

Mini-Stream Information Session 2025 - 2026

Thursday, January 23rd, 2024



Today's Agenda:

- SKHS Mini-Streams
 - Eligibility
 - Mini-Stream Options
 - Athletic Therapy
 - Strength & Conditioning
 - Application Process
- Disability & Physical Activity Certificate (DIPA)
- Questions

Student Eligibility For Mini-Streams

- KIN students; eligible to apply for both mini-streams
- Only able to take part in ONE of these mini-streams over the course of student's undergraduate program

Note: Students may apply for more than one mini-stream however if accepted to more than one, they will have to choose which one they intend to complete.

Note: Students can complete the Research Mini-Stream in combination with either of these 2 streams

Eligibility Criteria for Mini-Streams

- Academic criteria
 - 2.7 (B-) cumulative GPA in your KIN program
 - Prerequisite courses (for progress from one level to the next)
 - Approval of Mini-Stream Coordinator and UG Coordinator
- Non-academic criteria
 - Current First Aid & CPR
 - Current Police Check (vulnerable populations screen)



Foundation Theory Courses

- Athletic Therapy
 - KNPE 331 Care and Prevention of Athletic Injuries
- Strength & Conditioning
 - KNPE 345 The Science and Methodology of Sport Training Conditioning Programs

Mini-Stream Coordinators

- Athletic Therapy:

- Ryan Bennett

- (ryan.bennett@queensu.ca)

- Strength & Conditioning:

- Colin McAuslan

- (colin.mcauslan@queensu.ca)

AT Mini-Stream

- Level 1

- Fall: shadowing current Student Trainers at Varsity games & practices
- Winter: KNPE 331
 - Lab sessions 2 hrs/week in the clinic (ARC)
 - Shadowing certified staff in clinic



AT Mini-Stream

- Level 2: Field Placement
(KNPE 330/4.5)
- Placed with a Varsity team to cover practices and games
- 165 field hours
 - Pre-event taping, wrapping, massage, etc.
 - During event emergency first-aid
 - Post-event treatment
 - Academic: 2 assignments, 1 with presentation, first-aid practical



AT Mini-Stream

- **Level 3: Field & Clinic (KNPE 430/ 4.5)**
 - 85 field hours & 80 clinic hours
 - Students continue placement and coverage of team
 - Mentor junior Student Trainers
 - Students expected to shadow in clinic assisting Certified Athletic Therapists
 - Academic: Literature review with presentation, Clinical practical



Athletic Therapy Mini-Stream

Please note:

- Level 2 & 3 ALWAYS requires students to be available to start in the mid-August to early September (depending on sport).
- Level 2 & 3 ALWAYS conflicts with Frosh Week/Safety Officer
- Level 2 & 3 MAY conflict with holidays: Thanksgiving, Christmas, reading weeks
- Varsity Team athletes not accepted into program



What we expect from you:

Quick learners, keen, willing to go above and beyond, good time management, good communicators, engaged learners, works well as part of a team. Adaptable personality, thinks quickly in stressful situations and dependable.

Athletic Therapy Mini-Stream

Clinical Professionals

Name	Qualifications	Roles
Dr. Bardana Dr. Shallow, O'Connor, Thomson, Quirke	Orthopod Sports Medicine Physician	Clinic, field coverage
Evan & Craig	Registered Massage Therapist & AT	Clinic, field coverage
Sabrina, Megan, Laura, Katie, Amy, Alee	Athletic Therapist	Clinic, field, concussion rehab
Steady	Chiropractor & AT	Clinic
Stephanie, Christine	Registered Dietitian	Clinic
Heidi	Clinic Coordinator	Administration
Sarina	Office Assistant	Administration

Athletic Therapy Mini-Stream

What you can expect from us

- Hands on training applicable to any of the Health Sciences
- Improved communication skills
- Improved time management skills
- Crisis and stress management skills
- Life-long friends from the Student Trainers, Coaches and Players you work with
- An unforgettable, rewarding experience that will be the highlight of your undergrad years

Team Photo

Work Hard, Laugh Harder!



