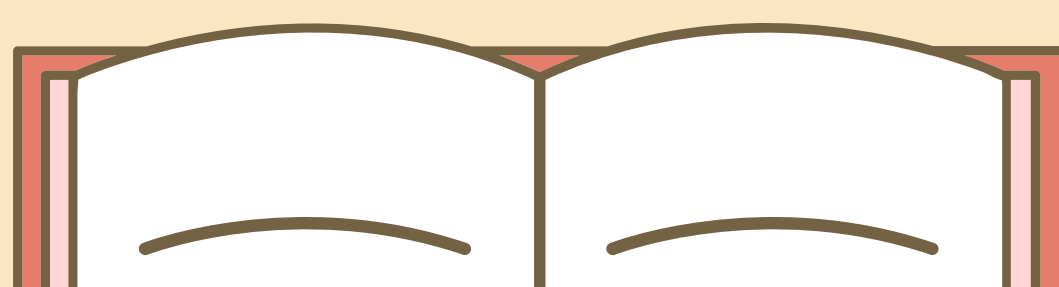
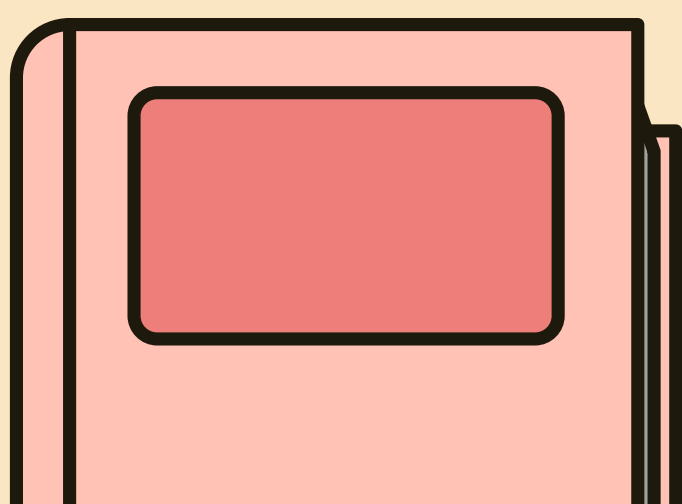
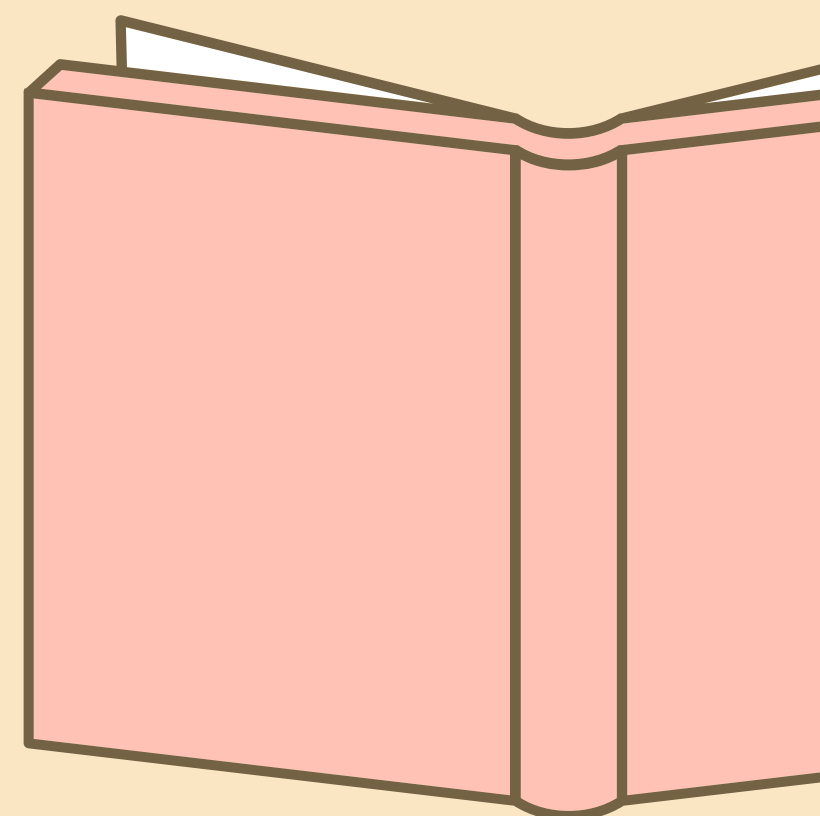


Coach's Corner



**PHEKSA PRESENTS:
FEBRUARY ISSUE**





HEY KIN,

Congrats to making it to February and a new issue of Coach's Corner. Hope everyone had a good first month of second semester and I wish everyone the best of luck for the rest of the year.

