

SKHS

School of Kinesiology and Health Studies

May 2011

We have now been working in our new building for over one year!

Spring brings the end of another successful academic year. Our students in our Physical Education, Kinesiology, and Health undergraduate programs have finished their exams and are preparing for convocation on June 9th. Graduate students will convocate on June 10th. Congratulations to all on the successful completion of your degree !

Vicki Keith, a long-distance swimming legend - locally and internationally, outstanding coach, and engaging public speaker, was nominated by the School and will receive an Honourary Degree from Queen's at our June 9th convocation. We are all looking forward to this special event.

The undergraduate admissions round is in full swing. Our Kinesiology program is getting more applications for the available number of positions than any other Departments or School at Queen's. Due to this continuing high demand, the University has put more pressure on the School to increase our undergraduate student enrolment which in turn puts increased pressure on our teaching capacity. We were informed that an additional 25 students will be admitted into our Kinesiology program beginning September 2011. In return the School has been allocated a new faculty position in the area of biomechanics. We are hoping to fill this position in the Fall of 2011. Our graduate program continues to grow and attract top notch students in all areas of study.

Now that we have settled in to our new building, we have been able to properly assess teaching equipment needs. Thanks to the generosity of our alumni, we are now able to begin equipping our teaching lab spaces to provide students with enhanced opportunities for hands-on lab experiences.



Jean Côté, Ph.D. - SKHS Director

Our faculty members and graduate students continue to be successful at receiving grants and funding awards. The research conducted in the School attracted the attention of several media in the last four months which show the societal relevance and impact of our research.

In order to ensure we plan accordingly, we encourage you to send your RSVP to attend our very first SKHS Spring Mini-Reunion Event being held on Friday 27 May 2011. Join us starting at 3 pm for a keynote lecture by Dr. Joan Stevenson; tours of our building; and a refreshments reception at which time we will officially open the SKHS Hall of Fame. You may RSVP via email to: skhs.director@queensu.ca.

Enjoy this second Alumni E-News and we look forward to your feedback.

A handwritten signature in black ink that reads "Jean Côté". The signature is written in a cursive, flowing style.

PS – I am extremely excited to announce the launch of the very first School logo. The first place we are sharing the logo is here in our Alumni ENews. Thank you to everybody who contributed to the development of our new logo. Be sure to watch for the launch of our new website in the near future.

In the News

Peter Janiszewski (Ph.D. in Obesity Research, SKHS)

[Debunking weight loss myths](#) in the Raleigh News & Observer (North Carolina).

[Robert Ross](#) (SKHS)

Canadians not getting enough daily exercise, in the [National Post](#), [Montreal Gazette](#), [Edmonton Journal](#), [Vancouver Sun](#) and several other newspapers across Canada; weight loss on CBC Radio's Ontario Morning.

[Ian Janssen](#) and [Amy Latimer](#) (SKHS)

[Professors draft new physical activity guidelines for Canadians](#)

[Robert Ross](#) (SKHS)

[The facts and fiction of fad dieting](#), The Journal, January 28, 2011

Beth Doxsee, MA PHED (HCDS)

[Boosting your immune system](#), The Journal, January 28, 2011

[Ian Janssen](#) (SKHS)

[Excess sedentary time causes illness](#), The Journal, January 28, 2011

[Amy Latimer](#) (SKHS)

[Canadian exercise guidelines reduced](#), The Journal, January 28, 2011

[Robert Ross](#) (SKHS)

Canadians physical activity levels in the [Kingston Whig-Standard](#) and on CKNW (Vancouver Radio).

[Ian Janssen](#) and [Amy Latimer](#) (SKHS)

[Professors draft new physical activity guidelines for Canadians](#)

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[The facts and fiction of fad dieting](#), The Journal, January 28, 2011

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[Boosting your immune system](#), The Journal, January 28, 2011

[Ian Janssen](#) (SKHS)

[Excess sedentary time causes illness](#), The Journal, January 28, 2011, [Should kids be pumping iron...](#) in the Globe and Mail.

