

MAR 2022

PHEKSA PRESENTS ISSUE #6 MAR 2022

COACH'S CORNER

photo taken by Angela Shih



photo taken by Angela Shih

Editor's Note

We are almost done!

Here's an early congratulations for everyone as we are nearing the end of the semester. I hope that through these issues, you can look back at the year in the future!

I wish everyone the best of luck for their final projects/assignments as well as final exams. It will be a stressful time, but we are almost there!

This will be the last editor's note from me! Thank you so much for reading - it has been an amazing time!

lots of love,

Angela Shih

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UPCOMING:

**NEXT
MONTH**



KIN FORMAL

April 1st

CHIT CHAT WITH THE PROF

April 5th, 1:30PM

THIS MONTH:

SPIRIT WEEK

QUEENS KIN VS MAC KIN



DAY 1: SHOW US SOME BRAIN

DAY 2: SHOW US SOME BRAWN

DAY 3: SHOW US SOME FUN

DAY 4: TRIVIA



Show off your QU KIN spirits! This month we went head to head with McMaster KIN for a spirit week challenge! The winning team was... *drumroll*... Queen's KIN!! Thank you to everyone for participating!

THIS MONTH:

SPIRIT WEEK

KINI GAMES & KARAOKE



Just in time for everyone to de-stress before final exams, PHEKSA's Social Commissioner, Karlee, organized a fun night filled with carnival mini-games & karaoke! Amazing to see everyone in KIN merch!!

THIS MONTH:

SPIRIT WEEK

CHIT CHAT WITH PROFS!



Organized jointly by Health Studies and KIN, students, SKHS professors and staff came together at the UG lounge to play some SKHS bingo while chatting to get to know each other! It has been so long since we've had in-person events, and it was definitely the best!

STUDENT RESOURCES:

AMS

COMPASS



Compass is Queen's AMS's newest **holistic student life platform** - built by students, for students! The platform connects you to resources and communities based on your unique needs, wants and identities. Compass **centralizes mental health and wellness support**, as well as **events happening all across campus**.

It's super easy to make an account! Click [here](#), enter your @queensu.ca email, make a password, activate your account (check your spam if you don't get the verification link in your main inbox). There you have it, access to Compass so you're on your way to living your **best student life!** Don't hesitate to send a note to info@checkcompass.ca with any questions or feedback :)

Here's a **video message from the Compass co-founders** expressing how the platform was created and has been designed to support you ☑

[Click here for the video!](#)

COMPASS



Want to know what events are happening across campus?



Looking for mental health support for yourself or a friend?



Want to get active and exercise?



Wondering about wellness resources available to you?



Navigating resources online, on-campus or off-campus?



Curious about extracurricular activities?

CHECK
compass



Queen's Alma Mater Society's holistic student life platform

KIN CLUBS & HOW TO GET INVOLVED

Are you hoping to connect with other peers through clubs? Want to gain experience working with a team of passionate individuals to organize events and activities? Read on to learn more about the five kin-related clubs and how you can get involved!



KIN CLUBS



What is PHEKSA?

PHEKSA (Physical Health Education & Kinesiology Students' Association) is your **student government** made up a group of your peers here at Kin! We represent the Kin student body, foster a welcoming, inclusive, and collaborative environment, and provide meaningful experiences to all students beyond the classroom. Throughout the year we create **academic, social, and athletic events for Kinesiology students** to form new experiences and connections throughout their time at Queen's.

How can I get involved?

You can get involved by **joining our general team or the several committees we run**, such as the formal committee and the equity and wellness committee. We run **applications at the end of each winter term and again in the fall** if you did not get a chance to apply.



KIN CLUBS

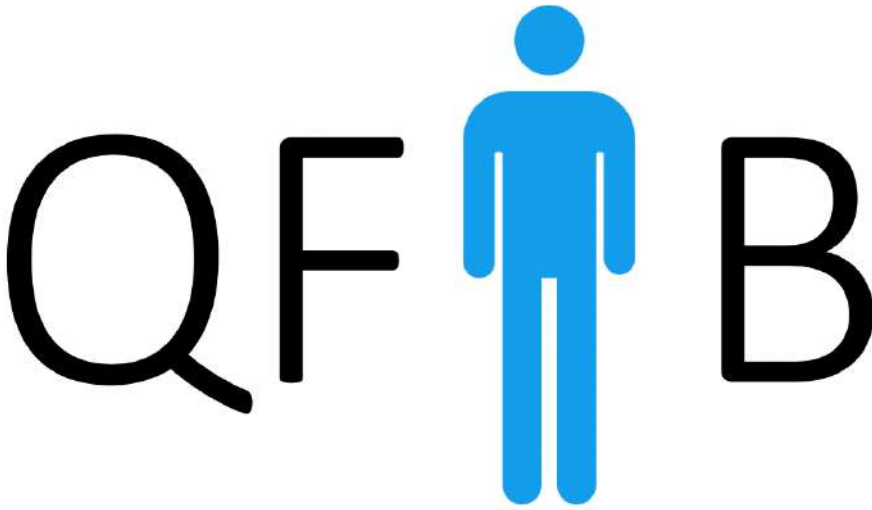
What is WAG

The Winter Adapted Games committee is a group of undergraduate kinesiology students who are passionate about **promoting disability awareness, acceptance, and inclusivity** within our Queen's community. The WAG committee organizes and **hosts an annual event filled with fun, non-competitive games and activities that provide individuals with identified disabilities from the Kingston community to participate in physical activity, have fun, and make lasting connections** with other participants and our student volunteers ("Buddies").

