

KINESIOLOGY

ORIENTATION

HANDBOOK

2026



SKHS

School of Kinesiology and Health Studies

Table of contents

Acknowledgments	3
Welcome Letters	4-7
- Samantha King - Director of the SKHS	4
- Olivia Solly - PHEKSA President	5
- Nadya Levac - Academics Representative of ECKO	6
- Ellie Schlotzhauer and Kilian Le Coze - Head Coach and Outreach Coordinator of ECKO	7
Get KINnected	8
Fall Orientation Week Introduction	9-14
- Theme Reveal!	9
- Scavenger Hunt	10
- Orientation Week Throughout the Years!	11-12
- Fall Orientation Events	13
- Fall Orientation Week Schedule	14-15
- Packing List for RKY	16
- Map of RKY Camp	17
Meet the Kinesiology Fall Orientation Team	18-53
- Meet the Executive Committee of Kinesiology Orientation	18-24
- Meet your Coaches + Orientation Groups	24-53
Life as a KIN Student	54-67
- Course Selection 101	54
- PHEKSA Information	55
- Kin Jackets	56
- Clubs and Volunteering Oppountities for incoming students	57-62
- Athletic Therapy Mini-Stream	63
- Strenght and Conditioning Mini-Stream	64
- Disability and Physical Activity (DIPA) Certificate	65
- KIN Cheers	66
- 4th Year Tip Sheet	67
- Student Resources	68-71
In Closing...	72

School of Kinesiology and Health Studies

Prepared By:

Nadya Levac

Academics Representative on the
Executive Committee of Kinesiology Orientation

Common Section Prepared By:

Orientation Roundtable (ORT)

Note: This handbook is available in an alternate format upon request. Most of the sections are also posted on the School of Kinesiology and Health Studies Website at:

www.skhs.queensu.ca

To obtain a copy of the handbook in an alternate format, please contact the Undergraduate Program Assistant, Trish Stenzl at 613-533-2666 ext. 75228

Letter From the Director

To the Class of 2030:

Welcome to the School of Kinesiology and Health Studies at Queen's!

Your enrollment in our Kinesiology program represents a new beginning, full of opportunities that will shape your goals and aspirations for the future. The school is committed to providing an outstanding education in an inclusive and respectful environment. Our intent is not just to support the development of your knowledge and skills but to transform how you see the world and your place within it. Current students, staff, and faculty are excited for you to join our community as we continue to build upon our tradition of teaching and research excellence.

Our building at 28 Division St. will be your home. Your laboratory courses will take place in our state-of-the-art facilities, you will find a quiet place to work in our study room, and you will always find someone to talk to in our undergraduate lounge. In addition to attending lectures and seminars, you will have opportunities to participate in experiential learning and practicums where you will gain and apply skills and knowledge beyond the classroom. You will also establish new relationships with fellow students, staff and faculty members as well as connections with diverse communities in Kingston and beyond, offering you a chance to grow in your professional and personal life.

Our approach to Kinesiology will challenge you to think critically about health, the body, sport and human movement. Beginning in your first year, you will learn about the physiology and biomechanics of the human body, as well as the social determinants of health and socio-cultural perspectives on sport and physical activity. The breadth of your chosen degree program is one of its strengths and has become even more relevant as we navigate a time of profound upheaval and uncertainty. We hope that this experience will shape and enrich your contributions to the social good and assist you in navigating a positive way forward as member of the global community.

We look forward to getting to know you over the next four years.



Samantha King, Ph.D.

Director

School of Kinesiology and Health Studies



To the Kinesiology Class of 2030,

Congratulations on receiving and accepting your offer to Queen's Kinesiology! I can assure you that you have made the right decision and that the next four years you spend at Queen's University will be some of your best. My name is Olivia Solly, and I am the PHEKSA President for the 2026-2027 academic year. The Physical Health Education and Kinesiology Student Association, abbreviated as PHEKSA, is your Kinesiology student government. We plan all things Kin-related! This includes social events (semi-formal, ski-trip, formal), academic events (coffee with the profs, peer tutoring), and community initiatives (Midterm care packages, I-EDIAA-focused events). We are here to support your learning and foster an inclusive and welcoming environment to make your time here at Queen's memorable. I encourage you to follow our socials to keep up with all things Kinesiology, our Instagram is @pheksa_!

As someone who is extremely passionate about the program, I am unbelievably excited to welcome all of you into our Kinesiology family. You will learn quickly that Kinesiology is unlike any other program here at Queen's - our students are naturally a very bright and active bunch, and with a relatively small program, it makes for a highly tight-knit and successful student group. I encourage you to take the time to make friends with your peers, as you will be spending hours together for the next four years in lectures, tutorials, and laboratories. Talk to upper-year students, as they can provide wisdom that I guarantee will lead you to success. Whether it be on course recommendations, extracurricular tips, or general advice, their knowledge is invaluable and a special part of our Kinesiology community that I cannot recommend enough.

Most importantly, have fun and savour every moment - get involved, go outside of your comfort zone, and try new things. Your undergraduate degree will be an enormous period of growth in your life, where you will overcome new challenges and develop into adulthood, and trust me when I say that it will fly by. Cherish every barrier, embrace the difficult moments, and if you ever need absolutely anything, PHEKSA's door is always open.

Olivia Solly,

PHEKSA President
Queen's Kinesiology Class of 2027
Physical Health Education and Kinesiology
Student Association (PHEKSA)

Instagram: @pheksa_
president@pheksa.queensu.ca



Hello Class of 2030!

First off, I would like to personally congratulate you on accepting Queen's Kinesiology! You should be very proud of yourselves for getting here, we know the process isn't easy and this is a big, and sometimes nerve-wracking step. But please know that every single one of us on the orientation team has been in your shoes, and we're here to help make your transition into university as smooth, exciting, and meaningful as possible.

My name is Nadya Levac, and I am this year's Academics Representative for the 2026 Executive Committee of Kinesiology Orientation (aka ECKO!). That means I've had the absolute pleasure of planning all the academic related events you'll experience during your time at Orientation. From KINtroducing the SKHS to Academic Roundtable, and everything in between, these events are designed to give you a look into your first-year courses, introduce you to upper years, and show you just how much support is available to you here.

Being transparent, accepting Queen's Kinesiology was one of the best decisions I've made. It can be overwhelming at first with new classes, a new city, and new people, but from day one, I've felt a sense of belonging here. This program is so much more than just lectures and labs, it's a community of passionate, driven, and kind people who genuinely want to see each other succeed. The Queen's Kin community is truly like a family. Everyone looks out for each other, celebrates each other, and supports one another through the ups and downs of university life. I've never once regretted accepting my offer, and I hope you'll feel the same way.

Whether you're feeling excited, nervous, curious, or all the above, we're so excited to welcome you into our community. So, take a deep breath. You're going to be okay. You're about to meet some of your best friends, take classes that challenge and inspire you, and start figuring out who you want to be. If you have any questions (about academics or otherwise), don't hesitate to reach out to me, any member of the Orientation team, or our amazing Coaches (orientation leaders!), we're all here for you!

We cannot wait to meet you all this Fall!

Warmly,

Nadya Levac

2026 Academics Representative

Executive Committee of Kinesiology Orientation

Orientation.academics@pheksa.queensu.ca



Hello Class of 2030,

Let us be the next in a long line of people to congratulate you on your acceptance into Kinesiology here at Queen's University! We know that the process to get here hasn't been easy, with countless hours of finishing up applications, sending them off and then sitting and waiting ... and waiting, and then the final decision has led you here, to your first moments as a Queen's Kin student. It's hard to believe that it's already been two years since we sat where you are, reading a welcome letter from two people you have never met, wondering what's waiting for you up in Kingston.

Let's get started with some introductions. My name is Ellie Schlotzhauer and I am this year's Head Coach! I am heading into my third year of Queen's Kin, and I cannot begin to put into words how much I love this program and how EXCITED I am to meet you all! My name is Kilian Le Coze-Oliveros, and I am the Outreach Coordinator for Kin O-Week 2026! I am heading into my third year of Kinesiology at Queen's and could not have asked for a better program to spend the past two years in! Together, Kilian and I make up $\frac{1}{3}$ of the Executive Committee of Kinesiology Orientation, or as it's more commonly called, ECKO! Our job is to ensure that your first moments at Queen's are unforgettable and that your transition into your undergraduate life goes as smoothly as possible. As an incoming student, your mind is probably racing with questions, and you may feel unprepared, or maybe even a little nervous. Please, do not worry! I know this is easier said than done, but it's totally normal to experience all kinds of feelings heading into university. We are here along with the rest of ECKO and our amazing Coaches (our orientation leaders) to help you navigate into this new and exciting time. Your Coaches, who are second-year students in Queens Kinesiology, will introduce you to all the outstanding and unique opportunities that the School of Kinesiology and Health Studies has to offer. There are so many ways to make a Queen's Kinesiology degree your own, which is one of the many reasons our program is so special! From the Athletic Therapy and Strength and Conditioning mini streams to different clubs and research opportunities, Queen's Kin has an abundance of opportunities to challenge yourself, pursue your passions, and explore pathways you never knew existed.

So, you accepted Queen's Kin, what should you expect? Queen's Kinesiology is more than just a program. It's a family of like-minded people who have similar desires and ambitions, to whom you will soon be bonded for life. We can both speak from experience that accepting your offer to Queen's Kinesiology is a decision that you will never regret and quite frankly one of the best that you will ever make. There is so much magic and love in our Kin family and we have no doubt that each and every one of you will find your place here with us. We are honored to be part of this transition into the next chapter of your lives. We hope that it is filled with friends, experiences, newfound passions, and memories that will last a lifetime.

Upon your arrival to Queen's orientation, get SO EXCITED, practice your squats, and be prepared to find a home within our Kinesiology family.

