

YEAR PLAN

MSU SRA Kinesiology
Natalia Bek and Malaikah Ahmad
2022-2023
January 15th 2023



OFFICE OF KINESIOLOGY CAUCUS LEADER INTRODUCTION

Dear Kinesiology Students and Members of the Assembly,

Our names are Natalia Bek (she/her) and Malaikah Ahmad (she/her) and we are your Kinesiology SRA reps for the 2022-2023 year. We want to first and foremost thank everyone who signed our nomination forms as well as those who voted for us.

As students who are both in our upper years of the Kinesiology program we have gone through many universal experiences and we hope to take that, as well as the input of our peers, into the decisions we have made for this upcoming year. We look forward to working together in providing a space with focus on strengthening the community with the goal of improving everyone's well being not only for the Kinesiology Student Body but for all of McMaster University.

We aim to provide great opportunities and emphasize the importance of community, well-being and self-care and we hope we can achieve that during our time in being your SRA Reps.

Once again we thank you and look forward to connecting.

Sincerely,

Natalia Bek (bekn@mcmaster.ca) and
Malaikah Ahmad (ahmadm83@mcmaster.ca)

GOALS

Objective 1	Healthy Snacks for Students
Description	<ul style="list-style-type: none"> • Providing free healthy snacks to McMaster students.
Benefits	<ul style="list-style-type: none"> • It would allow for students to not have to worry about not being able to eat healthy snacks throughout their day especially if they are commuting and/or need to be on campus all day long.
Difficulties	<ul style="list-style-type: none"> • How many options we can realistically provide. • Budget. • How often would it be replenished.
Long-term implications	<ul style="list-style-type: none"> • Can improve the quality of life for students who need to stay on campus for long periods of time. • Help with overall well being. • Addresses the difference in socioeconomic status within our student body to provide everyone with free healthy alternatives.
How?	<ul style="list-style-type: none"> • For Kinesiology specifically collaborating with the Kinesiology Society in providing healthy snacks during office hours.
Partners	<ul style="list-style-type: none"> • Kinesiology Society and any other SRA caucuses. • Potentially MSU Food Collective Centre.

Objective 2	Increasing Kinesiology Student Body Engagement
Description	<ul style="list-style-type: none"> • Currently engagement with the Kinesiology Student Body and SRA is minimal. We hope to increase this engagement and awareness through various platforms.
Benefits	<ul style="list-style-type: none"> • Provide a resource for students to voice their concerns and provide feedback so that we are able to support them.
Difficulties	<ul style="list-style-type: none"> • Actually getting students to provide input and voice their concerns

Long-term implications	<ul style="list-style-type: none"> • Can improve the overall experience of students in Kinesiology by providing a direct outlet for their engagement.
How?	<ul style="list-style-type: none"> • We plan to increase engagement through the Kinesiology SRA Instagram, potential collaboration with the new Kinesiology Undergraduate Portal and Kinesiology Society.
Partners	<ul style="list-style-type: none"> • Kinesiology Society

Objective 3	Increasing Availability of Menstrual Products
Description	<ul style="list-style-type: none"> • Being able to access menstrual products in any bathroom one enters is extremely important as menstruation is a part of everyday life for a large population of our student body. Therefore, being able to access these resources is necessary for the betterment of student well being.
Benefits	<ul style="list-style-type: none"> • Destigmatizing the taboo nature of menstruation and increasing student body well being.
Difficulties	<ul style="list-style-type: none"> • Funding • Maintenance • Deciding which bathrooms/buildings would have this implemented first
Long-term implications	<ul style="list-style-type: none"> • Increasing accessibility for all students in accessing menstrual products. • With greater funding over time allowing for these products to be more regularly given out and to be used beyond the school.
How?	<ul style="list-style-type: none"> • By including menstrual products in more trafficked areas and areas that are seen as more casual areas to visit such as MUSC (beyond outside of the SHEC office), Thode Library, Mills Library, Health Sciences Library, PGCLL. As well as providing more widespread information about these resources through social media.
Partners	<ul style="list-style-type: none"> • Arts & Science Caucus and Nursing Caucus Collaboration • Student Wellness Centre

Long-term planning

Overarching Vision 1	Experience for Kinesiology Students in Clinical Settings
Description	<ul style="list-style-type: none"> • Provide opportunities for Kinesiology students to gain clinical experience outside of campus resources (such as PACE).
Benefits	<ul style="list-style-type: none"> • With external experience, students can diversify their resume and gain experience/skills that are unique to different fields.
Year 1	<ul style="list-style-type: none"> • Reach out to different clinics and potential partners to develop a plan/system for students to participate in.
Year 2	<ul style="list-style-type: none"> • Increase awareness of the opportunities amongst students and gain interest through advertising. • Facilitate the application process and help students with placements
Year 3	<ul style="list-style-type: none"> • n/a
Partners	<ul style="list-style-type: none"> • Clinics in the Hamilton area, medical offices, physiotherapy offices, chiropractic clinics, etc.

Overarching Vision 2	Kinesiology Lounge
Description	<ul style="list-style-type: none"> • Allow a space for the Kinesiology student body to be able to study in, have access to menstrual products and other products that provide better well being such as condoms, and healthy snacks. Additionally, to provide a space where Kinesiology students can meet each other and strengthen the community.
Benefits	<ul style="list-style-type: none"> • Strengthening of community. • An improvement in student well being especially for those who are commuting or have to stay on campus all day. • Allowing first year students to have a homebase that they feel comfortable in, therefore allowing them to feel more welcome during their transition. • Greater connection with the Kinesiology Society.

Year 1	<ul style="list-style-type: none">• Find a space• Look for funding
Year 2	<ul style="list-style-type: none">• Create the lounge• Funding for extra materials as well as potential collaborations with SVPRO, Student Wellness Centre, Kinesiology Society
Year 3	n/a
Partners	<ul style="list-style-type: none">• Kinesiology Society• DBAC

GOALS to strive for

List 5 things you would like to have completed during the winter term (2nd)

- Increasing the availability of healthy snacks for Kinesiology students.
- Increasing engagement with the Kinesiology student body through Instagram and potentially collaborating with the Kinesiology Undergraduate Portal.
- Increasing the availability of menstrual products on campus.
- Providing opportunities for experience in clinical settings for Kinesiology students.
- Creating a Kinesiology lounge for Kinesiology students

Master Summary

May	<ul style="list-style-type: none">• n/a
June	<ul style="list-style-type: none">• n/a
July	<ul style="list-style-type: none">• n/a
August	<ul style="list-style-type: none">• n/a
September	<ul style="list-style-type: none">• n/a
October	<ul style="list-style-type: none">• n/a
November	<ul style="list-style-type: none">• n/a
December	<ul style="list-style-type: none">• n/a
January	<ul style="list-style-type: none">• Submission of the year plan
February	<ul style="list-style-type: none">• Work towards Vision 1 and 2, and our goals
March	<ul style="list-style-type: none">• Updates/amendments for any goals and potentially collaborate with other caucuses.
April	<ul style="list-style-type: none">• Release of annual survey and transition report