If you are passionate about working with people with disabilities and promoting an equitable space for people with disabilities, come join WAG!

How can I get involved?

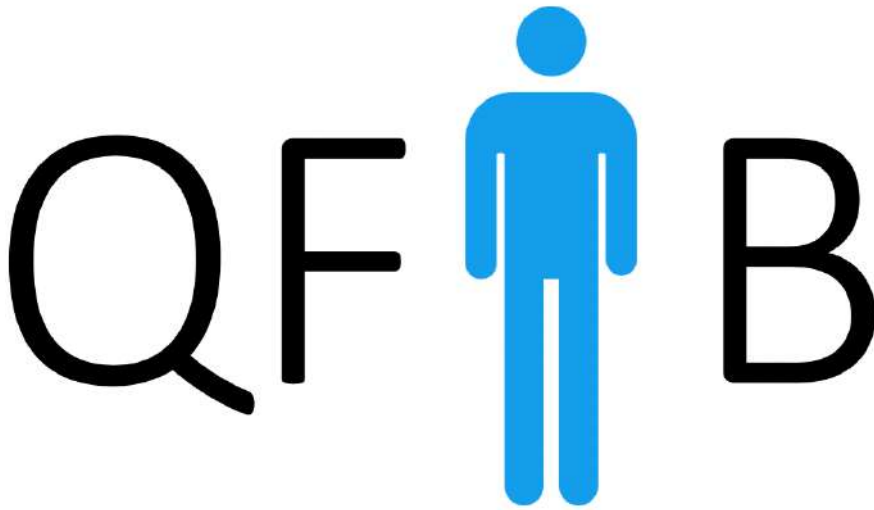
We do **executive team recruitment in September and buddy recruitment in November**. Executive members are responsible for planning the event and can expect to dedicate 2-3 hours a week, while buddies are our student volunteers that are paired up with participants on the day of WAG.



What is QFTB?

In case you're unfamiliar with QFTB, the club started several years ago with the **ultimate goal of positively redefining the interconnection between mental health, masculinity, and substance use to promote holistic health**. QFTB aims to do so through its capacity to use its social networks and partnerships to promote other initiatives at Queen's and across Canada that align with its mission statement, as well as to help coordinate and implement its own initiatives within the Queen's community.

Examples of events from the 2021-22 academic year include: partnering with **Movember Canada to fundraise for men's health issues**, partnering with **Queen's First Aid (QFA) to support the safe delivery of naloxone and general first aid kits to the student community** around homecoming and St. Patrick's Day dates, as well as collaboratively organizing a new workshop providing Canadian university students with opportunities to reflect on **societal notions of masculinity and ways by which different positionalities could be used to promote consent and prevent sexual violence**. As such, to push these events and the club's impact forward, next year's QFTB director is looking for hard-working, dedicated students who are passionate about what the club stands for.



How can I get involved?

Hiring for the growing executive committee will begin **early in September of 2022**, and **volunteer opportunities** will be considered upon direct contact with the director. In addition, to be involved with QFTB initiatives, you may choose to work with one of our community partners (e.g.: Jack.org Queen's chapter, QFA, the new QFTB chapter at UCalgary, etc.) or **participate in one of our supporting initiatives throughout the 2022-23 academic year.**



KIN CLUBS

What is RTB?

Raise the Bar is a student-run initiative that aims to **make connections between all aspects of health (physical, sexual, mental, social, & spiritual)**. We aim to increase awareness regarding the interrelationship between all forms of health on Queen's Campus. Our goal as a club is to connect the dots among all forms of health and **provide Queen's students with resources, information, activities, and outlets to maintain and improve overall health.**

How can I get involved?

Our hiring season is in September and students can get involved by applying to positions including events coordinator, head of events, finance coordinator, research coordinator, marketing coordinator, head of marketing, and outreach coordinator. **We encourage all students who are passionate about health to apply!**

What is motionball?

motionball is a national non-profit organization that empowers young Canadians to be leaders in their communities, raising funds and awareness for Special Olympics through **inclusive social and sporting events**. At Queen's University, we're working to ensure that **individuals with intellectual disabilities living in Kingston are included, supported, and celebrated**. We create relevant, meaningful experiences for university students to **give back to their community while building relationships with local Special Olympics athletes**.

How can I get involved?

motionball hires **committee members in September and will also do volunteer recruitment throughout the semester**. We are looking for kinesiology students who are **passionate about creating opportunities for individuals with disabilities to engage in sport in an inclusive environment**. Our Queens motionball committee hosts lots of fun fundraisers throughout the year and one big marathon of sport with student athletes and Kingston special Olympics athletes!