Warmest regards,

Ellie Schlotzhauer (Right) and Kilian Le Coze-Oliveros (Left)
Head Coach & Outreach Coordinator
Executive Committee of Kinesiology Orientation (ECKO)



GET KINNECTED

For Orientation updates, follow us on Instagram:

<https://www.instagram.com/queenskinoweeek/>

For any questions or concerns regarding Fall Orientation, please email our Head Coach, Ellie Schlotzhauer at:

orientation.headcoach@pheksa.queensu.ca



FALL ORIENTATION THEME REVEAL!

Every year, Kinesiology has a new theme! The theme will be incorporated into your Fall Orientation groups, as well as cheers and events taking place during the transition period.

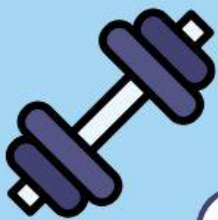
This Year's Fall Orientation Theme is...

KINLETICS!



HANDBOOK SCAVENGER HUNT

Find these objects throughout the handbook!



SKHS

School of Kinesiology and Health Studies



Orientation 2025





University Fall Orientation Events

University Orientation is a free program run by the Student Experience Office. It is part of First Year Foundations and, in collaboration with Faculty Orientation, makes up Queen's Fall Orientation! University Orientation is open to all incoming students and is free.

Event title: Welcome Home Night

Event date: Saturday, September 5th

Event time: 7:30 - 10:30 pm

Event location: Tindall Field, Mackintosh-Corry Hall

Event description:

- There's something for everyone at Welcome Home Night, including tricolour crafts, a movie night, snacks, and sports! Come out and meet upper-year leaders and take an evening campus tour. We will have food trucks (\$), free snacks, and many campus partners hosting craft and activity stations!

Event title: Tricolour Parade & Stadium Welcome + Picnic Lunch

Event date: Sunday, September 6th

Event time: 9:45 am - 1:45pm

Event location: Tindall Field Parking Lot, Richardson Stadium

Event description:

- Incoming Students will parade to the official welcome and kick-off of Fall Orientation in Richardson Stadium. The incoming class will then assemble at Tindall Parking Lot and walk along Union Street toward West Campus. You will learn the Oil Thigh, hear from student leaders, and enjoy a picnic lunch! This is the only orientation event that includes the entire open class (all faculties)!



2026 Fall Orientation Schedule

Weekend 1

	Saturday 9/5	Sunday 9/6	Monday 9/7
6:30 am			
6:45 am			
7:00 am			Free time and Swimming (7-8am)
7:15 am			
7:30 am			
8:00 am		SKHS Bag drop off	8 AM WAKE UP
8:15 am			
8:30 am			Breakfast (8:15-9:00)
8:45 am			
9:00 am			
9:15 am			
9:30 am			
9:45 am			
10:00 am			
10:15 am			
10:30 am	Meet Up @ Chernoff 10:30am		KINections morning 9:15-10:45
10:45 am			SNACKS
11:00 am			
11:15 am			
11:30 am			Capture the flag(11-12)
11:45 am			
12:00 pm	MOVE IN!!!! 11:00am-2:00pm DAY KIT PICKUP 10am-4pm @ ARC MAIN GYM	Parade to Richardson/ Lunch (9:45-1:45) **Parade Starts at 10:15	
12:15 pm			Lunch (12-12:30)
12:30 pm			
12:45 pm			
1:00 pm			Academic Roundtable 12:30-1:30
1:15 pm			
1:30 pm			
1:45 pm			
2:00 pm		Bus to Camp!	Free time and swimming 1:30-3:00
2:15 pm			
2:30 pm			
2:45 pm			
3:00 pm		SNACKS	
3:15 pm			
3:30 pm			Relay Race 3:00-4:00
3:45 pm			
4:00 pm		Camp tour/unpacking	
4:15 pm			Pack Bags/load bus 4:00-4:30
4:30 pm			
4:45 pm		Class is KIN session (4:00-6:00)	
5:00 pm			Dinner 5-6:00
5:15 pm			
5:30 pm			
5:45 pm			
6:00 pm			
6:15 pm			
6:30 pm			
6:45 pm			GLOW BASH (6:00-8:00)
7:00 pm		Dinner (6:00-7:30)	
7:15 pm			
7:30 pm			
7:45 pm		Talent Show (8:00-9:30)	
8:00 pm			Bus home 8:00-9:00
8:15 pm			
8:30 pm			
8:45 pm	Welcome Home Night Location: Tindall Field & MacCorry Hall (7:30-10:30)	Campfire and Snack (9:30-10:30)	
9:00 pm			
9:15 pm			
9:30 pm			
9:45 pm			
10:00 pm			
10:15 pm		Lights Out (10:30)	

2026 Fall Orientation

Weekend 2

Saturday 9/12

Saturday 9/13

8:30 am		
8:45 am		
9:00 am	Registration (8:30-9:00)	
9:15 am		
9:30 am		
9:45 am		
10:00 am	Club fair (9:00-10:30)	Campus tour (9:00-10:15)
10:15 am		
10:30 am		
10:45 am		
11:00 am	SNACKS	Flags (10:15-11:45)
11:15 am		
11:30 am		
11:45 am		
12:00 pm	Paralympic Sports Tournament (11:00-1:30)	Kinnventure in SKHS (12-1:30)
12:15 pm		
12:30 pm		
12:45 pm		
1:00 pm		
1:15 pm		
1:30 pm		Catered lunch 1:30-3:00
1:45 pm		
2:00 pm	Lunch (1:30-2:45)	
2:15 pm		
2:30 pm		
2:45 pm		
3:00 pm	Year Photo (2:45-3:30)	
3:15 pm		
3:30 pm		Final Stretch: GraduatKIN (3:00-5:00) (Tams, paper plates)
3:45 pm		
4:00 pm	Coveralls (3:30-5:30)	
4:15 pm		
4:30 pm		
4:45 pm		
5:00 pm		
5:15 pm		
5:30 pm		Residence Floor Meeting
5:45 pm		
6:00 pm	Dinner (5:30-7:30)	
6:15 pm		
6:30 pm		
6:45 pm		
7:00 pm		
7:15 pm		
7:30 pm		
7:45 pm		
8:00 pm	Silent Disco w/ Healthsci (7:30/8:30- 10:30)	
8:15 pm		
8:30 pm		
8:45 pm		
9:00 pm		
9:15 pm		
9:30 pm		
9:45 pm		
10:00 pm		
10:15 pm		
10:30 pm		
10:45 pm		
11:00 pm		

PACKING LIST FOR RKY CAMP

We have compiled a packing list for when we go to RKY Camp! Please be prepared for warm days and cool nights. Packing clothing that is compact and dries easily is a good idea. Cargo space on the buses is very limited, so please pack with this in mind.

Essentials:

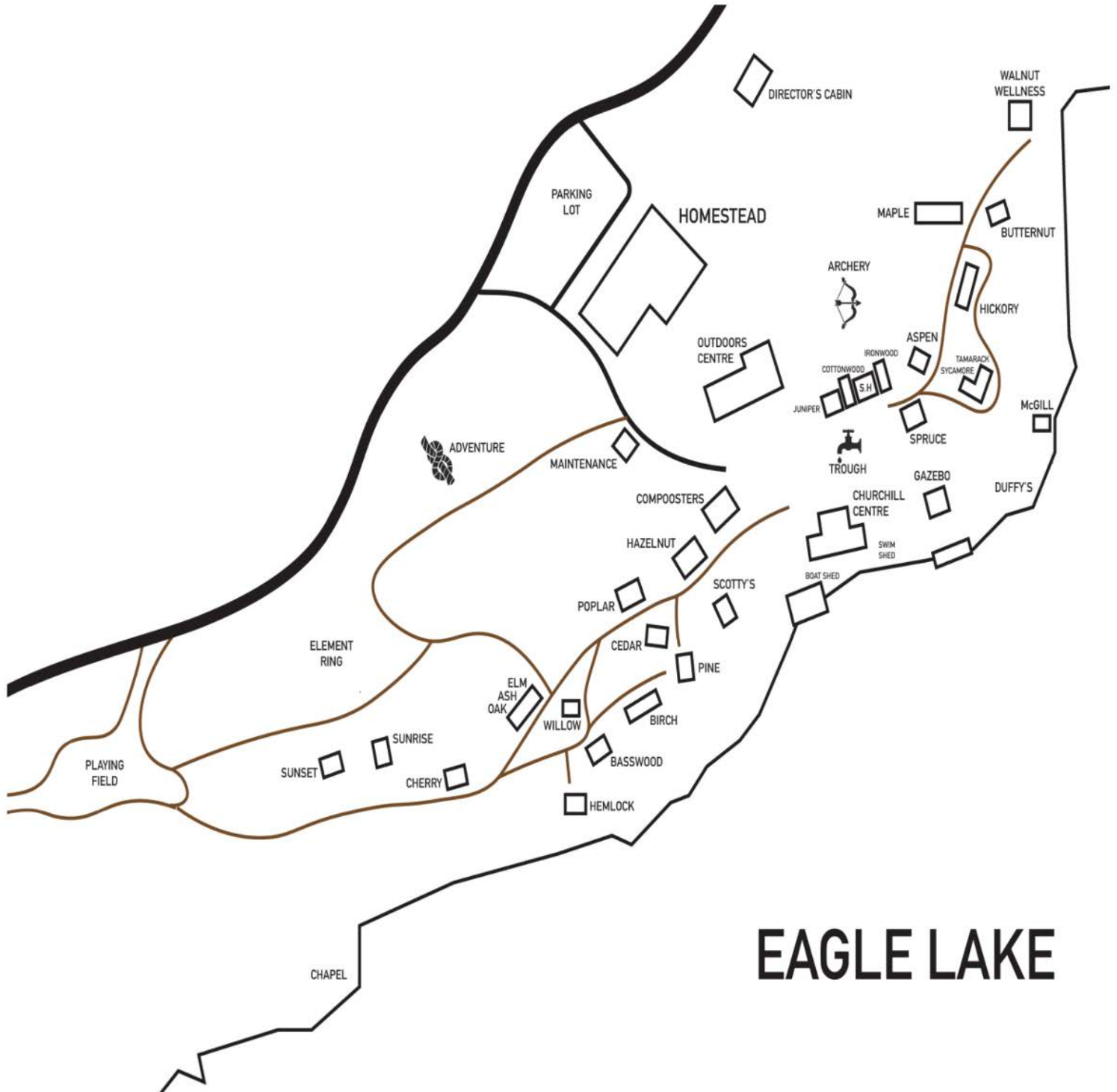
- KIN orientation shirt (provided, and suggested you wear for the entire duration at camp)
- Sleeping bag
- Pillow
- Warmer sleeping clothes (not all RKY Camp cabins are insulated, so check the weather ahead of the retreat)
- Flashlight
- Running shoes (no open-toes shoes)
- A pair of shorts and a pair of long pants
- Warm sweater
- Rain gear (if calling for rain)
- Toiletries
- Inhaler, epi pen, medication (as needed)
- Sunscreen, insect repellent
- Hat and sunglasses
- Socks/underwear
- Water bottle
- Towel
- Bathing suit
- Portable phone charger (there are plugs in the cabins, but not enough for everyone to be charging at the same time)

Notes:

- **There is absolutely NO alcohol, smoking or drugs allowed at RKY Camp.**
- RKY Camp is a traditional overnight camp with cabins, indoor plumbing (bathrooms are centrally located), and a dining hall.
- Kitchen staff will be preparing our meals for us and can accommodate dietary restrictions.
- If you choose to bring snacks, please keep them in a sealed container (wild animals may have access to them).

