

Welcome to the Fall 2011 SKHS E-News

As usual the Fall semester is a busy time of the year with new students arriving on campus, new classes, and for several faculty members it's grant application time.

This year we welcomed 25 new undergraduate students into our Kinesiology program. We now have target enrolments in SKHS of 85 Kinesiology students and 50 Physical Education students. In addition, we take approximately 100 new students per year into our Health Studies program. Our three undergraduate academic programs in the School continue to be among the most popular degrees at Queen's and we are very proud of this.

In exchange for this increase in our undergraduate enrolment, the University allowed the School to advertise for a new faculty position in biomechanics. This hiring process is nearly complete and we will officially introduce our new faculty member via the School website very shortly.

The School has also grown its graduate program again this year with a record intake of 26 new students across all 8 multi-disciplinary research areas of study.

Despite our enrolment increases at both the graduate and undergraduate levels, we make every effort to protect the closeness and spirit that has characterized the School for over 50 years. Our students are still among the best at Queen's and their involvement on campus and in the Kingston community continues to be regularly valued and acknowledged.



Jean Côté, Ph.D. - SKHS Director

Your continued support to the School is much appreciated and in this time of budget cuts your donations have allowed us to maintain high quality learning experiences for all our students. Because of your generous gifts, we have been able to maintain the practical courses for our Physical Education students, improve the laboratory experiences of our Kinesiology students, and create community internship courses that are highly valued by our Health Studies and Physical Education students. I am very appreciative of your continued support and your commitment to the School.

Students, faculty, and staff are looking forward to the holiday break and I wish everyone a happy, healthy, and productive new year.

Enjoy this edition of the Alumni E-News and we look forward to your feedback



In the News

Dr. Samantha King (SKHS)

[Report says some funding for breast cancer research should be redirected to more deadly types of cancer](#), video clip on CBC.ca.

Dr. [Robert Ross](#) (SKHS)

[Minor acts such as fidgeting can help sedentary people lose weight](#), in the New York Times; [conducting a study on a clothing line that claims to reduce the appearance of cellulite](#), in the Kingston Whig-Standard, Peterborough Examiner, [Toronto Sun](#) and on on CBC Radio Ottawa's "All in a Day". Whether diet or exercise is more important for weight maintenance, on CTV News Channel.

Sivan Almosnino (Ph.D. candidate in SKHS) and Dr. [Joan Stevenson](#) (SKHS)

[Elite athlete testing my revamp injured worker compensation practices](#).

Sivan Almosnino (Ph.D. candidate in SKHS)

[Device gives average Joes and Janes the pro treatment](#) in the Whig Standard.

Dr. [Elaine Power](#) (SKHS)

Takes the [Kingston Do the Math Challenge](#) – One food hamper, one week. Read [Elaine's Blog](#) about her experience!

Kim Bergeron (Ph.D. candidate in SKHS)

[Why exercising outdoors is better than hitting the gym](#), in the Globe and Mail.

David Kingston (Incoming MSc candidate in SKHS)

2011 SIRC Research Award Winner, The Impact of Applied Research on Athletic Excellence – High Performance Category: [Knee Loading during Bodyweight Squat Performance: Effects of Stance and Foot Rotation](#).

Dr. [Ian Janssen](#) (SKHS)

[Ontario government needs to do more to fight obesity](#) in the Toronto Star.

Ashley McGuire (Recent PhD in SKHS) and Dr. [Robert Ross](#) (SKHS)

[Fidgeting your way to way to fitness](#) and [Even incidental exercise beneficial: study](#) in the Whig Standard and on [Science Daily](#)

Dr. [Amy Latimer](#) (SKHS Faculty)

[Should children with life-threatening obesity be removed from their parents](#) on CTV News Channel, as well as on SUN TV Network, Rutherford Show (Calgary and Edmonton radio and CKNW (Vancouver Radio).

Dr. [Jean Cote](#) (SKHS Faculty)

[Positive sporting experiences key for children's development](#) (also in [Australasian Leisure](#)) and [Team sports beneficial to young athletes: Researcher](#) in Kingston Whig Standard. Kids soccer league tries 'silent soccer' for a week' in the Globe and Mail. Playing team sports is important for a child's development, on Fly FM's Family Matters.

