We lead the way to active, healthy living through student hands-on experiences, world-renowned research and scholarship, sport and movement, alumni, and connection to our community.
Dean’s Message

The Faculty of Kinesiology is a vital component of the University of Calgary and is making an impact in the Calgary community and beyond. **We are ranked No. 1 in North America, No. 7 globally for sport science schools.**

Our faculty is truly unique. As a direct result of the 1988 Olympics, we are able to develop a world-class environment for research and learning as well as build superb training facilities for coaches and athletes at the varsity, community and Olympic level. We are the home of the successful Dinos varsity teams, Olympic Oval, Active Living, Outdoor Centre and the Sport Medicine Centre.

Our research provides evidence of the benefits of exercise for all ages, from biomechanics and exercise physiology to behavioral and social science perspectives.

The work we do changes lives. Join us in our journey and share our enthusiasm as we continue to educate the next generation of kinesiologists and discover new knowledge in human movement, sport and health.

Dr. Penny Werthner
Dean, Faculty Kinesiology
Best-in-Class Learning Experiences

Our education, combined with experiential learning, is a distinct advantage for students who study here. It informs their future careers and contributes to research and scholarship in our faculty and across campus.

Taking a ‘make or break’ summer job

*Melinda Coetzee* was in high school when she started thinking she would like to be an occupational therapist and work with individuals with a disability. She knew a summer job as a camp counsellor, working with children and adults with physical and mental disabilities at Camp Health, Hope and Happiness, would “either make it or break for me in terms of spending my career working with people with disabilities,” she says. “I’m happy to say ‘I made it’.”

Every week, the dance and kinesiology double major worked with a group of individuals aged six to 80 with a range of physical and mental disabilities. Coetzee provided adapted activities such as swimming, rock climbing, arts and crafts and dancing to suit the needs of each new group of campers.

“That first week was overwhelming because there was so much to remember, but I finally got into the swing of it,” she says. “It’s so important to get real-life experience. It helps you define what you want to do. I would encourage other students to take practicums and volunteer for something they think might suit them. It just may lead to the best summer job ever, like mine was.”

49 undergraduate students doing research projects

171 practicum placements for undergraduate students

“It’s so important to get real-life experience. It helps you define what you want to do.”

*Melinda Coetzee*, Dance and Kinesiology double major
A record 149 Dinos student-athletes earn U SPORTS Academic All-Canadian status and the Faculty of Kinesiology led the way with 46 students on the list.

New Qualitative Analysis course at the graduate level allows students to get more experience in qualitative and mixed methods research.

Kinesiology launches new graduate program specializing in wearable technology expected to help with a shortage of qualified professionals.

Learning through research

Master’s student Paul Brown led a study that found kidney patients who take part in low intensity exercise while taking hemodialysis have improved aerobic capacity, leg muscle strength and quality of life as they do with higher intensity exercise. The patients also have lower markers for inflammation and make fewer visits to the hospital.

Sharing expertise

Postdoctoral scholar Dr. Amanda Black, supervised by Dr. Carolyn Emery, spent five years studying how to manage concussions in Calgary youth ice hockey—how to prevent injuries and how to get that information out. Black shared her expertise in sport-related concussions with officials from the International Olympic Committee.

Making the world a better brace

Upon completion of his MSc in exercise physiology in 2017 with Dr. Juan Murias, Mitchell George took his passion for exercise as medicine to Spring Loaded Technology where he is helping build the world’s first bionic knee brace.
Advancing Research and Scholarship

Our research provides evidence of the benefits of exercise for all ages, from a biomechanics and exercise physiology perspective to a behavioral and social science perspective.

Award recognizes world-renowned pioneer in biomechanics

Dr. Walter Herzog, a self-described “accidental scientist,” has been awarded one of Canada’s most prestigious honours—the Killam Prize. It recognizes Canadian scholars for significant contributions in the humanities, social sciences, natural sciences, health sciences or engineering. He is the first UCalgary scholar to receive the Killam Prize since 1991.

“This is a tremendous honour,” says Herzog, the director of the human performance lab and professor of biomechanics in kinesiology, medicine, engineering and veterinary medicine.

Herzog, a world-renowned pioneer in biomechanics, was a middle distance runner growing up in Switzerland. He studied biomechanics thinking he would coach track and field. He came to Calgary in 1987 for postdoctoral training and never left. Herzog studies the molecular mechanisms of how muscles contract and how they affect bone and joint health.

“Many of my major discoveries have come from experiments that were not aimed at finding/studying that discovery; rather they were serendipitous by-products of otherwise unrelated experiments,” says Herzog. “I learned that your mind always needs to be prepared for the unexpected.”

