Mini-Stream Information Session
2022 - 2023

Thursday, February 3rd, 2022

Today's Agenda:

SKHS Mini-Streams

- Eligibility
- Mini-Stream Options
  - Athletic Therapy
  - Strength & Conditioning
- Application Process

KNPE/HLTH 300: *Community-based Practicum*

Research–based Mini-Stream

Disability & Physical Activity Certificate

Questions

Student Eligibility For Mini-Streams

- KIN students
  – eligible to apply for both mini-streams

- Only able to complete ONE of these mini-streams over the course of student's undergraduate program
  - *Note: Students may apply for more than one mini-stream however if accepted to more than one, they will have to choose which one they intend to complete.*
  - *Note: Students are able to complete the Research Mini-Stream in combination with either of these 2 streams*

Eligibility Criteria for Mini-Streams

- Academic criteria
  - 2.7 (B-) cumulative GPA in your KIN program
  - Prerequisite courses (for progress from one level to the next)
  - Approval of Mini-Stream Coordinator and UG Coordinator

- Non-academic criteria
  - Current First Aid & CPR
  - Current Police Check (vulnerable populations screen)

Foundation Theory Courses

- Athletic Therapy
  - KNPE 331 Care and Prevention of Athletic Injuries

- Strength & Conditioning
  - KNPE 345 The Science and Methodology of Sport Training Conditioning Programs

Mini-Stream Coordinators

- Strength & Conditioning:
  - Colin McAuslan (colin.mcauslan@queensu.ca)

- Athletic Therapy:
  - Ryan Bennett (ryan.bennett@queensu.ca)

Strength and Conditioning Mini-Stream

Level 1

- S&C Introductory Internship 24 hrs of shadowing, 24 hours of intern information sessions. Must complete KNPE 345.

Level 2

- KNPE 346/4.5 – S&C Field Placement- 120hrs of assisting in coaching at least 2 varsity teams. These interns must attend a weekly meeting, attend coaching seminars and complete a research paper.

Level 3

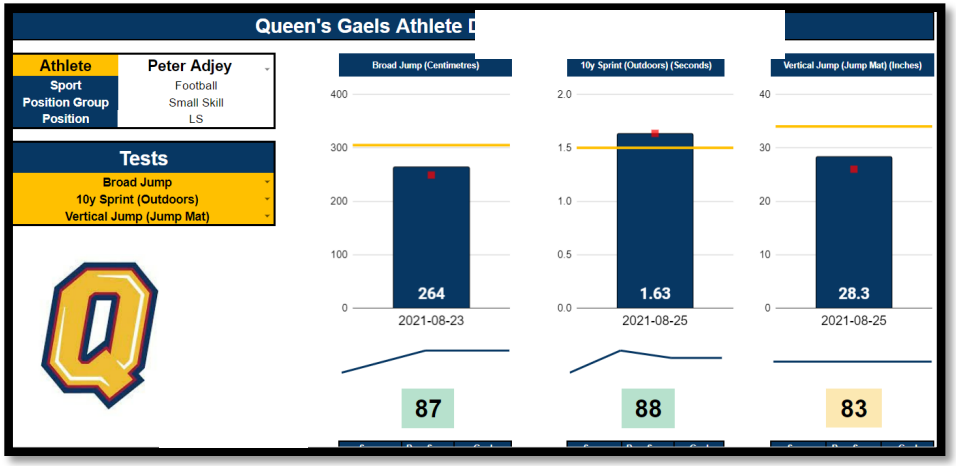
- KNPE 446/4.5 – S&C Internship- 120hrs of varsity coaching and leading one specific team, plus attending a weekly meeting, coaching seminars, and completing a training plan on themselves.