Student Trainer Perspective

Sydney Rankin, FB



(c) JEFF CHAN



(c) JEFF CHAN



(c) JEFF CHAN



Requirements: Athletic Therapy

	Level 1	Level 2	Level 3
Admission	<p>Successful application and interview & minimum cumulative GPA of 2.70. Current First Aid, CPR, and CPIC Note: 28 spaces available this year</p>	<p>Minimum cumulative GPA of 2.70 Permission of the AT Coordinator Current First Aid & CPR Prerequisites: KNPE 331 & ANAT 315</p>	<p>Minimum cumulative GPA of 2.70 Permission of the AT Coordinator Current First Aid & CPR Prerequisite course: KNPE 330</p>
Course(s)	<p>Students will take a foundation course KNPE 331/3.0 (Care & Prevention of Athletic Injuries) in the winter term</p>	<p>Students will be in KNPE 330/4.5 (Field Placement in Athletic Therapy) and will be expected to complete at least 165 practicum hours with the Athletic Therapy program. Students will also complete a first aid practical exam, a short assignment, a longer group assignment and presentation.</p>	<p>Students will be in KNPE 430/4.5 (Internship in Athletic Therapy) and will be expected to complete at least 165 practicum hours with the Athletic Therapy program. Students will also complete a clinical practical exam, in addition to an individual research assignment and presentation.</p>
Expectations	<p>Students will be expected to complete 24 practicum hours with the Athletic Therapy program</p>	<p>Students will be placed with a varsity team, where they will be responsible (with supervision) for the field coverage and taping for their team, and assist with assessments and rehabilitation of team members.</p>	<p>Students will spend half of their time with a varsity team (mentoring other student trainers) and the other half working in the Athletic Therapy clinic, helping with assessments, treatments, bracing, and administrative work.</p>

Questions?

Strength and Conditioning Mini-Stream



Level 1

- S&C Introductory Internship 24 hrs of shadowing, 24 hours of intern information sessions. Must complete KNPE 345.

Level 2

- KNPE 346/4.5 – S&C Field Placement- 120hrs of assisting in coaching at least 2 varsity teams. These interns must attend a weekly meeting, attend coaching seminars and complete a research paper.

Level 3

- KNPE 446/4.5 – S&C Internship- 120hrs of varsity coaching and leading one specific team, plus attending a weekly meeting, coaching seminars, and completing a training plan on themselves.

Colin McAuslan



Head Coach

Lead for Football, Rowing, & Cross Country

Integration with Sports Med

Club Team Relationships and Model

Scheduling & Management of HPC

Integration with KIN

Nic Gray



Assistant Coach

Lead for Men's Rugby, Men's Soccer, Women's Soccer, Men's Hockey, & Women's Hockey

Sport Science

Intern Curriculum

Club Team Programming and Systems

Evan Karagiozov



Assistant Coach

Lead for Women's Rugby, Women's Basketball, Women's Volleyball, Men's Volleyball, & Men's Basketball

Intern Curriculum

Community Liaison

Club Team Programming and Systems

Fusion/iWork

Professional

We aspire to represent our program, athletes, department and University with the utmost professionalism both on and off campus.

Leadership

We embrace our role as leaders by listening, learning and empowering those around us towards achieving a common goal.

Integrity

We must personify and practice our foundational principles daily as individuals and a collective.

Educational

Intellectual curiosity is essential to our evolution as coaches and people.

Support

We look to actively support and assist our athletes, coaches, department, university, and community whenever possible.

Transference

We strive to teach student athletes and interns transferable skills and lessons through training that will prepare them for a successful future.

Inclusivity

We foster an environment where everyone can learn, be challenged and evolve.