[Amy Latimer](#) (SKHS)

[Canadian exercise guidelines reduced](#), The Journal, January 28, 2011

[Jean Côté](#) (SKHS)

How football players mentally prepare for the Super Bowl, in the Fort Saskatchewan Record. Coping with major life events, in the [Edmonton Sun](#), Calgary Sun, Kingston Whig-Standard and several other newspapers across Canada.

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

[Professor uncovers surprising historical roots of figure skating.](#)

Dr. [Jean Côté](#) (SKHS)

[The discrepancy between hockey coaches' instructions and actions](#) in the Globe and Mail.

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

[Skating towards femininity](#), The Journal, FRI MAR 4

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

Building activity and healthy living into children's daily lives, in the [Globe and Mail](#), the Halifax Chronicle Herald, and many websites including Yahoo.com and simpatico.ca.

Melody Torcolacci (SKHS Adjunct)

[Long serving Queen's Track & Field Coach retires.](#)

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

[National exercise guidelines for persons with disabilities.](#)

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

[Is the body adiposity index a better measure of health risk factors than body mass index](#), Globe and Mail.

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

New exercise guidelines for people with spinal cord injuries, on CBC Radio's Toronto Here and Now.

Dr. [Jean Côté](#) (SKHS)

[Why athletes from smaller cities produce a large proportion of professional athletes](#) in the Wall Street Journal article on tennis player, Novak Djokovic.

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

[Extra weight can increase the risk of knee arthritis](#) on MSNBC.

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

[High school is the time to become active before people lose free access to gym equipment](#), in the Welland Tribune.

Valerie Carson (Ph.D. student in SKHS)

[Increased computer use by adolescents cause for concern.](#)

Alumni Career Notes

Danielle Simpson, BPHE, BA 2006

After Queen's, I went on to complete my Master's in Public Health at the University of Minnesota. I am currently working at the [University of Ottawa Heart Institute](#)/Champlain Cardiovascular Disease Prevention Network in the Division of Prevention and Rehabilitation. In my role here, I am responsible for the evaluation of our Healthy Schools Initiative which is an initiative to combat childhood obesity in the Champlain region of Ontario. As well, I work as a phone counsellor for patients who are trying to quit smoking. I am very grateful for the time I spent at Queen's as it helped open my eyes to the exciting field of public health.

Briana Botsford, BPHE, BSC LISC 2010

In January 2010, I moved to Banff, Alberta, where I have been working the past 15 months as a Fitness Consultant, Personal Trainer, Group Fitness Instructor and Yoga Teacher at the [Fairmont Banff Springs Hotel](#) in the world famous Willow Stream Spa.

I am a Girl Guides of Canada "Guider" with the First Banff Brownies Unit. In June 2009 and 2010, I participated in the Alberta Ride to Conquer Cancer, and have raised over \$5000 for the Alberta Cancer Foundation. Since summer 2009, I have participated in 8 Triathlons and 2 half-marathons. In August 2010 I raced in the Calgary Ironman 70.3 Triathlon. I volunteered at Ironman Canada in Penticton and have signed up to race, August 28th, 2011, so wish me luck!

I'm committed to my healthy lifestyle, living the dream of snowboarding, biking, running, swimming, and helping my clients and friends achieve their goals in wellness and fitness. My time at Queen's prepared me for my current profession, and for future endeavours. My current goal is to apply to the [Boucher Institute of Naturopathic Medicine](#) by September 2011, for admittance in 2012. Thank you Queens and SKHS!



Congratulations to Lisa & [Ian Janssen](#) and their son Devin on the birth of baby daughter Mia on December 17th.



Congratulations to PHEKSA for raising \$190 at the Bake Sale that they held JAN 22nd during BEWIC Sports Days. The money raised was used towards their team entry in the 2011 KIN Games.

We agree that their "Help us beat Western" sign was marketing genius!!

Faculty, adjuncts, staff and graduate students took time out on January 21st to mark the one-year anniversary of the opening of the new SKHS building.

