

Some updates and holiday greetings from KHS

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University of Regina

50 YEARS

## Faculty of Kinesiology and Health Studies

### Dean's Report - Fall 2024

As we head into the Christmas and holiday break, I have a very brief report about some of the happenings in the Faculty during this last semester of 2024. On behalf of the faculty, staff and students, I want to wish you a very special holiday season and a wonderful 2025. We have put together a little video card. I hope you enjoy it...



### Student Success

### Record Undergraduate Enrolment

KHS final headcount numbers revealed that 1089 undergraduates call the Faculty home! This is our largest enrolment ever. Current data for 2025 suggests we will see an increase in that number to over 1100 (normally, our enrolment would decline in the winter semester). Our largest degree program remains the BKin, followed by the BSRS and BHS. A large percentage (about 40%) are registered in the Diploma or Certificate of Health Studies.

### **Fall 2024 Convocation (October 17, 2024)**



***Congratulations to the Fall 2024 graduating class! 75 students were awarded their credential.***



### **University Prize in Kinesiology:**

The **University Prize** award is given out at both Fall and Spring Convocation and recognizes the student from the Faculty who is graduating with the highest cumulative GPA over the entirety of their degree program. This year's recipient was **Erica Sembaluk-Hart**.



## KHS Activities

### University of Regina Class Challenge for KidSport

Congratulations to Dr. June LeDrew's KHS 139 and KIN 180 classes who donated a total of \$309.25 to KidSport. June and her family provided a \$300 match bringing the class total to \$609.25!!!

#### What is the Potential Impact of their Donation?

- 1 child can learn to skate by participating in hockey, or
- 11 kids can learn the life skill of swimming lessons, or

- 2 kids can learn the fun of a team in flag football, or
- 2 kids can gain confidence by participating in gymnastics, or
- 5 kids can make friends with their teammates in community soccer.



This one opportunity to participate can lead to so much more.

Thank you for helping So ALL Kids Can Play!

### **Experience KHS Day (November 15, 2024)**

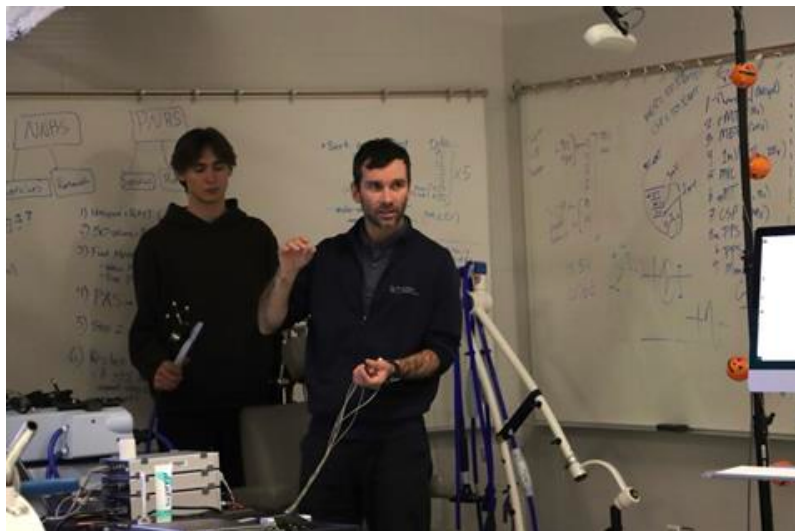
Experience KHS day focused on engagement, exploration, and learning at our **Kinesiology & Health Studies: Who Are We?** event!

The day included hands-on activities, informative sessions, and exciting insights into the fields of kinesiology, sport and recreation management, therapeutic recreation, and more.

Networking opportunities were also available over lunch while catching a live women's basketball game. Registrants were able to participate in optional workshops, campus tours, and prize draws throughout the day.



Thirty-seven high school students joined us that day! The next such event takes place on March 14, 2025



## Faculty of KHS Clothing and Merchandise

The Faculty of KHS is happy to announce that, in addition to our on campus store (CK 170), our online shop featuring Under Armour and 22Fresh clothing, as well as items from Sticks and Doodles, has officially launched!

### Faculty of KHS, Cougars, and Rams

U of R Cougars and Rams Under Armour merchandise presented by eight33.

The Under Armour store features a variety of Faculty, Cougar, and Ram merchandise presented by eight33 Promotions. Find a wide selection of gear including t-shirts, hoodies, sweats and shorts, along with Yeti tumblers featuring your favourite team!

#### Shop Faculty of KHS, Cougars, and Rams



### 22Fresh

Premium athletic wear inspiring and supporting athletes on their journey to success.

22Fresh provides premium athletic wear inspiring and supporting athletes on their journey to excellence. The store features limited edition Cougars and Rams hoodies, crewnecks, t-shirts and joggers to keep you decked out in U of R swag as you cheer on your favourite teams!