Kerry Hamilton (SKHS Graduate Student)

[Making Carleton Place a more walkable community](#) in OttawaRegion.com

Dr. [Elaine Power](#) (SKHS Faculty)

How food banks have become a serious obstacle in the fight against poverty – in the [Globe and Mail](#) as well as on CBC Radio Thunder Bay, News 95.7 (talk radio stations in Halifax, Saint John and Monkton), Newstalk 1010 (Toronto talk radio), 570 News (Kitchener talk radio), 640 AM (Toronto talk radio), CBC Radio Edmonton, CBC Radio Montreal, CBC Radio's Ontario Morning, CBC Radio's Ontario Today, CBC Radio Calgary, [CTV News Channel](#) and CTV.ca, London Free Press, on The Rutherford Show (Edmonton and Calgary radio) and in [Kamloops This Week](#).

Matthew O'Donnell, BA MIN HLTH Class of 2012

[Ex-Gaels line-man signs with NFL's Cincinnati's Bengals](#)

Angela Nicolson, BAH MAJ HLTH Class of 2011-08-23

[Walking Bus Program](#) – Alumni video clip about a HLTH 415 *Program Design and Evaluation* project.

Dr. [Samantha King](#) (SKHS Faculty)

[Documentary based on professor's book to premier at Toronto International Film Festival](#). The [TIFF documentary](#) on where the money directed at products marked with a pink ribbon go – on CBC Radio's Ontario Morning, [CKWS TV](#) and the [Whig-Standard](#).



Adam Beaudoin, BSCH KINE, YR1

[First-year student cycling across Canada to Queen's](#), [First-year student completes cycling journey](#) (Queen's news), [Ride against Cancer](#) blog, [A Learning Experience](#) Kingston Whig Standard and [Cyclist raises thousands for cancer research](#) Queen's Journal.

(Photo - Queen's website.)

Dr. [Mary Louise Adams](#) (SKHS Faculty)

[Social Science and Humanities Research Funding](#) - \$68,154 for research into contemporary women's sport and the legacies of second wave feminism.

Dr. [Jean Côté](#) (SKHS Faculty)

[Social Science and Humanities Research Funding](#) - \$97,520 to conduct a developmental comparison of coach-centered and youth-centered sport settings.

Dr. [Samantha King](#) (SKHS)

The negative backlash against breast cancer pink ribbon campaigns in the Vancouver Sun, Ottawa Citizen, Calgary Herald, [Montreal Gazette](#) and Winnipeg Free Press.

Dr. [Elaine Power](#) (SKHS)

[Should food banks be closed](#) in the London Free Press.

Dr. [Ian Janssen](#) (SKHS)

[More intersections mean less outdoor activity for children](#), Queen's News.

Dr. [Ian Janssen](#) (SKHS)

The impact of urban and road planning on children's physical activity levels, on CKNW (Vancouver radio).

Dr. [Samantha King](#) (SKHS)

Corporations are using breast cancer's pink ribbons to boost their own images and profits in the [Carlisle Sentinel](#) (Pennsylvania).

Dr. [Samantha King](#) (SKHS)

Queen's Staff and Faculty go the Extra Mile, [October OnQ – p. 11](#)

Dr. [Ian Janssen](#) (SKHS)

[How the layout and design of a neighbourhood affects the amount of exercise adults and children get](#), in the Toronto Star.

Valerie Carson, SKHS Doctoral candidate and [Ian Janssen](#) (SKHS Faculty)

[TV viewing poses greater risk than computer use for cardiovascular disease](#).

Valerie Carson, SKHS Doctoral candidate

[Watching TV poses a greater cardio-metabolic risk than using a computer](#), Daily Mail – Britain. Speaking on the risks of sedentary behaviour, in the Times of India, the Hartford Courant and on various medical websites..

Valerie Carson, SKHS Doctoral candidate and [Ian Janssen](#) (SKHS Faculty)

[Television loses battle of sedentary giants](#), Kingston Whig-Standard

Alumni Career Notes

[Tradition of success; Queen's Football adds two assistant coaches](#)

[Ryan Bechmanis](#), BPHE, BA HLTH '05 and Devan Sheahan, BPHEH '10 will join the Gaels football coaching staff as assistant coaches with full time duties for the 2011-12 season.

Sarah Barnes, BA, BPHE 2007, MA Kinesiology, 2010

Sarah has been appointed as the first full-time (athletic staff) assistant coach for the women's basketball program. She has been working in Toronto and coaching in the Toronto Triple Threat program, and has just returned from Chile, where she served as the manager for Canada Basketballs U19 team.

