

# Mini-Stream Information Session

## 2026 - 2027

Tues, February 3<sup>rd</sup>, 2026



Queen's  
UNIVERSITY

KINESIOLOGY AND  
HEALTH STUDIES

## Today's Agenda:

- Introduction to Community Engaged Learning
- Eligibility
- 3-Year Road Map
- **Athletic Therapy**
- **Strength and Conditioning**
- **Disability & Physical Activity Stream**
- Question Period

# Community Engaged Learning

- 3-Level experiential programs unique to Queen's
- Application of theoretical knowledge
- Foster collaboration between education, health care, and recreation fields
- Enhance practical skills through immersive environments
- Community placements with instructional and peer mentorship

# Student Eligibility

- KIN students only may apply to Athletic Therapy and Strength and Conditioning streams

*Note: KIN students may apply for both streams. However, if they are accepted to more than one, they will have to choose which one they intend to complete.*

- Any degree student may apply to the Disability and Physical Activity (DIPA) stream

*Note: KIN students can complete the DIPA stream in combination with either of the 2 other 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)
- Stream acceptance

## Non-academic criteria

- Current First Aid & CPR
- Current Police Check (vulnerable populations screen)

# 3-Year Road Map



**FALL 2026**

**NEW!!**

## **HLTH 210: Health and Human Performance: Foundations through Experiential Learning**

- Seminars + peer mentorship
- Stream-specific hands-on learning
- Develop essential professional skills for kinesiology and applied health:
  - Communication
  - Collaboration
  - Interprofessional practice
  - Ethical behaviour
- Specialized academic support

Course-based fee: \$320\*

\*Subject to approval in May 2026

**LEVEL 1**

**WINTER 2027**

**ATHLETIC THERAPY**

**KNPE 331:** Care and Prevention of Athletic Injuries

**STRENGTH CON.**

**DIPA**

**HLTH 200:** Physical Health and Exercise Programming (or *KINE 255* for Kin)

**HLTH 332:** Understanding Disability

**LEVEL 2**

**FALL 2027/WINTER 2028**

**KNPE 330:** Field Placement in Athletic Therapy

**KNPE 346:** Strength and Conditioning Field Placement

**KNPE 386<sup>#</sup>:** Community Field Placement in Disability and Physical Activity

Fee:\$320\* (DIPA only)

**LEVEL 3**

**FALL 2028/WINTER 2029**

**KNPE 430:** Athletic Therapy Internship

**KNPE 446:** Strength and Conditioning Internship

**KNPE 486<sup>#</sup>:** Advanced Placement in Disability and Physical Activity

Fee:\$320\* (DIPA only)

# Mini-Stream Coordinators

- Athletic Therapy:

- Ryan Bennett

- ([ryan.bennett@queensu.ca](mailto:ryan.bennett@queensu.ca))

- Strength & Conditioning:

- Colin McAuslan

- ([colin.mcauslan@queensu.ca](mailto:colin.mcauslan@queensu.ca))

- Disability & Physical Activity:

- Amanda Cunningham ([dipa.coordinator@queensu.ca](mailto:dipa.coordinator@queensu.ca))

