

YEAR PLAN

MSU SRA
Kinesiology Caucus
Malaikah Ahmad

2023-2024
June 26th 2023



OFFICE OF THE KINESIOLOGY CAUCUS LEADER INTRODUCTION

Dear Kinesiology Students,

My name is Malaikah Ahmad (she/her), and I am honoured to represent the Kinesiology Caucus in the Student Representative Assembly for the 2023-2024 term. I would like to first and foremost thank you all for entrusting and supporting me in this position, and I look forward to connecting with you all this year.

As an upper year student going into my 4th year of the Kinesiology program, I have had many universal experiences throughout my education and time at McMaster University. I hope to use this experience alongside the input of my peers to implement the decisions for the upcoming year.

As such, I am excited to present the year plan for the 2023-2024 term. I aim to provide great opportunities and emphasize the importance of community, well-being/self-care and I hope to achieve this during my time as your SRA (Student Representative Assembly) Representative. I am hoping that through working alongside my fellow caucus representatives and through collaboration with the Kinesiology Society, we will be able to achieve this and much more.

Once again, I thank you all for your support and hope that you do reach out to me should you have any concerns. Together, we can make this year memorable for the Kinesiology community.

Best regards,

Malaikah Ahmad (ahmadm83@mcmaster.ca)
SRA Kinesiology Caucus Leader 2023-2024

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GOALS

Objective 1	Healthy Snacks for Students
Description	Providing free healthy snacks for all McMaster students.
Benefits	This will allow students to have easy access to healthy snacks throughout the day without having to worry about costs or going out of their way to get them. This can be extremely beneficial for those who commute, those with busy schedules, or even those who need to be on campus all day long.
Difficulties	<ul style="list-style-type: none"> • How many options can we provide and what can cater to most students? • Budget for the snacks? • How often would we replenish the snacks?
Long-term implications	This objective can improve the quality of life for many students at McMaster who may need to stay on campus for extended periods of time. It can also improve the overall well-being and encourage students to eat healthier. Finally, this initiative can also address differences in socioeconomic status within our student body by providing everyone with access to free healthy alternatives.
How?	For Kinesiology, specifically collaborating with the Kinesiology Society in providing healthy snacks during weekly office hours.
Partners	Kinesiology Society Other SRA Caucuses interesting in collaborating

Objective 2	Increasing Kinesiology Student Body Engagement
Description	Currently engagement with the Kinesiology Student Body and SRA is minimal. We hope to increase this engagement and awareness through various platforms.
Benefits	Provide resources and opportunities for students to voice their concerns and provide feedback so that we are able to support them to the best of our ability.
Difficulties	Some difficulties include making sure that Kinesiology students are comfortable enough to and able to voice their concerns. Without any feedback or communication directly with the student body, we are unable to increase engagement and support them in ways that matter.
Long-term implications	This initiative can improve the overall experience of students in Kinesiology by providing a direct outlet for their engagement. This can bring awareness to the SRA and increase student interest in being involved in the MSU. This can ensure that for future terms, there are two SRA representatives for the Kinesiology Caucus.
How?	We plan to increase engagement through the Kinesiology SRA Instagram, surveys, potential collaboration with the new Kinesiology Undergraduate Portal and the Kinesiology Society.
Partners	Kinesiology Society Kinesiology Undergraduate Portal

Objective 3	Increasing Availability of Menstrual Products
Description	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	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	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?	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	Student Wellness Centre (SWC) Other SRA Caucuses interesting in collaborating

Objective 4	Campus Parking Initiative
Description	Determine the current and future parking needs within the community and work towards a better system for on-campus parking and resources for those who commute.
Benefits	Will address the parking needs for the McMaster community including its students, visitors, and faculty members. Can ensure that the parking needs are managed in a sustainable, proactive, and efficient manner to make it easier for those who commute and do not live in Hamilton.
Difficulties	Working with the University and community to determine the best course of action and how we can realistically address this issue with the current space and funding.
Long-term implications	Currently, the parking system with Lot M is very inconvenient and time consuming for commuting students and even faculty. Individuals need to consider commuting time, parking time, the shuttle from the parking lot to campus, and directly walking to their destination. A system that allows for closer parking that is more convenient and accessible can relieve stress from commuters in our community and effectively manage the parking demands in our community.
How?	Working with McMaster University directly and campus parking services to develop a plan which best targets the needs of the Universities students, faculty members, and visitors in a sustainable, yet effective manner.
Partners	McMaster University Campus Parking Services Other SRA Caucuses interesting in collaborating

Long-Term Planning

Overarching Vision 1	Experience for Kinesiology Students in Clinical Setting
Description	Provide opportunities for Kinesiology students to gain clinical experience outside of campus resources (such as PACE).
Benefits	With external experience, students can diversify their resume and gain experience/skills that are unique to different fields.
Year 1	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	N/A
Partners	Clinics in the Hamilton area, medical offices, physiotherapy offices, chiropractic clinics, etc.

Overarching Vision 2	Kinesiology Lounge
Description	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 must 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 and sort out associated costs
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	Kinesiology Society DBAC

GOALS to strive for

List 5 things that you would like to have prepared for the beginning of September

- Contact and discuss with DBAC regarding a space for the Kinesiology lounge.
- Determine the snacks and resources we want to have available during office hours.
- Reach out to potential clinics in Hamilton and collaborators for students to gain hands-on clinical experience outside of campus.
- Work with SWC and other SRA caucuses to ensure that menstrual products are readily available across campus for the upcoming year.
- Reach out to campus parking services and gauge an estimate of our current/future parking demands.

List 5 things you would like to have completed during the fall term (1st)

- Consistently provide healthy snacks during weekly office hours
- Increase student engagement and those aware of the SRA
- Fill our second Kinesiology seat for the SRA
- Consistently post the SRA meeting graphics on our Instagram
- Receive feedback from students through surveys and implement changes

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

- Progress with our Kinesiology lounge and have the allocated space or funding
 - Send out a second feedback survey for students to complete based on the previous term and address any changes they want to see in the upcoming term.
 - Continue to provide healthy snacks for students and even provide accommodations for students during Ramadan or exam time.
 - Collaborate with other caucuses throughout the term and increase student involvement or engagement in the community
 - Increase awareness regarding the SRA and ensure that students are interested in joining the SRA for the next term to fill the future seats for our caucus.
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Master Summary

May	N/A
June	<ul style="list-style-type: none"> • Begin working on year plan and submit it for approval • Update the Instagram for the upcoming term.
July	<ul style="list-style-type: none"> • Begin reaching out to DBAC and other collaborators for initiatives beginning in September. • Post updates on Instagram regarding meetings, upcoming elections, and seats to be filled.
August	<ul style="list-style-type: none"> • Work on survey to be released to students in September • Sort out funding and snacks that will be available during office hours
September	<ul style="list-style-type: none"> • Host office hours weekly and provide healthy snacks for students • Ensure menstrual products are available for students • Send out student feedback survey
October	<ul style="list-style-type: none"> • Post information about the SRA and intro to reps
November	<ul style="list-style-type: none"> • Promote hands-on clinical experience resources
December	<ul style="list-style-type: none"> • Work on student feedback survey for second term
January	<ul style="list-style-type: none"> • Send out 2nd student feedback survey
February	<ul style="list-style-type: none"> • Continue to post meeting graphics and updates on SRA Instagram
March	<ul style="list-style-type: none"> • Continue to post meeting graphics and updates on SRA Instagram • Support students during office hours
April	<ul style="list-style-type: none"> • Support students during exam time and provide additional resources to improve well-being • Final transition report and providing support for a smooth transition for the next SRA Reps