RKY CAMP
ON EAGLE LAKE

Map of RKY Camp!



EAGLE LAKE

MEET ECKO!



ELLIE SCHLOTZHAUER



KILIAN LE COZE



ALYSSIA PERRI



ERIKA TURCOTTE



CAM FOURNIER



NADYA LEVAC



Ellie Schlottzhauser



Head Coach!

Swim
Shady

Long Runs!

Iced Coffee
Connoisseur



Pug
Owner



Aquarius



SCHLOTTZHAUSER
COACH

SKHS

School of Kinesiology and Health Studies

Kilian Le Coze



Kingston
local



Outreach



TikTok
Semi-
Famous



Soccer
player

Traveled to
Paris



French
Speaker!



SKHS

School of Kinesiology and Health Studies

Alyssia Perri



Logs Events!

Caffeinated
Queen



Hot girl
walks!

Lives on
sunshine



Loves to
bake!



Music Lover!



SKHS

School of Kinesiology and Health Studies

Erika Turcotte



Dancing Queen ✨



Always smiling! 😊



Volleyball Player!



Logs EDII ✨

🎵 Avid concert goer



Movie Connoisseur



SKHS

School of Kinesiology and Health Studies

Cam Fournier



West end of
Toronto! ✨



S&C Mini
Stream! 🏋️



Bernedoodle
Owner



Finance ✨



Baseball
+ Hockey
player! ✨



Beach
Enthusiast



SKHS

School of Kinesiology and Health Studies

Nadya Levac



Academics!

Loves
Biking



Country
concert
lover

Has 2
dogs



Ice Cream
Connoisseur

Wrote this
Handbook!



SKHS

School of Kinesiology and Health Studies

MEET THE COACHES

ULTIMATE FRISBEE



Name	Saul Taler
Hometown	Ottawa
Favourite First Year Course	KNPE 167
Favourite Study Tip	Active Recall
Best Advice	Don't take yourself too seriously
Favourite Part of O-Week	Camp
Best Part of KIn	The people!!
Fun Fact about me!	I have a cat
Favourite Joke	Why did the golfer bring two pairs of pants? In case he got a hole in one



Name	Julia Papila
Hometown	Cambridge ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Make an assignment tracker and don't forget to take breaks!
Best Advice	Get involved and try new things and meet as many people as you can! Don't be afraid to ask questions and cherish every moment because first year flies by!
Favourite Part of O-Week	CAMP!
Best Part of KIn	The people!!
Fun Fact about me!	I have a big sweet tooth!
Favourite Joke	What do you call a fake noodle? An impasta!



Name	Chloe Kestle
Hometown	Canmore
Favourite First Year Course	KNPE 167
Favourite Study Tip	Study with your friends and talk it out!!
Best Advice	Put yourself out there and try everything
Favourite Part of O-Week	TALENT SHOW!
Best Part of KIn	All the amazing hands on opportunities and the people
Fun Fact about me!	I've caught a fish with my bare hands
Favourite Joke	What do you call a lazy kangaroo? A pouch potato



Name	Lauren Sutherland
Hometown	Burlington, ON
Favourite First Year Course	Biomechanics!
Favourite Study Tip	Talk out all the content with your friends or with yourself
Best Advice	Make sure to make time for yourself :)
Favourite Part of O-Week	Kin Camp!!!
Best Part of KIn	The community and family that come with it 🤗
Fun Fact about me!	I'm on the Field Hockey team!
Favourite Joke	What do you call a fish without an I? Fshhh



MEET THE COACHES

WATERPOLO



Name	Daniel Power
Hometown	Belleville
Favourite First Year Course	Biomechanics
Favourite Study Tip	Staring at a wall to reset dopamine receptors
Best Advice	Handstands in the library to increase blood flow to the brain
Favourite Part of O-Week	🕺 Silent Disco 🕺
Best Part of KIn	Tight knit faculty!
Fun Fact about me!	I prefer cookie dough over cookies
Favourite Joke	What do you call a fish wearing a bowtie? Sofishticated.



Name	Amalia Hendershot
Hometown	Toronto
Favourite First Year Course	Pharmacology
Favourite Study Tip	Start studying early!
Best Advice	Go to the pier as much as you can at the start of the year.
Favourite Part of O-Week	Camp!
Best Part of KIn	The kin family
Fun Fact about me!	I visited my sister on exchange in Australia.
Favourite Joke	Knock knock. Who's there? Ya. Ya who? Yahoo!!



Name	Stephanie Melanson
Hometown	Ottawa
Favourite First Year Course	ANAT 100
Favourite Study Tip	I found it really helpful to watch videos online and create podcasts using Notebook LM, which helped me truly understand the material before memorizing it. Also, switching things up made studying feel more engaging and less repetitive, which kept me motivated and able to focus for longer!
Best Advice	Give yourself grace during the first few weeks!! I promise no one has everything figured out yet as much as it may seem.
Favourite Part of O-Week	BONFIRE!! So so wholesome
Best Part of KIn	One of the best parts of KIN is not just the amazing people you meet, but also the wide range of opportunities!
Fun Fact about me!	I've surfed in Costa Rica!
Favourite Joke	What do you call a cow with no legs? Ground beef!

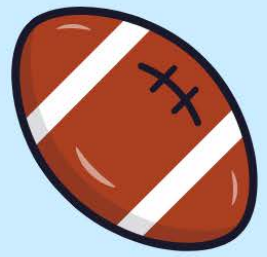


Name	Isabelle Lefebvre
Hometown	Huntsville, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Quizzing your friends and getting them to quiz you
Best Advice	Make to-do lists to stay on top of work and assignments!
Favourite Part of O-Week	Campfire and talent show!!
Best Part of KIn	Having classes with everyone else and all the opportunities in kin!
Fun Fact about me!	I took a gap year to travel!
Favourite Joke	Why should you always knock before opening a fridge door? In case there's a salad dressing!



MEET THE COACHES

FLAG FOOTBALL



Name	Sebastian Peacock
Hometown	Victoria BC
Favourite First Year Course	Physiology
Favourite Study Tip	Make a small study group and talk content over
Best Advice	Make good first impressions and lots of them
Favourite Part of O-Week	Camp
Best Part of KIn	The tight knit community making it so easy to make friends within the program
Fun Fact about me!	I'm in kinesiology
Favourite Joke	What did the buffalo say to its son before leaving for university? Bison.



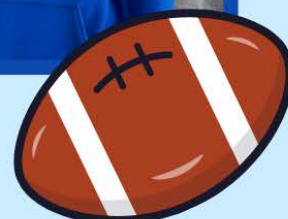
Name	Ella Boughner
Hometown	Mississauga
Favourite First Year Course	Biomechanics
Favourite Study Tip	Rewriting important notes
Best Advice	Don't compare yourself to others
Favourite Part of O-Week	Camp
Best Part of KIn	The welcoming community
Fun Fact about me!	I'm a picky eater (I promise im trying to be more explorative)
Favourite Joke	What do you call a fake noodle... an IMPASTA 🤪



Name	Madi Miller
Hometown	Toronto
Favourite First Year Course	Anat 100! (take the blended version the cadaver labs are super cool)
Favourite Study Tip	Active recall! You can use empty classroom whiteboards during exam season for this!
Best Advice	Take advantage of your time at the pier in september!! It's a super fun activity to do with friends!
Favourite Part of O-Week	Camp!!
Best Part of KIn	Kin is a small program you really get to know people in your class, I have made some of my best friends in this program and its helpful to share classes with friends so you can study together.
Fun Fact about me!	my life goal is to learn how to surf!
Favourite Joke	what do you call a magic dog? A labracadaborador



Name	Kaitlyn Rathwell
Hometown	Ottawa, Ontario
Favourite First Year Course	Biomechanics
Favourite Study Tip	Book study rooms at the libraries
Best Advice	Enjoy the pier while the weather is nice!
Favourite Part of O-Week	Flags tournament
Best Part of KIn	Everyone is so friendly and Kin feels like a family
Fun Fact about me!	I got locked in a SKHS staircase with another coach in 1st year
Favourite Joke	SIX SEVEN



MEET THE COACHES

SYNCHRONIZED SWIMMING



Name	Ava Krieger
Hometown	Toronto, Ontario
Favourite First Year Course	KNPE 125 (Physiology)
Favourite Study Tip	Use cue cards to quiz yourself, but make sure to take breaks and don't be too hard on yourself!
Best Advice	You're exactly where you're meant to be!! Even if things feel challenging at first, don't forget you CAN do challenging things!!
Favourite Part of O-Week	Campfire and meeting new friends!!!
Best Part of KIn	The amazing people :))
Fun Fact about me!	I played competitive basketball for 11 years!
Favourite Joke	It smells like updawg in here...