Everyone is still excited to be in their new offices and unpacked!

Dr. Coté, SKHS Director (second from right) →



In the Zone Workshop

Thanks to the 10-11 Career Committee for organizing this workshop on January 25th.

Students were given techniques for tracking their developing skills. With this information, students were then taught strategies for finding careers that map onto their strengths.



Brian Taguchi of Career Services →

Recognizing Queen's Tri-Council Award Recipients

Queen's currently boasts 334 graduate students who hold scholarships from the National Sciences and Engineering Research Council of Canada (NSERC), the Social Sciences and Humanities Research Council of Canada (SSHRC) or the Canadian Institutes of Health Research (CIHR).

These exceptional students not only contribute to Queen's impressive output of scholarly research, but also allow the university to stretch its award dollars further. More than \$8 million of Queen's scholarship support comes from one of the three agencies.

"These are highly competitive awards," says Vice-Provost and Dean of the School of Graduate Studies Brenda Brouwer. "In 2009, there were more than ten thousand applications reviewed nationally, and many of those were submitted after first making it through an internal adjudication process."

Queen's will recognize these impressive students at a reception this week. The event allows students and their supervisors to meet and mingle with their colleagues.

"It's really special to be recognized and have the chance to expand your network within the university," says Mohamed Hefny, a PhD candidate in the School of Computing.

The reception is also a chance to highlight the importance and benefit of collaboration between graduate students and faculty members.

"They're not just doing a master's or a PhD, they're doing this great research, and they're doing it here, with our faculty," says Colette Steer, Coordinator of Recruitment Activities in the School of Graduate Studies. "This is our way of honouring those relationships."

Shea BALISH	MSC	SSHRC
Valerie CARSON	PHD	CIHR
Jessica COWAN-DEWAR	PHD	CIHR
Brittany EDGETT	MSC	NSERC
Karl ERICKSON	PHD	SSHRC
Heather GAINFORTH	PHD	CIHR
Ryan GRAHAM	PHD	NSERC
Mariane HEROUX	PHD	CIHR
Jennifer MURPHY-MILLS	MSC	SSHRC
Marie-Josée PERRIER	PHD	SSHRC
Veronica POITRAS	PHD	NSERC
Carolyn PROUSE	MA	SSHRC

The School of Graduate Studies "Create an Impact" reception was held on Thursday, 3rd March (5pm – 7pm Biosciences Atrium). The adjacent list includes SKHS graduate students who were honoured for securing a Tri-Council Award – congratulations !

Congratulations !

Graduate Students Convocating on Friday 10 Jun 2011 include:

William Bridel, PhD – *special note* – William is our first candidate to complete his doctoral degree in our newest field of study created four years ago called "Socio-Cultural Studies of Sport, Health and the Body". Special congratulations to William from all of us !



BEWIC Sports Day 2011

The School of Kinesiology & Health Studies was well represented January 22nd.

- The HLTH students teamed up with Mining students which is their explanation for a rocky performance!
- PHEKSA students entered four teams, corresponding to all four years of PHE/KIN. All teams had lots of fun and demonstrated strong showings over the weekend. In particular, the third-year team, "The BroKIN PHEmurs", netted second place overall in the competitive category and the fourth-year team, "The KIN-Fu PHEighters", was undefeated in their 8 games on Friday, advancing to Pool A playoffs in all four of their events.



WAG* SAT JAN 29

WAG was a SUPER success due to the great student volunteers that made sure that participants went home with great memories of a wonderful day of fun activities.



*A fun-filled day of non-competitive games and activities for children and youth from the Kingston community who have an identified disability (held in the ARC).

The UG Lounge on the second floor continues to be well used by students who take advantage of this great space to get some work done between classes.

Hours of operation: MON to FRI, 8:30 to 4:30



Humber College

[Exercise Science & Lifestyle Management](#)

FEB 7 Presentation

Program Coordinator [Kristan Lingard](#)

The first program of its kind, it is only open to graduates of KIN/PHE degree programs.

