



Queen's
UNIVERSITY

**KINESIOLOGY AND
HEALTH STUDIES**

SPRING 2026 NEWSLETTER

1-2	WELCOME FROM THE DIRECTOR
3	HOMEcoming 2026
4	NEW FACULTY INTRODUCTION
5-7	THREE QUESTIONS WITH DR. POWER
8	STAFF RETIREMENT
9	NEW STAFF INTRODUCTION
10	MATTHEW NELMS MEMORIAL AWARD
11-12	UNDERGRADUATE STUDENT SPOTLIGHT
13-14	REVVED UP UPDATE
15	ORIENTATION 2025 RECAP
16	ORIENTATION 2026
17	SUPPORTING SKHS

WELCOME FROM THE DIRECTOR



Dear Alumni,

Convocation season is in full swing, and another cohort of Kinesiology and Health Studies students is set to walk to the stage at Slush Puppie Place on June 25. Congratulations to the 97 health, 149 kinesiology, 13 master's, and 7 PhD students who will have their degrees conferred this year! We are looking forward to reconnecting with the new graduates, meeting their loved ones, and learning about what awaits them next.

In July, new and returning students will start registering for courses. All signs suggest we will be welcoming our largest Kinesiology class yet, with approximately 250 students. Our programs continue to be in high demand, and we try to remain hopeful that we will be granted permission to hire the faculty necessary to deliver the high-quality education for which we are known.

We are saying goodbye to two stalwart faculty members this year: Dr. Elaine Power and Dr. Michael Tschakovsky, who are soon to begin well-deserved retirements. Meanwhile, Dr. Young Lee has accepted a wonderful new opportunity at Yonsei University in their home city of Seoul, Korea. We were pleased to receive an exception to the ongoing hiring freeze and to appoint Dr. Eric Hedge, a graduate of the University of Waterloo and a postdoctoral fellow at the University of Texas Southwestern Medical Center, who will join the school on July 1. You can learn more about Dr. Hedge's innovative research in cardiovascular physiology on page 4.

We are also undergoing change on the staff side, as our dedicated Departmental Assistant, Trish Stenzl, transitions into retirement (p. 8), and we welcome Karina Almeida as our new Academic Advisor and Program Coordinator (p. 9). SKHS is fortunate to have a stellar staff team supporting our students and faculty members in all aspects of their work.

As Dr. Power discusses in "Three Questions" (p. 5-7), we are in the thick of trying to figure out how to manage AI in our classrooms. The disruption to established methods of teaching students how to think and write is hard to understate.



WELCOME FROM THE DIRECTOR (CONT.)

In my own fourth-year seminar on the social roots of mass anxiety, the only work students now do at home is their reading preparation. All other assignments take place in class, using a largely device-free team-based learning approach centred on conversation, critical reflection, and collaboration. I worry about the loss of their ability to write and think independently, and to draft a paper over a period of weeks—skills that can't be replicated in in-class assignments. But there are tangible benefits to this new approach, including how much students learned from talking to one another. We are all working hard to make the best of a challenging situation and anticipate ongoing changes to our pedagogy in the years to come.

If you have questions about what's going on in the school, I'm always happy to hear from you.

In the meantime, we are looking forward to hosting many of you at homecoming again this fall, including a large group of PHED '76 graduates. I hope to see you at the SKHS Alumni Open House on Saturday, October 17 (see p. 3)!

Sincerely,

Samantha King

HOMEcoming 2026

SKHS ALUMNI OPEN HOUSE

When: Saturday, October 17th, 2026 10:00am – 11:30am

Building tours: 10:30 am and 11:00 am

Where: 28 Division St (School of Kinesiology and Health Studies Building)

[Event Webpage](#)

Celebrate Homecoming 2026 by reconnecting with your classmates from Kinesiology, Health Studies, and Physical and Health Education, and meeting current students, faculty, and staff in the School.

Alumni are invited to drop in for light breakfast refreshments and enjoy a relaxed opportunity to reconnect and explore the SKHS building. Guided building tours will take place at 10:30 a.m. and 11:00 a.m., offering a look at our undergraduate teaching lab, student spaces, and the adapted exercise program, Revved Up. Alumni are welcome to bring guests!

The SKHS building is fully accessible with accessible washrooms on the first and second floors, and an all-gender, accessible washroom on the second floor.

You do not need to register for this event. However, feel free to let us know in advance if a large group from your year will be attending!

Event contact:

Michelle Shorey

Department Manager

skhs.manager@queensu.ca

PHE, HLTH, & KIN ALUMNI:

You're Invited!