Name	Brynn Millitz
Hometown	Peterborough
Favourite First Year Course	ANAT 100
Favourite Study Tip	You get unlimited coffee if you camp out in a dining hall!
Best Advice	Get the CASIO fx-991 calculator BEFORE your KNPE 153 final exam...
Favourite Part of O-Week	Campfire!!!
Best Part of KIn	Everyone is very tightly knit so you get to have classes with all your friends!
Fun Fact about me!	I am on the Queens Women's Ultimate Frisbee Team, and I have fallen off a moped...
Favourite Joke	What do you call a tiny ghost? A baby boo.





Name	Kailey Arbana
Hometown	Mississauga
Favourite First Year Course	Anatomy
Favourite Study Tip	Use a calendar to plan out everything you need to complete and when!
Best Advice	Be as social as you can! The KIN community has the most amazing people!
Favourite Part of O-Week	CAMPPPPPPP
Best Part of KIn	Feeling like you are apart of a family
Fun Fact about me!	I've worked at an overnight summer camp for 3 years now!
Favourite Joke	67



Name	Saydie Frizzell
Hometown	Brockville, Ontario
Favourite First Year Course	KNPE 167
Favourite Study Tip	QUIZLET, QUIZLET, QUIZLET!
Best Advice	Don't take it too seriously, remember to have fun and enjoy your first year!
Favourite Part of O-Week	Camp RKY bonfire!
Best Part of KIn	The tight knit community and AWESOME O-Week!!!
Fun Fact about me!	I grew up Calgary!!
Favourite Joke	Why did the golfer keep an extra shirt in his bag? Because he was scared to get a hole in one!





Name	Jacob Fuller
Hometown	London, Ontario
Favourite First Year Course	KNPE 167, KNPE 153
Favourite Study Tip	For classes like Anatomy, and Human Physiology, WATCH YOUTUBE VIDEOS!!! There are dozens of creators out there making videos explaining content like the digestive, nervous, and endocrine systems. These videos help so much whenever you want a second perspective to the material, and they make learning so much more fun!!!
Best Advice	Your grades do not matter as much as you think. I am not saying do not try, but do not stress like it is your entire life! First year is supposed to be all about finding new relationships and making incredible memories! First year goes by just like that, so enjoy it as much as possible!!
Favourite Part of O-Week	THE COVERALLS!! It is an amazing way to get close with your fellow kin first years and take in the exciting, enthusiastic atmosphere surrounding the program! It's also an incredible way to get messy and create some amazing coveralls!!
Best Part of KIn	THE KINMMUNITY. Kin is the most incredible program! Everyone is the nicest, most loving people ever, and even day 1 you can sense just how much of a close and exciting community there is!
Fun Fact about me!	I am from the same town where Booster Juice was created
Favourite Joke	Why can't dinosaurs clap their hands? Because they're extinct



MEET THE COACHES

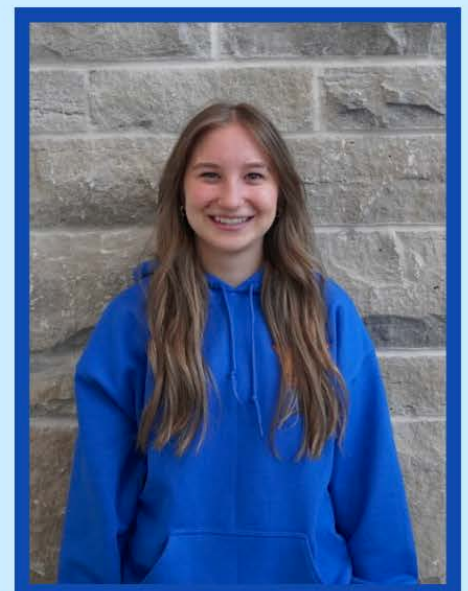
FLOOR HOCKEY



Name	Clive Richard
Hometown	Ottawa, Ontario
Favourite First Year Course	ANAT 100
Favourite Study Tip	Invest in Quizlet+ and make weekly flashcards. It will really come in handy for most first-year classes.
Best Advice	Get involved in as many intramural sports as you can (especially first-year leagues).
Favourite Part of O-Week	Talent Show at RKY as well as the Silent Disco (Start a conga line)
Best Part of KIn	The KINmunity and the Kin Ski Trip!
Fun Fact about me!	I am francophone. N'hésite pas de me parler en français!
Favourite Joke	Why did the football coach go to the bank? To get his quarter back!



Name	Kendra Somerville
Hometown	Burlington, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Listen to classical music when you need to lock in.
Best Advice	Get outside and enjoy Kingston. Swimming, skating, beach volleyball, etc. There is so much to do right on campus to keep active.
Favourite Part of O-Week	Camping/Kin campfire
Best Part of KIn	The kin community
Fun Fact about me!	I drove through part of the country with my brother last year in less than a week!
Favourite Joke	"Knock Knock", "who's there", "Achoo", "achoo who?", "bless you, do you need a tissue?"



Name	Janey Pope
Hometown	Toronto, Ontario
Favourite First Year Course	KNPE 125
Favourite Study Tip	Use NotebookLM to make practice quizzes, videos, podcasts, etc.
Best Advice	Soak up every moment of first year, and really try to get involved in as many clubs and extracurriculars as possible!
Favourite Part of O-Week	Learning the year dances!!
Best Part of KIn	The family!! Knowing and being able to connect with people from 1st year to 4th year is something truly special.
Fun Fact about me!	I have been all star cheerleader for 8 years and have competed at The World Championships for cheerleading!
Favourite Joke	Why do I seem to get only sick on weekdays? - Because I have a week-end immune system😂



Name	Ruby May
Hometown	North Vancouver
Favourite First Year Course	KNPE 167
Favourite Study Tip	Create a weekly plan (don't leave things last minute or make yourself more overwhelmed)
Best Advice	You're not supposed to have it all figured out, live in the moment and have FUN!!!
Favourite Part of O-Week	The instant bonds you make with others, coveralls and RKY camp!!!!
Best Part of KIn	You meet so many incredible people who share similar passions and are like minded, they become your second family!!
Fun Fact about me!	I was on a home renovation TV show called Love it or List it Vancouver
Favourite Joke	what do you call a cheese that's not yours? Nat yo cheese (nacho cheese)



MEET THE COACHES

SHOT PUT



Name	Zachary Solmon
Hometown	Thornhill, Ontario
Favourite First Year Course	KNPE 167 or PSYC 100
Favourite Study Tip	Set priorities in advance!
Best Advice	First year is a big adjustment, don't be too hard on yourself.
Favourite Part of O-Week	Camp!!
Best Part of KIn	The closeness of the whole program
Fun Fact about me!	I'm a huge sports fan
Favourite Joke	What do you call a cow with no legs? Ground beef



Name	Sophia Columbus
Hometown	Orillia Ontario
Favourite First Year Course	Chem 112
Favourite Study Tip	Plan out what you want to accomplish ahead of time to keep yourself accountable of goals!
Best Advice	Experience all of uni life, don't get too caught up in the books, a grade doesn't define you!!
Favourite Part of O-Week	Campfire!
Best Part of KIn	The kin-mmunity
Fun Fact about me!	I can overthink literally anything.
Favourite Joke	I love being spontaneous, as long as it was planned in advance.



Name	Yuah van Zyl
Hometown	Innisfil
Favourite First Year Course	KNPE 167
Favourite Study Tip	Find ways to quiz yourself
Best Advice	Get involved in as much as you can!
Favourite Part of O-Week	Coveralls and camp
Best Part of KIn	The people and energy
Fun Fact about me!	Both my brothers went to Queens
Favourite Joke	Why couldn't the toilet paper cross the road? It got stuck in a crack.



Name	Rachel Howell
Hometown	Petawawa, ON
Favourite First Year Course	ANAT 100
Favourite Study Tip	Use NotebookLM quizzes!!
Best Advice	Study hard but don't forget to have fun and make time for things that you enjoy!! (Oh and also don't eat the Lenny chicken burgers..)
Favourite Part of O-Week	Singing songs with everyone at the campfire!
Best Part of KIn	Our close knit KInmunity where everyone is like family!
Fun Fact about me!	I used lived in Florida 🌞🌊🌴
Favourite Joke	What do you call a cold hot dog?!?... A CHILI DOG!!!!





MEET THE COACHES

DIVING

Name	Rowan O'Connor
Hometown	Reston VA
Favourite First Year Course	PSYC 100
Favourite Study Tip	Quizlet Learn
Best Advice	Talk to everybody
Favourite Part of O-Week	Swimming at camp
Best Part of KIn	It's a small program so everyone knows each other
Fun Fact about me!	I've been to a bunch of National Parks
Favourite Joke	Why was the squirrel irritated? Cause his friend, the Chipmunk, was driving him nuts!! 🤔🐿️



Name	Madison Sylvester
Hometown	Barrie
Favourite First Year Course	KNPE 167
Favourite Study Tip	study with friends
Best Advice	Find community and do things you enjoy
Favourite Part of O-Week	Camp
Best Part of KIn	The people!!
Fun Fact about me!	I have been on reality TV
Favourite Joke	What do you call fake spaghetti? An impasta!!