# ATHLETIC THERAPY

Ryan Bennett



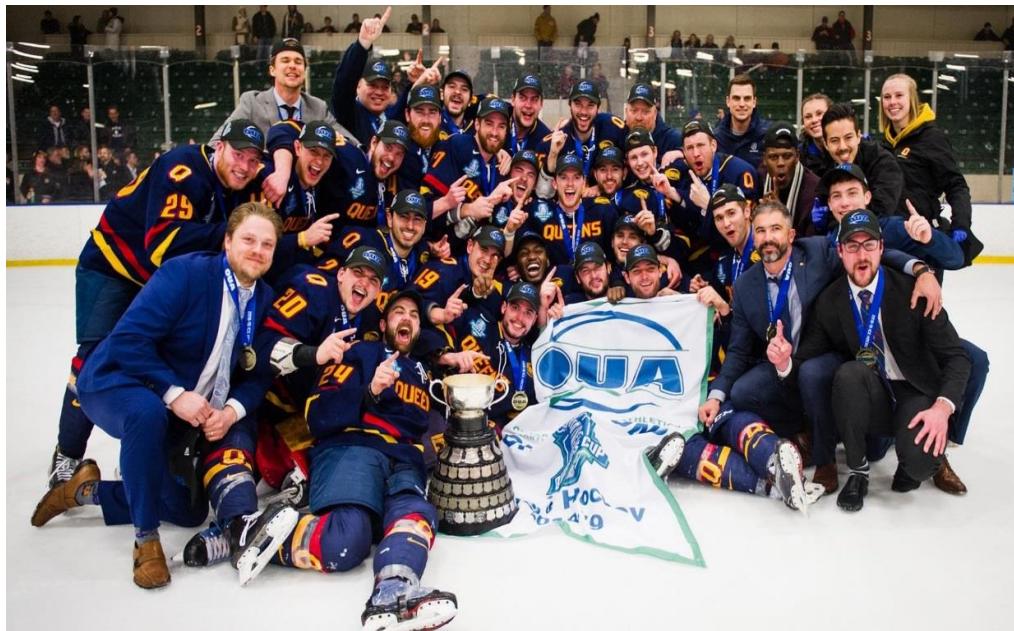
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# AT Mini-Stream

- Level 1

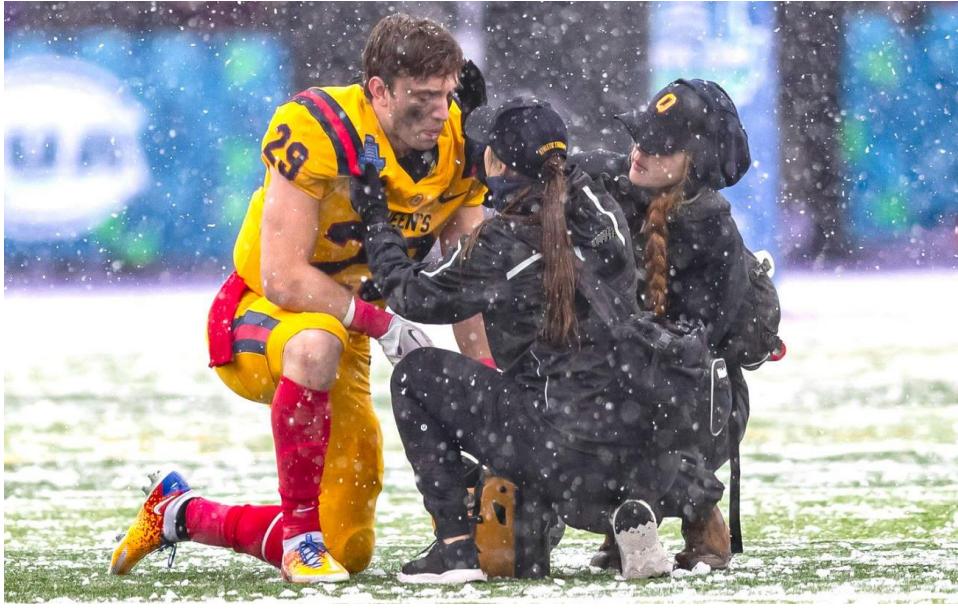
- Fall: HLTH 210, shadowing current Student Trainers at Varsity games & practices
- Winter: KNPE 331
  - Lab sessions 2 hrs/week in the clinic (ARC)
  - Shadowing current Student Trainers at Varsity games & practices



# 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 & post-event taping, wrapping, massage, etc.
  - During event emergency first-aid
  - Academic: 2 assignments, 1 with presentation, first-aid practical



(c) JEFF CHAN

# 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

## Clinical Professionals

Name	Qualifications	Roles
Dr. Bardana	Orthopod	Clinic appointments, field coverage
Drs. Shallow, Thomson, Quirke	Sports Medicine Physician	
Evan, Emily, Craig	Registered Massage Therapist & AT	Clinic, field coverage
Laura, Sabrina, Megan, Katie, Alee, Ryan	Athletic Therapist	Clinic, field, concussion rehab
Stephanie, Christine	Registered Dietitian	Clinic
Heidi	Clinic Coordinator	Administration

