

### Welcome to the 2012 SKHS E-News

2012 was another successful and productive year for the School of Kinesiology and Health Studies. We continue to excel in our teaching, research, and outreach endeavors. You will find in this newsletter several snapshots of information and pictures of our Fall semester.

I would like to note a few highlights. First, we welcome in September a new staff member in the School, Rob Watering, who was hired as an educational coordinator. Rob's role is to assist in the delivery of laboratory and experiential courses in the School. Rob brings a much needed new dimension to the School and will enhance the educational experience of all our undergraduate students.

Secondly, several faculty members in the School began a project with undergraduate students to discuss strategies to reinforce a culture of learning in SKHS. Because of all the demands on everyone, we believe that it is important to keep "learning" at the forefront of our preoccupations and I applaud this initiative as it protects the most desirable asset of the School – the relationship we have with our students.

Thirdly, the School is closely following and preparing for the inauguration of the College of Kinesiology in Ontario in April 2013. We are preparing our programs to ensure interested students are ready to challenge the examination to obtain the professional designation of kinesiologist.

Fourthly, I would like to thank Bruce McFarlane (PhysEd'78) and Janice Heard (PhyEd'80) for their active engagement with the Dr. Macintosh Camp School fund. To date this campaign has received



Jean Côté, Ph.D. - SKHS Director

pledges of over \$100K and we hope to reach our goal of \$250K soon. Because of the expansion of the School in the last few years and the number of courses we are required to offer to meet the educational needs of over 800 undergraduate students, this endowment fund will be most welcome in providing continuing quality to our programs. You may visit our website at:

<http://www.queensu.ca/skhs/sites/default/files/CampSchoolLetterFromBruceMcFarlaneJun2012.pdf> for more details about this exciting campaign.

Finally, I am happy to report that the Board of Trustees recently approved that Lecture Theatre 101 in the School of Kinesiology and Health Studies Building be dedicated and named in honour of Dr. Donald deFrayne Macintosh in recognition of the gifts and pledges from Bruce McFarlane, Janice Heard, and many others.

It is exciting to start the New Year on such positive notes and I wish you all a successful and fulfilling 2013.

A handwritten signature in black ink that reads "Jean Côté".

## In the News

Fergus, Stevenson (SKHS Faculty)

[Tackling HIV and Gender-Based Violence in South Africa](#), SKHS website

Magalhaes, Karina (KIN, Class of 2015)

[Job Shadowing offers glimpse into work world](#), Queen's News

Donald, Bryce (Program Coordinator, Revved Up Lab)

[Program members are Revved up to help](#), Kingston This Week, April 19

Ross, Bob (SKHS Faculty)

[Robert Ross](#), Profile Magazine Kingston, May 16, 2012

Carson, Valerie (SKHS Ph.D. 2012)

[2012 Endeavour Research Fellowship Award](#), Australia Press Release

Janssen, Ian (SKHS Faculty)

[Belly fat dangers go beyond weight scale](#), on CBC TV News Now, cbc.ca and the [Huffington Post](#).

King, Samantha (SKHS Faculty)

[There is growing corporate interest in the pink ribbon](#), in the Kingston Whig-Standard.

Bryant, Tim (KNPE 450 Professor)

[Queen's recognized for work on prosthetic foot](#), Queen's News

[Human Mobility Research Lab opens at Hotel Dieu Hospital](#), Queen's News

Janssen, Ian (SKHS Faculty)

[Physical inactivity a\\\$ 6.8 billion annual burden to Canadians](#), Queen's News, in the [Globe and Mail](#), [Toronto Star](#), [Winnipeg Free Press](#), Vancouver Province, Cape Breton Post, Kingston Whig-Standard, Toronto Sun, [CBC.ca](#), CBC Radio's Ontario Morning, CKWS TV, CKNW, [Epoch Times](#) and more than 50 other newspapers and websites.

Giovanni Aprile – PHE, Class of 2013

[Aprile to the Blue Bombers](#), Queen's Journal, May 29/12

Cote, Jean (SKHS Faculty)

[Sport psychology makes winners in school](#), in the Globe and Mail.

