

SPORT & RECREATION

SUMMER 2021

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kpu.ca/sportrec






SPORT & REC



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 @KPU_SportRec
 @kpu_sportrec



VIRTUAL FITNESS CLASSES

Free Virtual Fitness Classes

LEARN MORE

SUMMER SCHEDULE > MAY 10 – AUG 27

Full Body Workout – Beginning with a warm up and ending with a stretch. This class will incorporate exercises to work all the muscles in the body. This class is moderate to high intensity but you can make it as easy as you like!

Cardio Kickboxing – A conditioning class which will challenge your cardiovascular system at high intensities that mimic the demands of sparring in a ring. Learn basic boxing skill and have fun in a dynamic and tough class!

Mindful Yoga – A gentle yoga class suitable for all levels focusing on physical health and mental well-being. This class will strengthen, tone, stretch, and relax your entire body through postures, breathing and relaxation techniques.

Hatha Yoga – This yoga practice includes breathing techniques, strengthening poses and flow sequences. This class will get you warm as we work on strengthening both the body and mind.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:05 – 12:50 pm Full Body Workout	12:05 – 12:50 pm Cardio Kickboxing	12:05 – 12:50 am Mindful Yoga	4:05 – 4:50 pm Full Body Workout	12:05 – 12:50 pm Hatha Yoga

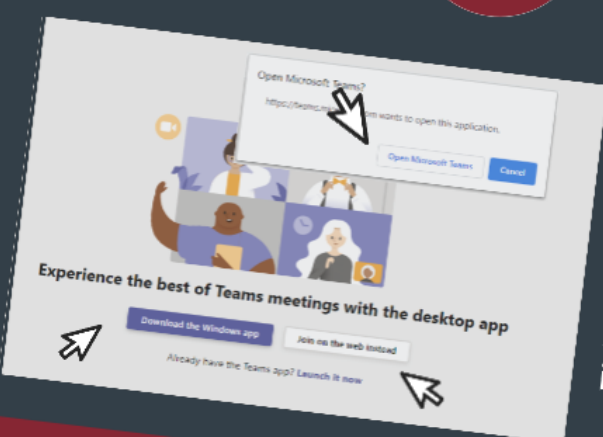


HOW TO JOIN VIRTUAL CLASSES

Click the link on our
Virtual Classes Web-Page
kpu.ca/sportrec/virtual-classes

Class Schedule				Link
Date	Time	Class	Instructor	
Thursday June 18th	12:00pm	Mindful Yoga	Julia	CLICK

Use the MS Teams App or Web-browser



If you have MS Teams installed on your computer or mobile device you may join directly using this. If not, you may join using a web browser - such as Chrome, Firefox, or Internet Explorer.

A larger screen will allow you to see the instructor better!

Before Joining the Virtual Session



Remember to **mute your microphone** and **turn off your web camera!**

Be mindful of Virtual Class Etiquette

- Please respect the privacy of others and **do not record the session.**
- **The instructors screen should be the only one in presenter view.** If you are having troubles with your screen **try logging in via a different option, or as a guest via the web.**
- Please use the chat window for any comments, questions, or concerns.
- **READ THE DISCLAIMER before participating!**

For more information please visit kpu.ca/sportrec/virtual-classes
Thank you for taking part in our community.
Never hesitate to reach out to sportrec@kpu.ca



E-SPORTS AT KPU

The term E-Sports refers to Electronic Sports and is also known as competitive video gaming or professional gaming. E-Sports is considered a legitimate sport and is a fast growing international phenomenon.

Organized E-sports can contribute to strong social connections among students. Passionate 'gamers' have the opportunity to meet other students, develop relationships, increase leadership skills, practice communication, increase strategic thinking, and learn to manage success and failure. The accessibility of E-Sports is so large that students on opposite ends of the globe can come together and interact with each other with minimal equipment.

SUMMER SLAM TOURNAMENT SERIES



FORTNITE

May 27 – 28



ROCKET LEAGUE

June 17 – 18



FIFA 21

July 8 – 9



PRIZES FOR 1ST AND 2ND PLACE

FOR MORE DETAILS, VISIT [KPU.CA/SPORTREC/ESPORTS](https://kpu.ca/sportrec/esports)

LACROSSE: CANADA'S NATIONAL SUMMER SPORT



Lacrosse is a fast paced sport where players use sticks with nets to throw a ball to each other, moving up the field to score on a goal at the end of the field. In 1859 it was officially acknowledged as Canada's only national sport and became increasingly popular by the turn of the 20th century. In 1994, through the National Sports of Canada Act, both Ice Hockey and Lacrosse were officially recognized and the later was declared the official national summer sport of Canada. What many people might not know is that aside from being one of Canada's oldest sports, it also has Indigenous origins.

