THE UG NEWS

SCHOOL OF KINESIOLOGY & HEALTH STUDIES

2018 - 2019

Issue 21 March 8 2019

Mark your Calendar!

SUN MAR 3	★ Racism and Facilitating Inclusive Conversations – see Issue 20.
THUR MAR 7 – FRI MAR 8	★ Inquiry @Queen's – see Issue 19.
SAT MAR 9 – SUN MAR 9	★ *Flip the Script* program– see Issue 15.
FRI MAR 15-SAT MAR 16	★ 17th Annual Crossroads Interdisciplinary Health Research Conference
FRI MAR 29	★ Undergraduate Research Conference in Kinesiology & Physical Education – see Issue 19
MON APR 1	★ Applications due for RMC Student Athletic Trainers – see Issue 17.
TUE APR 30	★ Last date to apply in SOLUS to graduate in Spring 2018 – see Issue 15.
MAY 18 – 26	★ Med Life Dental Clinic Service Learning Trip – see Issue 20.
TUE JUN 4	★ SKHS Graduation at 1:00 p.m. in Grant Hall. See Spring 2019 Convocation.
SUN JUN 16 – SAT JUN 22	★ Leadership Academy Alcohol Harm Prevention – see Issue 19.
MON JUL 15	★ Application to apply to graduate in Fall 2019 opens on SOLUS.

In the News

Tanner Graham (KIN '19)

Tanner Graham named U SPORTS Ken Shields Award Recipient, Gaels News, March 7, 2019

Please bring a $5 donation. All proceeds will be going towards Kingston mental health initiatives.

Introducing KNPE 338/3.0

Week before Fall Term classes.

Exploring Healthy Active Urban Communities

A new third-year course offering for 2019-2020

Information Session

WED MAR 27, 5:30-6:30

KHS Room 100

2019-2020 REGISTRATION INFORMATION SESSIONS HLTH, KIN & PHE

GOING INTO 2ND YEAR

Tuesday, March 19th
4:30 - 5:30pm
KINE 100

GOING INTO 3RD YEAR

Wednesday, March 20th
4:30 - 5:30pm
KINE 100

GOING INTO 4TH YEAR

Monday, March 18th
4:30 - 5:30pm
KINE 101

What are some of the advantages of attending?

- Understand your degree program so that you are selecting the courses that you will need to graduate.
- There have been changes to the KIN and HLTH degree requirements which may work to your advantage.
- Not every course is offered each year. Find out which HLTH/KNPE option courses are being taught in 19-20. Some courses have changed and some are new!
- There are important timelines for registering (especially for YR4!).
- Learn tips & hints that will make registering for 2019-20 less stressful.