Smith, Geoff (SKHS & HIST Faculty – retired)

40<sup>th</sup> anniversary of the Watergate break-in on 570 News (Kitchener talk radio).

Lucie Lévesque (SKHS Faculty), Brenda Bruner and Mark Bruner (Nipissing University Faculty)

[New research focuses on positive youth development in Aboriginal communities](#), Queen's News

Geoff Smith (SKHS Faculty – retired)

The NCAA punished Penn State over the Sandusky scandal on Global TV National. Spying at the Olympics, on the CTV News Channel. Olympic cheating and dirty tricks, in London Sunday Times (British newspaper). Cheating and the Olympic Games, on a [live Postmedia online chat](#). Op-ed on the Penn State pedophilia scandal, in [University Affairs magazine](#).

Sergeant, Mattie (KIN '14)

[Sergeant's National Ambition, Queen's student aiming for spot on Canadian men's squad](#) – The Journal, JUL 31/12

David Hancock (SKHS Post-Doctoral Fellow)

Olympic badminton players disqualified for internationally losing matches on seven CBC Radio Stations (New Brunswick, Regina, Winnipeg, Calgary, Edmonton, Whitehorse, Victoria and CKNW (Vancouver radio).

Joan Stevenson (SKHS Faculty)

[Professor's career celebrated by students and colleagues](#), Canadian Society for Biomechanics Career Award.

Bob Ross, SKHS Faculty

[Study finds obesity rates three times higher among Canadian boys than girls](#), on [canada.com](#) – and in the Montreal Gazette, Calgary Herald and Ottawa Citizen. [Fat but fit](#) (contributing remarks on) in Macleans, September 27, 2012

Ian Janssen, SKHS Faculty

[Should physical activity be seen as a disease](#), in the Toronto Star.

Geoffrey Smith (SKHS faculty – retired)

Lance Armstrong resigns from his Livestrong charity, on the CTV News Channel.

Ty Green, KIN '13

[Local bike share program proposed](#), The Journal, October 16, 2012

Samantha King (SKHS faculty)

Criticisms of breast cancer's pink ribbon culture, in [The National](#) (United Arab Emirates) and Cape Cod Online.

Ian Janssen (SKHS faculty)

[Doctors recommend taxing junk food to encourage health eating](#) (video), on CKWS TV.

Elaine Power (SKHS Faculty)

Have the numbers of Canadians using food banks increased? — on CBC Radio's *World This Hour* and CBC Radio Winnipeg.

Spencer Moore (SKHS Faculty)

[Obesity in older adults tied to social circles: study](#), Queen's News, 24 Hours Vancouver, Calgary Sun, Kingston Whig-Standard, [Sun News Network website](#), St. Catharines Standard, [Journal De Montreal](#), and Journal de Quebec. The study was published in the academic journal [PLOS One \(Public Library of Science\)](#).

Samantha King (SKHS Faculty)

An update on breast cancer research fundraising, on Al Jazeera English TV.

Spencer Moore (SKHS Faculty)

[People know exercise is important for good health but it's still a challenge to motivate them](#), on CBC.ca and Yahoo!News.ca.

Ian Janssen, SKHS Faculty

Regular exercise may add years to life, in the [Huffington Post](#), [US News and World Report](#), [Washington Post](#), [US News and World Report](#), on [UPI.com](#) (United Press International), [Dunya News](#) (Pakistan) and several other websites around the world, and CKNW (Vancouver radio).

Bob Ross, SKHS Faculty

How to stay healthy during the holidays, on CKWS Television. Healthy eating and weight gain over the holidays, on Fly FM Kingston radio.

Elaine Power, SKHS Faculty

[Op-ed on why federal government should not give tax credits to food banks](#), in the Toronto Star.

### Alumni Career Notes

Spark, Amanda (PSYC/HLTH, Class of 2009, Occupational Therapy, Class of 2012)

[Students rally community around physical activity](#), Queen's News

Brittany Moore (PHE'11, BED '12)

[Gaels Alum signs a professional contract](#) (basketball)

### SKHS Research Day 2012

### Summer 2012

Although the halls are empty of students, we were pleased to occasionally see familiar faces still on campus working in both paid and unpaid positions.