Debra Pepler BA, BPHE 1973, BEd 1974

Debra received the [Alumni Humanitarian Award](#) from Queen's at the QUAA Gala Dinner on October 15, 2011. She is a Professor in the Department of Psychology at York University and a Senior Associate Scientist at the Hospital for Sick Children. Her research focus is on aggression and victimization among children and adolescents. Read about her research on the [Promoting Relationships and Eliminating Violence](#) website.

Vicky (Gilliatt) Hand, BA, BPHE 1973

[New west field campus field ready for action](#) – as co-chair of Queen's *Fields and Stadium Cabinet*, Vicky and other alumnae continue to support Queen's current athletes as the second of three artificial turf surfaces opened for play. Rugby player, second-year Kinesiology student Devon Stride commented that the new artificial turf field "will help us prepare for the Canadian Interuniversity Sport championship..." [read more at link].

Chantel Marson, BPHE (Honours), B.Ed. YR1

[Back-to-back national titles for women's soccer team](#), [Athlete of the week \(NOV 14\)](#), [MVP of the CIS Championships and named to CIS Team](#).



Welcome to the newest member of the SKHS community, little Joshua Gurd who arrived this December in advance of the holiday celebrations so he wouldn't miss out on a thing!

Congratulations to the [Gurds](#)!

SKHS Graduation – June 9, 2011

Vicki Keith is the most successful marathon swimmer in the history of the sport, holding an unprecedented sixteen world records. Constantly surpassing the records of other swimmers as well as previous records of her own, Vicki has become, to many, the face of marathon swimming in both Canada and around the world. Her most recognized accomplishments include becoming the first person to swim across all five Great Lakes in 1988 and being the only person to complete the 104 kilometre double crossing of Lake Ontario.

After her marathon swimming career, Ms Keith took on a new challenge - coaching competitive swimming to a team of athletes with physical disabilities. In 2001, she founded the Y Knot Abilities Programs for young people with physical disabilities and their able-bodied siblings. She has been appointed as a member of the Order of Canada, in recognition of her outstanding achievements and service. In 1996 she was inducted into the Terry Fox Hall of Fame, and in 1998 she had her most famous arrival and departure point renamed after her. The headlands of the Leslie Street Spit in Toronto are now called Vicki Keith Point.



L. to R. Jean Côté (SKHS Director), Principal Daniel Woolf, Chancellor David Dodge and Vicki Keith (Honorary LL.D.)

From: [Vicki Keith to receive honorary degree](#) at SKHS Graduation Ceremony.



[HLTH End Notes 2011](#)

[BPHE End Notes 2011](#)

[KINE End Notes 2011](#)

Take a moment to look at the “End Notes” from the Classes of 2011 as submitted by them at the time of graduation.

"Oh, the directions they go!"

Epidemiology, Nutrition, Public Health, Speech Pathology, Physiotherapy, Occupational Therapy, Medicine, Nursing, Kinesiology, Chiropractic Medicine, Education, Public Relations, Social Work, to jobs in human resources, an internship at Population and Public Health in Ottawa, communications at CTV, etc... and, those who are taking a gap year to travel between education and careers.

[SKHS Graduation 2011](#) on YouTube

A photo diary of the graduation celebrations on June 9th.

11th Annual Research Day May 6, 2011

Graduate students and faculty came together to celebrate the quality of research done by graduate students. This student-centered day provided graduate students with the opportunity to share their findings with their colleagues across all streams of research being conducted within the School of Kinesiology and Health Studies.

KEYNOTE SPEAKER



Vicki Keith C.M.O. Ont. is the most successful marathon swimmer in the history of the sport, holding sixteen world records. In setting world records Vicki has raised over \$260,000 for the Kingston Family YMCA which brings her lifetime fundraising total to over one million dollars. Vicki has coached 15 athletes with a disability to the national level

and two athletes to the international level in competitive swimming. Vicki has been appointed as a member of the Order of Canada, was inducted into the Terry Fox Hall of Fame and had the headlands of the Leslie Street Spit in Toronto renamed to Vicki Keith Point

ALUMNI SPEAKER



Dennis Jensen, PhD, completed his MSc and PhD (2008) in our School under the supervision of Dr. Larry Wolfe, and a PDF at Queen's under the supervision of Dr. Denis O'Donnell. Dennis is currently an Assistant Professor in the Department of

Kinesiology and Physical Education at McGill University.