# Athletic Therapy Mini-Stream Notes

## 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

## 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

## Where some STs have ended up



**Athletic Therapy program at another institution**

- Athletic Therapist with Toronto Blue Jays
- Athletic Therapist with Ottawa 67s

**Physician  
Massage Therapist  
Chiropractor  
Nurse  
Physician's Assistant school  
Paramedic  
Work at Queen's**

# Team Photo

**Work Hard, Laugh Harder!**



# STRENGTH AND CONDITIONING

Colin McAuslan



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# Strength and Conditioning Mini-Stream

## Level 1

- S&C Introductory Internship 24 hrs of shadowing, 24 hours of intern information sessions. Must complete HLTH 210, 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.

Where: <https://youtu.be/AjMmqgzpsk8>



**Colin McAuslan**



**Head Coach**

Lead for Rowing

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

**Evan Karagiozov**



**Assistant Coach**

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

Sport Science

Intern Curriculum

**Jordan Socholotiu**



**Assistant Coach**

Lead for Football Sport Science

**Izzy Shih**



**Assistant Coach**

Lead for Cross Country

**Jocelyn Danby**

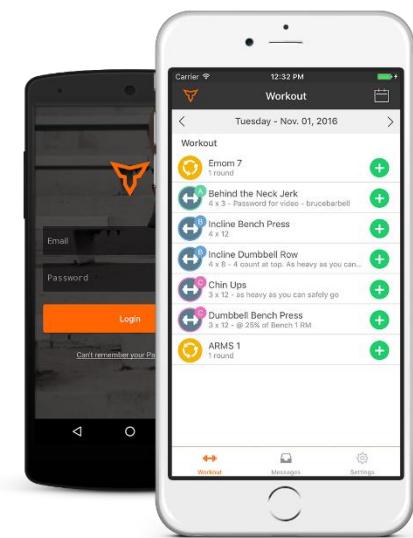
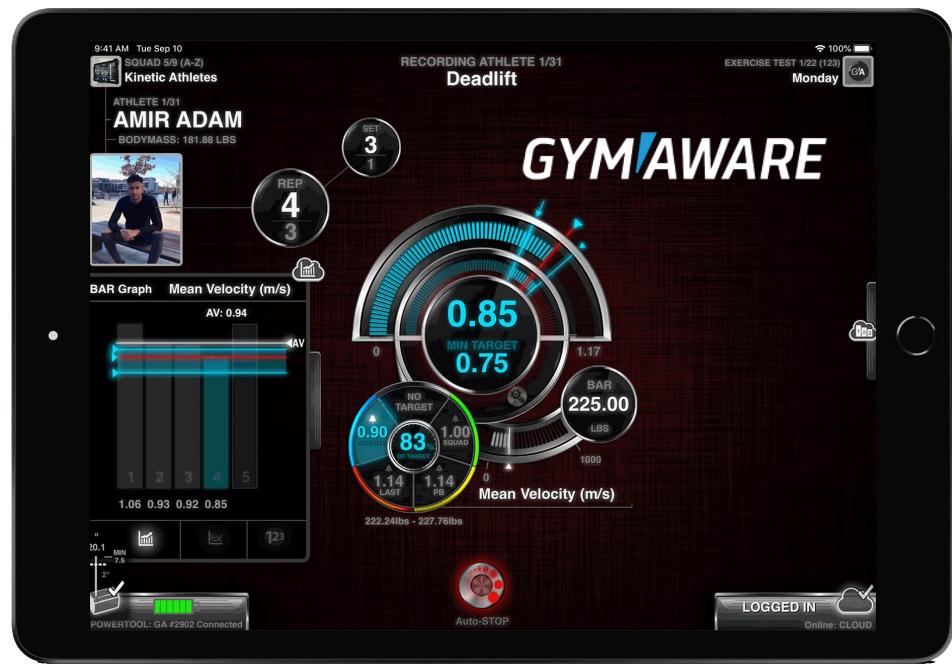


**Assistant Coach**

Lead for Clubs and Community Programming

What: <https://youtu.be/E-Gtev4kDrY>





# ACL Protocol



# Alumni Network



**QUEEN'S**  
STRENGTH

# Culture

## Development

“I found my confidence, my voice, and my leadership through the ministream.”

