

UBC Active Kids

A Community Outreach Program offered by
the UBC School of Kinesiology

2018
2019

YEAR IN
REVIEW



THE UNIVERSITY OF BRITISH COLUMBIA
Active Kids
School of Kinesiology

VISION

Be a recognized UBC leader and a signature program of the School of Kinesiology for engaging with diverse communities through evidence based physical activity programming for children and youth, and for developing rich experiential learning opportunities for Kinesiology students.

MISSION

Develop and deliver exceptional evidence based physical activity programs. Programs are focused on positive sport experiences, physical literacy development, and empowering children and youth to be healthy and physically active for life. UBC students gain valuable professional career experience, access to leadership and training resources, and practical application experience enhancing their academic pursuits.

VALUES

Community, Student Development, Physical Literacy, Skill Development, Health and Wellbeing, Collaboration, Mentorship and Leadership, Experiential Learning, Professional Development, Diversity, Respect, Inclusivity, Knowledge Translation, Fun, Safety, Positive Physical Activity Experience.



UBC ACTIVE KIDS LEADERSHIP TEAM



Dylan Brown
Director



Kimberly Truong
Program Coordinator



Kari Brackenbury
Gymnastics Program
Coordinator and
Senior Coach



Chris Lim
Outreach Office
Supervisor

MESSAGE FROM THE DIRECTOR OF THE UBC SCHOOL OF KINESIOLOGY

UBC Active Kids is an integral part of the School's strategic plan to advance and disseminate interdisciplinary knowledge and practice to foster child health and wellbeing through physical activity, physical literacy, and sport. The program provides rich physical activity environments for local communities including Musqueam youth, specialized populations, and children of all ages and abilities. UBC Active Kids continually strives to incorporate the School's research and teaching expertise to enhance program quality aimed at promoting health and social vibrancy across the lifespan. It is a signature program of the School with a flourishing reputation as a provider of dynamic programs for children, while serving as a training and experiential learning hub for the next generation of leaders in kinesiology.

Dr. Robert Boushel

Professor and Director, UBC School of Kinesiology

MESSAGE FROM THE UBC ACTIVE KIDS DIRECTOR

Working in a School comprised of faculty members with immense expertise, talented and driven staff, and students with great ambition and passion is a privilege. It also fosters a culture that has supported and allowed the UBC Active Kids program to thrive. Whether it be through community, Kinesiology, or UBC events and student engagement, partnerships with local communities to develop and deliver sport and physical literacy based children's programs, academic and research collaborations, or by empowering and training students to be leaders and advocates of physical activity, we've seen tremendous growth this past year. This journey has generated a high level of excitement and focus amongst our team and partners. Our philosophy has always been centered on fun, inclusive, developmentally appropriate, organized, and safe and purposeful physical activity experiences. With this always in mind, we look forward to continuing to grow and to share the School's expertise and knowledge by extending our reach to engage with more children, students, and communities in the future.

Dylan Brown

Director, UBC Active Kids, UBC School of Kinesiology

COMMUNITY ENGAGEMENT

PROGRAMS AND PARTNERS

UBC Active Kids offers multiple sport and physical literacy based programs for children of all ages and abilities. We also collaborate with various local communities to create custom physical activity programming that are specialized to the needs and goals of that community. In 2018/2019 we are proud to have offered the following core programs:

- Soccer at the UNA's Wesbrook Community Centre
- Basketball at the UNA's Wesbrook Community Centre
- Multisport and Playtime at the UNA's Wesbrook Community Centre
- Multisport and Games at the UNA's Wesbrook Community Centre
- Recreational Gymnastics Programming at the Osborne Centre
- High School Competitive Gymnastics at the Osborne Centre
- Gymnastics for Norma Rose Point Elementary School
- Multisport and Physical Literacy at the Musqueam Community Centre
- Multisport and Physical Literacy for the Homeschool Community
- Adapted Multisport and Physical Literacy for Eaton Arrowsmith and Magnussen School
- KidsFit for the UNA, Acadia Park, and the UBC@UTown Community

During the last academic year, UBC Active Kids saw an average of over 1200 visits every week to our programs by local children and families.