To keep track of all these amazing events, use Coach's Corner which is a monthly newsletter that will keep you updated on all the current events in our faculty. All updates will be added here in a fun and creative way so defiantly keep a lookout.

If you have something you want to share, send an email to coachescorner@pheksa.queensu.ca! Everyone is welcome to add.

Good luck and hope everyone is excited for all the events we have coming up soon.

PHEKSA AWARDS

Nominate an instructor, teaching assistant, or staff member for the School of Kinesiology and Health Studies!

PHEKSA AWARD FOR EXCELLENCE IN TEACHING

Presented to any instructor of a KNPE, PACT, or HLTH course!

INSTRUCTOR MUST DEMONSTRATE ANY OR ONE OF THE FOLLOWING:

- *Motivates students to learn and facilitates in-depth learning*
- *Develops meaningful and innovative curricula*
- *Uses novel or innovative teaching methods*
- *Uses meaningful methods for evaluating student learning*
- *Demonstrates depth of knowledge in and commitment to their field*
- *Displays outstanding commitment to the School and to the university, inside and outside of the classroom*
- *Demonstrates the realization that teachers and students are partners in the learning environment*
- *demonstrates a receptivity to students' questions*
- *Displays genuine interest in students' personal development and well-being*
- *Displays personal qualities such as friendliness and approachability*
- *Is capable of conveying information clearly and in an organized manner*

PHEKSA AWARD FOR EXCELLENCE IN TEACHING ASSISTANCE

Presented to a graduate student teaching assistant in any KNPE, PACT, or HLTH course

TA MUST DEMONSTRATE ANY ONE OR MORE OF THE FOLLOWING:

- *Motivates students to learn and facilitates in-depth learning*
- *Demonstrates depth of knowledge in and commitment to their field*
- *Demonstrates the realization that teachers and students are partners in the learning environment*
- *Demonstrates a receptivity to students' questions*
- *Displays a genuine interest in students' personal development and well-being*
- *Displays personal qualities such as friendliness and approachability*
- *Is capable of conveying information clearly and in an organized fashion*

PHEKSA EXCELLENCE IN SERVICE AWARD

Presented to a staff member within the School of Kinesiology and Health Studies

STAFF MEMBER SHOULD DEMONSTRATE ANY ONE OR MORE OF THE FOLLOWING:

- *Excellent service to the School and community*
- *Expertise and leadership in developing programs, policies, or social events*
- *Demonstrates leadership and innovation in organizing student and/or staff related activities*
- *Fosters strong and effective links between schools, boards, faculty, staff, and the community*
- *Builds the link to the local, national, and international community through programming, policy, and networking*

February Events

VIRTUAL PAINTING EVENT

HOSTED BY PHEKSA



@createwithnavy

Tuesday February 23rd 8-9 PM

- FREE
- Sign up by February 15th to receive supplies (if you will be in Kingston)
- sign up details are on the Facebook Event page
- Create with Navy will teach this pastel, mountain landscape painting step by step



