

# The Active Kids Program 2017

## Year in Review



A Community Outreach program  
offered by the UBC School of Kinesiology



THE UNIVERSITY  
OF BRITISH COLUMBIA  
School of Kinesiology

## **KIN Outreach Mission**

To offer student development and community engagement opportunities that deliver long-term health and well-being to the UBC and Greater Vancouver community through Physical Activity programs supported by the expertise of the School of Kinesiology.

## **Active Kids Philosophy**

The Active Kids program philosophy emphasizes fun, inclusive, developmentally appropriate, organized, safe, purposeful, and active sport experiences. All programs value and encourage physical literacy development and sport-specific skill acquisition, and promote lifelong participation in physical activity for all ages and abilities.

Drawing on faculty, staff, and student expertise, we use evidence based practices to create a fun, safe, active, and motivational learning environment focused on both physical literacy and sport specific development.



# Student Development

## 2017 Professional Development

Active Kids is proud to offer a certification and professional development reimbursement program for its student staff. In 2017 we funded approximately 40 certifications for students including NCCP sport specific certifications, leadership workshops, criminal background checks, among others, totalling approximately \$4,700. We also offered a variety of internal workshops and training sessions.

## 2017 Experiential Learning

**110 UBC KIN students** in leadership positions (69 instructors, 41 volunteers)

**141 UBC students** in leadership positions

**650 hours** of work-learn grant funding received

**3,972 hours** of student-led physical activity programming

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*Active Kids was the program that first introduced me to the field of Kinesiology. I was given an opportunity to compete in the High School Gymnastics Program in my last year of high school, even without any previous sports experience. This inspired me to apply to become a part of the Kinesiology family and pursue further passions in this field.*

*I am now a certified Gymnastics coach at Active Kids, which has allowed me to fully apply and integrate material from my courses like Sports Psychology and Exercise Physiology to my teaching, and see noticeable improvements in my gymnasts' training. This work position allows me to contribute back to the community that brought me to UBC, and provides a strong foundation for future career possibilities within the sport and exercise field.*

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- Alex Yang, KIN 3rd year student





## Community Engagement

### 2017 Active Kids Community Programming:

- Recreational Gymnastics
- UNA Soccer
- UNA Multisport/Physical Literacy
- UNA Basketball
- Musqueam Multisport/Physical Literacy
- Adapted Multisport/Physical Literacy
- Homeschool Multisport/Physical Literacy
- Kids Fit / UTown@UBC
- Highschool Competitive Gymnastics
- Custom School Group bookings

**\*Across all programs in 2017, Active Kids saw over 26,000 visits to our programs; during the academic year this spikes to approximately 1,000 visits every week.**

## 2017 Active Kids Community Program Partners:

Active Kids partnered with over 44 community groups including local elementary and high schools, local sports organizations, and wellness groups to offer engaging programming to the Greater Vancouver area.

**UBC Bodyworks**    **University Neighborhood Association**  
*Canadian Sport for Life*    **Active For Life**  
Vancouver Pacific Swim Club    Kids World  
**Eaton Arrowsmith & Magnussen School**  
Musqueam Band    **UBC Longhouse of Learning**  
**UBC Bridge Through Sport Program**  
**UBC Campus and Community Planning**    **Kidsafe BC**  
Vancouver Properties Trust    **UBC Athletics and Recreation**  
**Hudson Out of School Care**  
**UBC Cheer**    **BC High School Sports**  
**Over 20 local Elementary and High Schools**  
UBC Parking    Kivan Boys and Girls Club  
**Libra Nutrition**    **Norma Rose Point Elementary**  
**Acadia Park**    **UBC Wellbeing**



## 2017 Active Kids Community Event Partners

- Acadia Park Resource Fair\*
- UBC Sports Day\*
- Thunderbirds Track and Field Longest Race day\*
- Kids World\*
- Move UBC
- Wesbrook Festival\*
- Kitsilano Family Resource Fair\*
- UBC Staff BBQ
- UBC Family Health Resource Fair\*
- Conference presence: Canadian Sport for Life Summit 2017, International Physical Literacy Conference 2017, Sport Leadership 2017

*\*Value in kind donations were provided by Active Kids.*



## School of Kinesiology

### 2017 KIN Event Support:

- Imagine Day
- KINvolved
- UBC Welcomes You
- High School Lab Tours
- Indspire
- KIN Career Day
- KIN Leadership Awards

### 2017 KIN Academic Support:

KIN

369

Delivery of NCCP  
FMS certification

KIN

115

Pathway to NCCP certification  
and AK employment/  
experiential learning

KIN

456

4 student placements  
in AK programming  
during winter term



## KIN Faculty Project Support

Active Kids collaborated with multiple KIN faculty members to help support their work.

- Emma McRudden - Registered Sport Dietician Emma McRudden and her students created monthly nutrition and healthy eating tips for families which were sent out to local community members via monthly Outreach newsletter.
- Dr. Moss Norman - Active Kids facilitated meetings between Dr. Norman and Musqueam in forming tighter relationships between the community and the School of Kinesiology



## 2017 KIN Research Support:

Active Kids is proud to have supported 4 KIN-based research projects in 2017 by providing participant recruitment tools including website announcements, monthly e-newsletters to over 3,500 local families, targeted communications directly to Active Kids families who meet specific criteria, in-gym posters, and by coordinating direct in-person contact to families taking place during program times.

- Optimizing Movement in Children Study (OMICS) - Dr. Eli Puterman, Anne Lasinsky, and Sarah Koch
- 24 Hour Movement Study - Dr. Guy Faulkner and Negin Riazi
- Examining Early Childhood Gross Motor Proficiency in Children Born Young-For-Date - Dr. Shannon Bredin and Beth Rizzardo
- Vestibular Perception in Patients with Adolescent Idiopathic Scoliosis - Dr. Jean-Sébastien Blouin and Emma Woo

## UBC Kinesiology Strategic Plan Summary Statement

Active Kids is an integral part of the School's strategic plan to advance and disseminate interdisciplinary knowledge that fosters community health and wellbeing through physical activity, physical literacy, and sport. The program provides exceptional learning opportunities for the next generation of leaders in kinesiology, and rich experiential physical activity environments for various local communities, specialized populations, and children of all ages and abilities. Active Kids continually strives to incorporate the School's research and teaching expertise to enhance program quality aimed at promoting community health and social vibrancy across the lifespan. It is a signature program of the School and has established a strong reputation as a provider of unique opportunities for student development and communities engagement. The School continues to support and look forward to its growth in the future.

- Dr. Robert Boushel

Professor and Director, School of Kinesiology

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