SKHS Alumni Open House

Saturday, October 17th, 2026

10:00am – 11:30am

SKHS Building

28 Division St.

refreshments provided

NEW FACULTY INTRODUCTION: DR. ERIC HEDGE



Dr. Eric Hedge, PhD

**Assistant Professor
Cardiovascular Physiology**

Dr, Eric Hedge is an integrative cardiovascular physiologist whose laboratory is dedicated to advancing understanding of the physiological mechanisms governing cerebral blood flow and cardiovascular function. His work emphasizes the roles of exercise and deconditioning across the lifespan.

Prior to joining the School of Kinesiology and Health Studies, Dr. Hedge completed his graduate studies in the Department of Kinesiology and Health Sciences at the University of Waterloo, followed by CIHR-funded postdoctoral training in the Division of Cardiology at the University of Texas Southwestern Medical Center and the Institute for Exercise and Environmental Medicine in Dallas, Texas. His research to date spans exercise and environmental physiology (including bed rest and microgravity) as well as studies involving clinical populations with orthostatic intolerance, such as postural orthostatic tachycardia syndrome (POTS). He aims to continue developing these impactful research streams at Queen's University.

Outside of academia, Dr. Hedge enjoys playing basketball and spending time outdoors, including hiking, cycling, and farming. One of his most unique hobbies is making maple syrup on his family's farm in southwestern Ontario.

We are thrilled to have Dr. Eric Hedge join the School of Kinesiology and Health Studies!

THREE QUESTIONS

A CONVERSATION WITH RETIRING PROFESSOR DR. ELAINE POWER

On December 31st, Dr. Elaine Power will retire after more than 22 years of service in SKHS. Dr. Power is an award-winning teacher and researcher who works on issues related to poverty, class, food, and health. A prominent critic of food charity and an advocate for a guaranteed basic income, Dr. Power exemplifies the School's dedication to social engagement and transformation. Here, Dr. Power reflects on the highs and lows of her career at Queen's.



What will you miss most?

I will miss the experience of students' "light bulb" moments, when they suddenly understand an idea or concept or a point I'm trying to make. I will miss the students who have taken up my challenge in each course to see and understand the world in new ways. And I will also miss putting together course syllabi, updating myself on new literature in the field, and carefully crafting the best possible course I can put together for the students.

Although I hope to see my wonderful SKHS colleagues regularly, I will miss being part of conversations and discussions in the School that aim to make the best of current circumstances and constraints—that sense of contributing to something that is bigger than the sum of its parts. Similarly, I have been invigorated by smart, thoughtful, and caring colleagues across the university who have been pushing back against the university's austerity measures, with its devastating impacts on staff, faculty, and the quality of students' education. I will miss my colleagues in the Queen's Coalition Against Austerity (QCAA).

THREE QUESTIONS (CONT.)

What will you be glad to leave behind?

I am glad to leave behind students' "grade grubbing," which contributes to their misuse of AI. I am glad that I do not have to continue to learn how to be a professor in the age of AI.

I will also be glad to leave behind the "PeopleSoft" student administration platform, which I've always called "PeopleHard" because of its completely unintuitive features, and constantly having to learn new technology programs that often require significant investments of time, with questionable benefits, at least to the user.

What are the biggest changes you've observed since your arrival at Queen's?

En masse, the students have changed. The levels of anxiety has soared since about 2012 or 2013, and other mental health issues have also increased. The number of students needing various kinds of accommodations has also increased. In the last few years, Queen's has professionalized the interface between students and professors, and (appropriately) taken responsibility away from professors to arrange accommodated midterms.

Of course, there is the extraordinarily rapid adoption of AI, the impacts of which have only just begun. I know there are good uses for AI but I am very worried about student learning, as well as the ethical, social, political, and environmental effects which are not adequately considered. Many of the adverse impacts of AI for student learning could possibly be mitigated by smaller classes, but this is not the direction we are headed.

Apart from accommodations in undergraduate courses, some other responsibilities have been downloaded to professors. For example, when I first arrived in 2004, at the end of the term, I entered final grades by hand on triplicate forms and handed them to an office staff person. Now, there is a 20 page instruction booklet detailing the process of electronically submitting grades. In recent years, I have been allocating half a day for this process for the larger courses I teach, and have learned to play soothing music in the background as I go through the many steps.

THREE QUESTIONS (CONT.)

I would say there has also been a significant shift in the larger ethos around post-secondary education, particularly in the arts and humanities, with our current provincial government. Ontario has funded post-secondary education at a significantly lower rate per student than other provinces for decades, but that underfunding has accelerated under the current government. The effects on the ground are numerous and demoralizing.