createwithnavy@gmail.com

SCHOOL OF KINESIOLOGY AND HEALTH STUDIES

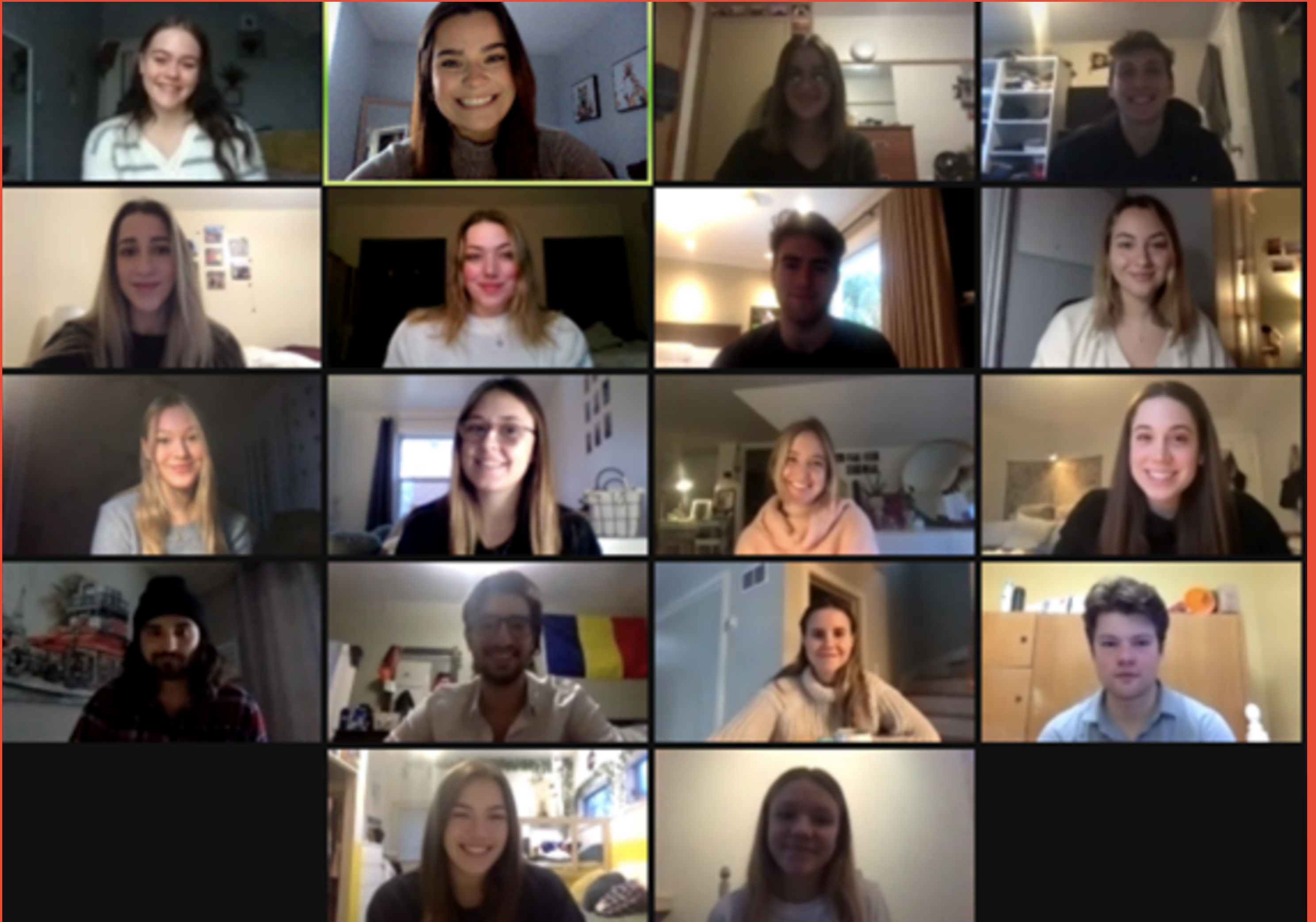
COFFEE WITH THE PROFS

Tuesday, February 23 • 3:00 PM

Check the SKHS Undergrad on OnQ or UG
News for the Zoom Link!



Concussion Awareness Committee



Queen's Concussion Awareness Committee (QCAC) strives to raise awareness within the Queen's community and break the stigma surrounding concussions while offering support for those who are currently, or have previously, suffered from a concussion. The executive team comprises 19 individuals who work in different sub-committees to organize events, support students, and raise awareness about concussions' impacts. QCAC has a General Members Team that allows for greater student involvement. Each year, QCAC hosts a conference to discuss and promote new conversations surrounding concussions, lived-experiences and helpful resources. Our previous conferences' theme covered concussions in sport and military environments, whereas other years have been more general. This year, the conference has been replaced by a speaker series developed by the General Members Team and consists of diverse guest speakers sharing their experience and knowledge about concussions. To provide student-oriented assistance, QCAC created a Mentorship Program this year to pair individuals suffering from a concussion with someone who has the experience and may offer support and share resources. Also, we started a helpline that allows students to describe their situation and gain valuable guidance and resources to support their road to recovery. Stay tuned for more info regarding future events and speakers!