What We Do

Queen's UNIVERSITY

TEAMBUILDR

Current Projects



FIELD HOCKEY ONTARIO

JR GAELS PERFORMANCE ACADEMY

Return to Sprinting Phase 1: Progression to Sprinting (5 minute dynamic warmup)

SPRINT TECHNIQUE WARMUP

Leaning Wall Hold	2x20s ea.	
Loaded Hip Drive	2x5e	75% intensity
A Walk	2x10e	
Resisted A March	2x15e	Ideally sled, can use band
Ankle Ankling/Dribbles	2x30y/m	

INTENSITY: 50% (1:3 work to rest ratio)

OBJECTIVE: Build Work Capacity for Anaerobic Conditioning/Endurance

	Stage 1	Stage 2	Stage 3	Stage 4
	20 yd x 3 untimed	20 yd x 4 untimed	20 yd x 3	20 yd x 3
	40 yd x 2 untimed	40 yd x 3 untimed	40 yd x 4	40 yd x 4
	60 yd x 2 untimed	60 yd x 2 untimed	60 yd x 2	60 yd x 2
	80 yd x 2 untimed	80 yd x 2 untimed	80 yd x 2	80 yd x 2
	100 yd x 1 untimed	100 yd x 1 untimed	100 yd x 1	100 yd x 2
	80 yd x 2 untimed	80 yd x 2 untimed	80 yd x 2	80 yd x 1
	60 yd x 2 untimed	60 yd x 2 untimed	60 yd x 2	60 yd x 2
	40 yd x 2 untimed	40 yd x 3 untimed	40 yd x 4	40 yd x 4
	20 yd x 3 untimed	20 yd x 4 untimed	20 yd x 3	20 yd x 3
Total	19 runs @ 940 yds	23 runs @ 1060 yds	23 runs @ 1100 yds	23 runs @ 1120 yds

Untimed means that you don't have to be strict on the rest break.
Perform on alternating days.
Only progress to next stage if there is no pain, no swelling and you are able to complete all levels.
Lorenz, D. & Domzalski, S. (2020). The International Journal of Sports Physical Therapy.

Return to Sprinting Phase 2: Progression to Sprinting (5 minute dynamic warmup)

SPRINT TECHNIQUE WARMUP

Loaded Hip Drive: 1 Switch, 2 Switch	2x3 ea.	
Resisted A March	2x15e	Ideally band
Resisted A March to Bound	2x20-30y/m	Ideally band
A Switch + Stick	2x10e	
Calf Ankling/Dribbles	2x30y/m	

INTENSITY: 75% (1:5 work to rest ratio)

OBJECTIVE: Speed development, improve technique abd build repeated sprint ability

	Stage 1	Stage 2	Stage 3	Stage 4
	20 yd x 3	20 yd x 3	20 yd x 2	20 yd x 2
	40 yd x 2	40 yd x 2	40 yd x 2	40 yd x 2
	60 yd x 2	60 yd x 1	60 yd x 1	60 yd x 2
	80 yd x 1	80 yd x 1	80 yd x 1	80 yd x 1
	100 yd x 1	100 yd x 1	100 yd x 1	60 yd x 2
	80 yd x 1	80 yd x 1	80 yd x 1	40 yd x 2
	60 yd x 2	60 yd x 1	60 yd x 1	20 yd x 2
	40 yd x 2	40 yd x 2	40 yd x 2	
	20 yd x 3	20 yd x 3	20 yd x 2	
Total	17 runs @ 780 yds	15 runs @ 660 yds	13 runs @ 620 yds	13 runs @ 560 yds

Untimed means that you don't have to be strict on the rest break.
Perform on alternating days.
Only progress to next stage if there is no pain, no swelling and you are able to complete all levels.
Lorenz, D. & Domzalski, S. (2020). The International Journal of Sports Physical Therapy.

Current Projects

QUEEN'S STRENGTH

FALL 2020 SPORTS PERFORMANCE SEMINAR SERIES

Week 1/Sept 9: Queen's S&C Staff

Week 2/Sept 16: Queen's HP Coaches Roundtable (Snyder, deGroot)

Week 3/Sept 23: Jordan Foley: 10 Years, 10 Lessons

Week 4/Sept 30: Adam Douglas (Hockey Canada/Catapult)

Week 5/Oct 7: Recent Grad Roundtable: Edmunds, Gray, Laflamme

Week 6/Oct 14: Private Sector S&C Roundtable: Sam Sabourin (Between the Bumpers), Alena Luciani (Training2XL), Nick Haince (Capital S&C)

Week 7/Oct 21: Dave Leyland (Coast Performance Rehab)

Week 8/Nov 4: Dr. Scott Lynn (CSUF/Swing Catalyst)

Week 9/Nov 11: Doug Davidson (Vegas Golden Knights)