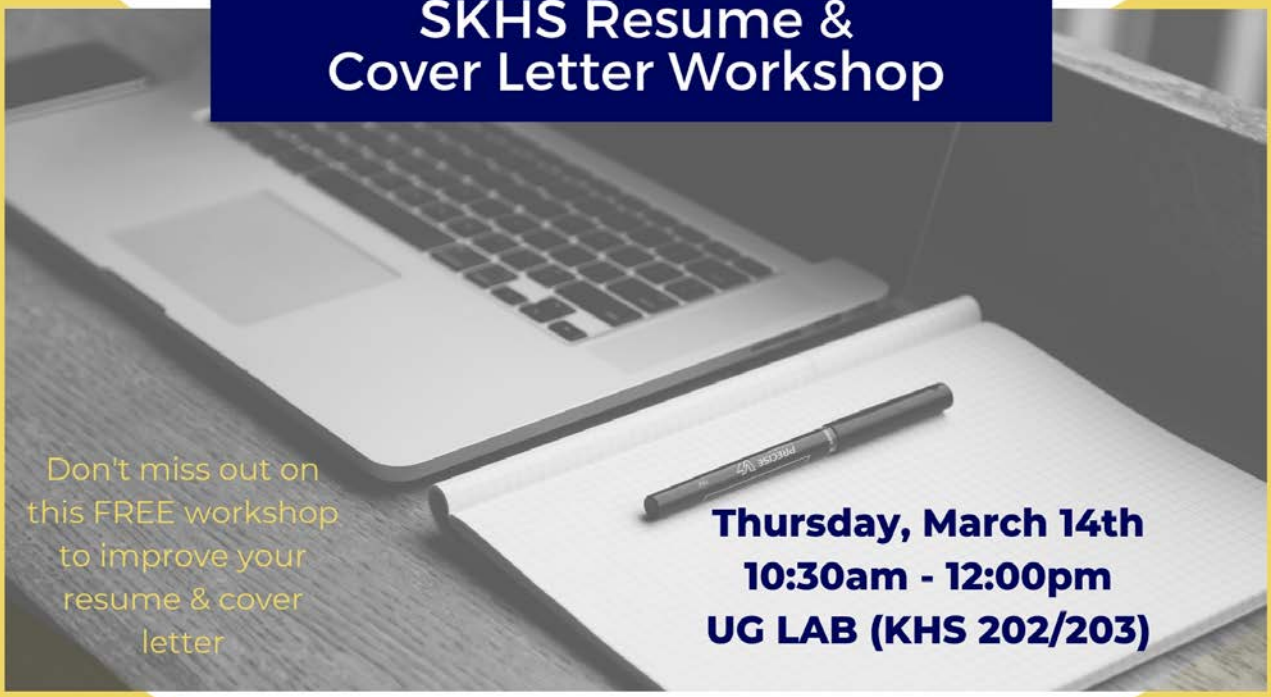
See you there!

Disability and Physical Activity (DIPA) Certificate

- Gain hands-on experience working with people with disabilities in the Revved Up Exercise Program
- Develop communication, leadership and transferable skills
- Extra-credential that is noted on your Queen's transcript

- For more information go to https://skhs.queensu.ca/prospective-students/undergraduate-studies1/hands-on-opportunities/certificate-in-disability-and-physical-activity-dipa/
- **NOTE:** SKHS *application deadline* is Fri Mar 22, 4:00pm
- Questions? Email Chris Hall (Revved Up Coordinator) at ch148@queensu.ca

SKHS Resume & Cover Letter Workshop



Don't miss out on this FREE workshop to improve your resume & cover letter

Thursday, March 14th
10:30am - 12:00pm
UG LAB (KHS 202/203)

Congratulations to Dr. Courtney Szto (SKHS Faculty Member) on her nomination for the Frank Knox Teaching Award!

The Frank Knox Award for Excellence in Teaching is to recognize and acknowledge Queen's University professors that demonstrate an outstanding commitment to the education of their students through their remarkable teaching.

The award is named in honour of Frank Knox, a professor of economics who taught at Queen's from the 1920's to the 1960's. Professor Knox demonstrated tremendous dedication in his teaching of undergraduates. The Award serves as a reminder to all, of the necessity of a strong commitment to the high quality of teaching at Queen's. Students at large are responsible for determining the recipients of the award each year.

Courtney was nominated for her high-quality teaching in KNPE 167 (Socio-Cultural Dimensions of Sport and Physical Activity) in the Winter 2019 term.

Congratulations to Megan McAllister (SKHS PhD Student & Teaching Fellow) on her nomination for the Frank Knox Teaching Award!

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Megan was nominated for her high-quality teaching in KNPE 153 (Introductory Biomechanics) in the Fall 2018 term.

Congratulations to Dr. Rachael Stone (SKHS Teaching Adjunct) on her nomination for the Frank Knox Teaching Award!