Name	Kara Zidar
Hometown	Montgomery, NJ, USA
Favourite First Year Course	KNPE 167
Favourite Study Tip	Find ways to enjoy yourself! Reward yourself with little snacks or listen to your favorite music!
Best Advice	Be super open during first year and don't be discouraged if things don't work out, sometimes the best experiences and relationships are the ones you don't expect!!
Favourite Part of O-Week	SILENT DISCO!!!
Best Part of KIn	The KINmunity and constant energy and love in our kin family!
Fun Fact about me!	I BASICALLY know the guy who wrote life is a highway and Carly Rae Jepsen 😊
Favourite Joke	What do you call a cow that eats your grass? A lawn MOOOOOOOOOOER



Name	Chloe Michaud
Hometown	Montreal, QC
Favourite First Year Course	ANAT 100
Favourite Study Tip	Notebook LM (lifechanger) use active recall, and ofcourse study with your friends!!
Best Advice	Step out of your comfort zone and try things you normally wouldn't. First year flies by so make the most of it!
Favourite Part of O-Week	Camp and Coveralls!!
Best Part of KIn	The KINmunity, such a close group of people, everyone is so supportive and we bring the best ENERGY :)
Fun Fact about me!	I've visited every US state except for Alaska (still waiting to check that one off)
Favourite Joke	Why did the skeleton go to the party alone? Because he had NOBODY to go with





Name	Ally Hollingshead
Hometown	Pickering, ON
Favourite First Year Course	KNPE 153, KNPE 167, and ANAT 100
Favourite Study Tip	Explore a variety of different study spots so you don't get bored! If possible, get the semester calendar from the bookstore and wet-erase whiteboard markers to colour-coordinate your classes and assignments, intramural schedules, club/social events, and other such things to stay on top of everything! liveloughlove spotify jams!
Best Advice	SAY YES TO AS MUCH AS POSSIBLE!!! don't run yourself dry, but take every opportunity to have fun, make friends, and make memories!!! Also, go to the pier as much as possible and explore downtown Kingston!!!
Favourite Part of O-Week	DANCE DANCE DANCE!!! Camp, coveralls, and silent disco are goated too!!!
Best Part of KIn	Everyone is so so so friendly and so so so hype! #KINmunity #KINergy ! There's also so many incredible opportunities to get involved in different clubs, teams, streams, and activities!
Fun Fact about me!	I was in a commercial for the 2021 Olympics (I ❤️ CHRISTINE SINCLAIR)
Favourite Joke	crazy? i was crazy once...



MEET THE COACHES

POLE VAULT



Name	Nicholas Taylor
Hometown	Georgetown, ON
Favourite First Year Course	KNPE 153 (Biomechanics)
Favourite Study Tip	Take breaks to do something you enjoy
Best Advice	Put yourself out there and try and meet new people but just remember to stay true to who you are
Favourite Part of O-Week	Going to camp and playing flags
Best Part of KIn	The people and how it feels like a big family
Fun Fact about me!	I'm weirdly prone to nosebleeds, it's like a hidden talent at this point
Favourite Joke	What does Fozzie Bear do at a cross walk?... he wocka wocka wocka's



Name	Esther De Vries
Hometown	Montreal
Favourite First Year Course	KNPE 167
Favourite Study Tip	Make a to-do list at the start of each week
Best Advice	Make sure to do something fun every day, even if it's simple!
Favourite Part of O-Week	Camp
Best Part of KIn	The community
Fun Fact about me!	I work at a sleep away camp
Favourite Joke	How do you make a tissue dance? Put a little boogie in it!





Name	Jenna Velentzas
Hometown	Toronto
Favourite First Year Course	ANAT 100
Favourite Study Tip	Study with friends!
Best Advice	Don't take first year for granted !
Favourite Part of O-Week	Silent disco
Best Part of KIn	O WEEKKKKK
Fun Fact about me!	I used to competitive figure skate
Favourite Joke	Why did the chicken cross the road... to get to the other side



Name	Uma Malik
Hometown	Vancouver, BC
Favourite First Year Course	KNPE 167
Favourite Study Tip	Study with friends! Quiz each other/explain concepts to each other while you are working, it makes it a lot more fun and is super helpful!
Best Advice	Stay on top of things but have fun!! First year flies by so enjoy every moment!
Favourite Part of O-Week	Coveralls and year dances!!
Best Part of KIn	The community and people!
Fun Fact about me!	I have a twin brother
Favourite Joke	Why do seagulls fly over the sea? Because if they flew over the bay they would be bagels



MEET THE COACHES

DODGEBALL



Name	Matthias Chalupka
Hometown	Toronto
Favourite First Year Course	KNPE 125
Favourite Study Tip	Doing cue cards with a friend
Best Advice	Step out of your comfort zone and try something new
Favourite Part of O-Week	Going to camp
Best Part of KIn	Going on ski trip and staying in the apartments
Fun Fact about me!	Im backpacking through Europe while writing this
Favourite Joke	What do you call an a fake noodle..... an impasta



Name	Molly Jones
Hometown	Toronto
Favourite First Year Course	KNPE 167
Favourite Study Tip	Take breaks!
Best Advice	University is an adjustment your mindset, expectations and lifestyle is going to change don't let that scare you!
Favourite Part of O-Week	Coveralls
Best Part of KIn	SKI TRIP!
Fun Fact about me!	I hate slow walkers
Favourite Joke	What has 5 toes but isn't your foot... my foot





Name	Lia Fransson
Hometown	Hamilton
Favourite First Year Course	PSYC 100
Favourite Study Tip	Test yourself, instead of re-reading!
Best Advice	Try to stay organized and use a calendar or an assignment tracker!!
Favourite Part of O-Week	Swimming at Camp RKY!
Best Part of KIn	Meeting lots of friends!
Fun Fact about me!	I love pineapple on pizza!
Favourite Joke	I tried to catch fog yesterday... Mist!

Name	Caitlin Coulson
Hometown	Guelph, ON
Favourite First Year Course	KNPE 153 (biomechanics!)
Favourite Study Tip	Use different colours to organize your notes and always bring good study snacks (drizzlicious are THE BEST!)
Best Advice	Enjoy the warm weather while its here! Go to the pier, play games on the fields and walk downtown to explore.
Favourite Part of O-Week	The campfire at camp RKY and silent disco!!
Best Part of KIn	The tight-knit KINmunity! Everyone is so welcoming and easy to be friends with
Fun Fact about me!	I make the best spider dogs when I go camping
Favourite Joke	What's an egg's favourite vacation spot? New York City!





Name	Brynn Richmond
Hometown	Binbrook, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Studying with friends to motivate each other, and stay organized, whether that be using a planner or digital calendar to track assignments and tests as they pile up quickly (I personally LOVE using notion), and use Quizlet to create flashcards!
Best Advice	Try new things and get involved, but also give yourself time to recharge when you need it. It's easy to feel like you have to do everything right away, but finding a balance is key. First year goes by SOOO fast, so don't forget to enjoy the little moments along the way – whether that's meeting new people, exploring campus, or just taking a break with friends!
Favourite Part of O-Week	RKY CAMPPPPP (campfire!!!) and coveralls!!!!
Best Part of KIn	The AMAZING KInmunity and how quickly it starts to feel like home – it's really tight-knit, everyone brings such good energy, and people genuinely support each other. It's such a welcoming and supportive environment, and it makes the transition into first year a lot less overwhelming!
Fun Fact about me!	I've never broken a bone!
Favourite Joke	Knock, knock Who's there? Interrupting cow Interrupting cow wh— MOOOOOOOOO!



MEET THE COACHES

HURDLES



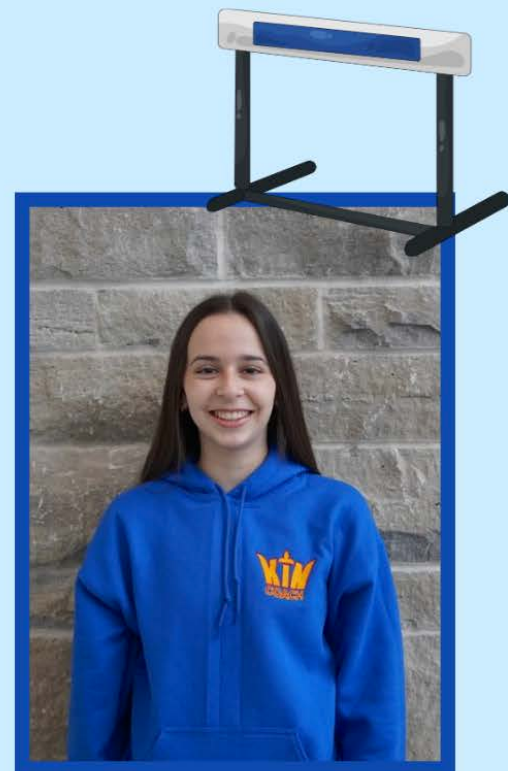
Name	Andre Proulx
Hometown	Burlington, Ontario
Favourite First Year Course	Biology 103
Favourite Study Tip	Start studying early;)
Best Advice	Talk to your profs! They're really nice people and want to see you succeed
Favourite Part of O-Week	Silent disco ¹⁰⁰
Best Part of KIn	The small community, it feels like a family
Fun Fact about me!	I go to the church right beside campus, feel free to ask how you can get involved!
Favourite Joke	Did you hear about the restaurant on the moon? Great food! No atmosphere 😞



Name	Zoe Nguyen
Hometown	Ottawa
Favourite First Year Course	Biomechanics
Favourite Study Tip	Go to Isabel Bader Centre, and study with an amazing view of the water:)
Best Advice	Do not be afraid to step out of your comfort zone, there are so many great people, opportunities, and experiences waiting for you!
Favourite Part of O-Week	Silent disco!!!
Best Part of KIn	The amazing family you build along the way!
Fun Fact about me!	I played competitive soccer and dance my whole life
Favourite Joke	If your house is cold, just stand in the corner. It's always 90 degrees there!



Name	Aspen Debassige
Hometown	M'Chigeeng First Nation
Favourite First Year Course	Personal Health and Wellness (HLTH 102)
Favourite Study Tip	I like to listen to white noise while studying for tests or exams
Best Advice	Take advantage of all the opportunities that the kin program and Queen's has to offer!
Favourite Part of O-Week	My favourite part of O-week was being able to go to camp and taking part in all the fun activities there!
Best Part of Kln	What makes Kin so great is the people. Being around others with similar interests makes everything more enjoyable and naturally leads to strong connections.
Fun Fact about me!	I love spending time outdoors, especially hunting and fishing on Manitoulin Island!
Favourite Joke	Why can't your nose be 12 inches long? Because then it would be a foot.