“This internship shaped me as a professional and as a person.”

“The ministream gave me community, mentorship, and a place I truly belonged.”



## Golden Moment

“Watching athletes progress because of something you taught them is unmatched.”

“Traveling to championship games and winning medals was unforgettable, but what meant the most was knowing I truly belonged — being trusted, appreciated, and valued as part of the team.”



# Club and Community Opportunities



# What We Are Looking For

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



# APPLICATION PROCESS



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# Application Process

## *ATHLETIC THERAPY and/or STRENGTH & CONDITIONING*

**Application Deadline: Tuesday, February 24<sup>th</sup> @ 11:59pm**

Late or incomplete applications will NOT be accepted

### **Application Requirements:**

- ***Current resume***
- ***Cover letter***

outline your relevant past experiences and explain why you are interested in the mini-stream

- Applications specific to EACH stream

# Application Process

## *ATHLETIC THERAPY and/or STRENGTH & CONDITIONING*

### Instructions:

- Send Applications sent to **Dani Nyman** at [skhs.internships@queensu.ca](mailto:skhs.internships@queensu.ca).
- Send different applications as separate emails
- Email subject line must contain mini-stream name
- **Attach** files to the email as documents or PDFs.

**Absolutely NO LINKS to online applications or drop boxes!**



- Name files as:
  - Athletictherapy\_Lastname\_Coverletter
  - Strengthcon\_Lastname\_Resume

# Application Process

## *ATHLETIC THERAPY and/or STRENGTH & CONDITIONING*

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

# Application Process

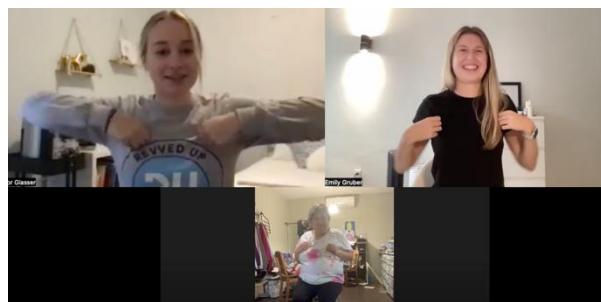
## ***ATHLETIC THERAPY and/or STRENGTH & CONDITIONING***

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



# Community Engaged Learning in Disability and Physical Activity (DIPA)

**Amanda Cunningham**  
RKin., CSEP-CEP, BHK | pronouns: she/her  
DIPA & Revved Up Coordinator | School of Kinesiology and  
Health Studies | Queen's University  
[Dipa.coordinator@queensu.ca](mailto:Dipa.coordinator@queensu.ca)  
613-533-6000 ext. 32722



This is DIPA

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# DIPA – Quick Facts



- DIPA is run in partnership with the School of Kinesiology and Health Studies and Revved Up
- Revved Up is an accessible exercise program for adults in the community with disabilities (physical and intellectual/developmental)
- Placement hours for DIPA take place within Revved Up (in-person program, 5th floor SKHS), Providence Care (752 King Street West) and Revved Up at Home (virtual service delivery over Zoom)
- Students in DIPA achieve 200 practicum hours working directly with persons with disabilities



# DIPA & Revved Up Vision

- To provide **world-class, community-based exercise programming that fosters healthy living** and quality of life among people living with **mobility impairment and/or developmental disability**.
- To develop generations of **health professionals sensitive to and educated about the fitness and lifestyle considerations for people with disability and/or chronic disease**.





# DIPA & Revved Up Values

**Full participation for our members means that both the quantity and quality of their physical activity experiences at Revved Up are considered.**

**We aim to:**

- Create opportunities for members to engage in physical activity levels that meet appropriate physical activity guidelines and;
- Enhance physical activity experiences of members by promoting feelings of autonomy, belongingness, challenge, mastery, engagement, and meaning.

