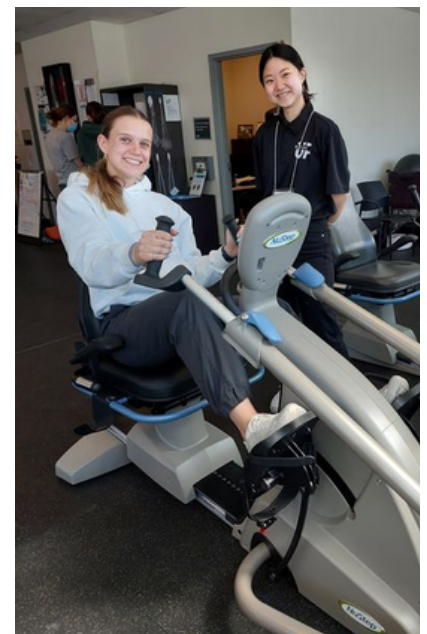
REVVED UP & DIPA UPDATE

Many SKHS Alumni will be aware of the community-based exercise program, Revved Up, which has its home on the 5th floor of the School of Kinesiology and Health Studies. Established in 2007, Revved Up is an innovative, community-based exercise program that fosters healthy active living and quality of life among persons living in Kingston with mobility impairment and/or intellectual disability. Revved Up runs in collaboration with the School of Kinesiology and Health Studies, offering in-person programs in the SKHS along with sessions at Providence Care Hospital. To expand its reach across Canada, Revved Up also offers individualized, online exercise programming for persons with disability through Revved Up at Home.

Each year over 200 Queen's student volunteers and 150 interns enrolled in the Disability and Physical Activity (DIPA) Certificate which supports 200 community members attending Revved Up to safely and effectively complete their exercise programs within the program space. The DIPA students also take on supervisory and mentorship roles within the program. Since 2007, Revved Up has provided programming for over 1000 adults with disabilities in the community.

Revved Up addresses a service gap in the Kingston community and across Canada as it:

- Creates opportunity for persons with disability to fully participate in their community through healthy active living
- Provides future health care professionals with unique training opportunities, ultimately bolstering their dedication to promoting the health and well-being for persons with disability throughout their careers.



REVVED UP & DIPA UPDATE, CONT'D

Revved Up Highlights:

- Over 300 Queen's students have gained valuable experience through participation in the Disability and Physical Activity Certificate
- In 2024, a group of passionate students founded the Let's Get Revved Up Club. The club's mandate is to increase advocacy and awareness around physical activity and disability and increase engagement throughout the Queen's student community.
- Revved Up has also been recognized as an exemplar of a perfect synergy of community engagement, student learning and research by the Office of the Principal and Vice-Chancellor.

Student Testimonial:

"The DIPA internship experience provided me with skills and personal growth that I could not have acquired by any other means. I could not be more grateful for the opportunity, as I know that going forward in my life and career, I will always refer back to my DIPA experience and skills. I feel much more prepared to enter a working field and I feel confident in the experience I have gained." - Renee, Class of 2025 – Kinesiology

Sustainability Update:

Over the past 18 years, Revved Up has been resourceful at sustaining funding through grants, faculty support, in-kind support, and supplemental funding allowing the program to grow. In 2025, Revved Up is tasked again with seeking alternative sources of funding and the sustainability of the program is at risk. Revved Up recognizes the gap the program fills in the community and also dreams of opportunities for further growth.

Revved Up's mission aligns with the University's strategic plan to offer enriched student learning through experiential opportunities and to make a difference in the community. With current resources, Revved Up is able to serve 0.8% of the population of adults with disabilities in the Kingston community who may benefit greatly from services. Revved Up needs donor support to sustain its mission and to explore opportunities to grow and extend the program reach and impact.

