U-START 2021

Congratulations & WELCOME!!
Presentation Overview

- Introductions of KAT Team
- Academics
- Resources and Opportunities
- General Student Information
- Registration Information
Introductions

- Dr. Chad London
  - Dean, College of Kinesiology

- Dr. Joel Lanovaz
  - Associate Dean, Academic
Academic Information

- Keeran Wagner, BSC (Kin), CUCA 1
- Manager Undergraduate Student Academic Services and your Advisor
- Email: keenan.wagner@usask.ca
Student Support & Advising

- Chandra LePoudre, BSW, RSW, BA
- Student Support Coordinator
  - Holistic approach to wellness
  - Added support and someone to talk to
  - One-on-one appointments
  - Highly confidential
- Unique position to the College of Kinesiology
- Emails:
  - kin_studentwellness@usask.ca
  - chandra.lepoudre@usask.ca
Athlete Academic Officer

- Jamie Fast, B.Sc
- Advisor for Huskie Athletes in Kinesiology
- jamie.fast@usask.ca
College of Kinesiology

- 725 undergraduate students
- Award winning faculty who will be teaching you
- KIN 121, KIN 122 and KIN 150 classes at the PAC (if in person)
Routes of Study in Kin

- **Exercise and Sport Studies (~ 95%)**
  - Exercise Therapy and Health
  - Sports Administration
  - Coaching
  - Graduate Studies
  - Springboard to professional colleges and schools

- **The Combined Degree in Kinesiology and Education** (32 students annually)
  - For students interested in teaching secondary physical education.
  - Students who complete this program will obtain two degrees, a Bachelor of Science in Kinesiology and a Bachelor of Education.
  - Direct Entry
Attendance Policy

- Students are responsible to be available for the entire term and are expected to attend classes and examinations.

- Fall Term (September 2 - December 23)
  - Nov Break (November 8 - 12)

- Winter Term (January 5 - April 28)
  - Feb Break (Feb 21 - 25, 2022)
First Year Expectations

» Do expect your marks to drop
  » Some do maintain
  » Most drop between 10 - 30%

» VERY different from High School
  » Fast paced and not “hand-held”
  » You will be failed for work not completed

» Lots of resources on campus for help
  » Math/Stats/Writing/Study Skills Help and Workshops
  » Tutors
  » Student Health
  » KIN Student Support Coordinator
What are credit units?

- The number associated with a course (i.e. KIN 121 0.3)
- The academic weight relative to that course
- Courses completed in 1 term = 3 cu
  - BIOL 120.3
- Courses completed over 2 terms = 6 cu
  - ENG 110.6
Pre-Requisite

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- A course that must be completed or a requirement that must be met before you register for a specific class
  
  ie. Must have KIN 121 and KIN 122 to take KIN 225

Co-requisite

- Courses that may be taken concurrently with another class
  
  ie. KIN 281 Co-Req of KIN 121, 122 & KIN 150
What is an override?

- Is the class you want full?
- Don’t have a required pre-requisite?
- You can request overrides in these instances but they are NOT guaranteed

- **MUST** go to the department offering the class for the override
  - Kin classes - Keeran or Chandra
  - Psychology - Psychology Dept.
  - English - English Dept.
Add/Drop Deadlines

- Pay close attention to these dates to avoid financial and/or academic penalty
- Important Dates:
  - Last day to make registration changes with full tuition refund
  - Withdrawals with 75% tuition credit
  - Withdrawals with 50% tuition credit
  - Withdrawals with no tuition credit
  - Deadline to withdraw to avoid academic penalty (last day of classes)
  - Cannot drop classes once the final examination period has begun for that class
Typical First Year

**Exercise and Sports Studies (30 cu)**
- Bio 120.3
- Bio 224.3
- Eng 6 cu
- Math 104.3 or 110.3
- Kin 150.3
- Kin 122.3
- Kin 121.3
- SS or Hum 3 cu
- Unrestricted elective 3 cu

**Combined KIN/ED (30 cu)**
- Bio 120.3
- Bio 224.3
- EFDT 101.3
- ECUR 165.3
- Kin 150.3
- Kin 122.3
- Kin 121.3
- KIN 250.3
- Math 104.3
- Eng 1XX.3
Example of Term Schedules
Exercise & Sports Studies

Fall Term
- BIO 120.3
- ENG
- MATH 104.3 or 110.3 (could switch with a winter term class)
- KIN 121.3 or 122.3 (KIN section)
- SOCIAL SCIENCE OR HUMANITY OR UNRESTRICTED ELECTIVE .3

Winter Term
- BIO 224.3
- ENG
- KIN 150.3
- KIN 122.3 or KIN 121.3 (KIN section)
- SOCIAL SCIENCE OR HUMANITY OR UNRESTRICTED ELECTIVE .3
Spring/Summer Sessions

- Term 1
  - Quarter 1 is May
  - Quarter 2 is June
    - We run Kin classes in May and June

- Term 2
  - Quarter 3 is July
  - Quarter 4 is August
    - Most classes are from Arts and Science
Other Considerations

- Taking lighter course loads - YOU CAN DO THIS
  - Make sure you see Keeran or Chandra
  - Can catch up through Spring/Summer classes
  - However NEVER depend on Spring/Summer
  - It’s okay to take longer to complete your degree

- Requirements for other programs
  - Some flexibility with our program
  - See Keeran or Chandra
  - Most post-KIN programs are completed degrees, so you have 4 years to get any requirements
Standard First Aid/CPR-C