Week 10/Nov 18: Dale Lablans (Canadian Special Operations Force Units)

Week 11/Nov 25: Olivier Jean (Game Plan Athlete: 2010 Olympic Sp. Skating 5000m Relay Gold Medalist)

Week 12/Dec 2: Teena Murray (Sacramento Kings)

What We Are Looking For

- Personable
- Stopwatch Mentality
- Played Sport
- Busy Person
- Selfless
- Trains Regularly
- Morning Person
- Willing to Coach
- Intern Training Camp: Early Sept

AT Mini-Stream

- **<u>Level 1</u>**
  - Fall: shadowing current Student Trainers at Varsity games & practices
  - Winter: KNPE 331
    - Lab sessions 2 hrs/week in the clinic (ARC)
    - Shadowing certified staff in clinic

AT Mini-Stream

- **<u>Level 2: Field Placement (KNPE 330/4.5)</u>**
  - Placed with a Varsity team to cover practices and games
  - 165 field hours
    - Pre-event taping, wrapping, massage, etc.
    - During event emergency first-aid
    - Post-event treatment
    - Academic: 2 assignments, 1 with presentation, first-aid practical

AT Mini-Stream

- **<u>Level 3: Field & Clinic (KNPE 430 / 4.5)</u>**
  - 85 field hours & 80 clinic hours
  - Students continue placement and coverage of team
  - Mentor junior Student Trainers
  - Students expected to shadow in clinic assisting Certified Athletic Therapists
  - Academic: Literature review with presentation, Clinical practical

Athletic Therapy Mini-Stream Notes

PLEASE NOTE:

- Level 2 & 3 ALWAYS requires students to be available to start in the fall
  - Mid-August to early September (depending on sport).
- Level 2 & 3 ALWAYS conflicts with Frosh Week/Safety Officer
- Level 2 & 3 MAY conflict with holidays: Thanksgiving, Christmas, reading weeks
- Varsity athletes **not accepted into program**

What we expect from you:

Quick learners, keen, willing to go above and beyond, good time management, good communicators, engaged learners, works well as part of a team. Adaptable personality, thinks quickly in stressful situations and dependable.

AT Mini-Stream

What you can expect from us

- Hands on training applicable to any of the Health Sciences
- Improved communication skills
- Improved time management skills
- Crisis and stress management skills
- Life-long friends from the Student Trainers, Coaches and Players you work with
- An unforgettable, rewarding experience that will be the highlight of your undergrad years

Team Photo from 2019

Work Hard, Laugh Harder!

Application Process

- **Application Deadline: Monday, February 28th @ 11:59pm**
  - Late or incomplete applications will not be accepted

- **Application Requirements:**
  - Current resume
  - Cover letter: please outline your relevant past experiences and explain why you are interested in the mini-stream

- **Instructions:**
  - Applications for all mini-streams must be sent to Michelle Shorey at skhs.internships@queensu.ca.
  - The email's subject line must contain the name of the mini-stream.

Application Process

Please note:

- Students are permitted to complete only one mini-stream, but are allowed to apply to more than one.
  - Must submit a separate application for each mini-steam.

Application Process

1. The Coordinator of each mini-stream will read through the applications and select a short-list strong candidates.
   - Candidates will be asked to attend an interview in March/early April
   - Unsuccessful candidates at this point will not receive an email

2. Successful students will be accepted with a conditional offer (April)
   - If selected to more than one, students will be asked to pick at this point
   - All student who get an interview will receive an email as to whether they have been selected or not to move forward with process

Application Process

3. SKHS Admin Office conducts final check for academic eligibility in the middle of May.

4. Students are officially notified (at the end of May) if they have received a spot in the mini-stream (after their GPA has been checked)
   - Successful applicants will be registered in the appropriate foundation course before Course Registration commences in July.

HLTH/KNPE 300: Community-based Practicum

Course Description:

- HLTH/KNPE 300 provides students with a community-based placement opportunity related to their field of study, including but not limited to:
  - fitness facilities, community health centres, not-for-profit organizations and allied healthcare clinics (e.g., physiotherapy, occupational therapy, chiropractic, naturopathy, athletic therapy, etc.)

- Through pre-placement workshops, course seminars and their community-based placement, students will gain and utilize a wealth of professional development skills and experience.