For who are off campus – the bushes in front of the SKHS building flower in late spring.



### Rainy Day Umbrellas

When campus empties of students, conferences bring the campus to life with visitors. A rainy day in May created a touch of whimsy in the SKHS lobby!

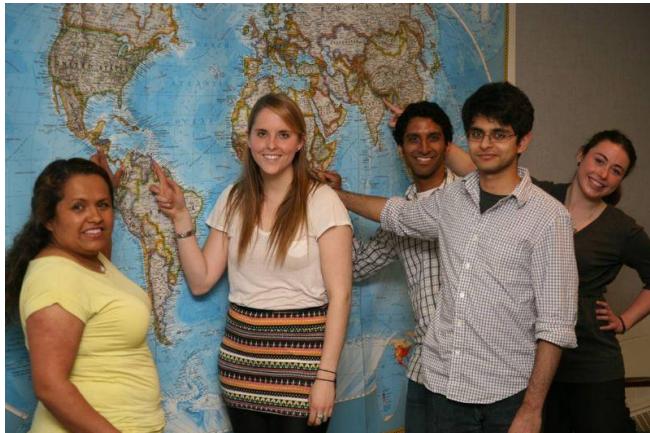
## Students support Special Olympics athlete

2012-05-29



A group of students from the School of Kinesiology and Health Studies raised \$500 to adopt an athlete competing at the 2012 Special Olympics Provincial Games in Kingston and at Queen's this month.

"Because a lot of us are athletes or come from athletic backgrounds, we understand the sense of enjoyment that comes from participating and competing in sports and believe everyone should have the same opportunities," says Lucas Azeredo Lobo, PHE'13, one of the organizers of the fundraising effort. [Read more.](#)



### PFF Fellowships 2012

Congratulations to graduates [Rebecca Love](#) (KIN 2012) who will be running a Girls Kick Aids Out program in Trinidad & Tobago and [Rebecca Gibbons](#) (HLTH 2012) who will implement health education initiatives in Nepal.

Did you know students in HLTH, KIN or PHE who graduated last Spring?



[SKHS Graduation 2012.mov](#)

Queen's University, School of Kinesiology, Graduation 2012  
Health Studies, Kinesiology and Physical Health Education

Many thanks to Sherri, who did a fantastic job cleaning both the UG lab and UG lounge in preparation for 2012-13, areas that get a lot of use during the year. Finished in time to welcome back the graduating Class of 2012 for graduation!





## **Rebecca Gibbons, Pathy Family Fellowship (PFF) Community Leadership Fellow**

Rebecca Gibbons leaves in July for Nepal, where she will work on a community-based health education program.

Since she was a child, Rebecca Gibbons (ArtSci '12) has felt a pull toward Nepal. Her parents travelled there to trek in the mountains, and as a family, they sponsored a young Nepali girl.

Now Ms Gibbons has the opportunity to go there herself and use what she learned during her **health studies** degree at Queen's to create positive change in several Nepali communities. She leaves in July for eight months as a fellow with the PFF Community Leadership Program. [Read more at Queen's News Centre](#)



## Welcome to KIN/PHE '16

The SKHS halls were no longer empty of students as the incoming Class of 2016 arrived for a Frosh Week filled with activities.

Before heading to Camp Onconto for a couple nights, they met their professors and were introduced to life on-campus.





**Welcome 2012 - New Grads!**

**Back Row L to R:**

Colin Baillie, John Clarke, Victoria Millious, Sarah Barnes, Jordan Robson, David Slattery, Ira Carson, Sara Giovannetti, Brendan Levac

**Centre Row L to R:**

Trevor King, Brian Beaudette, Jenn Wigglesworth, Ashley Adler, Brendan Coffey, Shriya Hari, Flurry Hogg, Celina Shirazipour, Kori Cembal, Laure Sabatier, Elham Mojarrad, Brittany Edgett

**Front Row L to R:**

Mitch Wilson, Samantha King (Graduate Coord), Angie Maltby (Grad Assistant), Jocelyn Jarvis, Renee Matte, Andrea Brennan, Trish Scribbans

**Absent:**

Emma Bassett, Robert Bentley, Danai Kapsokefalou, Jasmin Ma, Matthew Vierimaa

## PHE – PACT 338 “Fall Camp School”



Frosh Week marked the time when PHE students head into the wilderness for Fall Camp School under the supervision of Bill Sparrow.