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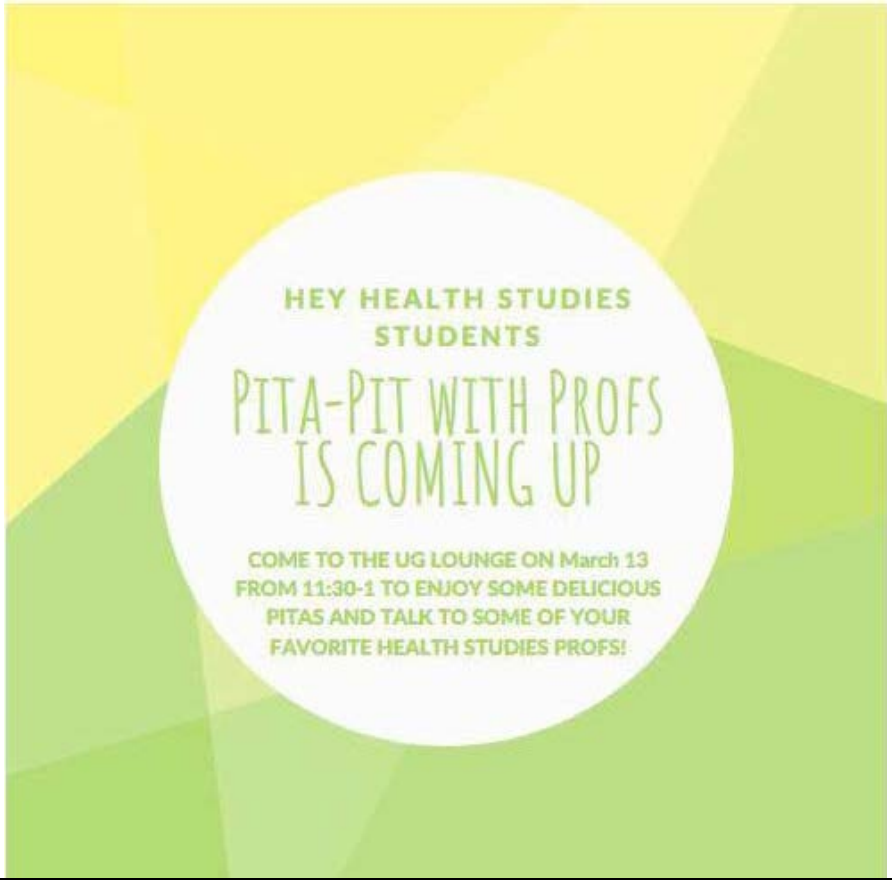
Rachael was nominated for her high-quality teaching in KNPE 335 (Healthy Aging) in the Fall 2018 term.



SKHS
School of Kinesiology and Health Studies

ROUNDTABLE ON RACISM IN HOCKEY

Speakers include: Tony McKegney, former NHL star | Eugene Arcand, First Nations Sports Hall of Fame Inductee | Bob Dawson, former player + Black hockey historian | Jaden Lindo, Queen's Men's Hockey | Kalley Armstrong - Assistant Coach, Western Mustangs | Lali Toor, President, Apna Hockey | Erica Ayala, Sports Writer + NWHL Broadcaster | Aaron Lakoff, Host/Producer of Changing on the Fly podcast |

Queen's University | DEPARTMENT OF ENGLISH AND LITERATURE

SATURDAY MARCH 30TH, 2019 | 8:30-4:00
28 DIVISION STREET, KINGSTON, ONTARIO

$25 GENERAL ADMISSION | $10 FOR STUDENTS/RETIRED/UNEMPLOYED

We talk a lot about diversity in sports but how do we actually foster anti-racist spaces and programming? Come for a day of applied learning and be part of the solution!

Purchase tickets and learn more about the event and our speakers via Eventbrite: https://www.eventbrite.ca/e/roundtable-on-racism-in-hockey-tickets-54680926122

The non-profit Walking Palms Global Health is now accepting applications for a summer global health education opportunity located in coastal Ecuador. WPGH uses research, education and medicine to promote sustainable development in vulnerable communities afflicted by natural disaster.