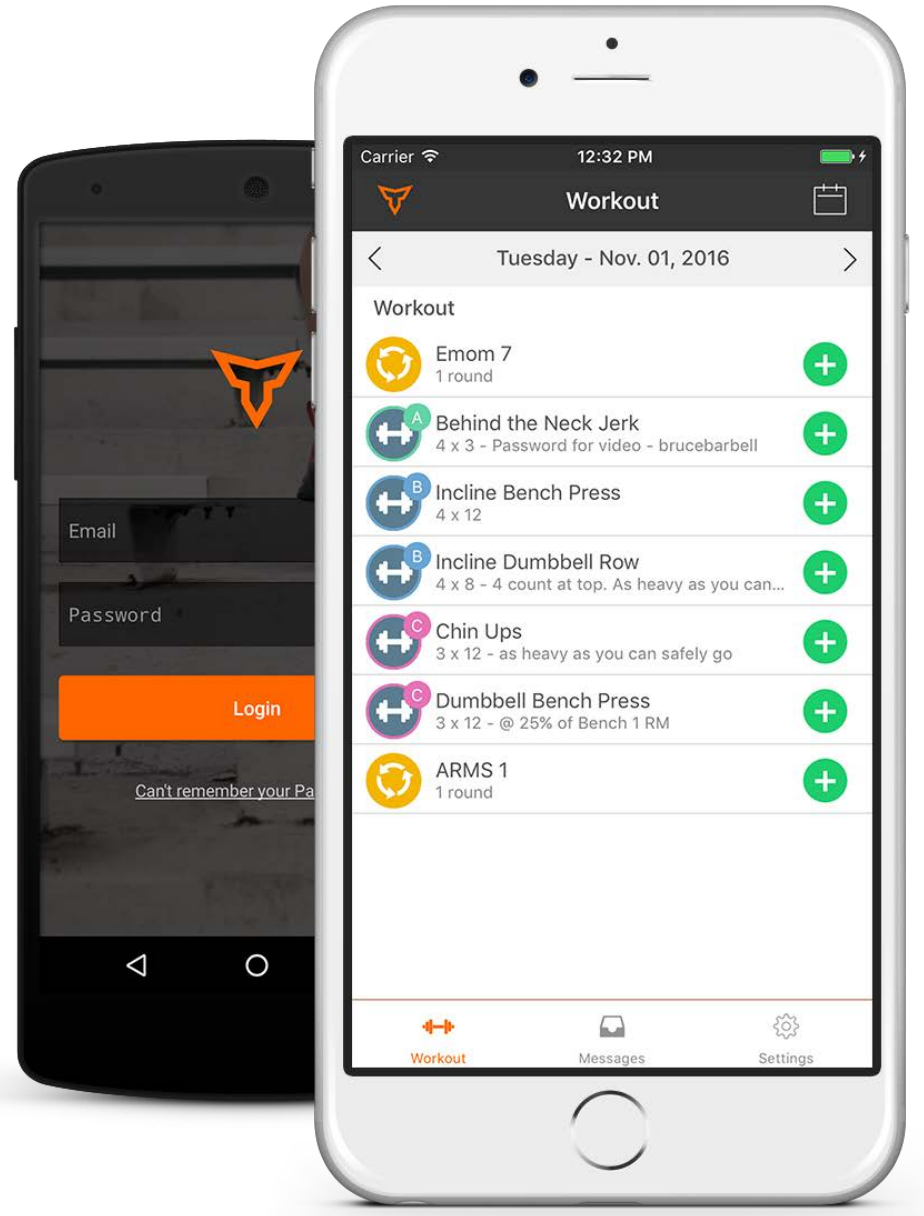
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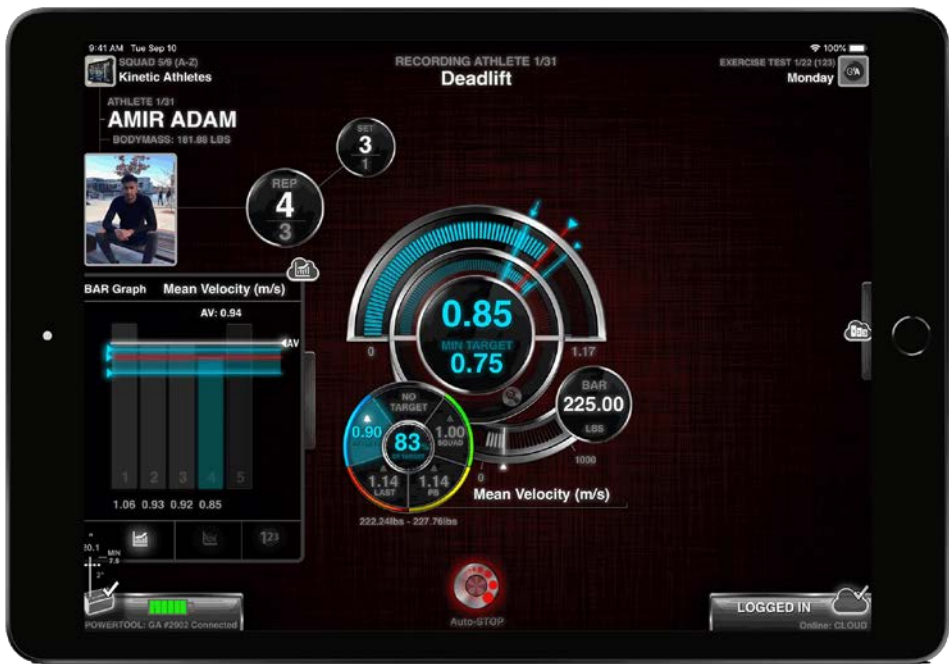
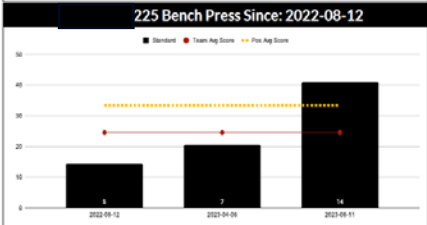