Sivan Almosnino who won the prestigious Canadian Society for Biomechanics Award in Spring 2011 at the Biomechanics Conference in Ontario presenting at Research Day.

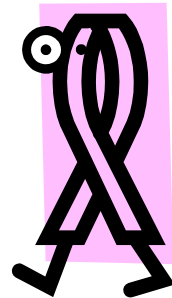


With the start of September, the halls of 28 Division Street were again filled with students with the arrival of the KIN and PHE Frosh and their coaches.



Approximately 95% of the incoming class of PHE and KIN students participated in the 2011 PHE/KIN Orientation program. This program includes one or two days at Camp Oconto (most students attend both days) as well as two day of events here on campus. Over forty second-year students serve as Orientation leaders (aka '*Coaches*') and eight fourth-year students (aka '*Vets*') help at Camp Oconto and run some team-building sessions for the first-year students. After seven years, the revised Orientation program with this Camp Oconto component is still going strong.

On Sunday, October 2nd, a dedicated group of PHE/KIN students took to the streets for the annual CIBC Run for the Cure. Despite the cold, the wind and the rain, the Queen's PHE/KIN team showed their support for breast cancer research by completing the 5km run in high spirits. The School of Kinesiology and Health Studies had a strong showing with two of its members finishing in the top three. Whether they ran as part of Queen's PHE/KIN, as an individual or as part of another team, we would like to thank all those who took part and showed their support for this great cause!



PHEKSA Report

HLTH DSC Report

Check out the video clip [Run for the Cure](#) on YouTube to see the HLTH DSC from OCT 2/11. It was a very wet day – but these volunteers had staying power!





Potential teachers were challenged to “step up to the plate” to ensure that all children are provided a full range of physical education experiences – and, encouraged to provide ample opportunities for daily physical activity.

- ✓ Membership is free – go to [Become a Member](#) website
- ✓ Network with professionals from across the country.
- ✓ Resources for anyone planning physical activities for children.
- ✓ Check out the ideas posted at: [PHE Canada Resources](#).



Harry Sawchuk of PHE Canada
WED OCT 12



Ontario University
Fair 2011

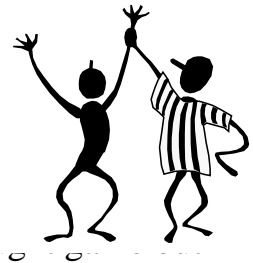
Many thanks to the KIN, PHE and HLTH students who volunteered at OUF on October 14-16. On Saturday the MTCC* broke a record for the most people in the building in its history – so we answered a lot of questions!!



**PHEKSA sports
their Green shirts
in support of
Mental Health
Awareness!**

And the winner is...PHEKSA!!

Congratulations to the PHE/Kin team on winning this year's game of *Capture the Faculty*! A spirited showing of PHE/Kin students came out on Sunday, October 23rd to compete in the annual campus-wide, inter-faculty game of capture the flag. It was a hard fought game, but in the end, PHE/Kin prevailed by capturing and holding four of the seven faculty flags. The victory earned PHE/Kin \$300 to donate to the [Jack Project](#) to further support mental health campaigns!



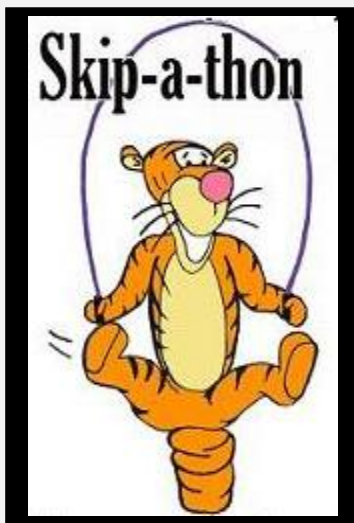
Well done to all those who participated!

Tea with Profs

Held on TUE OCT 25, HLTH students enjoyed time chatting with their professors and taking a break from lectures and studies.



[Facebook.com/HLTHDSC](https://www.facebook.com/HLTHDSC)



2011's [WAG Skip-a-Thon](#) is now on YouTube!!!

The WAG committee would like to give a big thank you to everyone who came out to the Skip-a-Thon & Bake Sale, ***Jump for Joy*** event on Friday, October 28th.