STUDENT RESOURCES:

KIN CLUBS



@_pheksa_



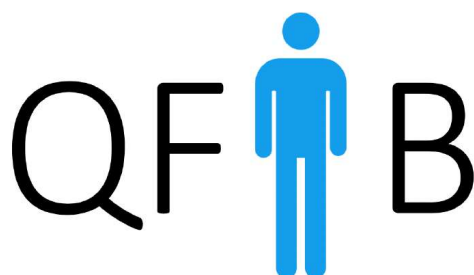
Physical Health Education & Kinesiology Students' Association



@wagatqueens



Winter Adapted Games - Queen's



@queensfortheboys



Queen's For The Boys



@raisethebarqueens



Raise The Bar - Queen's



@queensumotionball



Queen's motionball

FROM AVA AND VARUN, JR. ATHLETICS COMMISSIONERS

IMPORTANCE OF STRETCHING

Why is stretching important before and after a workout important?

1. Stretching before and after a workout helps keep muscles flexible, strong, and healthy
2. Stretching and warming up prior to a workout also decreases the risk of injuries or any muscle strains
3. Increased blood flow, flexibility, and range of motion are all significant outcomes of stretching

What are some stretches that you can include in your workout routine?

Lie flat on your stomach on the ground with your feet stretched behind you. Bring your hands next to your chest and involve your glutes and back muscles to bring your chest up and away from the floor.

1. COBRA STRETCH



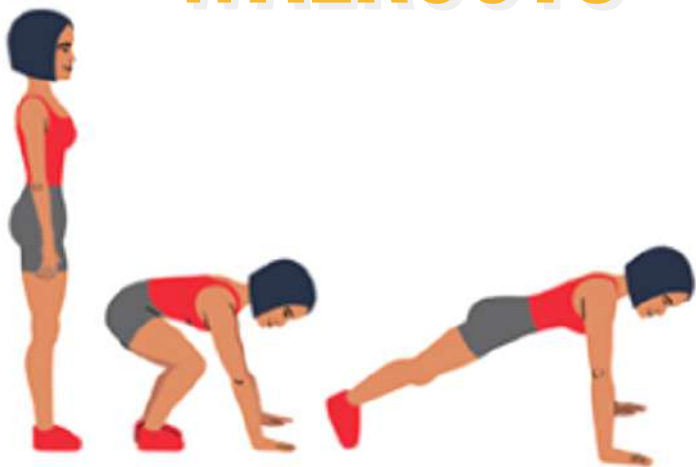
What are some stretches that you can include in your workout routine?

Sit on the floor with your back straight and your knees bent. Bring the soles of your feet together while pushing your knees close to the ground. Grab onto your feet or ankles and slowly bend forward while maintaining a straight back.

2. BUTTERFLY STRETCH



3. PLANK WALKOUTS



This is a dynamic stretch that starts with a standing position and your feet are positioned hip-width apart. Bend from your hips and reach down to place your hands flat in front of your feet. Begin walking yourself forward until you are in a plank position. Hold for as long as needed before walking backwards and returning to starting position.

GOODBYE FROM EXECS



President

*Kristina
Miakischeva*

Hey Kin,

Happy March!

We would like to wish everyone a great last couple of weeks of class. This past semester has flown by so fast, and we had so much fun spending it with you. From hanging out in the UG lounge to seeing your faces at our events online and in-person, we hope you had a blast! We hope you are all staying active and taking care of yourselves as we come into exam season soon. Good luck with the rest of the semester!

Lots of love, Kristina,

GOODBYE FROM EXECS



VPOPs

*Stuart
Maden*

Wow, is time even real? It seems like yesterday that I returned to Queen's for my 4th year, and it's surreal that the finale is just around the corner. Reflecting on the year, we all experienced highs and lows in our personal, professional and academic settings - but our Kin family was here to support us through it all. I've seen this support and passion for Kin in each and every one of you, and it's the reason why choosing this program was the best decision of my life.

On behalf of PHEKSA, I want to wish you all the very best for exam season, and beyond. A term I like to keep in mind for this time of year is to 'Sharpen the Saw'. Cutting down a tree with a dull blade is inefficient, right? Well, imagine that the tree is your academic work, and the blade is your health and well-being. So, Sharpen the Saw - Sleep, Exercise, Healthy Diet, and Self-Care.

GOODBYE FROM EXECS



Ryan Chen

VPUA

Hey everyone! it's crazy to think we're almost into the exam season and done the school year. I know my fellow third years will agree with me when I say it doesn't feel real that fourth year is right around the corner. I still feel like a confused first year learning the ropes of this program. I'm grateful to that most of this year's studies has been in person, it's been amazing watching the the kin spirit shine despite all the challenges and hardships we've had to face. Thank you all for an amazing year and I'm so pumped for what's in store next year.

best of luck class of 2022!



HAVE A
GREAT
SUMMER!