They returned to base camp in time to meet the KIN and PHE Class of 2016 at Camp Onconto.

### **Rebecca Love, Pathy Family Fellowship (PFF) Community Leadership Fellow**



Rebecca Love (KIN '12) leaves in September for Trinidad and Tobago, where she will help create a female-oriented program that links sport and physical activity with HIV and AIDS education.

Rebecca Love believes in the unifying force of sport and the powerful effects it can have on children, especially young girls. It gives them confidence on and off playing fields.

Ms Love, a kinesiology graduate and sports enthusiast, is now putting those beliefs into action as a PFF Community Leadership Fellow. She proposed working with an international organization in Trinidad and Tobago to create a female-oriented program that links sport and physical activity with HIV and AIDS education. [Read more at Queen's News Centre.](#)



We are pleased to announce that the new Logo Sign in our front lobby was provided with the generous support from undergraduate students through the PHEKSA Better Equipment Fund with top-up funding from the School.

Thank you to the 2011-12 PHEKSA Executive for this generous contribution.

Dr. Jean Côté  
Director, School of Kinesiology and Health Studies

## **PHE/KIN 2012 ORIENTA TION WEEK**



**HUGE  
THANKS** went to all  
the PHE/KIN leaders,  
vets and exec members for a  
resoundingly successful Orientation  
Week.

Special thanks also went to:



- ★ SKHS instructors and staff  
who participated in Profee  
Talk
- ★ Shelby Lektemann & Brad  
Filip for the Motionball event
- Bill Sparrow for his support at Camp  
Oconto

★

## Welcome!

The School of Kinesiology welcomes Rob Watering, the new *Laboratory and Educational Coordinator* – shown to the left demonstrating equipment to a student in KNPE 327, the new *Exercise Physiology Laboratory* course.

Rob holds a master's degree in Medical Sciences as well as 15 years of experience working in a variety of lab and research settings. He also has an interest in high performance sport development and possesses experience as the head rowing coach for the University of Toronto. These qualities, combined with his teaching experience, will assist Rob in enhancing the School in delivering lab course experiences and community placement experiences for undergraduate students.





**PHEKSA 1<sup>st</sup>-Year Reps**

As the second week of classes gets underway,  
the KIN and PHE classes of 2016 had  
their elections for first-year reps.

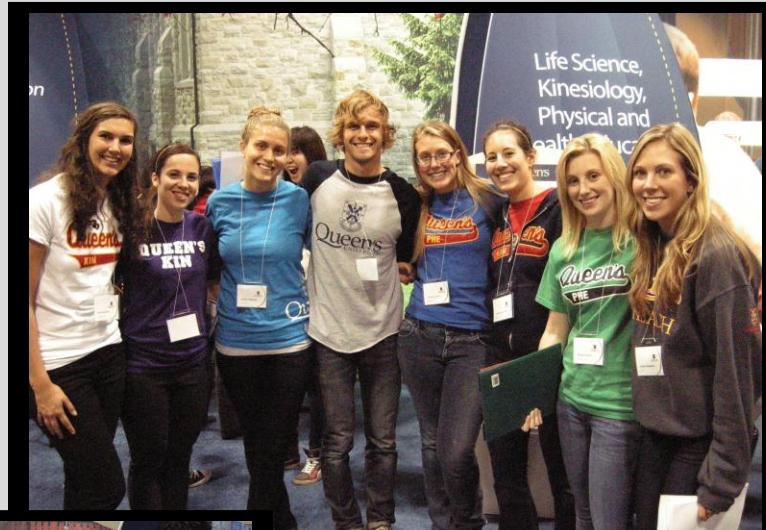


## Fall Camp School 2012

Thanks to generous contributions from donors, PHE students once again headed out during Frosh Week for PACT 338 with instructor Bill Sparrow, where they were taught a variety of camping and canoeing skills and application on an extended canoe trip.