COMMUNITY PARTNER SPOTLIGHT: KidsWorld

KidsWorld is a Vancouver based organization that facilitates opportunities for families to find affordable ways to spend quality time together at a wide variety of fun, athletic, and educational places. UBC Active Kids has partnered with them for the past several years to offer free gymnastics activities to 75 of their members every December.



COMMUNITY GROUPS AND PARTNERS

One time activities and bookings were also offered with the following community groups:

- Kids Safe
- Kids World
- Madrona School
- Family Montessori School
- Prince of Wales Elementary School
- City Reach Camp
- UBC Camps
- UBC Cheer
- UBC Grad Student Society
- The Looking Glass Residence
- Hudson Out of School Care
- The KIVAN Boys and Girls Club

COMMUNITY PROGRAM SPOTLIGHT:

Musqueam Multisport and Physical Literacy Program



The Musqueam Health Department believes that the health of the family reflects on the health of the community. They strive to link the clients and families with resources and activities that are holistic, dynamic, culturally sensitive, and aimed at wellness promotion to encompass mental, physical, emotional and spiritual health. The Aboriginal worldview highlights concepts of wholeness, balance, the importance of relationships with [self] family, community, ancestors, and the natural environment. An individual's identity, status and place in the world are tied to the family, and to one's ancestors traditional territory and the community. Each of these elements has implications for the design and delivery of healing programs.

In the spring of 2016 the Musqueam Community Health Nurse approached UBC Active Kids about developing a program for children six and younger to take place at the Musqueam Community Center. Since then, every fall and winter academic term, we have collaborated to offer a 6-8 week program for kids aged 1.5-6 years. Led by Kinesiology students and volunteers and Musqueam community champions, the program has evolved from gymnastics based to physical literacy based and is focused on fun, confidence building and skill development, positive associations with sport and physical activity, and social growth and wellbeing.



In fall 2018, we received a \$2,000 grant from UBC Wellbeing which allowed us to include several new changes including the integration of numerous cultural elements recommended by the Musqueam community. This included a cultural greeting at the start and end of the program, led by either a Member of Council and / or a Musqueam elder; We increased cultural training for Kinesiology students and volunteers by delivering the NCCP Aboriginal Coaching Module, offered in collaboration with I-SPARC, and provided a facility and community orientation prior to the program. The funding also supported the implementation of a healthy food sharing component before every class, and an incentive model to increase weekly attendance and participation for both the children and their families; this was a huge success increasing weekly attendance by more than five times! We also purchased new equipment which the community has access to and can use year round during non program time. The feedback from our partners, the kids, the parents, and students has been extremely positive and we are looking at ways to continue to grow and make this a sustainable partnership in the future.



***Good health starts from the roots,
ultimately starting with our young
children to build strong foundations
of connection and positivity.***

***– Crystal Point, BScn, RN,
Musqueam Community Health Nurse***

COMMUNITY KNOWLEDGE EXCHANGE

In addition to the UBC Active Kids monthly newsletter that reaches over 3600 local families, we are proud to announce that we have recently launched a new section of our website focused on knowledge exchange. It features a community resources section that shares and promotes research from the School and information from health and physical activity professionals that parents may be interested in.

KINESIOLOGY FACULTY EXPERTISE

An exciting recurring series developed by Kinesiology Lecturer and Registered Sport Dietician Emma McCrudden is our Healthy Eating Tips for Families. Emma works with her students to develop monthly content that can help families make healthy eating a fun and easy part of their everyday routine. This information is shared in the UBC Active Kids monthly newsletter and posted on the community resources page of our website.

February Newsletter:

- Meal planning tips for the busy week:** Includes a "MENU PLANNER" worksheet and a "Quick tip" about using time-saving appliances like slow-cookers or rice-cookers.
- Additional resources:** Sample meal plan from Dietitians of Canada, Meal-planning template to write down meal ideas for the week, and Top 10 meal planning applications.

January Newsletter:

- Top nutrients to prevent a cold and boost immune system:** Includes a collage of healthy foods like oranges, salmon, and vegetables.
- Additional tips:** Get sleepy snacks (pumpkin, chia, sunflower, hemp, and flax seeds on cereals), drink tea (green, turmeric, or ginger), and spice up meals (ginger, garlic, chili peppers, curry powder, or turmeric).
- Seek support:** From Dietitians, visit www.dietitians.ca/Find.