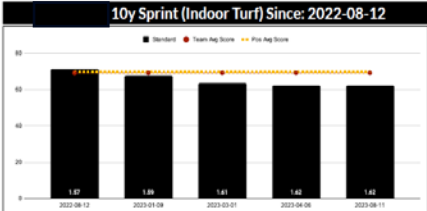
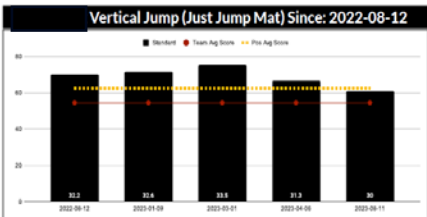
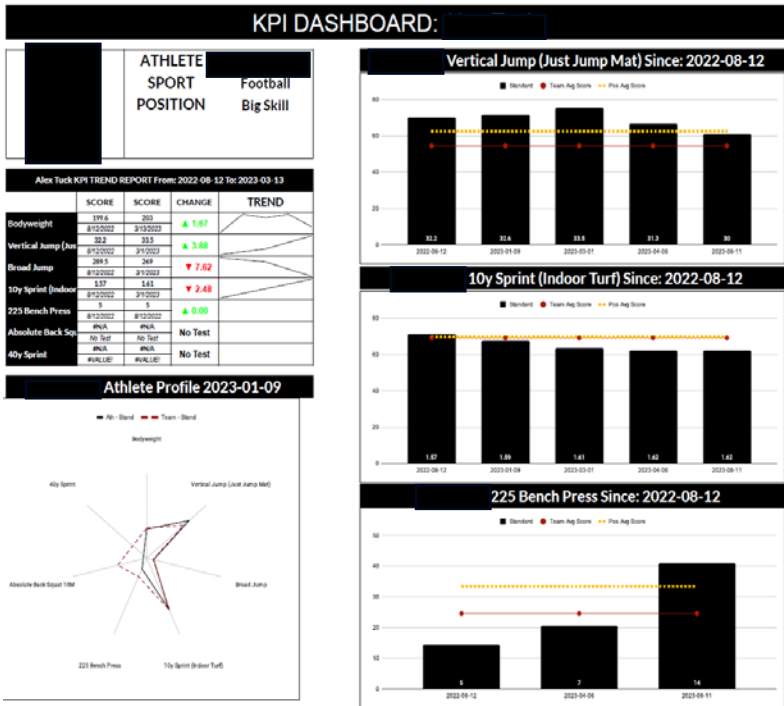
WE ARE ALL
FAEL'S
Q

