

# Make Your Move



*Office of the Practice of Kinesiology and Community Placement  
School of Kinesiology 807-343-8291*

## Mid-Summer News!

Have you ever noticed how distracting the Summer Olympics can be? It seems that almost every Kinesiology and Athletics office and facility is buzzing with the latest game, swim, bout or contest. Not that we aren't getting our work done but I must say there is an evident pride when the Canadian athletes are flying the flag. Like a major sporting event some of you are nearing the finish line and excited to complete your research, canoeing or hiking and you are hoping for that last burst of energy to move you forward. Many others are in mid-stroke working at making successful course selections to prepare for the future. The incoming students are excited to dive in and get started without making too noticeable a splash. Performance expectations are high as we gear up for another great year. Enjoy the rest of your summer.



## Student Faculty Advisors

- 1<sup>st</sup> Yr. – Dr. Carlos Zerpa – SB 1013 – 343-8940 – [carlos.zerpa@lakeheadu.ca](mailto:carlos.zerpa@lakeheadu.ca)
- 2<sup>nd</sup> Yr. – Dr. Derek Kivi – SB1008 – 346- 8645 – [derek.kivi@lakeheadu.ca](mailto:derek.kivi@lakeheadu.ca)
- 3<sup>rd</sup> Yr. – Mr. Glen Paterson – SB 1019 – 343-8291 – [glen.paterson@lakeheadu.ca](mailto:glen.paterson@lakeheadu.ca)
- 4<sup>th</sup> Yr. – Dr. Joey Farrell – SB1015 – 346- 7754 – [joey.farrell@lakeheadu.ca](mailto:joey.farrell@lakeheadu.ca)

## Undergraduate researcher wins award

My experience at the National Undergraduate Research Conference in Toronto was eventful and exciting at the same time. All year long, as senior students we find ourselves buried in our projects, reviewing literature, disseminating data, and building our research stories. Thus, having such a special event to look forward to breeds excitement. It was a privilege to meet other students from across the country in the exact same position and to share, compare and contrast our respective undergraduate experiences.

I would like to recognize and commend the faculty and administration of the School of Kinesiology who, with unwavering support, provided this opportunity for our group of 4<sup>th</sup> year research students to travel and represent the program at a prestigious conference. Dr. Carlos Zerpa, in particular provided fantastic guidance and excitement throughout my project. Fellow research colleagues, graduate students Dennis Dumphy and Steve Carlson along with many others were always very supportive.

I was pleased and proud to have my research efforts acknowledged by being presented with one of the National Undergraduate Research Conference Recognition of Outstanding Presentation awards. I wish to acknowledge and share this award with all the members of my class of 2016 along with those who traveled to Toronto and also presented their research projects. It felt amazing to represent LU at this event and bring a strong, positive light to the kinesiology community. This truly was a humbling experience. I will carry these experiences with me into my graduate studies.

Tom Hoshizaki

## Faculty News



This semester we are pleased to welcome two new faculty members – Dr. Kathryn Sinden and Dr. Braden Te Hiwi. We also welcome back Dr. Erin Pearson from her family leave – she is experiencing amazing new technology keeping informed of her daughter's day care activities.

**Dr. Braden Te Hiwi** is happy to be joining the faculty this fall. Coming from The University of Western Ontario, his research interests include the social dimensions of sport, physical activity, and health. Recent research has included marginalized groups and investigating how the benefits of sport and physical activity can be made available to all Canadians. Along with his wife and three daughters, he plans on making the most of the outdoor activities that NW Ontario offers.

**Dr. Kathryn Sinden** is delighted to join the faculty and staff in the School of Kinesiology and Lakehead University. Kathryn's primary research focus is in applied ergonomics, collaborating with employers and developing tools that can be used to mitigate injury frequency and duration. She completed her PhD in the School of Rehabilitation Science at McMaster University and her post-doctoral training in the kinesiology departments at Queen's University and McGill University. Kathryn will be teaching Kine 1710 (Fitness and Wellness) this fall and in the Graduate Diploma Program during the Winter term. Kathryn is a Registered Kinesiologist with the College of Kinesiologists of Ontario and is currently serving a two-year appointment on the Examination Committee. Kathryn, her husband Peter and Goldendoodle Bailey are excited to call Thunder Bay home.