UBC Active Kids:



COMMUNITY ENGAGEMENT RECOGNITION

In May 2019 UBC Active Kids Program Coordinator **Kim Truong** was nominated for a Faculty of Education Staff Award in the Emerging Leader category. Kim was nominated by her colleagues for her tremendous support and leadership amongst not only her direct team, but also for her mentorship with the UBC Active Kids student staff and volunteer community. The School is very pleased with this high level of recognition and would like to congratulate her.

In October 2018 UBC Active Kids Director **Dylan Brown** was the winner of a UBC Presidents Award for Community Engagement. This is a highly competitive and prestigious award and the School is very pleased that his commitment and leadership of the UBC Active Kids program and his success in connecting students and the School with diverse communities to promote physical activity has been recognized at such a high level within the university.

EVENTS

UBC Active Kids has worked hard to continue to establish a strong community presence this year through a variety of community events. Kinesiology student coaches represented the School and UBC Active Kids by attending UBC, local, and community events to promote our programs and to create interactive physical activity play spaces for children.

- Wesbrook Festival
- Westside Family Resource Fair
- Norma Rose Point Spring Festival
- UBC Staff and Faculty Welcome Back BBQ
- UBC Family Health and Resource Fair
- UBC Storm The Wall Community Festival
- Move UBC
- UBC Tough Toddler



UBC Active Kids provided value in kind donations in the form of drop in program passes and discounts to numerous community groups and events including:



EVENT SPOTLIGHT: Tough Toddler

In June 2019 UBC Active Kids and Campus and Community Planning co-hosted an event called Tough Toddler. This free event took place at the Osborne Center and was offered to engage with the UBC residential community. Several hundred local families with both toddler aged and older children attended and participated in interactive physical activity play spaces led by kinesiology students. Also included was live music and food. The overarching goal was to enhance health and wellbeing of families through fun and enriched physical activities that also promote social connectivity on campus.

- Kits Community Block Party
- Thunderbird Longest Day Road Race
- The Pacifica Race
- Crown Preschool 70th Anniversary Silent Auction
- Westside Family Resource Fair
- The Longest Day Race
- UBC Congress 2019



STUDENT DEVELOPMENT

EXPERIENTIAL LEARNING IN UBC ACTIVE KIDS

STUDENT EMPLOYMENT: UBC Active Kids strives to provide unique experiential learning opportunities that engage the next generation of leaders in Kinesiology as well as UBC students across many faculties and departments. We believe that enhancing the academic experience through community engagement via rich physical activity environments bring significant value to the student experience and helps bridge the gap between classroom learning and practical application. All UBC Active Kids programs, classes, events, and services are led by students. From May 2018 – May 2019 we are proud to have provided experiential learning and leadership roles to:

- 63** Kinesiology Students as UBC Active Kids Instructors
- 50** Kinesiology Students as UBC Active Kids Volunteers
- 32** Non Kinesiology UBC Students as UBC Active Kids Instructors
- 6** Non Kinesiology UBC Students as Volunteers
- 12** Non UBC Active Kid Instructors

4000+ hours
*of student led physical activity
programming in the past year*



STUDENT DEVELOPMENT AND TRAINING

UBC Active Kids is also proud to offer a certification and professional development reimbursement program for its student staff. Some of the highlights in the past year include:

- Funding approx. \$3000 worth of training workshops and certifications for student staff (primarily through the National Coaching Certification Program (NCCP))
- Collaborating with Kinesiology Faculty members to offer numerous internal workshops including:
 - effective physical activity classroom management
 - sport specific developmentally appropriate activity design and delivery
- Offering external workshops to our students including
 - NCCP Aboriginal Coaching Module
 - viaSport's BC's 'All Youth Matter: Inclusion Training'
 - Sport for Life's Movement Preparation Workshop
 - Canucks Autism — Strategies for Supporting Positive Behavior on Recreational Setting

VOLUNTEER SPOTLIGHT: Kinesiology Student Involvement



In Sept 2018 UBC Active Kids launched a new strategy to increase, engage, and sustain the number of Kinesiology students that become volunteers in our community programs. By actively recruiting at UBC and Kinesiology events and increasing our marketing efforts the volunteer team grew to 50 students in the past year, previously we averaged approx. 20. Through enhanced training and team building and mentorship activities we also saw a large spike in the number of volunteers that returned in term 2 in the same role, or became paid Instructors. An increase in volunteers not only extends our reach to engage more student's experiential learning opportunities, but it also helps to increase the safety and quality of our programs.