Please contact info@walkingpalms.org or 15eml1@queensu.ca for more information!
Trip Dates: August 15th- 25th 2019.

QUEEN'S STUDENT DISCOUNT FOR SUMMER PROGRAMS ABROAD WITH [OPERATION GROUNDSWELL]

This summer, learn from inspiring people around the globe.

Operation Groundswell will give you the tools you need to create meaningful change in the community you call home. We'll connect you with inspiring local farmers, artists, educators, and activists who are making incredible change in their communities.

Led by two experienced leaders, our small teams dive straight into life on the ground through immersive homestays and ethical volunteer work. **Local change-makers lead us** in improving their communities - sharing their stories along the way.

We've loved having Queen's students on our programs! To show our appreciation and to help make our programs more accessible, we're offering you between **$500-750 off** our summer programs with the code **QUEENS2019**. More information about the offer and our granting program **here**.

*Offer available for students who apply before **March 31st***

A division of CFMWS
Une division des SBMFC

Employment Opportunity
Fitness and Sports Instructor
Temporary Full-Time Position: up to 18 Months

Are you a fitness professional with a passion for health and fitness who is looking for the opportunity to use your qualifications, experience and skills to make a real difference?

The Canadian Forces Morale and Welfare Services (CFMWS) is proud to contribute to the operational readiness and effectiveness of the Canadian Armed Forces. Through the planning and delivery of physical fitness training activities, physical fitness assessments and excersize prescription, our fitness professionals play a key role in supporting the Total Health and Wellness of the Canadian Armed Forces members and the development of a strong, secure and engaged Canadian Armed Forces.
The ideal candidate for this position will have a Bachelors degree in Physical Education, Exercise Physiology, Exercise Sciences or a related field and some experience in physical fitness evaluation and prescription. They will also have their current CPR, Basic First Aid and National Lifeguard Service (NLS) or the ability to obtain these upon being hired.

Wage range: $17.73-$22.69
Commuting Allowance may be available for those who qualify.
Start date: 01 April 2019
Application deadline: 23:59 hrs. Pacific time on 10 March 2019
Security Screening: Enhanced Reliability clearance and Vulnerable Sector check is required
How to apply: please visit our website at www.cfmws.com, or email npfhrshilo@cfmws.com quoting competition #SHI-19-06.

We thank all applicants in advance for their interest in this position, however, only those selected for an interview will be contacted.

Full job posting: https://www.cfmws.com/en/AboutUs/Careers/EmplOpp/Pages/default.aspx

March 8, 2019
8:30pm - 7:00am

ARC South/Mitchell Hall

SUPPORT *KICKIN CANCER'S PHEKIN BUTT*

You are invited to attend the upcoming Student Advocacy Symposium (SAS) taking place this Sunday March 10th. The first 30 attendees who register and attend the event will receive a $10 gift card to Common Ground!

Register today here and check out the Facebook page!

The Student Advocacy Symposium works to advance the cause of student engagement across a variety of topics ranging from provincial advocacy, university services, and operations of the Alma Mater Society. The theme is *"Shaping the Future with Student Voices"* and will be welcoming students from diverse backgrounds to provide input on how to enhance their university experience. Students will have the opportunity to propose tangible changes along with actionable feedback during the event. A catered lunch and giveaway prizes will be provided to participants!

If you have any questions, please feel free to contact research@ams.queensu.ca. We hope to see you at the symposium!

Health Studies Students' Yoga

UPDATE: Thursday, March 14/21/28 & April 4 ---
5:30-6:30pm
Location: ARC, Combatives Rm 1
Gentle, restorative yoga, suitable for everyone, all bodies. No previous experience required.
Yoga mats provided.
Led by Karina Gerhardt-Strachan,
HLTH Studies alumna & MA from SKHS.
Any questions? Email Karina: 0skag@queensu.ca

Advanced Ergonomic Studies

Ontario College Graduate Certificate (38 weeks)

Fanshawe College's new Advanced Ergonomic Studies Graduate Certificate is the first program of its kind in Canada. 100% of our graduates have achieved Associate Ergonomist (AE) status through the Canadian College for the Certification of Professional Ergonomists (CCCPE).