**Dr. Derek Kivi** attended the National Strength and Conditioning Association (NSCA) national conference in New Orleans, Louisiana, in July. He was asked to participate in a thematic poster session, which involved presenting his poster followed by an oral presentation and group discussion of the research. The theme of the session was muscular fatigue during training, and the title of his study was "EMG Activity When Performing the Prone Plank During Fatigued and Non-Fatigued Conditions."

**Dr. Carlos Zerpa** continues his research collaboration with the Lakehead University School of Engineering, Concussion Clinic, Center for Research on Safe Driving and with the NeuroTrauma Research Lab at the University of Ottawa. He has also delivered several workshops for Shad Valley in July.

Dr. Zerpa recently presented 6 research papers at the International Biomechanics in Sport conference hosted in Japan. The papers were related to helmet impact, concussion and driving and spring loaded cane rehabilitation. These papers are part of the collaborative research work conducted with his grad students, Stephen Carlson, Aya Mohammed and Dennis Dumphy and with Dr. Eryk Przysucha, Dr. Paolo Sanzo and grad student Josh McGeown.

**Dr. Paolo Sanzo** brings us up to date with the following: I presented some research on a systematic review that was completed in collaboration with researchers from the University of Toronto and Western University at the International Federation of Orthopedic Manual Physiotherapists Conference in Glasgow, Scotland. I also, attended this conference in a more formal capacity and position as an elected delegate representing the Canadian Physiotherapy Association and Canadian Academy of Manual Physiotherapists for Canada (8 year term).

Dr. Carlos Zerpa, Josh McGeown, and I subsequently attended the International Society of Biomechanics in Sport conference in Tokyo, Japan where we presented several of our own research projects and those of our graduate students (6 papers accepted - 1 oral and 5 poster presentations). While in Japan we also experienced a lot of new traditional foods, mastered the use of chopsticks, and experienced 3 earthquakes as well.

**Dr. Ian Newhouse** has joined the sports science team for the National Development Centre for Cross Country Skiing. He will be serving in the capacity of exercise physiologist (Dr. John Gotwals serves as the sports psychology consultant). The NDC has formed a partnership with LU Kinesiology to perform their physiological assessments in our labs. Graduate student Jacqueline Harvey and Dr. Newhouse will be presenting posters at the annual Canadian Society of Exercise Physiology conference in Victoria, BC in October. Jacqueline will represent a Lakehead research team that has done work on the HealthSteps (exercise/lifestyle prescription) program, while Ian will highlight some research related to the on-going WE-Can (wellness and exercise for those with cancer) program.

**Professor Vineet Johnson** was extremely busy all summer completing numerous neuro-rehabilitation research projects. We wish him well as he is moving on to new challenges abroad.

## Hiking and Canoeing (2016) – Kine 4193

### The Final Canoe Trip

The incoming 4<sup>th</sup> year students who have successfully completed Canoe Prep in 3<sup>rd</sup> year will be participating in the final 5 day canoe trip September 7-11.

The canoe prep and trip experience has been an important component of the Kinesiology program since its inception and has provided many memorable learning opportunities for hundreds of students over the years.

Logistical issues along with rising costs have forced the School to reconsider this component of the program and close the door on this chapter.




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*"The 4<sup>th</sup> year Canoe Trip students will need to bring their Health Card number and a medical emergency contact number to the **mandatory planning meeting Tuesday Sept. 6.**"*

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*"Canoe trip details (including trip kit list and medical emergency forms) have been e-mailed directly to those who successfully completed Camp School last Fall."*

### Current 4<sup>th</sup> Year Students:

For those entering fourth year, one of the culminating highlights of your experiences here at LU is the annual canoe trip. Students who completed and gained credit for Camp School (Canoe Prep) Kine 4193(FA) in the Fall of 3<sup>rd</sup> year will be completing the Canoe Trip Sept. 7-11. Note that you do not need to re-register for the Canoe Trip.

The trip planning/organizational meeting is scheduled for Tues. Sept. 6 at 4:30 pm in SB 1016. *Your Health Card number and a medical emergency contact number is required at that time – forms have been e-mailed. Attendance is mandatory.*

Students will meet the following morning Sept. 7 at 8:30 am to board the bus for the canoe trip. Students will return to campus Sunday Sept. 11 later afternoon. Please bring all personal equipment required – sorry no pets allowed.