Mandate:

- ♦ To prepare graduates who excel at planning, marketing, and delivering safe and effective fitness, wellness, and healthy lifestyle programs.
- ♦ To prepare Kinesiologists to work in the field of Kinesiology.

Designed to provide applied skills, laboratory hours and internships in:

- ♦ Exercise Prescription
- ♦ Fitness Assessment
- ♦ Fitness & Lifestyle Counselling
- ♦ Ergonomic Assessments
- ♦ Functional Abilities Assessment
- ♦ Management & Marketing
- ♦ Health Promotion

Graduates receive following qualifications:

- ♦ Post Graduate Certificate
- ♦ First Aid/CPR
- ♦ ECG Interpretation



Graduates will be prepared for exams in:

- ♦ Canadian Society for Exercise Physiology (CPT or Certified Exercise Physiologist)
- ♦ American College of Sports Medicine (CPT, HFS or Clinical Exercise Specialist)
- ♦ National Strength and Conditioning Association (Certified Strength & Conditioning Specialist)
- ♦ Licensed Kinesiologist (College of Kinesiologists of Ontario...ETA 2011)
- ♦ Metriks (Functional Capacity Evaluator)
- ♦ The Roy Matheson System (Certified Work Capacity Evaluator)



2011 Queen's Team



YR4 Players and Fans

43rd Annual Historic Hockey SUN FEB 6

Sunday, February 6th the annual Historic Hockey Series was held, a re-enactment and commemoration of the first organized game played in the Kingston Harbour in 1886.

Teams from Queen's, RMC and the 2nd Regiment of the Royal Canadian Horse Artillery of Petawawa competed at Market Square, playing according to the rules used in the 1880's.

The Queen's team was composed of mostly fourth year PHE/KIN students (though a few noble 3rd and 2nd years helped out!). We managed to pull out a win against the 2nd Regiment team due to a goal in the finals minutes of play.

Unfortunately, we were not able to continue our winning streak and endured a tough loss to RMC in the final game. We came dressed to the nines and definitely showed the greatest amount of team spirit. Thanks to Kristina Daoust for organizing the team and congratulations to Nick Kew for being named Queen's MVP!

Watch your backs RMC, we're coming for you next year.

What's Next?*

On FEB 16, Cindy Bolton (Project Manager of Clinical Documentation at KGH) and Marianne Gee (Epidemiologist – Public Health Agency of Canada) gave a workshop designed to help students think about how careers in the health sector.

One tip was to apply for a summer position with the [Federal Student Work Experience Program](#) to explore future career possibilities.



*A workshop sponsored by the 2010-11 SKHS Career Committee.

SKHS “Find Waldo” Contest

Congratulations to Chelsea Lonbro (BPHEH YR2) who won the prize of a Queen’s scarf!

She successfully found the photographs of Kathy Jackson, Bill Sparrow, Duncan Cowan and Justin Hall in the class composite photographs that are now out of storage and posted on the second floor.



[Ontario Kinesiology Association Workshop](#)*

The advantages of a student membership while an undergraduate or post-degree as a practicing kinesiologist were outlined at this workshop on March 9th.

As well, the roles of the OKA and the College of Kinesiologists of Ontario were explained.

Those who missed this workshop can go to the OKA website for further information.

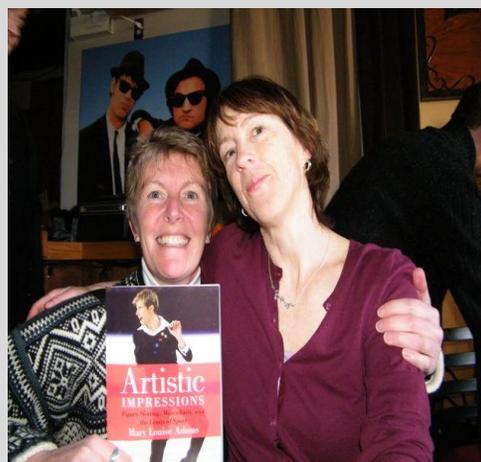
*Sponsored by 2010-11 Career Committee

March Break Open House

Thanks to the HLTH, KINE and PHED students who took time out of their very busy schedules to answer questions about their programs during the annual Open House for secondary school students on their March Break.