Program Overview

Advanced Ergonomic Studies is designed to prepare graduates of kinesiology and related programs for employment as certified ergonomists. This full-time graduate program leverages an undergraduate degree with an intensive, discipline-specific program leading to a professional designation.

- Two 15-week semesters at Fanshawe's Oxford St. campus in London, Ontario
- One 8-week field placement

Ergonomists will find employment in a variety of sectors and work environments, including industry and manufacturing, healthcare, government, utilities, software companies and consultancies.

FANSHAWE
School of Public Safety

For more information, please contact:

Allison Stephens M.Sc, CCPE, CPE
Program Coordinator and Professor

T: 519-452-4430 ext. 5260
C: 519 630-7226
E: astephens@fanshawec.ca

Curriculum Highlights

Advanced Ergonomic Studies was specifically designed for graduates of kinesiology and human kinetics programs in consultation with certified ergonomists, academics, and the Canadian College for the Certification of Professional Ergonomists (CCCPE). The curriculum is delivered by certified ergonomists in both classrooms and a purpose-built laboratory equipped with the tools and software used in the field for ergonomic assessments and research.

Courses include Ergonomics Theory and Practice, Ergonomics and Legislation, Research Methods and Statistics, Human Factors and Design, Human-Computer Interactions, Ergonomics Instrumentation, Safety in the Workplace, Research in Ergonomics and Professional Development. All faculty members are practicing ergonomists and help prepare students with building their professional networks.

NOTE: Graduates from other disciplines, including nursing, health sciences or engineering may also be eligible for admission. See Admission Requirements at www.fanshawec.ca.

Graduates will be eligible to apply for professional certification as an Associate Ergonomist (AE) through the Canadian College for the Certification of Professional Ergonomists (CCCPE). Classroom, lab and field placement hours are aligned with CCCPE requirements.

JOIN US AT OPEN HOUSE
meet program faculty and ask questions!
March 23, 2019 from 10 a.m. to 2 p.m.

FANSHAWE
School of Public Safety

fanshawec.ca/ADE1

Culture Show is a family-friendly event and one that is open to all members of the Queen's community, not just students. The attendance of administrators, faculty, staff, and your families and friends helps to forge and strengthen connections between cultural groups like ACSA, the institution, and the surrounding communities.

Our Culture Show helps to display the rich diversity in on-campus groups and within community organizations through the movements of dance, the sounds of spoken words and songs, and under the colourful displays of lights and vibrant sounds with other presentations. It is my hope that you will leave the event having gained something new.

To purchase your tickets, click the CheddarUp link below:
https://my.cheddarup.com/c/acsa-culture-show-legacy?fbclid=IwAR1nb2S7u6UL5SmXgOp8Qfl4x6ATKK1piSx1UFSKG6ahT8O0tYgGu8QWDco

Workshops This Week:

Monday March 11th

- *Winning Interviews, Part 1,* 1:30pm-2:20pm (3rd Floor Gordon Hall, Room 324)
- *Winning Interviews, Part 2, Communicating Your Skills & Experience* (3rd Floor Gordon Hall, Room 324)

Tuesday March 12th

- **NO WORKSHOPS**

Wednesday March 13th

- **NO WORKSHOPS**

Thursday March 14th

- *Ramp Up Your Resume*, 11:30am-12:20pm (3rd Floor Gordon Hall, Room 324)
- *Conquer the Cover Letter,* 12:30pm-1:20pm (3rd Floor Gordon Hall, Room 324)
- *Effective Networking*, 2:30pm-3:20pm (3rd Floor Gordon Hall, Room 324)
- *From Panic to Power,* 3:30pm-4:20pm (3rd Floor Gordon Hall, Room 324)