Fourth year students who are not eligible or who chose not to participate in the Canoe Trip are required to complete Hiking School – register online for **Kine 4193(FB)**.

Hiking School class meets Tuesday and Thursday 2:30 – 4:30, Sept. 7 to Oct. 13 and has compulsory overnight outings culminating with a great outing on **Thanksgiving Weekend (Oct. 7-10)**.

If you took Camp School last Fall but for some reason cannot participate in the Canoe Trip this Fall you are required to complete Hiking School and should register online for Kine 4193(FB) ASAP.

**Note: Participation in both hiking and canoeing requires a current Standard First Aid/CPR "C" certification or equivalent. If you have not done so, please complete this and update your file with Sandra in the office by Sept 6.**

The Canoe Trip will be conducted by Dave Maynard from Spirit of the Paddle. The Hiking School classes and trips will be conducted by Jennifer Theriault this year.




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*NOTE: All students are required to complete the non-credit course Kine 4193 Hiking in order to graduate.*

*Starting in 2017 there will be two Hiking trip experience options for 4<sup>th</sup> year students. More information related to these changes will be presented during the Fall semester to the current 3<sup>rd</sup> year students.*

## **New Concussion Research Impactor**



The School of Kinesiology Concussion Research Laboratory operates with the vision of enhancing the understanding of concussion head-injuries and how these injuries affect our health.

During the Winter semester and into the Spring Dr. Carlos Zerpa collaborated with faculty members from the school of engineering and Prof. Glen Paterson in supervising engineering students to develop a pneumatic horizontal helmet impactor. There are many unique features of this piece of equipment including being able to position the head and neck unit in multiple positions to simulate differing points of contact during potential injury situations. Another feature is being able to load the "head cart" to body weight to more closely represent actual concussion producing incidents. Dr. Zerpa will use this impactor to study mechanisms of injuries that cause concussions to better design helmets to minimize the risk of head injuries. He has also secured a regional research fund and will use this impactor in collaboration with Dr. Derek Kivi and Thunder Bay curlers to study the behaviour of different types of curling headgear during head impacts.

## **New Eight Camera Motion Capture System**



We have acquired a long awaited new motion capture system to augment the current Peak Motus system and greatly enhance the ability for 3D video recording and analysis within the school. This equipment has literally just arrived and as seen in the photo is currently being set up and tested. Eventually the addition of this equipment will expand the potential for further Kinematic analysis studies and digital imaging of human movement. Combining this with our wireless EMG, accelerometers and force platform will provide for innumerable instructional and research based opportunities.

## **HealthSteps and CERAH affiliation**



Dr. Ian Newhouse, as the past Director for the Centre for Education and Research on Aging and Health (CERAH) is happy to welcome Bayley Ostenfeldt to the team. Bayley, a recent Lakehead Masters in Public Health graduate, is serving as a Northern Ontario Heritage Fund Corporation (NOHFC) research intern for one year. Her focus is on the HealthSteps program of research with Dr. Ian Newhouse supervising and with research related to chronic pain management (Dr. Bryan MacLeod supervising).

The HealthSteps research team also got a boost late last fall with funding to conduct follow up testing on individuals who completed the 8 month HealthSteps program last summer. It will be interesting to find out if the positive lifestyle and nutrition changes that were nurtured over the 8 month trial will be sustained after 6 months of no coaching support. MSc Kinesiology graduate student, Jacqueline Harvey is leading this follow up investigation for the Thunder Bay site.

## UofT Undergraduate Research Conference

In early April, 7 Kinesiology students were honoured with the opportunity to represent the School of Kinesiology of Lakehead University at the National Undergraduate Research Conference at the University of Toronto. In spite of a lengthy day of travel and presentations, the Lakehead group received a warm welcome from conference organizers and volunteers.

With over 80 presentations throughout the day, students presented on diverse topics including injury prevention, biomechanics, movement patterns and performance, sport psychology, children and youth, and sport, physical activity, and gender. This conference was one of the largest hosted by U of T in recent years. Students had the opportunity to network with other undergraduate students, Masters' and graduate students, professors, and several working professionals in diverse fields of study. Many students found professors and Masters' students reaching out to provide feedback and input from their own experiences.