How to Show Your Support

- Donate to Revved Up Today: <https://www.givetoqueens.ca/project/view/1069>
- Consider a legacy gift: please reach out to Michelle Pruefer, Senior Gift Planning Officer at michelle.pruefer@queensu.ca or directly at 613-328-7214
- Follow Revved Up on Social Media: <https://www.instagram.com/revvedupqueens/>
<https://www.facebook.com/revvedup1/>
- Follow the Let's Get Revved Up Club on Instagram:
<https://www.instagram.com/letsgetrevvedupclub/>
- Reach out to Amanda Cunningham at revvedup@queensu.ca if you would like to visit the Revved Up space and see the program in action

KINESIOLOGY ORIENTATION 2024 RECAP

PHE/KIN ALUMNI,

Thank you so much for your gracious donation for Kinesiology Orientation Week 2024. The Queen's Kinesiology Orientation Week is an integral part of supporting incoming students, seamlessly immersing them into the KIN community, and helping them navigate from high school into their new adventure at Queen's University. Your kind donations allowed the 2024 Orientation Week to foster yet another year of long lasting friendships and memories in our beloved PHEKIN community.

Every single moment of Orientation Week is so special. From the delight of meeting all your peers on the first day, to the smiles and encouragement you got from your coaches, the true display of friendship as you bunked with each other at camp, and finally the utmost joy you get from the year dance, it is hard not to fall in love with the vibrant and amazing PHEKIN community. Thank you for giving back to a priceless experience that the incoming class of 2028 will cherish for a lifetime. Your support has not gone unnoticed. Each contribution matters, and without it, Orientation Week would have not been the same, so we thank you.

With lots of love,
ECKO (Executive Committee of Kinesiology Orientation)



KINESIOLOGY ORIENTATION 2025

Hi Alumni! My name is Lianne Taylor, and I'm the Logistics and EDI+ Coordinator for ECKO 2025. I hope you enjoy this quick trip down memory lane of all the amazing memories from orientation week! I also hope it sparks some interest in what's coming for Orientation 2025. **WE. ARE. SO. EXCITED.** to welcome the Queen's Kinesiology Class of 2029!

OUR O-WEEK

Orientation week is full of traditions, bonding, learning, and transitioning into university life. You'll spot us by our bright blue and red outfits, whistles, and passionate energy! The first weekend includes year dances, VET reveal, year photo, coveralls, and some new events. The second weekend we head to camp for capture the flag, a talent show, swimming, a cozy campfire, year dancing again and so much more!

OUR GOALS

Our ECKO team has been working hard to secure sponsorships, grants, donations, and hosting fundraisers to make orientation week more accessible. With every contribution we aim to reduce financial barriers for students by lowering overall ticket prices. Looking back at past orientation weeks, all we see is pure joy – and with your support, we can keep that spirit alive and ensure it's an equitable event for everyone!

WHAT YOU CAN DO

SHARE KIN MEMORIES

Send your Orientation photos to be shared with the incoming class to see the family they are joining, and the traditions they are continuing!

DONATE

Donate to the Student Resource fund to allow more incoming students to attend orientation week and to support orientation activities!

STAY SO EXCITED

Never forget your time in Queen's Kin and everything it may have done for you! Share your stories, share the love, share the energy!



LINK TO DONATE

HISTORIC HOCKEY 2025

Congratulations to our 4th-year Kinesiology students who proudly represented Queen's at the Historic Hockey Series on Saturday, February 8 at the Slush Puppie Place – and brought home the trophy! 🏆

Queen's defeated both RMC and RCHA Petawawa in this annual event, which celebrates the origins of the sport.

As many alumni will remember, the Historic Hockey Series is played under the original 1886 rules, commemorating Kingston's first organized hockey game between Queen's and RMC. For decades, 4th-year KIN (formerly PHE) students have upheld this proud tradition by representing Queen's in the series – a legacy we are honoured to continue.



CONTINUE SUPPORTING SKHS



THE SKHS STUDENT RESOURCE FUND

Giving to the student resource fund means supporting student experiences in SKHS.



LEARN MORE



REVVED UP LAB TRUST FUND

Giving to the lab trust means supporting activities that maintain and enhance the Revved Up community-based exercise program for people with disabilities.



LEARN MORE