“ I have been coaching with the UBC Active Kids program for 2 years now and it has been one of the best experiences of my undergrad. I am given the opportunity to instruct children aged 6-15 of all fitness levels to promote physical activity and literacy in a safe, fun, and active environment while also directly applying what I learn in my Kinesiology classes [...] My time with UBC Active Kids has been monumental towards my personal growth and development while also allowing me to make a positive impact on the community which is why it will always be one of my favourite experiences at UBC.”

—Delon Chan, 4th Year Kinesiology Student and former KUS VP Academic

“ I first learned of UBC Active Kids on my first day at UBC from my orientation leader. [...] This opportunity led me to gain valuable leadership skills and an NCCP gymnastics certification which have both been highly sought after in my current volunteer, job, and education endeavors. During my time in the gym, I was able to apply knowledge gained in my KIN courses (specifically, KIN 369, 365, 367 & 400) which made my time in the classroom much more meaningful. Working at UBC Active Kids never felt like a ‘work’. While engaging with other Kinesiology students, and coaching the kids in the UBC community, I was always excited to be in the gym. Now graduated with a BKIN and applying for a Master’s degree, my time at UBC Active Kids not only provided me with a strong foundation for the future but also enhanced my undergraduate years.”

—Callie Berlet, Kin Grad 2019

KINESIOLOGY ACADEMIC & RESEARCH COLLABORATION

The first action item under the Community and Knowledge Exchange pillar of the School of Kinesiology Strategic Plan is to strengthen collaborations between the Undergraduate Program and the Outreach programs through faculty research projects, courses, and field placements. To help achieve this goal, in the past academic year UBC Active Kids has launched a research participant recruitment program made available to all grad students and Faculty. We have also partnered with a growing number of Kinesiology undergraduate courses:

KIN 115A: PERFORMANCE ANALYSIS OF SELECTED INDIVIDUAL SPORTS, ATHLETICS

KIN 115A students were required to take part in UBC Active Kids Multisport/Physical Literacy program, a custom program for the Homeschool Learning Community.

Students attended the program to serve as guest coaches throughout the duration of the term and were responsible for creating and delivering lessons to children aged 5-12. Lessons and instruction contributed to 15% of their final grade.

KIN 115B: PERFORMANCE ANALYSIS OF SELECTED INDIVIDUAL SPORTS, GYMNASTICS

KIN 115B students were required to attend and observe a UBC Active Kids Gymnastics class.

Observations are designed to enhance course content and understanding, specifically with respect to: concept and scope of developmental gymnastics and the role that these activities play in motor development, describing the components and movement patterns inherent in developmental gymnastics activities, recognizing and explaining the factors that contribute to effective performance in developmental gymnastics, applying systematic observation and analysis to accurately recognize effective and ineffective performance in developmental gymnastics activities, and demonstrating instructional strategies for leading safe, effective, and inclusive developmental gymnastics activities.

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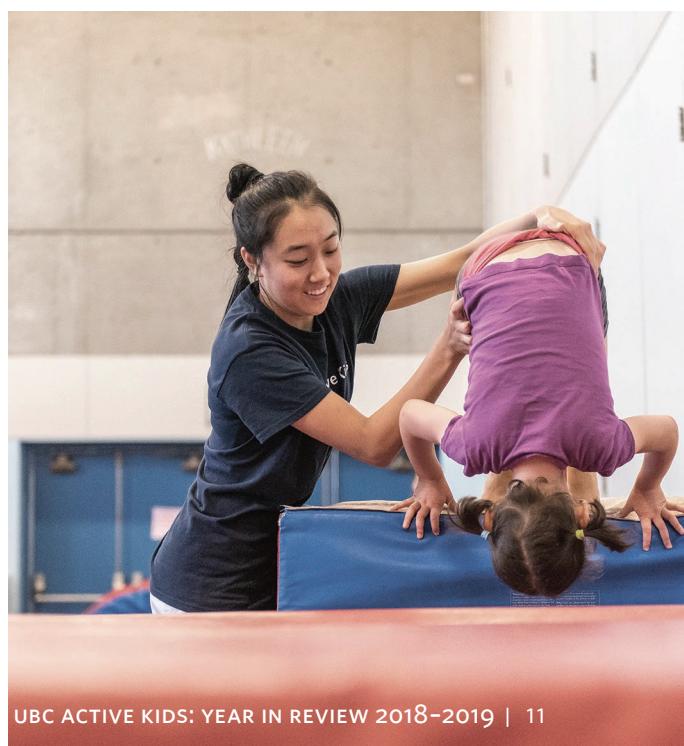
I have been part of the UBC Active Kids program since my first year at UBC. [...] I have built relationships with coaches that will last the rest of my time as student, and it has fostered my passion for both teaching and developing active lifestyles in kids. I love this program and would highly recommend anyone get involved as much as possible!"