**Train the next generation of health care professionals**

- With our enriching learning environment, we work to advance our volunteers' technical and interpersonal knowledge, confidence, and skills for promoting physical activity to special populations



# DIPA & Revved Up Values cont'd...

## Evidence Informed Practice

- All of the activities that take place within the Revved Up program are informed by the latest research and evidence in physical activity and exercise fields. In turn, the innovative practices at Revved Up are also evaluated to generate cutting-edge research to inform community-based exercise programming across the nation.

## Community Relationships

- Providence Care Hospital
- KGH/Hotel Dieu (Neurology)
- Community Living Kingston
- Rainbow Valley



Revved Up values align with Queen's University's Strategic Goals including: Research Impact, Student Learning, and Queen's in the Community

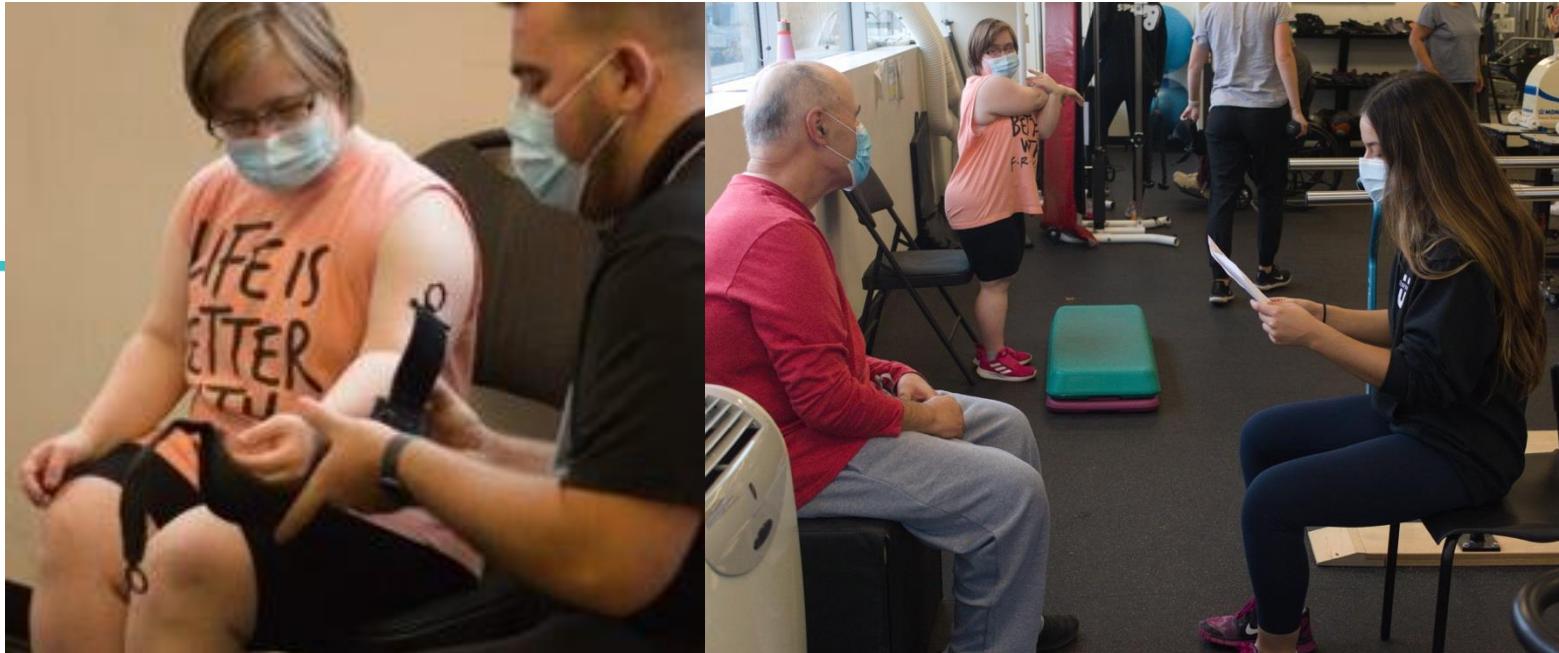


## Revved Up Members



- Adults from the community experiencing physical disability (post-stroke, Spinal Cord Injury, Acquired Brain Injury, Multiple Sclerosis, Parkinson's, Cerebral Palsy)
- Adults from the community with developmental and/or intellectual disability (Autism, learning disability, Down Syndrome)
- Exclusion criteria: must be able to transfer and toilet independently

# DIPA students and Volunteers



DIPA students are:

- Queen's students working toward degrees in Kinesiology, Health Studies, Health Sciences, Life Sciences...also Drama and Chemistry and more!
- Interested in supporting persons with disability through physical activity
- Often pursuing careers in physiotherapy, occupational therapy, medicine or kinesiology...among many others!