With the help of enthusiastic students, we had a huge success and fundraised just under \$700. The bottle drive on Sunday the 29th was also a success and we made just under \$200!

We hope that everyone had a great time skipping and enjoying the baked treats. Stay tuned for future WAG events!



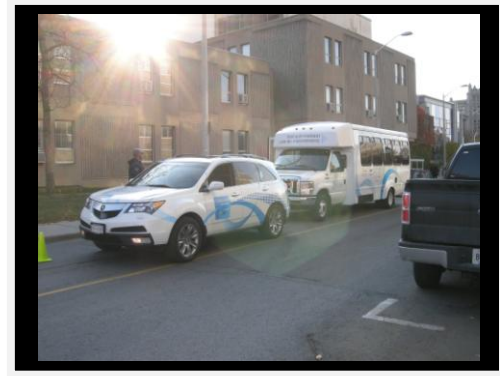
[Rick Hansen Relay](#)



Watch the event on YouTube: [Rick Hansen Relay visits SKHS](#)

On Monday October 31st the Rick Hansen Relay stopped to visit the Revved Up Lab in the School of Kinesiology and Health Studies.

It was a wonderful event that recognized many of the people in the Kingston community who are working to promote healthy active living for Kingstonians with a mobility impairment. Several of the Kingston Medal Bearers are part of the Revved Up program and our strong partner - the Canadian Paraplegic Association of Ontario.



Physical Activity for Persons with Disabilities (KNPE 333)

**Need a push? Can I hold open the door for you?
Where's the elevator?**

Students registered in Kathy Jackson's KNPE 333 have just completed a disability awareness assignment that was intended to simulate being a wheelchair user, albeit only for a day. It was a brief and temporary glimpse into 'the life in the day of' a person who uses a wheelchair. Of course we couldn't simulate paralysis, decreased muscle function or strength, or the limited range of motion that many wheelchair users live with day in and day out. However we could, and did, simulate limited mobility, limitations in reach, and viewing and experiencing the world from a different perspective – i.e. that of one who was seated all day.

- ... Ask your peers what they discovered about the accessibility of SKHS and the ARC, Queen's campus and within the Kingston community.
- ... Ask them what it felt like to use their upper body muscles all day long.

You might be surprised by what they learned!



Accessible reception in the School of Kinesiology and Health Studies.



Fall Preview – October 29, 2011

Many thanks to the KIN, PHE and HLTH students who gave their time at Queen's Fall Preview for secondary school students. Our volunteers worked at the information booth in Biosciences or conducted tours in the SKHS.

We saw many potential students for the incoming "Class of 2016"!

Whether it's a group session or individual study, as the end of Week 9 of Fall Term comes to an end, students are hard at work completing assignments and preparing for tests.



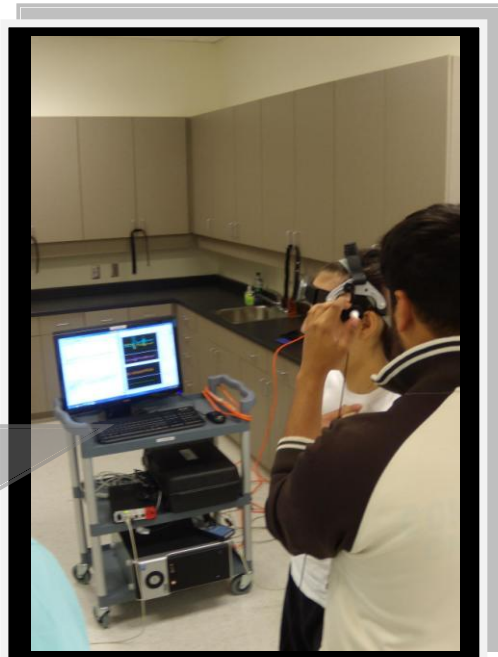
Cardiovascular and Respiratory Control in Exercise (KNPE 429)

Students in Dr. Tschakovsky's KNPE 429 class learn about the fundamental models that determine physiological function and regulation.

To put into practice their newly developed expertise, they recently completed a laboratory experiment in which they were tasked with developing an intervention to prevent the drop in blood pressure and brain blood flow and subsequent dizziness that occurs when we rise to a standing position (a phenomenon called 'Initial Orthostatic Hypotension').

They based their intervention on the principles that determine the balance between the amount of blood the heart pumps into the arteries and the amount of blood that flows out of the arteries into the tissues as determined by widening or narrowing of blood vessels.