What



How





Name	Personal Best	Standard Deviation	Wednesday, September 18, 2024		Wednesday, September 25, 2024		Wednesday, October 2, 2024		Wednesday, October 9, 2024		Wednesday, October 16, 2024		Wednesday, October 23, 2024		Wednesday, October 30, 2024		Wednesday, November 6, 2024	
			Time	Percentage	Time	Percentage	Time	Percentage	Time	Percentage	Time	Percentage	Time	Percentage	Time	Percentage	Time	Percentage
	1.90	0.04	1.95	100.0%	1.91	100.0%	1.95	97.9%	2.03	94.1%	1.91	100.0%	2.03	94.1%	1.94	98.5%	1.93	99.0%
	1.87	0.03	1.97	100.0%	1.94	100.0%	1.91	100.0%	1.87	100.0%	1.93	96.9%	1.91	97.9%				
	1.80	0.03	1.88	100.0%	1.81	100.0%	1.85	97.8%	1.80	100.0%	1.85	97.3%	1.85	97.3%	1.86	96.8%	1.87	96.3%
	1.86	0.03	1.93	100.0%	1.87	100.0%	1.91	97.9%	1.93	96.9%	1.87	100.0%						
	1.59	0.03	1.62	100.0%	1.62	100.0%	1.64	98.8%	1.62	100.0%	1.71	94.7%					1.62	100.0%
	2.08																	
	1.67	0.04	1.72	100.0%	1.73	99.4%	1.76	97.7%	1.67	100.0%	1.76	94.9%	1.74	96.0%	1.76	94.9%	1.71	97.7%
	1.75	0.06	1.89	100.0%	1.84	100.0%	1.92	95.8%	1.87	98.4%	1.91	96.3%	1.89	97.4%	1.81	100.0%	1.75	100.0%
	1.81	0.02	1.83	100.0%	1.81	100.0%	1.86	97.3%	1.84	98.4%	1.86	97.3%	1.83	98.9%	1.85	97.8%	1.82	99.5%
	1.84	0.02	1.87	100.0%	1.85	100.0%	1.86	99.5%	1.87	100.0%			1.88	99.5%	1.88	99.5%	1.84	100.0%
	1.85	0.02	1.87	100.0%	1.85	100.0%	1.86	99.5%			1.86	99.5%						
	1.76	0.04	1.81	100.0%	1.89	95.8%	1.86	97.3%	1.85	97.8%	1.86	97.3%	1.85	97.8%			1.77	100.0%
	1.87	0.04	1.97	100.0%	1.97	100.0%	1.91	100.0%	1.91	100.0%	1.96	97.4%	1.93	99.0%			1.87	100.0%
	1.83	0.03	1.87	100.0%	1.85	100.0%	1.91	96.9%	1.84	100.0%	1.94	94.8%	1.84	100.0%	1.87	98.4%	1.83	100.0%
	1.78	0.02					1.83	100.0%	1.83	100.0%	1.81	100.0%	1.82	99.5%	1.80	100.0%	1.80	100.0%
	1.89						1.89	100.0%										
	1.77	0.03					1.83	100.0%	1.84	99.5%	1.82	100.0%	1.78	100.0%	1.82	97.8%	1.78	100.0%
	1.84	0.01	1.84	100.0%	1.84	100.0%	1.85	99.5%										
	1.79	0.02	1.85	100.0%	1.84	100.0%					1.86	98.9%	1.79	100.0%	1.87	95.7%	1.85	96.8%
	1.80	0.03	1.89	100.0%	1.88	100.0%	1.87	100.0%	1.83	100.0%	1.88	97.3%	1.89	96.8%	1.89	98.0%	1.99	98.0%
	1.95	0.02	1.98	100.0%					1.95	100.0%	1.97	99.0%	1.97	99.0%	1.99	98.0%		
	1.75	0.03					1.75	100.0%	1.79	97.8%	1.79	97.8%	1.82	96.2%	1.79	97.8%	1.81	96.7%