# DIPA – Courses

## During 2nd Year

**HLTH 200** – Physical Health and Exercise Programming (all students except Kin students)

**HLTH 210** – Health and Human Performance – Foundations for Experiential Learning \* 40 practicum hours

## During 3rd Year

**HLTH 332** – Foundations for Understanding Disability

**KNPE 255** – Physical Health and Exercise Programming (Kin only!)

**KNPE 386** – Experiential Learning in Disability and Physical Activity\*80 practicum hours

## During 4th Year

**KNPE 486** – Advanced Experiential Learning in Disability and Physical Activity \*80 practicum hours

Please note: KNPE 386 and KNPE 486 can be completed either 3rd or 4th year depending on eligibility and spots available



# DIPA – In-Degree or Certificate

## In-Degree

- All 5 courses fit within your degree plan
- 200 practicum hours
- Letter of recognition, Community Engagement Record

## Cost

- Tuition + Course Based fees are applied on practicum courses (pending approval from the University - \$320 per practicum course)
- ~ \$960

## Certificate

- 5 courses (2 double count toward your degree, 3 are over and above your degree)
- 200 practicum hours
- Queen's University recognized certificate – will appear on transcript, letter of recognition, Community Engagement Record

## Cost

- Tuition + Course Based fees are applied on practicum courses (pending approval from the University - \$320 per practicum course) + Tuition costs of 3 additional courses
- ~\$2800



# DIPA – Eligibility & Practicum Prep

## Eligibility Criteria

- Students from all degree plans are eligible
- Must be Level 2 or above to take DIPA courses
- Must have a cumulative GPA of 2.7 or higher

## Practicum Prep

- Students must:
  - have proof of CPR-C/AED certification and a current Vulnerable Sector Check (good for one year) prior to starting practicum hours
  - Attend an in-person training in advance of placement hours outside of class time
  - Earn a minimum grade of B in KNPE 386 practical assessment components and internship placement grade to move on to KNPE 486



# DIPA – What skills will I gain?

- ✓ Apply knowledge of disability groups and knowledge of exercise programming when promoting exercise and recreational opportunities.
- ✓ Develop and demonstrate strong professional behaviour and communication skills when coaching/interacting with people with disabilities and/or older adults.
- ✓ Develop and refine skills to conduct aerobic and strength training exercise program reassessments for people with disabilities and/or older adults.





# DIPA - Application Information

DIPA Applications can be made via the form link posted on the SKHS Undergrad OnQ page, on our website or through this QR code:

[Application for Disability and Physical Activity Stream \(In-degree or Certificate\) – Fill out form](#)

**No cover letter or resume is required.**

**Applications are due Tuesday, February 24th by 11:59 pm**

[Website:https://skhs.queensu.ca/students/DIPA](https://skhs.queensu.ca/students/DIPA)



# QUESTION PERIOD



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# Final Questions?

ALL APPLICATIONS DUE  
**TUES, FEB 24<sup>TH</sup>, 2026 AT 11:59 PM**

- Athletic Therapy:

- Ryan Bennett ([ryan.bennett@queensu.ca](mailto:ryan.bennett@queensu.ca))

- Strength & Conditioning:

- Colin McAuslan ([colin.mcauslan@queensu.ca](mailto:colin.mcauslan@queensu.ca))

- Disability & Physical Activity Certificate

- Amanda Cunningham ([dipa.coordinator@queensu.ca](mailto:dipa.coordinator@queensu.ca))

- Mini Streams (applications, general questions):

- Dani Nyman ([skhs.internships@queensu.ca](mailto:skhs.internships@queensu.ca))

# 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.

Thank you!