—Tanya Lui, 2nd Year Kinesiology Student

KIN 365: FOUNDATIONS OF COACHING

KIN 365 students had the option of attending a UBC Active Kids community sport and/or physical literacy based program.

Students observed a session and completed an in-class presentation with a partner. Students were required to identify the domain of the sport team/group which they observed, the coaching type and style, identify coaching parameters that were significant to their learning, explain what they learned from the observation and how that contributed to the creation of their coaching philosophy. The presentation contributed to 15% of their final grade.



KIN 366: MOVEMENT EXPERIENCES FOR YOUNG CHILDREN

All KIN 366 students were required to attend a School of Kinesiology's UBC Active Kids community sport and/or physical literacy based program.

Students completed an analysis using concepts from a conceptual approach of movement and created an infographic which provides activity recommendations based on the student's observations. This assignment provides student with an opportunity to observe a real life instructional setting, detect movement difficulties that learners are exhibiting, and then engage in a knowledge mobilization activity with the purpose of improving those movement difficulties. The combined observation, analysis, and infographic contributed to 25% of their final grade.

KIN 456: FIELD EXPERIENCES IN PHYSICAL EDUCATION

KIN 456 students are provided the option of attending a UBC Active Kids community sport and/or physical literacy based program for their fieldwork placement.

The field placement is 30-40 hours, spread throughout the term, and is designed to provide a practical, applied, hands-on teaching experience and to enhance ongoing professional development. The placement includes shadowing a community coach, engaging with children by creating and leading instructional content, and keeping a journal which analyzes their experiences. Combined, this contributes to 35% of their final grade.



EVENT COLLABORATION AND SUPPORT

In the past academic year UBC Active Kids has increased its presence in central School events that engage with Kinesiology students. We believe this contributes to the already strong reputation that both prospective and current students have of UBC Kinesiology. School event inclusion also provides a way for UBC Active Kids to represent Kinesiology and showcase opportunities for students to enhance their academic experience in the School's Outreach programs. In the past academic year UBC Active Kids was part of the following events:

- Kinesiology Jumpstart
- Kinesiology Imagine Day
- UBC Kinesiology Welcomes You
- Kinesiology Leadership Awards
- Kinesiology Career Fair



THANK YOU AND ACKNOWLEDGEMENTS

UBC Active Kids would not be possible without the tremendous support from everyone that we encounter and work with on a daily basis. We would like to extend a sincere thank you to the xʷməθkʷəy̓əm (Musqueam) and Syilx (Okanagan) peoples who's traditional, ancestral, and unceded territory is home to where we learn, share, and play. We would also like to thank and acknowledge the UBC Faculty of Education and the UBC School of Kinesiology; their amazing faculty and staff provide vision, expertise, and motivate us to continue our work. We'd also like to recognize and thank all of our community partners who collaborate with us at every level; their values and commitment help ensure we reach a broad and diverse range of people across campus and Vancouver.

Our student leaders, instructors, coaches, and volunteers have a strong reputation for their passion, enthusiasm, dedication, and professionalism; we'd like to thank them for their significant and far reaching contributions which are pivotal to all aspects of our unit. We are incredibly grateful and would like to acknowledge and thank all of the children, parents, families, and communities for choosing to engage and be active with us. Working together is a privilege and we look forward to continuing our physical activity journey alongside you.

UBC Active Kids
School of Kinesiology

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