



## Mini-Education Day

Feb 2, 2019 – University of Saskatchewan

PAC 246

8-8:30 am

### Registration (outside PAC 246)

\*\* Coffee and breakfast snacks will be available during registration

8:30-9am

### Update from CSEP

Kathryn Moore will provide an update on CSEP

9am – 10am

### Dr. Marta Erlandson ~ Building a Bone Bank: The Impact of Weight Bearing Physical Activity on Bone Health Throughout the Lifespan

It is well known that physical activity during the growing years has a beneficial effect on bone health with the most active children laying down more bone their less-active peers. Dynamic weight bearing physical activities offer the greatest increases to bone strength. Gymnastics training exposes the skeleton to unique forms of dynamic mechanical loads. Young female gymnasts, both competitive and recreational, have consistently been shown to have better health than their peers. Furthermore, retired female gymnasts have also been found to have better bone health than other retired athletes and non-athletes. We will discuss the impact of weight bearing physical activity on bone development during the growing years as well as bone health throughout the lifespan.

10am – 10:20am

Coffee Break

10:20 – 11:45am

### Shannon Doyle-Kenny ~ How to Gain Strength using Body Weight Exercise

Anyone coached by Shannon whether they are age 2 or 92 can tell you the most important muscle in their body is “their butt”. They have learned to transfer their strength through their legs and glutes to do more functional activities in life whether it is holding a handstand, shoveling snow, canoeing, or re-learning how to raise and lower into a chair. This practical session with Shannon will involve learning how to gain strength using your body weight like a gymnast does and how this relates to everyday activities. It is all about center of gravity, base of support, and levers.

11:45am – 1pm

**Jordan Westad ~ Empire Parkour ‘Strides’ Back**

This session will explain the origin of Parkour and its route getting established in Saskatoon. Jordan will touch on the role of physics in moving more efficiently and safely with Parkour, and touch on common injuries in the sport and what preventative measures are taken to keep injuries minimized.

Topics:

- 1. Who we are, and what is Parkour?
- 2. How Empire Parkour was formed.
- 3. Who is Parkour for?
- 4. Training smarter not harder, the role of biomechanics within the sport
- 5. Acute Injury prevention
- 6. Proper recovery

**Registration Form**

- Please complete one form per person.
- Registration deadline: January 28, 2019

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Cost of Education Day:**

CSEP Member:	_____ \$75
CSEP (student) Member	_____ \$40
Non-Member	_____ \$100

**Attending this CSEP Mini-Ed Day = 12.5 PDCs for CSEP members**

- 1. Payment can be made by CHQ or CASH – for CHQ please make payable to: **SKESA**

\*\*\* We are working to have E-Transfer available for payment by Jan 1, 2019 (Shannon will confirm)

- 2. Enclose form and payment and mail to:

**Shannon Strate – SKESA  
314 Steiger Way, Saskatoon SK. S7N 4K2**

\*\* Confirmation will be sent once registration is receive

## **BIOGRAPHIES:**

### **Dr. Marta Erlandson**

Dr. Marta Erlandson joined the faculty of Kinesiology in January 2014 as an Assistant Professor. She obtained her MSc. in 2007 and PhD. in 2010 from the University of Saskatchewan. For her graduate work, Dr. Erlandson examined the effect of recreational gymnastics participation on bone development in children 4-10 years of age. She then completed a postdoctoral fellowship in the Osteoporosis and Women's Health Program at the University Health Network, University of Toronto where she examined the potential of novel imaging tools to capture muscle and bone parameters and how they change with age.

Dr. Erlandson's current research program focuses on lifelong musculoskeletal health. She is interested in child and adolescent growth and development and the influence physical activity, sport and inactivity has on this process during growth as well as on health outcomes later in life. Dr. Erlandson also examines the development of physical literacy in both healthy and clinical populations.

### **Shannon Doyle-Kenny**

Shannon has been doing gymnastics for her whole life. She grew up and trained in small town Tisdale, Saskatchewan. She moved to Toronto, Ontario to attend Gymnastics Coaching College at Seneca College of Applied Arts and Science which was an Elite Training Centre with Olympic level coaches and gymnasts. She returned to Saskatchewan and started coaching at Can-Am Gymnastics Club in 1989. She has coached gymnasts at many levels obtaining a Level 3 National Coaching Certification in Gymnastics as well as certifications for judging high level National athletes. She coached competitive level gymnasts while attending the University of Saskatchewan completing a degree and post graduate diploma in Kinesiology specializing in Exercise Therapy. She then gained experience working in the clinical setting in Physical Therapy Clinics working with WCB and SGI insurance clients as well as private clients. She then worked as a Vocational Rehabilitation Consultant for many years gaining more experience learning to analyze the functional movements required for everyday activities and ergonomics in work settings. The knowledge of biomechanics gained through a coaching career has been valuable in the analysis of functional tasks and ability to teach someone how to do that activity in the safest way.

### **Jordan Westad**

Jordan Westad is one of the owners of Empire Parkour. He convocated from Kinesiology at the U of S in 2017 majoring in Kinesiology and minoring in Entrepreneurship. He particularly enjoyed expanding his knowledge in coaching, pedagogy, and sports medicine and he regularly uses that knowledge within his practice now. He has been training parkour for around 8 years and coaching for around 6 years. He's competed in Parkour at the international level at the North American Parkour Championships, and other various competitions across North America and claimed several podium spots in Speed competitions. Jordan has also been able to try his hand at judging competitions as he judged a Style competition in Calgary last year.

Empire Parkour is the best source for qualified parkour education within Saskatchewan. They have been coaching in the Saskatoon area for over 5 years. They started out with one class in one gym, then multiple classes in multiple gyms, and now you can find them in their brand-new building in the North end of Saskatoon. This is the first dedicated Parkour gym in Saskatchewan.

While they primarily coach youth, they have classes for anyone aged 4 and up.