ACL Protocol

FANTASTIC 4+1 CONCEPT

- MUSCLE STRENGTH RECOVERY
- COMPLETE ON FIELD REHABILITATION
- QUALITATIVE MOVEMENT RESTORATION
- COMPLIANCE IN REHABILITATION

CARDIO-VASCULAR FITNESS RECONDITIONING



OBJECTIVELY EVALUATE IMPROVEMENTS IN FUNCTION

3 TESTS CONCEPT

- Isokinetic Test STRENGTH**
Isokinetic assessment of knee extensor and flexor strength
- Threshold Test CV FITNESS**
Assessing speed of lactate threshold
- MAT Test MOVEMENT QUALITY**
Biomechanical evaluation of movement patterns

CRITERIA BASED PROGRESSION

GO! CONCEPT

RESPECT GREEN LIGHTS IN PROGRESSIONS



ACL INJURY

70-75% of ACL injuries happen without direct contact and 50% are preventable

ACL reconstruction

- Complete Pre-op rehab
- NO swelling
- Full ROM
- Good strength

Start rehabilitation

- Minimize the time!
- Ideal <7 days

Start hydrotherapy

Walk without crutches

Run on a treadmill

GO!

- ✓ Surgeon consensus
- ✓ Complete knee extension
- ✓ 0/+ intra-articular swelling
- ✓ Correct gait pattern

- ✓ No pain when walking (NRS <3/10)
- ✓ Active knee flexion >120°
- ✓ Appropriate muscle tone of the trunk, thigh and leg

Start GREEN ROOM rehabilitation

GO!

- ✓ Isokinetic test <20% strength deficit
- ✓ Good SL squat quality (60°) with completing optimal progression
- ✓ Ability to run on treadmill

Start ON FIELD rehabilitation

GO!

- ✓ Isokinetic test <20% strength deficit
- ✓ Run on treadmill 10 mins @ km.h¹ (good biomechanics)
- ✓ Adequate 'targeted' neuromuscular training (minimum >70/100)

Return to the team

GO!

- ✓ Surgeon consensus
- ✓ Good knee function
- ✓ Complete strength recovery (Isokinetic test LSI 100% KE & KF)
- ✓ Complete OFR
- ✓ Adequate recovery of CV fitness measured with Threshold test (for footballers: S2 >11.5 km/h; S4 >13.5 km/h)
- ✓ Complete INMT in Green Room & MAT (>85/100)



A targeted neuromuscular training program reduces the 2nd ACL injury rate

RETURN TO THE TEAM

Club and Community Opportunities



Alumni Network



Culture

“Coaches Collin and Evan of Strength and conditioning have been the best part of my experience as a queens athlete throughout my four years. They did a very good job, and truly cared about the development of their student athletes in all areas of life.”

Rowing

Positives: got plenty of personalized exercises; Tough and challenging, allowed us to reach our maximum potential. Very satisfied; It was the best thing I have ever experienced, organized and effective; Amazingly planned and coordinated training programs that were clear and well thought out; S&C: great enthusiasm workouts are effective and fantastic.

Bench Players:

I loved the environment, the feedback and how energetic it was. It made us feel welcomed and cared for while working out.

Colin and Evan are the best. Everyone loves them.