“I am happy to share this accolade with the Faculty of Kinesiology and the University of Calgary, which supported my interdisciplinary research, and my colleagues who have graciously collaborated with me over the course of my career.”

Dr. Walter Herzog, Killam Prize recipient
Presenting in PyeongChang

The International Olympic Committee Medical and Scientific Commission invited Dr. Kathryn Schneider to present her post-concussion treatment techniques to medical staff of competing nations at the PyeongChang Games. Her research provides evidence for effective treatment.

Preventing pre-game injuries

Volleyball Alberta created new safety policy after undergraduate Derek Meeuwisse’s summer research project found practice and warmups are more hazardous than playing the game. Almost half the concussions among youth competitive volleyball players happened during practice and 15 per cent during warmup.
Research Themes:

• Movement Science & Musculoskeletal Health
• Injury Prevention, Sport Medicine & Rehabilitation
• Exercise Physiology & Nutrition in Health and Sport
• Psychosocial Aspects of Health and Sport

217 Peer reviewed journal publications
72 Keynotes and invited lecturers
44 Media and interviews
37 Books and chapters authored or edited
4 Patents and Licences
In one of the few collaborations of its kind in the world, **Dr. Sarah Kenny** is partnering with Alberta Ballet to reduce dance-related injury. The assistant professor of dance science is studying training load monitoring with wearable technology and dance injury rehabilitation protocols.

**Energy drink safety**

Associate professor **Dr. Jane Shearer** has written new guidelines about the safety of energy drinks for children and youth published by the American College of Sports Medicine. She warns that children and adolescents run a higher risk of complications from the caffeine in the drinks.

**Social support for physical activity**

**Dr. Meghan McDonough** is investigating how social support may help keep adults 55 and older involved in group physical activities. She hopes to develop practical applications to help older adults be more physically active and healthier.
National basketball champs champion inclusion

Over the years, the Dinos have become a force in men’s university basketball and their loyal equipment manager has become a force at home games.

Bill Hurley, who has Down syndrome, started volunteering with the Dinos 18 years ago and soon carved a role as “Wild Bill” — the team’s home court influencer.

The Integrated Post-Secondary Education Society of Alberta recognized the Dinos, the 2018 U SPORTS national champions, and head coach Dan Vanhooren with the 2018 Inclusion Award for their commitment to creating an inclusive campus community.

“Leadership is based on a service mentality and inclusion is necessary to the growth of this mindset.”

Assistant head coach Dan Pearson and two Dinos players accepted the award in June. “The days that Bill is at practice are different,” says Pearson. “There is a lightness to our environment because of the joy he brings, even when that simply means that our water bottles are a bit more filled or a hug is sprung upon a player during a short break.”
Hayley Wickenheiser, who played with the Dinos and the Canadian Women’s National Team, is the world’s best female hockey player. She received an honorary UCalgary Doctor of Laws and the Faculty of Kinesiology created a scholarship in her name for varsity women athletes.

Dinos earned a gold medal at the U Sports men’s basketball championship in Halifax. A month later, players David Kapina and Mambi Diawara were part of the Canadian contingent that won silver at the 2018 Commonwealth Games in Australia.

The icemaking team at UCalgary’s Olympic Oval is known around the world for their expertise in making the fastest ice in the world. That is why the PyeongChang Organizing Committee selected them to make and maintain the long-track surface at the PyeongChang Games.

Active Living worked with the Haskayne School of Business to launch a week-long Young Entrepreneurs camp for students from Grades 4 to 9. The budding entrepreneurs learned about innovation, design thinking and business modelling and came up with creative business ideas.

In addition to teaching outdoor skills to members of the community so that they can lead healthy, active lifestyles, the Outdoor Centre taught 4,052 Grades 10 to 12 students water safety and paddling skills through school group bookings as part of our agreement with the City of Calgary at Bowness Park.

After the success of the Gift of Play in 2016, Alberta Blue Cross has sponsored the initiative to spread across Alberta through the Be Fit For Life Network over four years. Be Fit For Life Centres will be supporting schools in their communities with the gift of playground stencils, paint and student leadership training.

About 200 people turned out to hear medical doctors and other experts in Kinesiology’s Sport Medicine Centre bust myths about treating knee pain and other non-surgical ways to treat common knee injuries.

“Leadership is based on a service mentality and inclusion is necessary to the growth of this mindset.”

Dan Vanhooren, Head Coach, Dinos Basketball
By the Numbers...

No.1
Sport science school in North America

1,000+
Undergraduate students

100+
graduate students

29
Academic staff

450+
Dinos varsity student athletes

500,000
Visits each year to Active Living programs and the Outdoor Centre

130,000
Visitors to the Olympic Oval each year

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