While the exact origins of lacrosse can be hard to trace, it is widely acknowledged that First Nations people first played it over 500 years ago. Historians often point to the St. Lawrence Valley area and more specifically to the Algonquian Nation as originators of the sport, followed by other nations in the eastern half of North American and around the western Great Lakes.

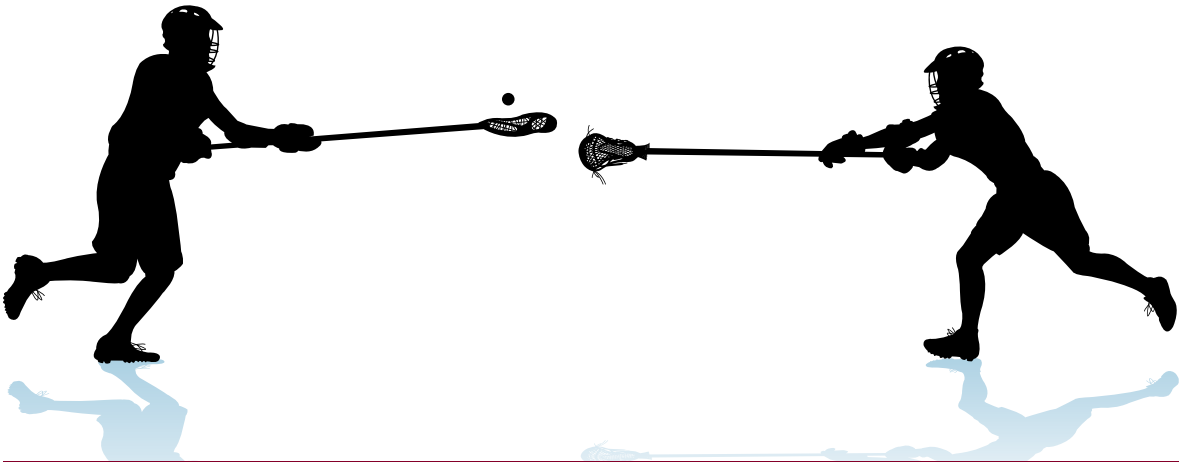


The game had important spiritual, social and political functions and was associated with creation stories. Each nation had a different version of the game but ultimately they all played it to thank the Great Spirit for the life and gifts they had been given. The game was also played for recreation, as part of festivals and to prepare young warriors for war.

Before the game became known as Lacrosse, it had many different names including, baggataway (Algonquian), kabocha-toli (Choctaw) and tewaarathon (Mohawk). Scholars speculate that early french settlers observed the indigenous people playing their game and thought the sticks were reminiscent of a Bishop's "crosier" hence calling it "la crosse".



Since its inception, Lacrosse has undergone several changes and is played quite differently than in the past. The Canadian Lacrosse Association which was formed the same year Canada became a country, recognizes four separate disciplines: box, men's field, women's field and inter-lacrosse. Box was played as people took advantage of hockey rinks that were not in use during the summer. It remains the most popular version currently played in Canada.



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<https://thetyee.ca/Life/2013/10/10/First-Nations-Lacrosse/>

World Lacrosse. (N.D) *Origin & History*. Retrieved April 12th 2021 from, <https://worldlacrosse.sport/about-world-lacrosse/origin-history>.

NATIONAL HEALTH & FITNESS DAY!