Congratulations to Dr. Mary Louise Adams on the publication of her new book, "Artistic Impressions". She is pictured here with her former skating coach, Dale Ashworh (to left), at a book signing event on the weekend of March 11th.



2011 KIN GAMES Report

On the weekend of March 11th, 22 universities entered teams in the annual KIN Games held this year at the University of Western Ontario.

This was the first time in five years that PHEKSA had entered a team and we congratulate them on placing 2nd in Dance Battle, Spirit and Academics! Great kilts!!

2011 PHEKSA Team before the opening ceremonies.



Cover your Crest

On March 30th, PHEKSA members held their annual Cover your Crest fundraiser for the kids at HDH and KGH. It was also a chance for everyone to see their new banner.

We are looking forward to next September when their crest will be painted on the sidewalk in front of our new building.



SKHS Members: Liz Carter, Julie Crowson, Bridget Flattery, Flurry Hogg, Danielle Houston, Shannon Hyslop, Hannah Lemke, Kaitlyn Mitchell, Annabelle Porter and Hannah Penn.



Kaitlyn Mitchel and Julie Crowson post-performance.

QUEEN'S DANCE CLUB

After putting on 4 shows on the weekend of March 25th, SKHS couldn't be more proud of it's Queen's Dance Club and Queen's Dance Team dancers who participated in the QDC JUST DANCE 2011 Year End Recital.

A big thank you to all of their fellow students, TAs, and faculty who came to support them as they danced their hearts out on stage.



Peer Support Initiative* – Photo Exhibit

Sponsored by the [HLTH 415/6.0 Program Design and Evaluation](#) a photo exhibition at St. George's Cathedral on March 31st.

*Peer support is a non-profit organization that works to reach disenfranchised members of the Kingston community. Peer Support volunteers dedicate their efforts to assisting those in need and work to provide a voice to the homeless community of Kingston.



HLTH 415 Team

It was a celebration!

On March 31st, PHEKSA served ice cream sundaes to students who volunteered hundreds of hours this year to many worthy causes such as WAG, Peer Pals, Martha's Table, Boys and Girls Club, etc.

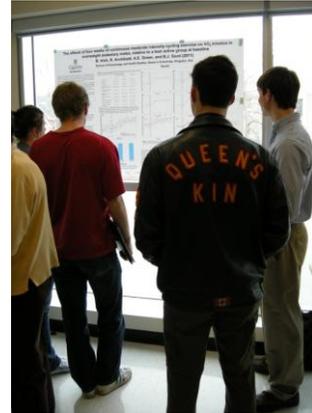
A big thank you to all volunteers for all their efforts!



Your Gifts at Work

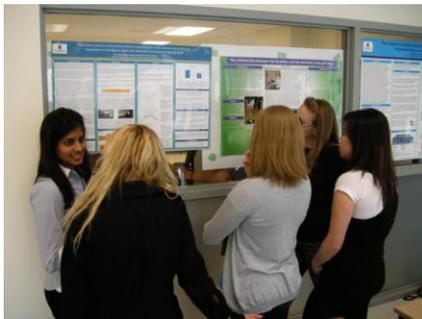
[Episode Four](#)

Take a moment to watch the first segment of this video clip posted on the **Queen's Annual Appeal** website. Heather, a fourth-year PHE student, does a wonderful job of explaining the value of Fall Camp School in the Physical Health Education program.



SKHS POSTER PRESENTATIONS

On April 6th, students came together to showcase posters presenting their work in HLTH/KNPE 456, 491 or 595. It was a great opportunity to ask questions and see the opportunities available for independent work in fourth year.