**Many thanks to the KIN, PHE and HLTH students  
who went to the Ontario University Fair last weekend to promote their programs!**



Q: Were we busy?

A: 119,715 people attended this year which broke the record again for attendance at an event at the Metro Toronto Convention Centre.



**After Thanksgiving weekend the cooler autumn air arrived and students took advantage of the front lobby to catch the sun between classes.**



### **HLTH DSC BBQ**

Health Studies students took advantage of an unseasonably warm autumn day on Oct. 11 to hold a BBQ after classes.

It was a chance to get to know incoming 2<sup>nd</sup>-year HLTH students and to relax. While for others it was time to quickly review notes before an evening mid-term.



**Students are hard at work on assignments and studying for mid-terms as Week 7 of Fall Term 2012 comes to a close.**

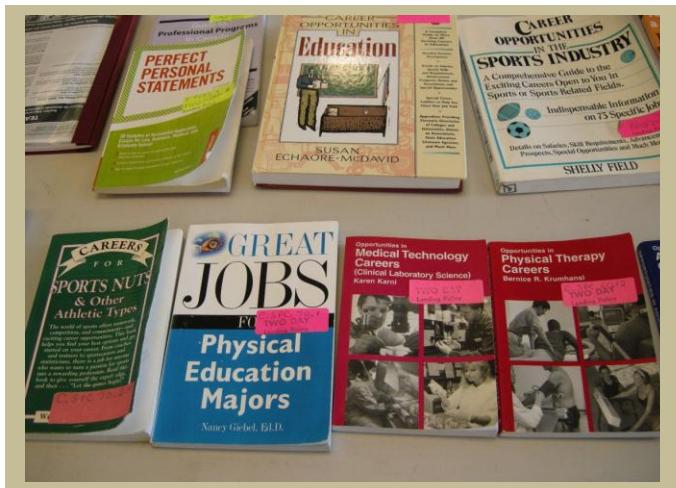


**Thanks to the HLTH, KIN and PHE students who gave up their free time October 27<sup>th</sup> to answer questions at Fall Preview at the Academic Fair and conducting tours in our building!**



HLTH, KIN and PHE students had a chance to talk to representatives from the Faculty of Education at Queen's about the application process (deadline approaching soon for 2013-14) and career paths from an education degree.

As well, a Career Services counsellor explained how they are prepared to help students (e.g. reviewing their PSE) and to assist with exploring other careers that map onto their passions and skills. Go to <http://careers.queensu.ca> to book an appointment or drop in (Gordon Hall, 3<sup>rd</sup> floor).



## Education Expo – NOV 14

Sponsored by SKHS Career Committee

## Congrats PHE/Kin on our Capture the Faculty Win!

This year we will be donating our \$500  
winnings for charity to

**Isaac Foundation: Project One Million**

For more info check out:

[www.projectonemillion.ca](http://www.projectonemillion.ca)

Thanks to Brad Filip for his donation  
proposal – this is a cause close to his heart!



# FALL PREVIEW 2012



**Fall Preview 2012** saw 8,000 people (students and parents) come to campus on OCT 27 and NOV 10. The previous attendance record had been 4,500 people, so a huge thank you to the students who gave up their time to talk to secondary students about their HLTH, KIN and PHE programs.

We were busy!



## ACADEMIC ALL-STAR RECEPTION

Congratulations to the 40 HLTH, KIN and PHE athletes who achieved a GPA of 3.5 or above for their academic work in 2011-12 while competing in a varsity sport.

They were honoured at the Academic All-Star Reception held in the ARC on November 13, 2012.

Well done!

Photo of SKHS students who were available to attend.



## WAG Skip-A-Thon

On FRI NOV 16, fundraising for WAG 2013 (JAN 26) was jump-started! Thanks to all those who participated and for all the contributions!!



PHEKSA - [WAG Information](#)  
[Winter Adapted Games](#)



## Display Case

The glass display case in the main lobby of our SKHS building was made possible as a result of the generous donations of students in the graduating class of PHE/KIN 2011 through their **ThankQ 2011** campaign.