HLTH/KNPE 300: Community-based Practicum

- **Contact Hours:**
  - Seminars: 1.5 hour per week x 12 weeks
  - Practicum: approx. 7 hours per week (84 in total)

- **Prerequisite:**
  - Level 3 in a KIN or HLTH Major or Medial plan.
  - Minimum cumulative GPA of 1.90.

- **Exclusion:**
  - KNPE 330/430, KNPE 346/446

HLTH/KNPE 300: Community-based Practicum

- **Applications due: Monday, February 28th @ 11:59pm**

Application requirements:

- Current resume
- Cover letter (including what area you are interested to do your placement in and why).

Inquiries and applications to Michelle Shorey at skhs.internships@queensu.ca

Research Mini-Stream

There is No Enrolment Process for Research Ministream

4 Course Components

1. KNPE 251 Introduction to Statistics
2. HLTH 252 Introduction to Research Methods
3. KNPE 352 **or** HLTH 352 Research Skills Development Practicum*
4. KNPE 595 **or** HLTH 595 Honours Thesis*

*application required

Revved UP

Queen's UNIVERSITY

WHAT IS THE DISABILITY & PHYSICAL ACTIVITY (DIPA) CERTIFICATE?

Associated with the Revved Up Exercise Program, the DIPA certificate is comprised of 15 units and provides a foundation in disability studies, physical activity, health, and their intersection while fostering fundamental academic skills.

COURSE SELECTION AND PLANNING REQUIREMENTS

Required Courses: 5 total

- HLTH 200/3.0 or KNPE 255/3.0
- HLTH 332/3.0 or HLTH 402/3.0
- KNPE 336/3.0*
- KNPE 436/3.0*
- One of: KNPE 335/3.0, KNPE 433/3.0, HLTH 315/3.0, HLTH 403/3.0, HLTH 404/3,0

*Internship Based Courses

Allowable Overlap degree plan: 6.0 units

- (i.e. HLTH 200 + HLTH 332 can double count as both DIPA and Degree plan credits)

Additional courses required outside of an Arts and Science degree plan: 9.0 units

- (i.e. KNPE 336, KNPE 436, KNPE 335 will need to be completed in addition to the 120 units needed for your degree plan)

SKHS
School of Kinesiology and Health Studies

WHAT MAKES THE DIPA CERTIFICATE UNIQUE?

- The program is officially recognized by Queen's and will be an additional credential noted on students transcripts
- The practical component is designed so that students achieve 3 of 6 core competencies required to pursue the CSEP-Certified Personal Training designation
- One of few certificates of its kind in Canada

WHAT WILL I LEARN?

- What it means for people to live with a disability/chronic disease and how physical activity can improve their quality of life
- How to communicate and lead effectively
- Exercise prescription skills with a focus on people with a disability, and how to perform reassessments on Revved Up participants

KNPE 336 + 436 have been an absolute blast! I would recommend (DIPA) to anyone interested in working with people and who want an experience where they can reach out beyond the Queen's bubble and leave a lasting positive impact in the Kingston community.

ETHAN C.
DIPA ALUMNI

Revved UP

HOW CAN I APPLY?

For all applicants:

- Students must have a minimum cumulative GPA of 2.7
- There are a defined number of spaces available and late applications will not be considered

Easy Application:

- Students will email asc.registration@queensu.ca during the degree plan change period (mid May 2022).
- No resume or personal statement of experience is required

https://skhs.queensu.ca/certificate-in-disability-and-physical-activity-dipa/

SKHS
School of Kinesiology and Health Studies

Questions? Email dipa.coordinator@queensu.ca

SKHS Cover Letter Workshop

WITH CAREER SERVICES

February 9th, 2022

3:30 - 4:30 PM

On Zoom

Scan QR code to register

Questions?

- Athletic Therapy:
  – Ryan Bennett (ryan.bennett@queensu.ca)

- Strength & Conditioning:
  – Colin McAuslan (colin.mcauslan@queensu.ca)

- KNPE/HLTH 300:
  – Michelle Shorey(skhs.experience@queensu.ca)

- Research Mini-Stream:
  – Rob Watering (watering@queensu.ca)

- Disability & Physical Activity Certificate
  – Stephanie Corras (dipa.coordinator@queensu.ca)