How to stay sane in 2021

by Ryan Chen

Hey hey friends, happy 2021! We're living in some pretty wild times right now but that shouldn't stop us from striving to do our best! Here are a few tips to make sure we're all living happy and healthy.

Disconnect from all the news and notifications and enjoy some time to yourself. You can read a book, cook something, or go for a walk! Whatever it is, it'll bring some peace and quiet to an otherwise crazy life.

Get GOOD sleep. Getting the recommended number of hours is great but make sure it's also quality sleep! Create a relaxing bedtime routine and minimize screen time or at the very least use your phone's blue light filter and dim the brightness.

Exercise and eat good food! I'm sure you've already learned the millions of benefits on your body and brain.

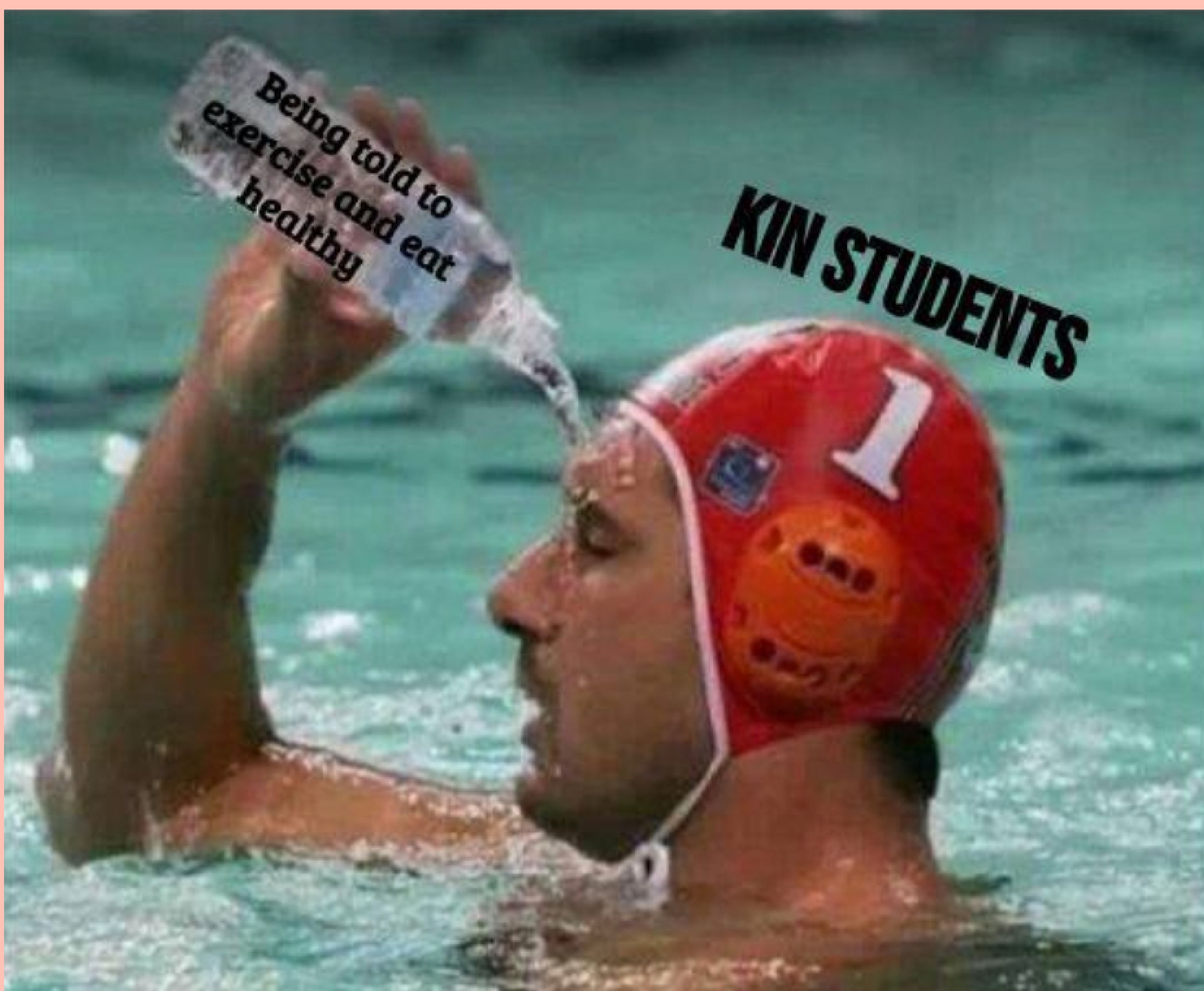
Quarantine can make the days and hours blend together so if you haven't yet, create a schedule for your week. Plan time for work and time for rest. Any bit of structure you can add to your week will help.