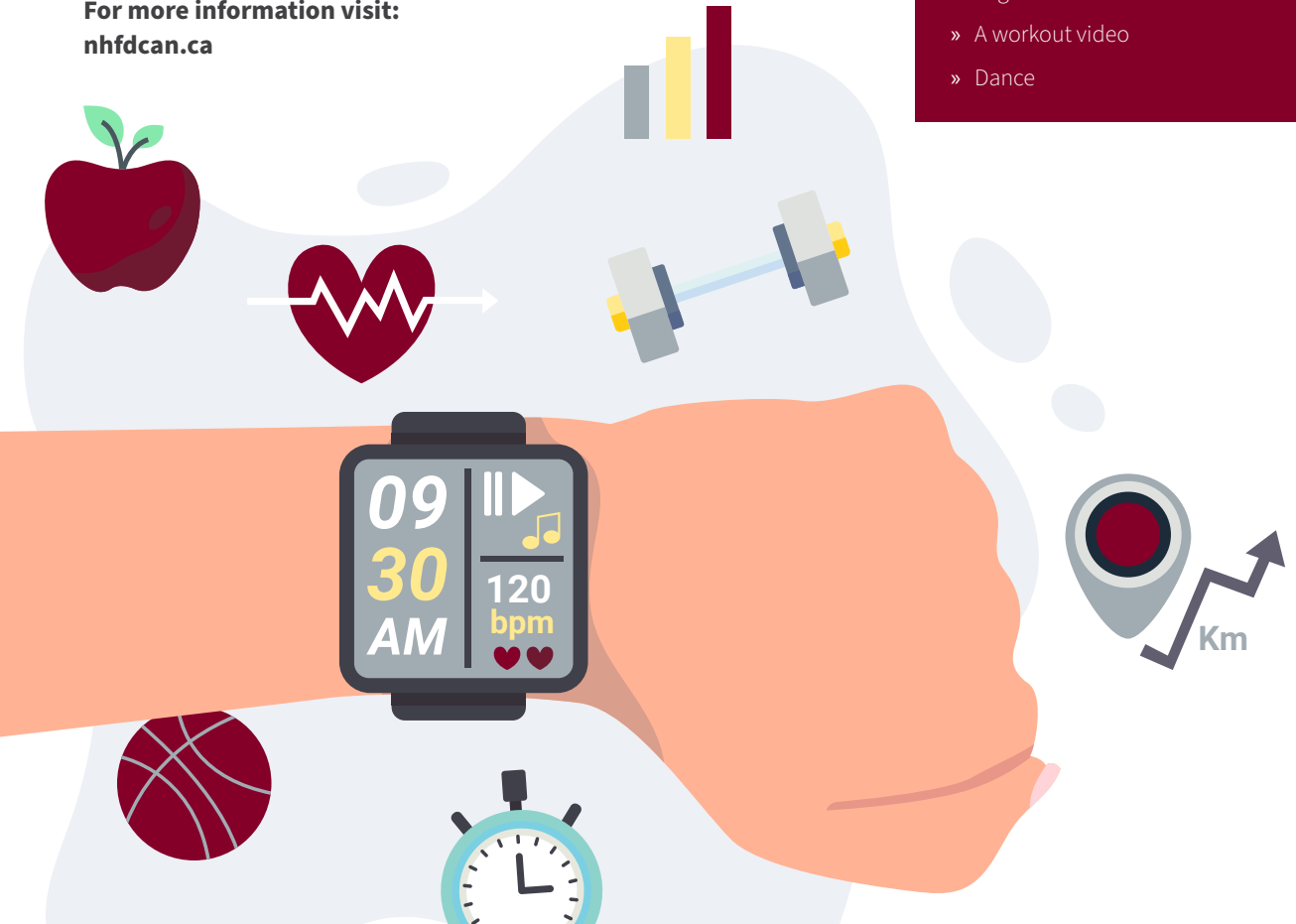
Saturday, June 5, 2021

Daily physical activity is declining and preventable illness is rising. **It's time to get up, get out, and get active!** National Health and Fitness Day (NHFD) is an initiative to challenge Canada to become the fittest nation, starting with one day when Canadians get out and get active in any way possible. NHFD has close to 400 communities across Canada that partake in this initiative. With passage of the National Health and Fitness Day Act in 2014, Canada gained a day to celebrate.

For more information visit:
nhfdcan.ca

Try these activities to get moving for NHFD!

- » Play Xbox kinetic, Playstation move or Nintendo Wii
- » Have a scavenger hunt around your home
- » Play hide and seek with your kids
- » Yoga
- » A workout video
- » Dance



STRETCHING WITH PETS

VIRTUAL CLASS

Join us virtually for Stretching with Pets on
Friday June 4, 2021
12:05 – 12:50 pm

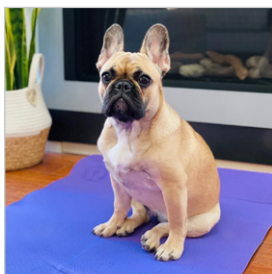
The first 15 minutes will be a show and tell of our beloved animals, the remainder will be a strength and stretch session.