Name	Eileen Vito
Hometown	King City, ON
Favourite First Year Course	ANAT 100
Favourite Study Tip	Take breaks and don't neglect sleep!!
Best Advice	"Let all that you do be done in love" 1 Corinthians 16:14
Favourite Part of O-Week	Flags game!
Best Part of Kln	So many opportunities for post grad options!
Fun Fact about me!	I was a high performance Taekwondo athlete for seven years!
Favourite Joke	Why did the banana go to the doctor? It wasn't peeling very well



MEET THE COACHES

RUGBY



Name	Cameron Levitt
Hometown	Montreal
Favourite First Year Course	KNPE 125 (Physiology)
Favourite Study Tip	Talk about the information in study groups
Best Advice	Make a calendar to schedule all your work
Favourite Part of O-Week	Coveralls
Best Part of KIn	The community
Fun Fact about me!	I'm fluent in French
Favourite Joke	What do you call a fake noodle? An impasta



Name	Brooke Harlow
Hometown	Toronto
Favourite First Year Course	ANAT100- you can switch into blended during open course selection to have in-person labs!
Favourite Study Tip	Quiz yourself and switch up study locations
Best Advice	Put your cookies in the dining hall toaster!!
Favourite Part of O-Week	Camp fire and swimming
Best Part of KIn	the KInmunity, it is so so special
Fun Fact about me!	I have a bad habit of walking into the the wrong dorm rooms
Favourite Joke	What do you call a fish with no eyes? A fsh





Name	Sophia Berlin
Hometown	Toronto
Favourite First Year Course	KNPE 167
Favourite Study Tip	Use NOTEBOOKLM!!!!!!!!!!
Best Advice	Focus on your tests and school work but don't forget to have fun!!!
Favourite Part of O-Week	KIN CAMPPPPPPPP
Best Part of Kln	The friends you make
Fun Fact about me!	I have a dog named Peanut
Favourite Joke	Why did the kinesiology student cry during the exam? Too much pressure... and no recovery time



Name	Mia Silva
Hometown	Hamilton
Favourite First Year Course	Bio 103
Favourite Study Tip	Do past exams on ExamBank
Best Advice	Get a random roommate!
Favourite Part of O-Week	Swimming at camp
Best Part of Kln	O-week
Fun Fact about me!	I have 6 sisters
Favourite Joke	Don't trust stairs. They're always up to something



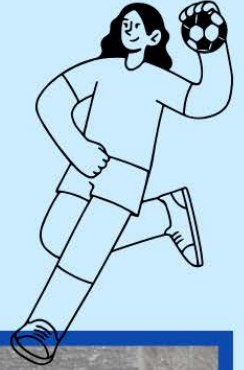


Name	Chloe Chislett
Hometown	Bowmanville
Favourite First Year Course	ANAT 100
Favourite Study Tip	I really like to say my notes out loud and explain concepts to other people.
Best Advice	Stay organized! I recommend having a calendar or white board to write down all your due- dates and to-do lists so that you don't fall behind in any classes.
Favourite Part of O-Week	RKY Camp and KIN DANCE!!!
Best Part of KIn	The community and the vibes! You will never find a more tight-knit program, and everyone is so hype!
Fun Fact about me!	I have been competing as an Artistic Swimmer for over 10 years!
Favourite Joke	Q: What did the cell say when his sister stepped on his toe? A: "Ow! My-toe-sis!"



MEET THE COACHES

HANDBALL



Name	Charlie Barbara
Hometown	Halifax, Nova Scotia
Favourite First Year Course	Biomechanics or Physiology
Favourite Study Tip	take breaks, don't cram
Best Advice	Have fun, first year goes by quick
Favourite Part of O-Week	meeting so many new people
Best Part of KIn	the community
Fun Fact about me!	i love sailing and skiing
Favourite Joke	i asked my dog what 2 - 2 is, he said nothing



Name	Xavier Jackson
Hometown	Toronto
Favourite First Year Course	Biomechanics
Favourite Study Tip	Do not study next to your bed
Best Advice	Capture the flag at camp
Favourite Part of O-Week	Swimming at camp
Best Part of KIn	Everyone has so much enthusiasm
Fun Fact about me!	I've learned how to play six different instruments
Favourite Joke	What's the difference between a literalist and a thief? A literalist takes things literally, and a thief takes things, literally.





Name	Charlotte Horbow
Hometown	Oakville
Favourite First Year Course	ANAT 100
Favourite Study Tip	Whiteboards in Mac Corey
Best Advice	Go to the pier while it's warm outside!
Favourite Part of O-Week	Camp
Best Part of KIn	The people you meet!!
Fun Fact about me!	I love portaging and camping during the summer!
Favourite Joke	I got hit in the can with a soda yesterday... luckily it was a soft drink



Name	Lola Garault
Hometown	Hamilton, Ontario
Favourite First Year Course	KNPE 167
Favourite Study Tip	active recalling
Best Advice	Say Yes to all opportunities!
Favourite Part of O-Week	Camp Fire Bonding!
Best Part of KIn	Knowing you're building long-lasting relationships with people that are all like-minded
Fun Fact about me!	I have brothers who are twins
Favourite Joke	What state is known for its small jokes? Minnesota!





Name	Rochelle Henderson
Hometown	Richmond Hill, Ontario
Favourite First Year Course	KNPE 167
Favourite Study Tip	Use Notebook LM!! It turns content into descriptive videos and makes learning more fun, enjoyable and easier to understand. It's also free which is amazing.
Best Advice	Rejection is just redirection. Don't feel like your behind others, because everyone moves at their own pace and the right things will come when you least expect it.
Favourite Part of O-Week	The camp fire at camp was such a cute and wholesome moment!
Best Part of KIn	All the opportunities for participation and volunteer involvement for kin students at Queen's. As well as the large amount career opportunities that come with the program.
Fun Fact about me!	I'm learning how to do a headstand!
Favourite Joke	why can't you hear a pterodactyl go to the bathroom? Because the P is silent!



Course Selection 101

You've probably spent a considerable amount of time trying to figure out what courses you will have to take during your first year. Don't worry, we were in your shoes just 2 years ago. Below is a summary of what you need to know for course selection this year. There will also be presentations by the SKHS this summer that will go through this in further detail.

If you have any questions, please feel free to email me at: orientation.academics@pheksa.queensu.ca

Key Info

3.0 Units = 1 Semester Course (Sept-Dec or Jan-Apr)

6.0 Units = Full-Year Course (Sept-Apr)

Course selection and registration takes place on SOLUS

Recommended Courses

- BIOL 102/3.0 (Fundamentals of Biology: Molecular and Cell Biology) and BIOL 103/3.0 (Fundamentals of Biology: Organisms to Ecosystems) - These courses are pre-enrolled for you
- These courses are not required, but they are strongly recommended as they provide a foundation for upper-level Kin and science courses

Core Courses

- These are all the courses that you are required to take during your first year at Queen's as part of your degree
- These courses will ALL be pre-enrolled for you

KNPE 153/3.0 - Introductory Biomechanics
HLTH 101/3.0 - Social Determinants of Health
PSYC 100/6.0 - Principles of Psychology
KNPE 125/3.0 - Introduction to Human Physiology
KNPE 167/3.0 - Socio-Cultural Dimensions of Sport and Physical Activity

Elective Courses

- If you've decided to take the two Biology courses, you will be left with 6.0 units to choose elective course(s). According to some of your Orientation Leaders, here are some of the most popular elective courses for 1st year Kin students.

ANAT 101/3.0 (on-campus) - Introductory Human Anatomy
ANAT 100/3.0 (online) - Anatomy of the Human Body
PAHR 100/3.0 - Introductory Pharmacology
CHEM 112/6.0 - General Chemistry

There are many other courses to choose from as well!

- Go to the "Courses of Instruction" in the Arts and Science Calendar to see all the courses that have been improved by the faculty of Arts and Science
- Go to SOLUS to do a search to see if the course you'd like to take is being offered this coming year and what semester it's offered in (not every course listed in the Arts and Science Calendar is offered every year due to faculty sabbaticals and other professional commitments).

IMPORTANT: KIN students need 12.0 units of Natural & Physical Sciences at any level. It's generally a good idea to take these in your first year, as first-years get priority on 100 level courses.

Note: All the recommended electives listed on the right count as a Natural and Physical Science course!



Physical Health Education & Kinesiology Student Association

Welcome, Class of 2030! We are **SO EXCITED** to welcome you to the Queen's Kin family!

PHEKSA is your student body government made up of your peers! Our mission is to represent the Kineisology student body, foster a welcoming, inclusive, and collaborative learning environment, and provide a meaningful experience to all students beyond the classroom.

Here are some events that PHEKSA oversees throughout the year, and ways for you to get involved!

Academic Events

- Peer-Tutoring Program
- Peer Pals (peer mentorship program)
- Coffee with the Profs

Social Events

- Semi-Formal and Formal
- Ski-Trip to Mont St. Anne in January
- Professional Development
- Events with Alumni
- Resume and Cover Letter workshop
- Career Fair

We would love for you to join our team!

There are 3 First-Year positions open in September:

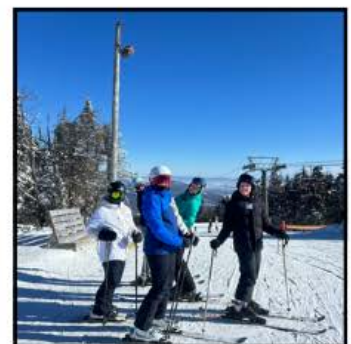
- 2 First-Year Representatives
- 1 Intern to the Executive

Check out our website and socials to find out more!

Website: pheksa.com

Instagram: [_pheksa_](https://www.instagram.com/_pheksa_)

Facebook: Physical Health Education & Kinesiology Student Association



KIN Jackets

Through the Arts and Science Undergraduate Society (ASUS), you will be able to buy a KIN Leather or Vegan Jacket.