Finally, I am dismayed by the Queen's administration's attacks on the collegial governance model of the university, the basis of which is that faculty members play an important role in governing the university.

Along with other pressures and responsibilities, the status of the university professor seems to have diminished over these past 20+ years. Based on conversations with academics who are older than I am, this may be a longer term trend. At the same time, I am grateful to Queen's for the many opportunities my position has afforded me to do work that is deeply meaningful and impactful.

STAFF RETIREMENT: TRISH STENZL

After more than two decades of dedicated service to the School of Kinesiology and Health Studies, Trish Stenzl will be retiring from her role as Departmental Assistant, with her final day in the School set for August 31, 2026

While this is bittersweet news for the SKHS community, we are thrilled for Trish as she looks ahead to enjoying more time for pickleball, creating music, and spending time with family and friends.



Since joining the School (then the School of Physical and Health Education) on July 1, 2000, Trish has been an integral part of the SKHS community. Generations of students, alumni, faculty, and staff have benefited from her warmth, kindness, and unwavering willingness to help. Her deep institutional knowledge, welcoming presence, and infectious laugh have made a lasting impression on countless members of our School community.

For many alumni, Trish would have been one of the very first friendly faces they encountered in SKHS - and someone who continued to support them throughout their time at Queen's. Her contributions behind the scenes have helped shape the positive and connected community that SKHS is known for today.

We know many alumni will join us in thanking Trish for her years of dedication and wishing her all the very best in her well-deserved retirement.

NEW STAFF INTRODUCTION: KARINA ALMEIDA

We are delighted to introduce you to Karina Almeida, our new Academic Advisor and Undergraduate Program Coordinator in the School of Kinesiology and Health Studies.

Since joining our staff team in December, Karina has been a wonderful addition to the SKHS. She has transitioned seamlessly into the role, quickly connecting with and supporting students with care and professionalism. Her positive energy, attention to detail, and fresh ideas have already made a meaningful impact on both our students and our team.



Karina has more than four years of experience in undergraduate student support and academic advising from the DeGroote School of Business at McMaster University. She is currently completing her Professional Master of Education at Queen's, further strengthening her expertise in student development and support.

Originally from Brazil, Karina holds a Bachelor of Arts in Tourism and a Postgraduate Diploma in Marketing Management of Tourism and Hospitality from the University of São Paulo, as well as a certificate in Communications and Media from Centennial College. She enjoys connecting with people from diverse backgrounds and brings warmth and enthusiasm to everything she does.

We are grateful to have Karina as part of the SKHS community and look forward to her continued contributions in supporting our students and programs.

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 in 2024 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.

At this spring's Annual Graduate Student Research Day, the School of Kinesiology and Health Studies named MSc student Owen Juan and PhD student Marley Mullan as the 2026 award recipients. Owen is completing his first year in the MSc program, and Marley is completing her second year in the PhD program. Both are supervised by Dr. Jennifer Tomasone.



Dr. Robert Ross congratulating Owen Juan and Marley Mullen, 2026 recipients of the Matthew William Nelms Memorial Award.

UNDERGRADUATE STUDENT SPOTLIGHT

Jermyl Allen Acuzar (BScH'26)

Jermyl Acuzar, a recent graduate of the Honours Bachelor of Science in Kinesiology from the School of Kinesiology and Health Studies at Queen's University, exemplifies what it means to lead with purpose, curiosity, and impact. Recognized for his exceptional achievements, Jermyl is the recipient of the 2026 CCUPEKA Leadership Award, honouring a graduating student who demonstrates outstanding leadership, academic excellence, and commitment to the fields of kinesiology and physical education.



Throughout his undergraduate career, Jermyl consistently distinguished himself academically and as a leader among his peers. In 2025 he was awarded the prestigious Fred Lamble Bartlett Memorial Award, recognizing not only his academic achievement but also his integrity, leadership, and compassion for others.

Jermyl's passion for advancing sport performance and health is reflected in the breadth of his experiences across coaching, research, and innovation. As the Lead Strength and Conditioning Intern for Queen's Men's Basketball and Women's Rugby, he helped design and deliver evidence-based training programs, contributing directly to athlete development and performance. His work on the training floor demonstrated a commitment to translating scientific principles into practical, athlete-centered solutions.

In the research domain, Jermyl pursued an ambitious dual Honours thesis across two laboratories. His work in the Sensorimotor Exploration Laboratory explored transcutaneous spinal stimulation and its applications in motor rehabilitation, while his research in the Integrative Cardiopulmonary Physiology Laboratory examined lung hyperinflation and respiratory dynamics in individuals with chronic pulmonary disease. These projects highlight his ability to bridge complex scientific inquiry with real-world health challenges.