Friday March 15th

- *QUIP Events - Package of All 3,* 1:00pm-4:00pm (3rd Floor Gordon Hall, Room 302 - Main Corridor)

Information Sessions This Week:

Monday March 11th

- **NO INFORMATION SESSIONS**

Tuesday March 12th

- **NO INFORMATION SESSIONS**

Wednesday March 13th

- **NO INFORMATION SESSIONS**

Thursday March 14th

- *JP Morgan, 5:30pm-7:00pm* (Goodes Hall, Room 108)

Friday March 15th

- **NO INFORMATION SESSIONS**

Can't get (or wait for) an appointment? Come to:

Drop-in Career Advising

Monday to Thursday 1:30 pm to 3:30 pm on the 3rd floor of Gordon Hall

Obtain immediate help with career or further education-related questions from a career advisor. No appointment required.

In addition to our regular drop-in career advising, we offer:

QUIP

INTERNSHIP PROGRAM (QUIP)

Want to spend a year getting paid professional experience? Would you like to "Test-Drive a Career?" Find out everything you need to know about doing a 12-16 month, professional, paid internship after your 2nd or 3rd year of undergraduate studies through the Queen's Undergraduate Internship Program (QUIP). To learn more about the program, visit careers.queensu.ca/QUIP.

Advising

Want to learn more about QUIP, the Queen's Undergraduate Internship Program?

Every Tuesday and Thursday, 11:00 am - 12:00 pm

Location: Please check in with reception (Gordon Hall, 3rd floor)

GO GAELS GO! Support your fellow students!!

Please send any missing SKHS athlete names to UG News

Men's Hockey SAT MAR 9 – Queen's Cup! 7:30 p.m. @ Memorial Centre vs. Guelph Gryphons **Game streamed on OUA.tv**	Jaden Lindo – HLTH '21
Men's Volleyball *Queen's, McMaster, Toronto and Windsor* SAT MAR 9 – Forsyth Cup Final Four 3:00 p.m. @ Main Gym (ARC) vs. Toronto Varsity Blues SUN MAR 10 – Forsyth Cup Final Four TBD @ Main Gym (ARC) **Games streamed on OUA.tv**	Shane Gabel – KIN '22 Zane Grossinger – KIN '21 Dylan Hunt – PHE '19 Mitchell Neuert – KIN '21

Student Academic Success Services (SASS)

Catching Up! (Workshop)
Most students find that they fall behind in one or more courses. It's never too late to get back on track, so our Peer Learning Assistants have designed this class to answer your questions and produce a plan of action.

Tuesday, March 12
1:30pm-2:20pm
Location: Stauffer Library room 121

Behind in your work? Aiming to finish your term work by the last day of class? Looking for a plan? Use our 'End of term planning chart"

Make a plan today!
Book a learning or writing appointment online.

✍ **The Writing Centre offers free one-to-one consultations!** Writing consultants can help you with:

- understanding an assignment
- brainstorming ideas
- developing an argument or thesis statement
- organizing main points
- revising a draft
- improving grammar and style
- integrating research

📘 **Take charge of your learning needs!**
Learning strategists can help with:

- managing your time
- increasing motivation
- reading from texts efficiently and effectively
- coping with academic stress
- presentation skills.

Book an individual 25-minute appointment with a Peer Writing Assistant
Monday-Thursday, 6:30-8:30 pm, Saturdays 12:00-2:00 pm, and Sundays from 10:00 am-12:00 pm using our convenient online booking system: http://queensu.mywconline.com.

Science Peer Writing Assistants help with written assignments from **any science discipline**—biology, chemistry, engineering, kinesiology, physics, computer science, etc. In the calendar, you'll see them listed as Name (Sciences).

Sign up for workshops to get coaching to improve your academic performance! Check out our events calendar.