There were so many people in attendance with incredible backgrounds, all interested in similar fields of study, and all reaching out to share knowledge and provide feedback and support. This conference was incredibly inspirational and opened possibilities of future research for many in attendance. It was an invaluable opportunity to present research about something we are passionate about to an audience with significant interest in the area.

A notable mention goes to Thomas Hoshizaki, who received one of three awards distributed for outstanding research presentations for his project titled *Innovative Technology Applied to a Cycling Helmet to Increase Protection Performance Against Head Injuries*.

Submitted by Bryana van Leeuwen

## Graduate Student News

**Vanessa Smykalski**, a recent graduate of our MSc program participated in the National Strength and Conditioning Association (NSCA) national conference in New Orleans, Louisiana, in July. She presented her thesis research project titled "The Effect of Leg Dominance on the Kinematics of a 180° Pivot Maneuver in Female Soccer Players at Three Different Stages of Physical Maturation" which was well received and generated considerable interest of many others in attendance.

**Josh McGeown** recently presented his on-going concussion research at the International Society of Biomechanics in Sport conference in Tokyo, Japan. He received the honour of being nominated for the ISBS New Investigator Award in which he was competing with 7 other students (mainly PhD students) from countries all over the world. His presentation was extremely well received and Josh garnered the interest of many other researchers who asked him to consider coming to complete a PhD at their universities.

The labs in the School of Kinesiology have been hopping all summer with research projects being completed by the following graduate students:

**Stephen Carlson** - The Influence of Neck Stiffness, Impact Location, and Angle on Peak Linear Acceleration, Shear Force, and Energy Loading Measures of Hockey Helmet Impacts

**Daniel Carlson** - The Effect of Variable Type of Practice on One-Handed Catching in Children with Developmental Disabilities

**Aya Mohammed** - The Effect of Spring Loaded Single-Tip Support Cane Mechanisms on Upper and Affected Lower Limb Ground Reaction Forces, Muscle Activity, and Self-Perceived Ease of Use

**Dennis Dumphy** - The Effect of Mild Traumatic Brain Injury on Reaction Time and Heart Rate Variability during Dual-Tasking in Driving Simulation

**Sebastian Diebel** - Exploring a Potential Means of Measuring Running Economy Above the Anaerobic Threshold

**Josh McGeown** - Exploring the Effect of Aerobic and Balance Exercise in Comparison to Standard Rest Care as Interventional Strategies for Post-Concussion Syndrome

Congratulations to all.



*"You are allowed to complete an additional 2 FCEs in first year credits over what you complete in required first year courses – a total of 8 FCEs in first year credits."*

*All Kinesiology students are required to complete a 4<sup>th</sup> year undergraduate research project either in a small group in Kine 4230 or individually in Kine 4220.*

## Career Pathways



**Taylor Meyers** (HBK 2013) - I'm really enjoying my time here in the US and am in love with my decision to pursue chiropractic. Northwestern is a great school and is located in a suburb, therefore housing is affordable and good quality. My grades are excellent and I haven't felt underprepared for any of the classes. The curriculum here focuses strongly on basic sciences for the first 4 trimesters, therefore there are some classes that I was taking for the first time (biochemistry, pathology, histology). I often feel more prepared, coming out of Kine, than some of my classmates who were biology/biochem majors, because of all the hands on, anatomy, physiology, musculoskeletal, physiotherapy based and development classes that we took. One elective you might look in to adding, though, is a business for the health care professional class, as many PTs and DCs become their own bosses/business owners upon graduation & most of them have no idea about the business end of things. The one down side to being here, though, is the dollar. I would deter students from coming here right now because of this, but if it improves I believe this is a great choice.

**Jamie Bonazzo** (HBK 2013) In my third year of the Honours Bachelor of Kinesiology program at Lakehead, I really started to think about what I wanted to do after graduation. Many of my friends and classmates were planning careers as Chiropractors, Physiotherapists, and Occupational therapists. I too thought that I would follow a similar path, knowing that I wanted to go on to graduate school and was interested in the rehab sciences. After doing some research, I came across the field of Speech-Language Pathology. It sparked my interest because the scope of practice is so broad. I knew that I could potentially work with a preschool child who has difficulty producing speech sounds, or an adult requiring swallowing rehab after a stroke, for example.