As Fall Term 2012 headed towards the end of classes, students in KNPE 327 worked hard on their lab assignments and even turned up for a late Friday cram session.



Volunteers from PHEKSA headed over to [Martha's Table\\*](#) on November 15<sup>th</sup> 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.



## TEA with Profs

On November 22, the HLTH DSC hosted "*Tea with Profs*" in the UG Lounge – a welcome break from lectures and studying.





**Congratulations to Graduate Students who convocated on 21 November 2012 !**

**L to R Back Row:**

Joan Stevenson (Faculty), Jean Cote (Faculty), Kyra Pyke (Faculty), Ryan Graham (PhD), Trevor King (MSc), Rob Bentley (MSc), Trevor O'Neill (MSc), Kelly Kenney (MSc), Brittany Edgett (MSc), Emma Bassett (MSc), Kimberly Bergeron (PhD), Brenda Brouwer (Dean, Graduate Studies), Amy Latimer-Cheung (Faculty)

**L to R Front Row:**

Ian Janssen (Faculty), Lauren McNicol (MA), Rachel Laxer (MSc), Erin Berenbaum (MSc), Valerie Carson (PhD)

**Absent:**

Colin Boyd (MSc), Phillip Sheppard (MSc), Catherine Smallman (MSc), Ingrid Szijgyarto (MSc), Jeremy Walsh (MSc)

**Passed with flying colours!**

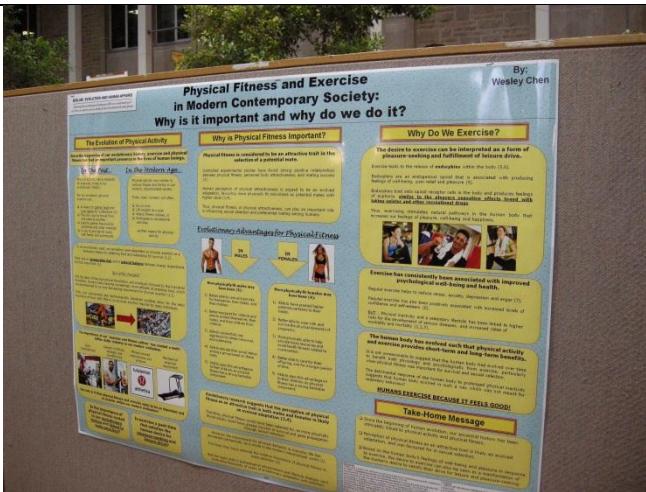
The SKHS had its annual surprise fire drill recently and everyone knew to exit correctly and head to the correct meeting places.

Students, faculty and staff at fire drill held in December, 2012.



## BIOL 350 Poster Session (As seen in the Biosciences Atrium.)

Good to see our students get the message out!



## Winter Term 2013

Hard to believe how quickly a term can go by. It seems as though everyone just arrived but the seasons changed and the SKHS is preparing to welcome back all the HLTH, KIN and PHE students for another term.



**GO GAELS GO! Support your fellow students!!**



Chapdelaine, Justin, PHE '14

[Athlete of the Week](#), September 10, 2012

Sabourin, Sam – PHE '14

[Athlete of the Week](#), September 17, 2012

Athletes of the Week October 9, 2012

[Kayla Roote, KIN '14](#) Women's Rugby and [Lucas Azeredo Lobo, PHE '13](#) Men's Soccer

Bronwyn Corrigan, HLTH '13

[Athlete of the Week](#) – Women's Rugby, October 15, 2012

Sam Sabourin, PHE '14

[Athlete of the Week – Football](#), October 22, 2012

Larkin Davenport Huyer – KIN '16

[Athlete of the Week](#) – Women's Rowing, October 29, 2012

Morgan McHaffie, PHE '14

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



### [Gaels win 2012 OUA women's rowing championship](#)

Larkin Davenport Huyer – KIN '16  
Megan Fisher – KIN '15  
Tori Graham – PHE '16  
Florence Hogg – KIN '12, MA KHS '14

Photo courtesy of Athletics & Recreation