- Requirement of your degree
- Failure to provide proof will put degree at risk
- Pre-requisite to some Kin classes
Learning Communities

- Course triplets in which students are in same class/section
- 3 LC’s
  - Limit of 26 in each
  - EARLY REGISTRATION FOR LC CLASSES
- Weekly peer-led meetings
- [www.usask.ca/ulc](http://www.usask.ca/ulc)
  - Sign up for early notifications
  - Get yourself registered (registration opens to sign up for LC May 3rd)
  - June 7th you are able to register for ALL your classes
  - June 9th deadline
RESOURCES AND OPPORTUNITIES
Griffiths Stadium Welcome BBQ on roof (NORMALLY)
Career Café
Resume/Interview skills workshop
Diversity Workshop

https://www.youtube.com/watch?v=03btC_m87BQ&feature=emb_imp_woyt
Kinesiology Student Council
Will look for first year reps
Excellent opportunity for leadership
Social Media: @KiSS.uSask
Co-Curricular Record (CCR)

- Personalized and official record of university-approved and facilitated activities in which Usask students have been involved
  - KiSS Council
  - PAAL
  - Kin in the Community
  - Youth Leadership Through Sport
  - Wellness Sessions (Mental Health 101, Bringing in the Bystander, SafeTALK)
Job Opportunities with a KIN Degree

- **PARE, POPAT & Lifestyle Fitness Facilitator**
  - RCMP, Regina

- **Recreation Directors - Banff, Camrose**

- **Exercise Therapists - various clinics**

- **Wellness and Facilities Coordinator**
  - Cameco, Rabbit Lake Operation

- **Kinesiologist**
  - Physical Rehabilitation Centre, Saskatoon
Education Post-Kinesiology

- Masters in Physical Therapy
- Masters in Occupational Therapy
- Medicine
- Athletic Therapy
- Chiropractor
- Post Degree Nursing
- Dentistry
We encourage you to register with Access and Equity Services as early as possible if you identify with one or more of the following broad categories:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder
- Brain Injury or Concussion
- Chronic Health Issues (Bowel Diseases, Epilepsy, Migraines)
- Deaf / Hard of Hearing
- Learning Disability
- Mental Health (Anxiety, Depression, Schizophrenia, Eating Disorders)
- Mobility / Functional Issues
- Low Vision / Legally Blind
- Temporary Issues (Broken limbs)
AES Services

- Exam/Academic Accommodations
- Notetaking
- Alternate Format Textbook
- Classroom Changes
- Assistive Technology
- Definitions of Accommodations
Your link to the U of S and College of KIN

- U of S e-mail account
  - Will be used consistently
  - NSID@usask.ca
  - Be PROFESSIONAL in your emails
    - Don’t use text short hands and do use proper names
      - ie. Dr. Lanovaz, Dr. Ferguson (unless they tell you otherwise)

- Self-Declaration through PAWS

- Address
  - Where University correspondence will be sent

- Important announcements sent
Parking Services

Applications available on PAWS

$20 non-refundable fee is required at time of application

Lottery - online draw results will be posted on PAWS in August. at 8:30 am. **You must check your PAWS account for this information.** Pick up deadline in effect (not posted at this time. First week of September

- Second Chance Lottery September
  - Pick up deadline September at 4:30 pm
UPASS

- U-Pass (Universal Transit Pass)
- U-Pass offers students huge savings for transportation on Saskatoon Transit. U-Pass is mandatory for full and part-time undergraduate students at the U of S. Students with special circumstances may apply to the University of Saskatchewan Students Union (USSU) to opt-out of the U-Pass service.
You can order your ID card online and pick it up in person. Online orders for new campus ID cards typically take up to a week to complete and will be available to pick up at the USask Bookstore Preston Crossing.

Your Student ID card is used to:
- take out books at the library
- track your meal plan balance
- ride on public transit with your U-Pass - you’ll need to activate your card every term
- get into your residence room and building
- get discounts from business' that offer deals to students

https://students.usask.ca/essentials/student-id-cards.php#Howtogetit
Check for updates closer to Fall Term
Fit Centre

- All KIN students are guaranteed a ½ locker
- Student card gives you access to Fit Centre
  LOCATED RIGHT IN OUR PAC BUILDING
- Our state-of-the-art fitness facility houses
  80+ pieces of cardio equipment, a fit studio,
  free weights, weight machines and a 40 ft
  climbing wall.

https://www.youtube.com/watch?v=nO7Hj4ZtR-4&feature=emb_imp_woyt (2:56)
Student Job Opportunities

- College of Kin is largest employer of students on campus
  - Fit Centre
  - Huskie Athletics
  - Community Programs
  - Campus Recreation
  - Summer research assistants
- Employment on campus helps you get connected to new people and make money!
REGISTRATION INFORMATION
Registration Date

- Saturday, June 12th
  - 12:00 pm
- Email kin_advisor@usask.ca if ANY problems (DO NOT PHONE)
  - System is slow so be patient
- Register for both FALL TERM AND WINTER TERM
Course Search and Registration

http://www.usask.ca/

- Course and Program Catalogue
- Class Search
  - When are the classes offered?
- Registering Using CRN
  - How do I register?
Let’s look up classes!

- [https://students.usask.ca/new-students.php](https://students.usask.ca/new-students.php)

- Things to watch for:
  - Linked Labs (BIOL 120)
  - Have back up option in schedule for labs
  - 6 credit classes (ENG 110.6)
Thank you!
Any questions?
kin_advisor@usask.ca