The structure of the Kinesiology program made it easy for me to prepare for applying to grad school. In my fourth year I was able to fit all of the prerequisite courses I needed into my electives. It helped that I already fulfilled many of the requirements from the Kinesiology curriculum such as anatomy, physiology, psychology, statistics and research. I'm grateful that the professors at Lakehead were so supportive and provided me with reference letters and guidance throughout the application process.

When I began the Master of Health Science in Speech-Language Pathology program at University of Toronto, I felt prepared and confident in my education. I felt that my strong knowledge base from the Kinesiology coursework in human anatomy/physiology, motor control, and biomechanics gave me a head start in many of my classes. Now, as a Speech-Language Pathologist working in Thunder Bay, I continue to draw from my experiences and knowledge I gained from my Kinesiology degree.



**Nick Serafini** – (HBK 2013, Grad Diploma 2014) - "As of September 2015, I have taken the role of Lead Kinesiologist of Cardiac Rehab at Cambridge Cardiac Care Centre. In recent months, the number of classes that we offer and patients that we see has greatly increased. Cambridge Cardiac Care Centre has also expanded its services and is starting dedicated programs/clinics for Congestive Heart Failure and Atrial Fibrillation patients. This provides me a great opportunity to work with specialized Nurses within our clinic. With our substantial growth, we have also added a Cardiovascular Technologist (CVT) to my Cardiac Rehab team. As lead of the Cardiac Rehab team, I am continuously provided with exceptional opportunities to enhance my competency and meet new professionals in our field. In both August and November, I represented Cardiac Rehab in our clinics regular CME. In October, I attended the CCN Sharing Best Practices Workshop in Toronto and in December, I attended the Choices and Changes Workshop to enhance my motivational interviewing skills. My current role would not have been possible if it were not for the Graduate Diploma program. It enabled me to challenge myself, while obtaining valuable knowledge and experiences to start my career."



**Sonja Wolski** (HBK 2013) - I just found the reference letter you provided me for the University of Limerick in Ireland to get into my Occupational Therapy program. I just graduated from the program this past June with First Class Honours, and loved every minute of it. I just wanted to let you, and the rest of the Kinesiology faculty know that I attribute much of my success to the fact that I felt very well prepared for my graduate studies because of everything that I learned at Lakehead. As the only international student, I felt I had a really good grasp on areas such as anatomy, physiology, public speaking, and just all of the hands on experience that the program provides, which I found made a world of a difference. Thanks to all.

## Graduate Career Pathways

**Nicki Berfelz** (HBK 2008) - Today I work as a Marketing Manager at Home Hardware Stores Limited one of Canada's largest Home Improvement retailers. This perhaps is a career stop that few would have predicted when I graduated with my HBK from Lakehead back in 2008. Regardless of the seemingly winding path that I've taken in my professional career, the Kinesiology program at Lakehead has served as the foundation for it all.

I often look back at my experiences and knowledge gained, and can't help but feel grateful for my decision to study Kinesiology. The program instilled a strong work ethic and inspired my drive for continual improvement. More than that, the Kine program prepared me for my MBA (Wilfred Laurier 2016). The critical thinking and problem solving learned in my undergrad had prepared me to tackle business courses for the first time at the Masters level. I have always felt prepared and confident while navigating my path from Kinesiology to Business. The Professors at Lakehead really pushed me to reach my potential, and having that combination of challenge and guidance has benefited me far beyond the program.

More than just building my professional foundation, the program has built a strong foundation for me personally. As a young professional I am learning first-hand about the importance of work-life balance, and the struggle it can be to strike that balance. While I no longer practice as a Kinesiologist or Personal Trainer in a formal setting, the information gained throughout the program has become my foundation for leading a healthy lifestyle.