The S&C program is great, best coaching experience I had while on the Football team



What We Are Looking For

- Personable
- Stopwatch Mentality
- Played Sports
- Busy Person
- Selfless
- Trains Regularly
- Morning Person
- Willing to Coach
- Intern Training Camp:
Early Sept



Requirements: Strength and Conditioning

	Level 1	Level 2	Level 3
Admission	<p>Successful application and interview & minimum cumulative GPA of 2.70. Current First Aid, CPR, and CPIC Note: 17-20 spaces available this year</p>	<p>Minimum cumulative GPA of 2.70 Permission from the Head Coach: Strength & Conditioning Current First Aid & CPR Prerequisites: KNPE 345 & ANAT 315</p>	<p>Minimum cumulative GPA of 2.70 Permission from the Head Coach: Strength & Conditioning Current First Aid & CPR Prerequisite course: KNPE 346</p>
Course(s)	<p>Students will take a foundation course KNPE 345/3.0 (Science & Methodology of Training) in the winter term</p>	<p>Students will be in KNPE 346/4.5 (Field Placement in Strength & Conditioning) and will be expected to complete at least 120 practicum hours, as well as, attend a weekly group learning session throughout the fall and winter terms</p>	<p>Students will be in KNPE 446/4.5 (Internship in Strength & Conditioning) and will be expected to complete at least 120 practicum hours, as well as, attend a weekly group learning session throughout the fall and winter terms</p>
Expectations	<p>Students will be expected to complete 48 practicum hours with the Strength & Conditioning program</p>	<p>Students can expect to support varsity athletes in the daily training environment, including coaching speed and agility, return to play, resistance training, athlete monitoring and warmup and recovery components.</p>	<p>Students will be work directly with one varsity team, integrating into their culture and supporting the delivery of the head coach's performance plan. They will lead the physical development sessions, both in practice and the High Performance Centre while also supporting the development of the level 2 interns.</p>

Questions?

Application Process

- **Application Deadline:** Monday, February 17th @ 11:59pm
 - Late or incomplete applications will NOT be accepted
- **Application Requirements:**
 - Current resume
 - Cover letter: please outline your relevant past experiences and explain why you are interested in the mini-stream
 - Applications specific to EACH stream

Application Process

- **Instructions:**

- Applications for all mini-streams must be sent to **Dani Nyman** at skhs.internships@queensu.ca.
- Send Athletic Therapy and Strength applications as separate emails
- The email's subject line must contain the name of the mini-stream
- Files must be attached and named in the following format:
 - Athletictherapy_Lastname_Coverletter
 - Strengthcon_Lastname_Resume

Please note: Students can apply to both streams, but can only enroll in one stream if accepted.

Application Process

1. The Coordinator of each mini-stream will read through the applications and select a short-list of strong candidates.
 - Interview invites will be sent end of Feb-March
 - Candidates will be interviewed end of Feb-April
 - Unsuccessful candidates at this point will not receive an email
2. Successful students will be accepted with a conditional offer (April/early May)
 - If selected to more than one stream, students will be asked to pick at this point
 - All students who get an interview will receive an email as to whether they have been selected or not to move forward with process



Application Process

3. SKHS Admin Office conducts final check for academic eligibility in the middle of May.

4. Students are officially notified (at the end of May) if they have received a spot in the mini-stream (after their GPA has been checked)
 - Successful applicants will be registered in the appropriate foundation course before Course Registration commences in July
 - Additional spots may become available throughout this process

Application Support

Queen's Career Services

Appointment Options



Drop-in Career Advising

No appointment required! Drop-in career advising is available online or in-person in Gordon Hall 3rd Floor Monday to Thursday from 1 - 2 pm.



Career Coaching Appointments

Career Educators and Coaches work online or in-person with undergraduate and graduate students in scheduled 1-1 appointments to help answer different career questions.



Peer Resume & Cover Letter Review

Trained Peer Resume Coaches work with students in 1-1 appointments (online or in-person) on their resume and cover letter strategies.



WHAT IS THE DISABILITY & PHYSICAL ACTIVITY (DIPA) CERTIFICATE?

Associated with the Revved Up Exercise Program, the DIPA certificate is comprised of 15 units and provides a foundation in disability studies, physical activity, health, and their intersection while fostering fundamental academic skills.