Be part of the Queen's tradition and order your program jacket! Warm, comfortable, and of course, stylish! Be proud of your School with your own KIN jacket.

The price range will be \$300-400 for leather jackets and \$100-150 for vegan jackets.

Keep your eyes open for posts in the Queen's University Class of 2030 Facebook page for updates on jacket sales!





CLUBS & VOLUNTEERING

NEXT PAGE!

Q-ADAPTIVE SPORT & FITNESS

WHAT IS Q-ADAPTIVE SPORT & FITNESS?

Q-Adaptive Sport is a student-run initiative with a mission to provide free and accessible programming for individuals of all ages with a disability in Kingston and surrounding areas. Our flagship event named Winter Adapted Games (WAG) began in 1991 held annually in January brings together almost 120 participants and 150 students for a day of non-competitive games and activities. We have been expanding our events in and looking to continue to grow!



OUR IMPACT

Emphasizes the importance of social interaction and physical activity in an environment that promotes success and emphasizes the ability to participate.

The experience provides the motivation and confidence to pursue physical activity where possible.

Leads to smiles and laughter that resonate with participants and their student buddies alike. This day is a perfect example of engaging Queen's students through a broader learning environment.

MORE INFORMATION

Website: <https://winteradaptedgames.weebly.com/>

Facebook: <https://www.facebook.com/WinterAdaptedGamesQU/>

Instagram: qadaptivesport

WHO ARE WE LOOKING FOR?

Enthusiastic, passionate and hardworking individuals!

- **Executive Committee Members**
- **Volunteers for the Events**

- Pod Leaders, Buddies, Event Facilitators
- Applications will be sent out during first semester. This is a very rewarding experience! (CPIC required)





What is motionball/ Marathon of Sport

motionball is a national non-profit organization that strives to raise funds and awareness for Special Olympics Canada through integrated social and sporting events.

Through these events, students have the opportunity to give back to a great cause, promote inclusion, and build meaningful relationships with local Special Olympics athletes. Together, they celebrate teamwork, friendship, and the power of sport.

Our main event our Marathon of Sport brings together varsity sports teams and kinesiology year teams with local Special Olympic athletes for a sports tournament day.

The Queen's University motionball committee is made up of a tight-knit of mainly kinesiology students who are passionate about creating opportunities for individuals with disabilities to engage in sport. This past year we reached a new milestone at our Marathon of Sport raising \$40,000 for Special Olympics Canada.



Ways to Get Involved?

Join Our Committee- We will be looking to hire new committee members at the beginning of the school semester.

Volunteer- Applications will be released Second Semester

Participate a part of Kinesiology 1st Year Team/Varsity- Sign up will be in second semester

Follow Our Instagram to No Miss Anything:



For more information about motionball and motionballu check out <https://motionball.com/>





Raise The Bar

Raise The Bar is a student-led club committed to helping Queen's students build healthier, more balanced lives by promoting a holistic view of health by connecting physical, mental, sexual, social, and spiritual well-being.

Why Join?

- Meet like-minded people in a welcoming community
- Learn about wellness in an inclusive, approachable way
- Build leadership and real-world experience
- Plan and run fun, meaningful campus events

What We've Done



Fundraised for local charities



November Dodgeball Tournament for Men's Mental Health



Fundraiser for Kingston Youth Shelter



Join Raise The Bar

Open to all students • No experience needed

Follow us, scan the QR code, or message us to get involved



@raisethebarqueens



@queensraisethebar



@raisethebar@clubs.queensu.ca





Queen's University Kinesiology Games

BOW DOWN TO THE CROWN

WHAT IS KIN GAMES?

KIN GAMES (KG) IS AN ANNUAL, STUDENT-RUN CONFERENCE HELD AT A CANADIAN UNIVERSITY. IT IS COMPOSED OF TEAMS OF UNDERGRADUATE STUDENTS FROM VARIOUS UNIVERSITIES ACROSS CANADA. ALL TEAMS COMPETE IN A VARIETY OF CHALLENGES RELATED TO ATHLETICS, ACADEMICS, DANCE AND SPIRIT, WHILE BUILDING LASTING BONDS WITH OTHER UNIVERSITIES AND POTENTIAL EMPLOYERS. THIS YEAR, KG WILL BE HELD AT LETHBRIDGE UNIVERSITY IN MARCH 2026!



HOW DO I JOIN?

APPLICATIONS WILL BE AVAILABLE IN SEPTEMBER, THROUGH THE QUEEN'S KG INSTAGRAM! THEY WILL INCLUDE A FEW QUESTIONS AND A POTENTIAL TRYOUT BASED ON INTEREST. WE WILL BE LOOKING TO HIRE ~18 PEOPLE, WHO MUST BE OVER THE AGE OF 19. THERE IS MINIMAL FUNDING FOR THIS EVENT, WITH INDIVIDUAL FEES LIKELY TO BE \$450-\$550, IN ADDITION TO TRANSPORTATION AND TEAM GEAR. EACH MEMBER IS EXPECTED TO ATTEND WEEKLY MEETINGS AND EARLY MORNING PRACTICES THROUGHOUT THE YEAR IN PREPARATION FOR KIN GAMES.



KG 2026 HIGHLIGHTS



IG: @QUEENSUKG

EMAIL: SRATHLETICS@PHEKSA.QUEENSU.CA

Queens Medicine In Sport (QMIS)

What is Queen's Medicine In Sport (QMIS)?

We are a student run club focused on educational advancement, community engagement, and professional development for students in medicine focused faculties.

What do we do at QMIS?

We run a variety of fundraising activities, conferences, and workshops dedicated to helping students get involved with the industry of sports medicine. In addition, we have our very own hockey team that participates in the Queen's Cure Cancer Classic every year! If you are interested in careers such as physiotherapy, athletic therapy, personal training and more, QMIS is a great place to meet new people and advance your knowledge of medicine as a practice!



How To Get Involved!

QMIS has applications opening during the first 2 weeks of the fall semester for both first year positions, executive positions, and general member positions. This year we will be implementing a first year representative position. The application form and process information will be given out on instagram soon, so be sure to follow! If you have any questions be sure to email or message the instagram, details are given below!

Keep in Touch!

Follow the QMIS instagram



@queensmedicineinsport

Email: qmedicineinsport@gmail.com



Queen's Athletic Therapy



Queen's Athletic Therapy is an amazing learning experience offered in collaboration with Queen's Athletics and Recreation and the SKHS. As a student trainer, you will be assigned to a varsity team to work with the athletes and help assess and treat injuries, as well as work at varsity games, practice taping and wrapping, and even more!



Over the course of 3 years, student trainers will gain over 300 hours of hands-on experience, learning from their amazing senior ATs, as well as their certified AT's, as well as completing a number of theory courses. Overall, students will strengthen their professionalism, communication and collaboration skills, as well as boost their confidence in working in a health or performance related profession.



Mini-Stream Requirements

Level 1 (taken in 2nd or 3rd year)

- Students are registered into "*Care and Prevention of Athletic Injuries*" (KNPE 331/3.0) in the winter term, a course that focuses on the care and prevention of common athletic injuries and places emphasis on taping and wrapping.
- Students complete 24 practicum hours in the Q Sports Medicine clinic in the winter term.

Level 2 (take in 3rd or 4th year)

- Students are registered in "*Field Placement in Athletic Therapy*" (KNPE 330/4.5) and complete at least 165 practicum hours.
- Students will work (under supervision) with a varsity team and be responsible for the field coverage and taping for the team they are assigned and are strongly encouraged to help with the rehabilitation of team members.

Level 3 (take in 4th or 5th year)

- Students registered into "*Internships in Athletic Therapy*" (KNPE 430/4.5) and complete at least 165 practicum hours.
- During their internship, students will split their time between working with their varsity team and mentoring other student trainers and working in the Athletic Therapy Clinic, helping with assessments, treatments and administrative work.



For more information, please visit <https://skhs.queensu.ca/students/hands-on-opportunities> or contact the Academic Advisor at skhs.ug@queensu.ca



Queen's Strength and Conditioning

Queen's Strength and Conditioning is an amazing learning experience offered in collaboration with Queen's Athletics and Recreation and the SKHS. As strength and conditioning coaches, students will be an integral part of the Gaels Strength and Conditioning Program, an integral component in the success of the Queen's teams.



The Strength and Conditioning Mini-Stream is an academic experiential learning opportunity that provides young coaches with experience in the daily training environment of our varsity teams. Students will learn about the principles of program design, coaching pedagogy, safety guidelines and the return to play pathway. This three-year program will evolve the leadership and coaching responsibilities of students and will culminate with a lead student coach role with a varsity team.



Mini-Stream Requirements

Level 1 (taken in 2nd or 3rd year)

- Students are registered in "*The Science and Methodology of Sport Training Conditioning Programs*" (KNPE 345/3.0) in the winter term. This course focuses on how to plan a training program and included topics like designing warmups, proper lifting techniques, etc.
- Students complete 48 practicum hours in the Strength and Conditioning program at the Athletics and Recreation Center.

Level 2 (taken in 3rd or 4th year)

- Students register into "*Strength and Conditioning Field Placement*" (KNPE 346/4.5) and complete at least 120 practicum hours, as well as attend weekly group learning sessions.
- The goal of the field placement is to introduce students to all the aspects of the Gaels Strength and Conditioning Program. Students can expect to be involved in coaching team sessions, running warmups, performing assessments and more.

Level 3 (taken in 4th or 5th year)

- Students register into "*Strength and Conditioning Internship*" (KNPE 446/4.5) and complete at least 120 practicum hours, as well as attend weekly group learning sessions.
- During their internship, students will assist in assessing, designing, and coaching a team-training program for one to two varsity teams. Students will apply knowledge gained in the previous two levels while also mentoring other students.



For more information, please visit <https://skhs.queensu.ca/students/hands-on-opportunities> or contact the Academic Advisor at skhs.ug@queensu.ca.