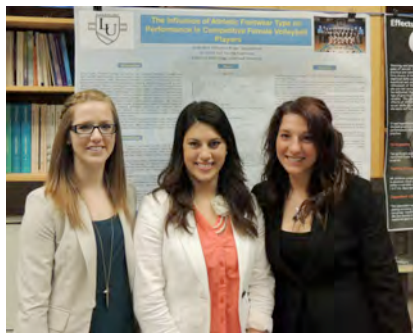
**Dr. Tracy Sarmiento, MD** (HBK, BA (psych) 2007) - I started my university journey not knowing what I wanted to do! I knew I loved being active as I was a very competitive figure skater growing up in Thunder Bay, and that I wanted to do something in the field of fitness. I can remember looking through the university catalogues during my last year of high school and not being totally interested in anything until I started reading about kinesiology and decided to apply. I was accepted into a few programs, but, being from Thunder Bay, I decided to attend the Lakehead University Kinesiology program. I loved all of my kin classes and was quite drawn to the psychology of sport. In my third year I realized I had nearly enough psych credits to do a double major in kin and psychology, so graduated with both degrees. During my fourth year, I became very interested in my exercise prescription and rehabilitation courses and decided to apply to physiotherapy programs in Ontario. I was accepted into the PT program at Queen's University. This program is a 2-year master's degree. I thoroughly enjoyed my time doing sports physiotherapy with the varsity teams at Queen's and the Royal Military College, but was drawn to my rotation in the Intensive Care Unit. I loved being in the ICU and learning about my patients' complex medicine conditions. I quickly learned that my interests were outside the scope of the practice of a physiotherapist, and within the scope of practice of a physician. This was when I started thinking about applying to medical school. After I graduated with my Master's of Science, Physiotherapy degree and got a job working as a full time physiotherapist, I decided to write my MCAT's and apply to the medical schools in Ontario. I was not successful my first time around, but was persistent. I kept working as a physiotherapist and gained valuable clinical, leadership and work experience as I applied to med school. I was accepted at the Northern Ontario School of Medicine in 2012. During my time at NOSM I was able to appreciate how my background in kinesiology and physiotherapy contributed to my success in medicine. Specifically, the courses in anatomy and physiology were a great foundation for studying medicine. During medical school, I was again drawn to the area of psychology and decided to apply to psychiatry as a specialty. I was accepted at the University of Toronto Psychiatry program and will start my residency there July 1, 2016.



People often ask me about my experience with the kin program at LU, and I always reply the same, enthusiastic way. The staff and faculty at the LU kin department have created a wonderful program. The small size of this program allowed for me to get to know each of my professors personally, in fact, I had my professors write me reference letters to both my physiotherapy and medical school applications! The experience and knowledge I gained during my kin degree was first class and this experience gave me a strong knowledge base and work ethic for rest of my university career. I have nothing but great things to say about the Kinesiology department and have loved seeing how the program as progressed. I look forward to seeing what the faculty and students have in store for this awesome program in the future!

## Kine to Medicine – Is this for you?

We are often asked if Kinesiology is a good preparation for those interested in getting into medical school. We have considerable evidence based upon the testimonials of past graduates who have been successful in medical school that this is indeed the case. In counseling students who are hoping to travel this pathway grades always rise to the surface as a very important component to be considered, however that is not the only thing to be considered when attempting the move from Kinesiology into Medicine. Yes, grades are a critical component of the package – generally from our program those hoping to enter medical school should have grades at least in the mid to upper 80's. In addition the successful applicant must demonstrate an evident level of pertinent life experience most often gained through volunteer and placement opportunities. The average age for entry into medical schools in Ontario is in the mid-twenties and it is the rare instance when a newly minted Kinesiology graduate goes directly into Medicine no matter what their GPA. If grades and experiences get the applicant over the first hurdle, the next will be the interview. It is at this point that the preparedness and appropriateness of the applicant will be challenged and in highly limited enrolment programs this often is the make or break point in the process. Depending upon the medical school program being applied for different schools may have very specific entrance criteria used in evaluating applicants – they are not all the same. For further information in this regard it is best to visit the Ontario Medical School Application Services (OMSAS) page at <http://www.ouac.on.ca/omsas/> for those considering other graduate level rehabilitation services programs such as Physiotherapy or Occupational Therapy go to the Ontario Rehabilitation Program Application Services site (ORPAS) at <http://www.ouac.on.ca/orpas/>.



### Applying for PT, OT or SLP

ORPAS application deadline is usually the end of the first week in January each year.

In all cases it is important to keep in mind the three P's – **Preparation, Patience, and Persistence.**

The following was prepared by recent Kinesiology graduate and current medical student at the Northern Ontario School of Medicine, Stacy Tkachyk.