Program Coordinator: Amanda Cunningham, R.Kin, CSEP-CEP, BHK
dipa.coordinator@queensu.ca

COURSE SELECTION AND PLANNING REQUIREMENTS

Required Courses: 5 total

- HLTH 200/3.0 or KNPE 255/3.0
- HLTH 332/3.0 or HLTH 402/3.0
- KNPE 336/3.0*
- KNPE 436/3.0*
- One of: KNPE 335/3.0, KNPE 433/3.0, HLTH 315/3.0, HLTH 403/3.0, HLTH 404/3.0

*Internship Based Courses

*Internship Based Courses (80 hours of internship each) -Offered Winter, Summer and Fall Term

Allowable Overlap degree plan: 6.0 units

- (i.e. HLTH 200 + HLTH 332 can double count as both DIPA and Degree plan credits)

Additional courses required outside of an Arts and Science degree plan: 9.0 units

- (i.e. KNPE 336, KNPE 436, KNPE 335 will need to be completed in addition to the 120 units needed for your degree plan)



DIPA Application Process – Early Admissions

DIPA Certificate - Early Admissions Opportunity !

Are you a student seeking hands-on learning and wanting to make a difference during your time at Queen's?

DISABILITY & PHYSICAL ACTIVITY CERTIFICATE

- ✓ Develop a deeper understanding of what it means for people to live with a disability/chronic disease
- ✓ Develop exercise prescription skills with a focus on considerations for people with a disability
- ✓ Strengthen communication and leadership skills

Early Admissions opportunity happening now!



5 COURSES (2 DOUBLE COUNT TOWARD YOUR DEGREE)
160 PRACTICUM HOURS

STUDENTS WITH A GPA OF 2.7 OR HIGHER AND ABILITY TO TAKE THE FIRST PRACTICUM COURSE IN-PERSON THIS SUMMER ARE ELIGIBLE FOR EARLY ADMISSIONS

If interested to learn more: Scan the QR and complete the form. Complete form by January 24 →



Eligibility:

- Cumulative GPA 2.7 or higher
- Ability to take the first practicum course, KNPE 336, in-person this summer
- Non-Kin Students must have completed HLTH 200 before summer 2025
- HLTH 332 must be taken along with (Summer 2025 online) or in advance of KNPE 336

If you are interested to be contacted for the early admissions opportunity, please fill out this form by scanning the QR code or click the link here:

<https://forms.office.com/r/kjDa cs9Ves>



DIPA Application Process –Usual Admissions

- Students must be level 2 or above and have a minimum cumulative GPA of 2.7
- There are a defined number of spaces available and late applications will not be considered

How Can I Apply?

FOR ALL ON-CAMPUS FACULTY OF ARTS AND SCIENCE STUDENTS (INCLUDING CURRENT SKHS STUDENTS)

Refer to the application dates on our website. Please email asc.studentservices@queensu.ca with a request to apply for DIPA (no statement of experience or resume are required to apply to the DIPA Certificate).

FOR ON-CAMPUS NON-FACULTY OF ARTS AND SCIENCE STUDENTS (HEALTH SCIENCES, APPLIED SCIENCE, COMMERCE, NURSING)

Refer to the application dates on our website. Please submit applications through Undergraduate Admissions by going to: <https://webapp.queensu.ca/admission/apply/>.

Applications are due in May 2025

Visit the [DIPA website](#) for updates and information.

<https://skhs.queensu.ca/students/DIPA>

Questions: Email dipa.coordinator@queensu.ca

Questions?

Research Mini-Stream

There is No Enrolment Process for Research Mini-Stream

4 Course Components

1. KNPE 251 – Introduction to Statistics
2. HLTH 252 – Introduction to Research Methods
3. KNPE or HLTH 352 – Research Skills Development Practicum*
4. KNPE or HLTH 595 – Honours Thesis*

*application required

Final Questions?

- Athletic Therapy:
 - Ryan Bennett (ryan.bennett@queensu.ca)
- Strength & Conditioning:
 - Colin McAuslan (colin.mcauslan@queensu.ca)
- Mini Streams (general):
 - Dani Nyman (skhs.internships@queensu.ca OR dln2@queensu.ca)
- Disability & Physical Activity Certificate
 - Amanda Cunningham (dipa.coordinator@queensu.ca)

Thank you!