Most of us have a bit more time on our hands than usual. This is a perfect time to pick up a new hobby or try mastering something new. It's always fun to pick at your brain by learning something new every day.

There's nothing wrong with chatting with your besties and housemates every day but be sure to stay connected and check in with friends and family you don't get to talk to as often!

Also don't forget to follow @_pheksa_ on Instagram for updates and fun events where you can stay connected with the Kin fam.
#shamelessplug

Stay healthy by staying covid free! Wear a mask, keep your distance, and stay safe folks.



Happy Valentines Day KIN!!!

Are you a coronary artery?

Because you're wrapped around my heart.



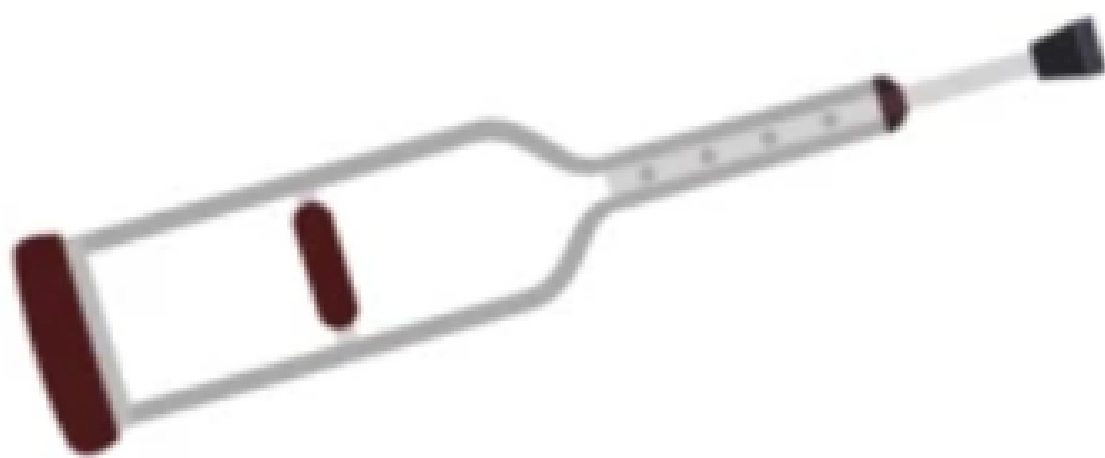
I'm not checking you out...



I'm *analyzing* your gait.

Hey girl,

I've got a *crutch* on you.