### Impressions of Level of Preparation:

I am a big advocate for Kinesiology and its value in preparing students for the medical field. One of the most significant advantages of having a Kinesiology background is the knowledge of anatomy. Nursing students had the most clinical skills but Kinesiology students excelled in the musculoskeletal unit. I also felt very well-prepared for group learning sessions and projects due to my experiences in Kinesiology at Lakehead. Communication skills are essential in medicine!



### Courses that were Beneficial:

I personally found the following courses very beneficial in preparing me for the medical field. I often would find myself reflecting back to subjects or skills learned in these courses. I found that I had an excellent background in anatomy and physiology due to the Anatomy, Musculoskeletal I & II, and Exercise Physiology I & II. The Adapted Physical Activity, Cardiac Rehabilitation, and Career Exploration courses really helped in my social development. I learned how to interact with a variety of personalities. I found that I was able to be more appreciative of individuals' struggles, especially when navigating through the healthcare system. In medicine there is also a lot of critical appraisal of articles and exams that include statistical analysis. Therefore, the Research & Introductory Statistics courses were beneficial. Lifestyle Counselling, Qualitative Analysis, and Motor Development courses were essential in the development of my ability to assess movement and behaviours. I became comfortable in my ability to inspect, evaluate, and manage different situations. I continue to use these skills daily.

### Applying to Med School

All OMSAS applications must be started (accounts created) before 4:30 pm (ET) on **September 15, 2016**

### Challenges & How to Be Successful:

As previously mentioned, one slight challenge would be the level of clinical skills. I would recommend taking the courses like Motor Development and Career Exploration to begin to develop some clinical skills. In order to be successful when applying for NOSM, I recommend being your self and being honest. If you make it to interviews, you need to have confidence in what you are saying and you will be more confident if you are honest and are yourself. Include a wide variety of skills and achievements as they show that you are well-rounded.



Convocation 2016 – Congratulations to all.



## School of Kinesiology

Lakehead University

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Kine on the Web!  
[Check us out!](#)

## Certification Courses

### CSEP – CPT Certification

TBA – Oct/Nov. – Facilitated independent study

- Includes instructional training & practice classes followed by theory & practice exams for final certification
- Requires current First Aid and CPR
- Leads to Personal Trainer certification
- Presented in cooperation with the Canadian Society for Exercise Physiology
- Enrollment limited to 15
- Cost paid to CSEP (~\$500)

### Standard First Aid/ CPR-HCP Certification

Late Nov. date TBA (Two days - 9-5 each day)

- For those who still need this certification or those who want to update.
- Presented in cooperation with the Canadian Red Cross – meets all requirements for our program
- Enrollment limited to 20 – minimum 10
- Cost \$115.00

### CPR-C/HCP - Can. Red Cross Re-Certification

Jan. TBA (9-5) (only arranged if requested)

- For those who need to re-certify CPR
- Presented in cooperation the Canadian Red Cross – meets all requirements for Standard First Aid & CPR-C re-cert
- Enrollment limited to 20 – minimum 10
- Cost \$65.00



### Wrapping and Taping

Oct. 22 & 23 – 9 am – 1 pm each day

- Great for those interested in coaching & athletic therapy
- 8 hrs of guided hands-on wrapping and taping experience – 4 hours each day
- \$115 includes manual and all materials
- Enrollment is limited to 16 – minimum 10
- Certificate of completion granted

### Pool Workouts

TBA – Oct. or Nov.

- Creating effective water based exercise for clients needing a supportive aquatic environment
- Enrollment limited to 20 – minimum 10
- Cost TBA



### NCCP Coaching

Available through the [Department of Professional Development in Education](#)

- Certification in Competitive Coaching Part A & B will be earned.
- Each Part can be completed separately.
- Cost TBA



**Note: dates are subject to change.**

To sign up for or get more information on any of these workshops e-mail [Glen](#) or enter your name on the sheet posted outside office SB 1019.

**Just a reminder to check your LU e-mail account throughout the year for course and activity updates.**

**We wish you all the best for 2016/17. Keep active, fit and healthy.**

## Workshop Ideas

Note that workshops will only be offered if there is enough interest meaning that there are at least eight paid participants. E-mail your suggestions for other possible workshops to [Glen](#).