UNDERGRADUATE STUDENT SPOTLIGHT (CONT.)

Jermyl Allen Acuzar (BScH'26)

Beyond his academic and applied work, Jermyl is also an emerging innovator in sport technology. As the Founder of KynTrack, he developed an athlete monitoring platform designed to simplify wellness tracking and provide coaches with actionable insights. By integrating daily athlete data into meaningful performance indicators, KynTrack reflects Jermyl's vision to make research-informed decision-making accessible in athletic environments.

Whether in the lab, on the field, or in the startup space, Jermyl has demonstrated a consistent commitment to advancing kinesiology through leadership, collaboration, and innovation. His work embodies the potential of the next generation of kinesiology professionals - those who not only generate knowledge but actively apply it to improve performance, health, and well-being.

As he looks to the future, Jermyl aims to continue driving progress in the kinesiology field through practical, research-informed leadership and will carry this vision forward as an incoming medical student at the University of Ottawa.

REVVED UP UPDATE

For this year's update, Revved Up is proud to spotlight the passionate undergraduate students behind the Let's Get Revved Up club — now going strong in its third year!

The Let's Get Revved Up club was founded in 2024 after a group of dedicated students shared a common vision: to build greater awareness and support for Revved Up. While Revved Up has long provided (since 2007!) an inclusive exercise program for community members with disabilities, many students, university administrators, and members of the broader community were still unaware of its impact.

Recognizing that the long-term sustainability of the program depends on strong community and institutional support, these students took action. They created the club as a platform for advocacy, awareness, and student engagement — promoting Revved Up, inclusive physical activity, and disability awareness across campus and beyond.

Three years later, their passion and commitment continue to strengthen the Revved Up community and expand its reach. It's inspiring to see what can happen when passionate students come together with energy, purpose, and a shared vision. What started as a dream is now making a real and lasting impact in big ways.



REVVED UP UPDATE (CONT.)

Highlights of Club Events this year:

- Student engagement and fundraising events at Morro Pilates and Trivia Night
- 3rd annual community engagement and fundraising event, the Annual Walk n' Roll-a-thon, held at the Queen's Athletics and Rec Centre with over 50 Revved Up members, students family, friends and Queen's staff attending
- To date, the club has fundraised over \$23,000 for Revved Up!!



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 2025 RECAP

PHE/KIN ALUMNI,

Thank you so much for your gracious donations to Kinesiology Orientation Week 2025. 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 home at Queen's University. Your kind donations allowed the 2025 Orientation Week to foster yet another year of long-lasting friendships and memories in our beloved PHEKIN community.

Every single moment of Orientation Week has an impact on our students - meeting your new peers on the first day, receiving consistent encouragement from your coaches, friendships forming as you bunk with one another at camp, dancing your heart out when the year dance plays - all of it matters, and it is almost impossible not to fall in love with the amazing PHEKIN community. Thank you for giving back to a unforgettable experience that the incoming class of 2029 will cherish for a lifetime. Your support has not gone unnoticed. Each contribution matters, and without it, Orientation Week would not have been the same, so we thank you.

With all the PHE/KIN-filled love in the world,
ECKO 2025 (Executive Committee of Kinesiology Orientation)



KINESIOLOGY ORIENTATION 2026

OUR O-WEEK

Hi! I'm Erika Turcotte, Logistics and EDI+I Coordinator for ECKO 2026. Enjoy this quick look back at Kinesiology Orientation Week - I hope it sparks some interest into what is coming for Orientation 2026. WE. ARE. SO. EXCITED. to welcome the Queen's Kinesiology Class of 2030!

Kinesiology Orientation is all about traditions, connection, and starting university life. From our time at camp (think t-shirt ripping, dances, capture the flag, and campfires) to campus events (like coveralls, year photo, tamming), it's an unforgettable experience!

OUR GOALS

Our ECKO team is working hard to secure funding through sponsorships, grants, donations, and fundraisers to make orientation more accessible. Our ultimate goal is to lower ticket costs and reduce financial barriers. With your support, we can keep the joy alive and make it equitable for everyone.

WHAT YOU CAN DO AS ALUMNI



SHARE KIN MEMORIES

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



DONATE

Donate to our bursary fund to allow more incoming students to attend orientation week. All donations will directly go to involving more students!



STAY SO EXCITED

Never forget your time at Queen's and everything it did for you! Share your stories, share the love, share the energy!

DONATE HERE

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](#)