CONGRATULATIONS 2010-11 SKHS Major Award Winners

PHE 50th Reunion Volunteer Recognition – Second Year: *Tyvon Green*

PHE 50th Reunion Volunteer Recognition – Third Year: *Jasmine Ma*

PHE Canada Undergraduate Student Award:
Jasmine Ma

Stephen J. Hobbs Award: *Brendan Irish*

Don Krestel Memorial Award: *Chloe Masse*

Danielle Polk Memorial Award: *Rebecca Love*

Fred Lambie Bartlett Award: *Annie McAuley*

Teaching Awards

PHE '88 Excellence in Teaching Awards

Theory Courses: *Brendon Gurd*

Activity Courses: *Bill Sparrow*

HLTH DSC Excellence in Teaching Award for Health

Studies

Mary Louise Adams



Cover your Crest Celebration

On Monday, April 11th PHEKSA volunteers gathered to celebrate that their Cover the Crest efforts raised more funds for children at KGH and HDH hospitals than all other Schools and Faculties.

A great way to end the school year!



April 1st marked the end of classes for Fall-Winter 2010-11 and completed the first full academic year in the new School of Kinesiology & Health Studies building.

It was only a year ago when the cranes were removing the temporary construction site that oversaw the construction of our new building!



GO GAELS GO! Support your fellow students!!



January 7, 2011

[Football player to take part in prestigious U.S. all-star game](#) – Matthew O’Donnell – BA MIN HLTH YR3

January 28, 2011

[Athlete of the Week](#) and [OUA Male Athlete of the Week](#) – Joren Zeeman – BPHE SPF PHED YR3 (Men’s Volleyball)

February 7, 2011

[Athletes of the Week](#) – Morgan McHaffie – BPHEH SPF PHED YR2 and Joren Zeeman – BPHE SPF PHED YR3

(Men's Volleyball)

February 17, 2011

Congratulations to [Athlete of the Week](#) – Brittany Moore – BPHEH SPF PHED YR4

March 4, 2011

Congratulations to [Athlete of the Week](#): Brittany McHaffie – BPHEH SPF PHED YR2 and to all the SKHS women hockey players on their remarkable win in overtime which set the record for the longest collegiate hockey game in history! See Brittany score the winning goal at:

http://www.gogaelsgo.com/news/2011/3/3/HOCKEYW_0303115525.aspx

March 11, 2011

Congratulations to the Women's Hockey Team: [OUA Champions!](#)

[75th annual Colour Awards](#) [Colouring Gaels Golden \(The Journal\)](#)

Jonathon Lawrance – BPHEH SPF PHED YR4 (Hockey) was named one the top student-athletes for the 2010-11 season at the 75th annual Colour Awards Varsity Team athletic banquet Tuesday night at the Ambassador Hotel.

QUEEN'S UNIVERSITY ATHLETICS & RECREATION VARSITY TEAM AWARD RECIPIENTS FOR 2010-11 also included:

Hal Dunlop Shield: Krisha Quinn – BSCH SSP KINE YR4

(This is given annually to a student trainer who has made significant contribution to Athletic Therapy at Queen's.)

Jenkins Trophy: Jonathon Lawrance – BPHEH SPF PHED YR4 (Hockey)

Alfie Pierce Trophy (Male): Samuel Sabourin – BPHEH SPF PHED YR1 (Football)

Special Recognition Awards: Bill Sparrow (PACT 338 Instructor) & Dave Ross (KNPE 331 Instructor) for long-term service to Athletics.

Jim Tait Trophy: Women's Soccer: [Photo in Journal article see link above.]

Lisa Bache – BPHE SPF PHED YR2

Sara Buckham – BSCH SSP KINE YR4

Kelli Chamberlain – BPHEH SPF PHED YR4

Elena Corry – BSCH SSP KINE YR4

Riley Fillion – BSCH SSP KINE YR2

Mikyla Kay – BSCH SSP KINE YR2

Chantel Marson – BPHEH SPF PHED YR4

Chantal McFetridge – BSCH SSP KINE YR2

Devin Semple – BPHEH SPF PHED YR2

Paula Wong – BSCH SSP KINE YR3