I *ULNA*



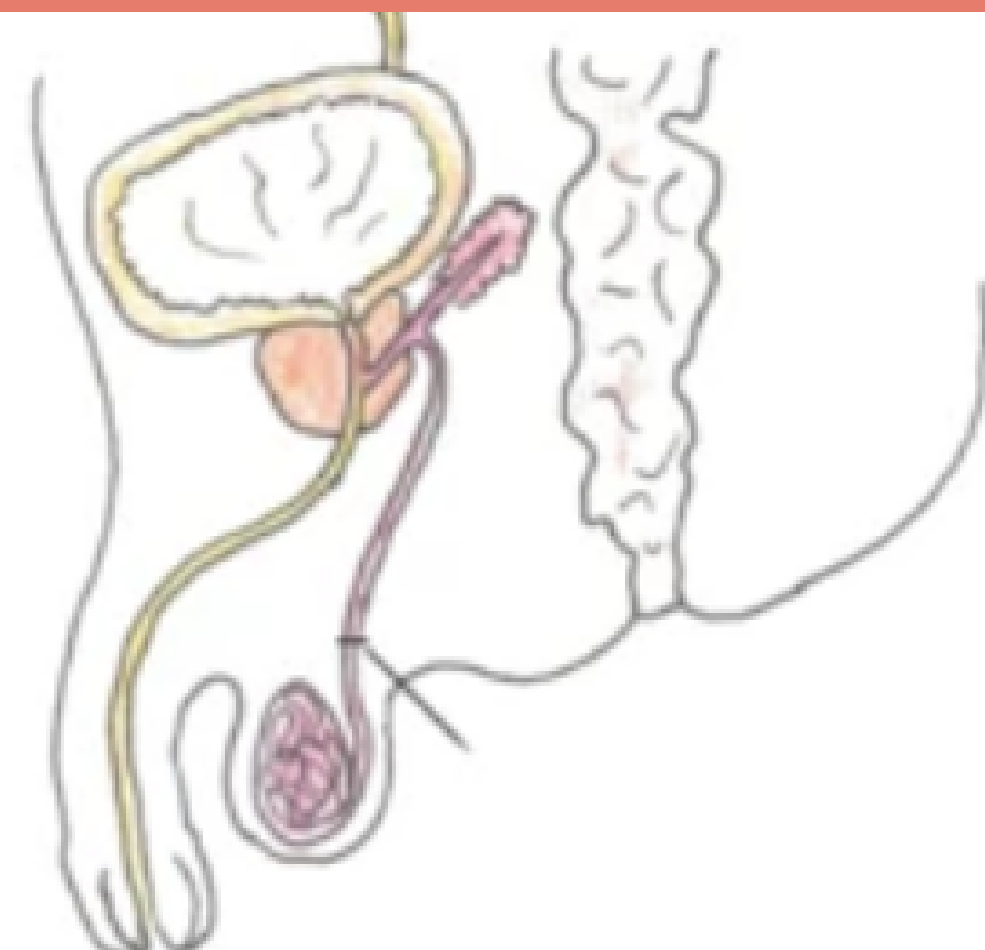
want to be with you

ICU

in my dreams...



You've made a *Vas Deferens* in my life

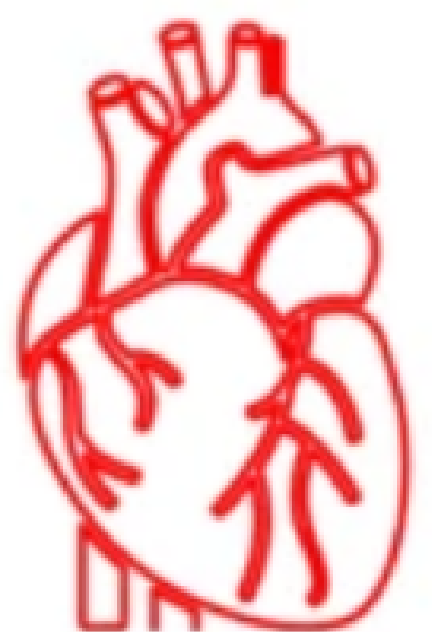


I want TIBIA

your valentine



I *aorta* tell you...



how much I love you



Exercise Training Study

The Queen's Muscle Physiology Lab is interested in investigating at-home exercise training and fitness testing

Are you?

- **Recreationally Active (Less than 3hrs/week of structured physical activity)**
- **Between the ages of 18-30**
- **No history of cardiovascular and metabolic diseases (stroke, hypertension, type II diabetes)**
- **A non-smoker**
- **Have a FitBit, Apple Watch, or other fitness tracker (not required!)**

This study involves fitness testing and four weeks of free exercise training!

Email Morgan Naiberg at 16mkn@queensu.ca for more information!

Supervisor: Dr. Brendon Gurd at gurdb@queensu.ca

This study is completely remote, and participants will not be required to visit the lab.