DIPA (Disability and Physical Activity)

The Certificate in Disability and Physical Activity is offered through a collaboration between the SKHS and the Revved Up, an adapted exercise program. The goal of this program is to provide world-class, community-based exercise programming that promotes healthy living and quality of life for those who may have mobility impairments, intellectual disabilities and/or cancer. Students in this certificate program will help make this goal a reality.



In this certificate program, students will get an opportunity to work closely with persons from a variety of special populations, as well as gain valuable experience in addition to academic skills. Students will also strengthen their communication and leadership skills, develop a deeper understanding of what it means for people to live with a disability/chronic disease, and develop exercise prescription skills with considerations for those with disabilities and perform program reassessments on Revved Up participants.

Admission Requirements

- Level 2 or above and a minimum GPA of 2.70.

Required Courses

- HLTH 200/3.0 or KNPE 255/3.0
- HLTH 332/3.0
- KNPE 336/3.0
- KNPE 436/3.0
- 3.0 units from: KNPE 335/3.0, HLTH 315/3.0, HLTH 404/3.0* or KNPE 433/3.0* (limited seats are available in these seminar courses and they may not be offered each year). Students must have completed any required course prerequisites; or at the Bader College (UK): HLTH 402/3.0, HLTH 403/3.0, HLTH 404/3.0



To find out more, visit <https://skhs.queensu.ca/students/DIPA> or email the Revved Up and DIPA Coordinator at dipa.coordinator@queensu.ca.



Kin Cheers!

1) **Sports**

14x whistles, "SPORTS" x3

2) **Glory Glory:**

"Glory-glory what a helluva to die, with a whistle in your mouth and tendonitis in your thigh. Glory-glory what a helluva to die, as the Vets go marching on!"

3) **PHEKIN Jungle:**

"Deep in the heart of the Queen's jungle, you can hear the PHEKIN rumble, OOH-AHH PHEKIN, OOH-AHH PHEKIN" x3 getting louder each time

4) **How Excited are you?**

Call:

"Hey _____, how excited are you?"

Response:

"I. AM. SO. EXCITED."

5) **Everywhere we go: call/response**

"Everywhere we go, people always ask us. Who we are, so tell them. We are the PHEKIN, the mighty mighty PHEKIN. And if they can't hear us, we'll shout a little louder!" x3

6) We love you [insert name], oh yes we do!

When you're not with us we're blue (so blue)

Oh [insert name] we love you!

7) "Oh" x18 "WE. ARE. PHEKIN." x3

8) Kin's got the spirit, do you wanna hear it? Head, heart, hands, hoo x3

9) Who are we? KINESIOLOGY x3

10) "Tape it up! Ice it down!

PHEKIN runs this whole town!

Wrap it, stretch it, make it tight —

KIN students do it right!

4TH YEAR TIPS AND TRICKS

Get involved early and do everything that you can! There's no such thing as too much KIN-munity involvement

Find an outlet for your competitive spirit, there are so many! Great for coping with stress and filling the athlete that has been part of your lives for so long (squash, intramurals, open rec, lane swims, club sports: frisbee/rowing/triathlon) try something new!

Get involved!! Queen's Kin has so much to offer in terms of extracurriculars, ranging from PHEKSA, the DIPA certificate, AT and S&C mini-streams, etc.! There is really something for everyone!

School can be a lot, but make sure you're taking time to see your friends, be active, and take time for yourself even when school gets busy

Don't put too much pressure on yourself, welcome the opportunities to learn what works best for you! Enjoy every moment and be as present as possible, these 4 years will fly by!



SKHS

School of Kinesiology and Health Studies

Student Resources

Academic Support

- Student Academic Success Services (SASS)
 - Can Help with:
 - Essay writing
 - Report writing
 - Thesis writing
 - Academic article writing
 - Study skills development (effective studying strategies)
 - Academic English skill development
 - Website: <https://sass.queensu.ca/>
- Queen's Student Accessibility Services (QSAS)
 - Description: Provides academic accommodations for students with disabilities, in partnership with instructors and staff
 - Website: <https://www.queensu.ca/studentwellness/accessibility-services>
- Queen's Learning Commons (QLC)
 - Description: QLC is both a hub of services supporting formal academic programs and a meeting place within Stauffer Library. It encompasses physical and online environments, accommodating different approaches to learning.
 - Location: In Stauffer Library

Health, Wellness & Counselling Support

- Student Wellness Services (SWS)
 - Description: Provides medical care, mental health support, group therapy and more
 - Website: <https://www.queensu.ca/studentwellness/>
 - Phone Number: 613-533-2506
- Peer Support Center
 - Description: Confidential peer-to-peer support for a wide range of emotional, academic, and personal concerns
 - Website: <https://www.amspeersupport.com/>
- 24/7 Support Lines
 - Empower Me
 - Description: confidential mental health and wellness service
 - Website: <https://www.queensu.ca/studentwellness/empower-me>

- Good2Talk
 - Description: Free 24/7 counselling helpline
 - Call 1-866-925-5454 or, text: GOOD2TALKON to 686868 to get started and be connected to a trained crisis responder
- Suicide Crisis Helpline
 - Call or text 9-8-8, toll free, 24/7/365
 - Offered in English and French
- Ban Righ Centre
 - Description: The Ban Righ Centre assists women-identified students of all ages, especially those who are returning to university after a time away to continue formal or informal education.
 - Website: <https://www.queensu.ca/ban-righ-centre/>
- Faith and Spiritual Life
 - Description: provides multi-faith, non-judgmental support for spiritual, religious, and existential questions and conversations.
 - Website: <https://www.queensu.ca/faith-and-spiritual-life/>
- Queen's First Aid
 - Student-run team providing first aid response for medical emergencies and campus events
 - Website: <https://www.queensfirstaid.com/>
 - Phone number: (613) 533-6111
- COR
 - A student-run, non-medical detox service that provides a safe place for students to sober up from alcohol or other substances.
 - Website: <https://www.queensu.ca/studentwellness/health-promotion/campus-observation-room-cor>
 - Phone number: (613) 533-6911

Sexual Violence Prevention & Response

- Sexual Violence Prevention and Responses Services (SVPRS)
 - Services offered:
 - Emotional & physical safety planning
 - Academic Supports
 - Guidance, referrals, supports
 - Support through Complain Process
 - Prevention education
 - Consultation for staff and faculty
 - Culture change
 - Website: <https://www.queensu.ca/sexualviolencesupport/>
 - Email: SVPRServices@queensu.ca
- Other available support options at queens
 - Empower Me

- Description: confidential mental health and wellness service
 - Website: <https://www.queensu.ca/studentwellness/empower-me>
- Good2Talk
 - Description: Free 24/7 counselling helpline
 - Call 1-866-925-5454 or, text: GOOD2TALKON to 686868 to get started and be connected to a trained crisis responder
- Interval House
 - Description: Provides a wide range of essential and empowering services to women, children, and youth who have experienced or are at risk of violence.
 - Website: <https://kingstonintervalhouse.com/>
 - Phone number: 1 (800) 267-9445
- Queen's 24hr Emergency Report Center
 - Phone number: (613) 533-611 or 911
- Student Wellness Services
 - Phone Number: (613) 533-2506
- Ontario Mental Health Helpline
 - Phone Number: 1 (866) 531-2600

Housing & Food Support

- Off-Campus Living Advisor (OCLA)
 - Description: Provide confidential guidance and resources for where to find Off-Campus housing, tenant rights and responsibilities, applications, lease agreements, and tips for moving in/out.
 - Website: <https://www.queensu.ca/ocla/>
- Accommodation Listing Service
 - Description: Tool to help students in need of rental accommodation connect with landlords who have rental properties available.
 - Website: <https://listingservice.housing.queensu.ca/>
- AMS Food Bank
 - Description: Provides a confidential and non-judgmental food service to members of the Queen's community
 - Website: <https://www.amsfoodbank.ca/>

Career Support

- Career Services
 - Description: Career Services supports students and recent graduates from all faculties and schools. Offers career advising, resume help, workshops and job listings
 - Website: <https://careers.queensu.ca/>

Community & Inclusion Support

- Student Life Center (SLC)

- Provides the following services:
 - Book spaces
 - Locker Rentals
 - TV advertising
 - Poster Advertising
- Website: <https://www.studentlifecentre.ca/>
- Athletics & Recreation
 - Description: Intramural, varsity, and recreation facilities
 - Athletics Website: <https://gogaelsgo.com/index.aspx>
 - Recreation Website: <https://rec.gogaelsgo.com/index.aspx>
- International Support (QUIC)
 - Description: The International Centre assists international students with orientation, advising, and cultural integration
 - Website: <https://quic.queensu.ca/>
- Four Directions (Indigenous Student Center)
 - Description: We provide study spaces, laundry, a cozy living room, and a pantry/full access kitchen. Our team facilitates cultural activities such as drumming, beading, feasts and ceremony, as well as social, academic and wellbeing programming.
 - Website: <https://www.queensu.ca/fourdirections/>
- Yellow House (2SLGBTQ+ Center)
 - Description: offer programming to promote well-being, community, and solidarity among BIPoC and 2SLGBTQ+ students.
 - Yellow House resource Library: <https://www.queensu.ca/yellow-house/resources>
 - Website: <https://www.queensu.ca/yellow-house/>

In closing...

Either you read through the entire handbook, or maybe you just scrolled through it to the end. Regardless, here is a quick summary of some of the most important points to take away:

- Follow us on our Instagram @queenskinoweeek. This is where we will be posting lots of important updates about Fall Orientation and the transition period.
- Join the Queen's Kinesiology Class of 2030 Facebook Page to get acquainted with your classmates.
- The transition period will have events in the time span of September 5th to September 13th, with Residence Move-In occurring from September 4th to September 5th.
- Last, but not least, congratulations on becoming a part of the Queen's Kin family!

We are all so so so excited to meet you!

Alyssia, Ellie, Nadya (Top Row), **Cam, Erika, Kilian** (Bottom Row)
(Pictured left to right)
ECKO 2026