Here TA Mikhail Kellawan is adjusting the transcranial Doppler ultrasound which measures the blood flow in the middle cerebral artery on student Danielle Mackenzie as part of the experiment.



Both the HLTH DSC and PHEKSA were busy with sales
on NOV 12 in the lobby



HLTH T-Shirt Sales



Semi-Formal Ticket Sales

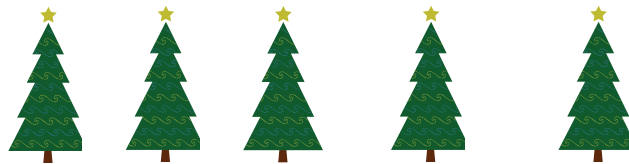
Academic All-Star Reception

Congratulations to SKHS athletes
honoured on November 17th for
achieving a 3.7 GPA (A) or greater
while competing in a Varsity Sport in
2010-11.





You know just how busy it is at the end of Week 10 of Fall Term... when during a Fire Alarm profs kept working outside on the street while waiting for the “all clear” and students were pleased when it was resolved quickly so that the *Physical Activity, Fitness and Health* test didn’t need to be postponed!



Tree of Life

PHEKSA once more shows the spirit of the upcoming holidays by collecting presents so that children will know the joy of receiving gifts during the Holiday Season.



Volunteers from PHEKSA headed over to [Martha's Table](#)* on November 16th to assist with their dinner service.

The extra hands were very welcomed!

*A not-for-profit charitable organization that provides low cost nutritious meals to those in need in an environment that encourages mutual respect, acceptance and understanding.

Congratulations to our Graduate Students who Convocated on 16 Nov 2011!



Convocating Graduate Students

From L to R:

Back Row: Bob Ross (faculty), Samantha King (faculty), Mary Louise Adams (faculty), Lucie Levesque (faculty), Kaitlyn Hougham (MSc), Peter Galbraith (MSc), Maxwell Adam (MA), Morgan Craig-Broadwith (MSc), Spencer Moore (faculty), Amanda Northcott (MSc), Joan Stevenson (faculty), Joshua Fick (MSc),

Front Row: Ashlee McGuire (PhD), Karima Dorney (MA), Hannah Legh-Jones (MSc), Jennifer Ku (MSc), Soultana Macridis (MSc), Jennifer Turnnidge (MSc), Carol Murphy (MSc)

Absent: Shea Balish (MA), Jessica Diener (MA), Alexandra Hatchell (MSc), Kerry Hamilton (MSc), Natalie Jacox (MA), Melanie Kurrein (MA), Carolyn Prouse Brian Wilson (MA)

To obtain JPG copies of more pics from *Grad Fall 2011 Convocation* contact Angie at: aam2@queensu.ca

GO GAELS GO! Support your fellow students!!



O'Donnell ranked 11th heading into CFL draft May 4, 2011

Queen's offensive lineman [Matthew O'Donnell](#), BA MIN HLTH YR3, of Kingston, Ont., has been ranked 11th by the CFL Scouting Bureau in the final draft rankings before the 2011 CFL Canadian Draft.

[Former Gaels offensive lineman visits Kingston during Cincinnati Bengals bye week](#). Oct. 25, 2011

"I know a lot of people didn't agree with my choice [not to report to the Roughriders], but... you've got to be the best you can be," he said. "If the NFL doesn't work out, it's going to be my first option".

Giovanni Aprile – PHE YR4

September 23, [Aprile named OUA Offensive, Special Teams Player of the Week](#).

Matthew Kelly – PHE YR3

September 26, [Athlete of the Week – Men's Rugby](#)

Kellie Chamberlain, BPHE (Hons) – MSC PT YR1

October 2, [Athlete of the Week – Women's Soccer](#)

Kelly Jackson – HLTH, YR2

[Athlete of the Week – Men's Hockey](#), October 11

Kayla Roote – KIN YR2

[Athlete of the Week – Women's Rugby](#), October 17

Ryan Granberg PHE YR3

[Athlete of the Week – Football](#), October 17

Morgan McHaffie PHE YR3

[Athlete of the Week – Women's Hockey](#), October 24

Chantel Marson, BPHE (Honours), B.Ed. YR1

[Athlete of the Week - Women's Soccer](#), November 7

Zeeman, Joren – BPHE YR4

[Athlete of the Week – Volleyball](#), November 21