Select pieces of Under Armour merchandise are also available in the KHS Client Services office (CK 170) located inside the main entrance of the kinesiology building. The Client Services office is open Monday-Friday from 8:30am to 12:00pm and 1:00pm to 4:15pm.

### Shop 22Fresh



### Sticks & Doodles

Quality handcrafted signs, decorations and ornaments from a local Regina business.

Sticks and Doodles produces quality handcrafted signs, decorations and gifts right here in Regina. Support your favourite team with a personalized one-of-one piece for your home, car, and more!

Select items are also available for purchase on campus (CK 170).

### Shop Sticks & Doodles



### 50th Anniversary Clothing!

[Shop 50th Anniversary Clothing](#)

### 50th Anniversary: Physical Activity Studies (PAS) Hoodie



Alumnus **Boyd Gee** ( B.PAS '01, Sport Administration) wearing his PAS 50th Anniversary



hoodie.



## Faculty News

### Faculty News: Cameron Mang

The University of Regina recognized Dr. Cameron Mang on his recent teaching award. Cam was named the 2024 recipient of the **University of Regina Award of Excellence in Experiential Learning**.

Dr. Mang exemplifies and advocates for excellence in teaching. We congratulate and acknowledge his accomplishments and contributions to teaching and learning at the University of Regina.

### Faculty News: Dr. Katya Herman

KHS Faculty member, Dr. Katya Herman has recently received \$10,000 of funding from the Saskatchewan Health Research Foundation

towards a research project led by herself and several others.

### **The SHRF highlights this in their "Aligning Research and Health: 2024-25 Align Call 2 Results":**

*Understanding the Influence of Urban Design on Healthcare Costs: Stakeholder Perspectives*

Project lead by Harminder Guliani (University of Regina), **Katya Herman** (University of Regina), Akram Mahani (University of Regina), Daniel Fuller (University of Saskatchewan), Tania Diener (Saskatchewan Health Authority), Kim Sare (City of Regina)

[Aligning Research and Health: 2024-25 Align Call 2 Results](#)

### **CMCC Signs a New Articulation Agreement with the University of Regina**

A new articulation agreement between the **University of Regina (U of R)** and the **Canadian Memorial Chiropractic College (CMCC)** is set to provide qualified students with the opportunity to complete both a Bachelor of Kinesiology and a Doctor of Chiropractic (DC) degree in just seven years, instead of the typical eight.

This agreement allows **U of R students** to meet the requirements for their **undergraduate Kinesiology degree** at the U of R while simultaneously fulfilling components of the **DC program at CMCC**.

*"We're thrilled to partner with the University of Regina to offer students in Saskatchewan a streamlined path to chiropractic," says Dr. Christine Bradaric-Baus, President of CMCC. "This partnership empowers students to begin their journey toward becoming a*

*chiropractor right from the start of their undergraduate studies.”*

*“The University of Regina is pleased to partner with the Canadian Memorial Chiropractic College to provide our Bachelor of Kinesiology graduates with this exciting opportunity,” said David Gregory, Provost and Vice-President (Academic) with the U of R. “Chiropractors serve an essential role in our primary health care system and this agreement facilitates the recruitment and development of our graduates into this in-demand profession.”*

*“This agreement offers a unique opportunity for students from the University of Regina to fast-track their careers toward becoming practicing Doctors of Chiropractic,” adds Dr. Mark Perrett, Chair of the CMCC Board of Directors. “It also presents a valuable benefit for students from Western Canada by reducing tuition costs and accelerating their entry into the chiropractic profession.”*

## **KHS Podcast: Get Kinected**

The Faculty of KHS podcast (Get Kinected) features various guests including KHS alumni, faculty and staff, current students, employees, and interesting people.

Episode 2 features KHS alumni (and Marketing & Events Coordinator for Varsity Sport - Andrew Hamilton (BSRS '14).

[Get Kinected Podcast Playlist](#)

## **Alumni Profile: Andrew Hamilton**



**And finally, the University's Holiday Video...**

**Twas one day at the U of R - Celebrating 50 Years of Growth**



**Have a very Merry Christmas and Happy Holidays!**

**Stay Connected!**



As a U of R alum, **you're part of a family of more than 90,000 graduates** worldwide — and **we want to stay connected**. Update your contact information and never miss out on any alumni news and events.

**Update your contact info**



University of Regina



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2024 marks our 50th anniversary as an independent University (although our roots as Regina College date back more than a century!). As we celebrate our past, we work towards a future that is as limitless as the prairie horizon. We support the health and well-being of our 16,700 students and provide them with hands-on learning opportunities to develop career-ready graduates – more than 90,000 alumni enrich communities in Saskatchewan and around the globe.

Our research enterprise has grown to 21 research centres and 9 Canada Research Chairs. Our campuses are on Treaties 4 and 6 - the territories of the nêhiyawak, Anihšínāpēk, Dakota, Lakota, and Nakoda peoples, and the homeland of the Michif/Métis nation. We seek to grow our relationships with Indigenous communities to build a more inclusive future.

Let's go far together.

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