Join just to watch, or participate in the show and tell. **Stay for the exercise!**

All our classes can be found at
kpu.ca/sportrec/virtual-classes



CAMEO APPEARANCES FROM:



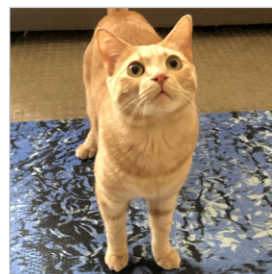
Zoey



Ruby



Molson



Oliver

STAY CONNECTED VIRTUALLY



As a strategy to combat the spread of COVID-19, public health experts have recommended that people stay home as much as possible and physically distance from each other. That said, the term implies the need to physically be apart but the ability for us to continue to emotionally support and connect during these unprecedented times. Never has technology played such a vital role in providing us with platforms and opportunities to connect with each other. Below are some ways for you to **stay connected!**

Always be aware of your own privacy with any programs or application that you install on your devices. Many of these applications will access your microphone, camera and other information. Please always read what you are allowing access to. A quick internet search and review of application can often be helpful! Technology is a tool, the user is responsible for being aware how the tool works.

WAYS TO STAY CONNECTED:

Word Games

- » Scrabble Go
- » Words with Friends 2

Puzzle Games

- » Best Fiends Stars

Random Games

- » Exploding Kittens

Activity Trackers

- » Strava
- » MapMyRun

Video Calling

- » Facetime
- » Google Hangouts
- » Microsoft Teams
- » Skype
- » Instagram
- » Whatsapp
- » Houseparty

*FREE apps or software will often force you to watch advertisements at given intervals.



AT HOME RESOURCES

Sport & Recreation has created a web page to specifically aide people during this time as we adapt to being at home.

We selected four specific topics with weekly posts including detailed resources, follow along videos, recipes and articles.

**CHECK OUT OUR WEB
PAGE FOR WEEKLY
UPDATED CONTENT!**

▶ kpu.ca/sportrec/athome



FITNESS



- » Myth Buster articles
- » Workout videos
- » Challenges

RECREATION



- » Sport Alternative videos
- » Activities
- » Activity blog posts

NUTRITION



- » Recipes
- » Evidence based articles
- » Healthy options

WELLBEING



- » Wellness articles
- » KPU related resources

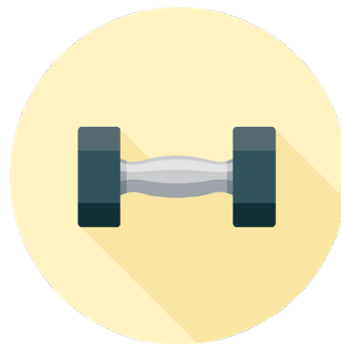
HOW TO STAY HEALTHY AND FIT AT HOME



With less access to equipment try incorporating walking, running or biking. Even with indoor options, walking around the house, running on the spot or indoor biking.



There are many online workout routines offered from fitness centre providers and youtube. Check out Sport & Rec's home videos at kpu.ca/sportrec/athome



Improvise with household items to make a workout! Use milk jugs or wine bottles as weights, dish towels for sliders, or sturdy chair for step-ups.



Consider activities that increase your heart rate but don't necessarily look like working out. Going for walks, gardening or cleaning your house.



Practice yoga or meditation with the incorporation of breathing techniques to help alleviate stress and anxiety.



While practicing social distancing use your phone to chat with family and friends. Try using the video chat option to have face to face conversations.

BACKPACK WORKOUT



WARM UP

Begin with 5 – 10 minutes of light activity. You can either follow along with our warm up video, or go outside for a walk/jog, and/or perform your own routine.

ACTIVE DYNAMIC STRETCHING

It is always a good idea to limber up before exercise. If using our warm up video, we have this covered. Otherwise perform a series of gentle leg and arm swings.

1. REVERSE LUNGE

Starting from standing, step one leg back, drop your knee to the ground without touching, and return to a stand. Alternate legs.



2. BENT OVER ROW

Lean forward as far as comfortable ensuring you maintain a slight arch in your low back. Holding onto your weight, lift to the chest.



3. FRONT PRESS

Standing tall with a slight bend in your knees and a neutral spine. Grab hold of your weight and press it overhead.



4. AGILITY T'S

This is about acceleration/de-acceleration and changing directions. Sprint the lines of a "T". Do not worry if you have a small space. A few paces in each direction is fine.



5. DEADLIFT

Hold onto a weight with straight arms. Lean forward, keeping your spine neutral. Don't allow your knees to bend too much. Return to stand.



6. OBLIQUE TWIST

Sitting on the ground, place your weight in both hands and tap it from side to side while slightly leaning back.



7. PLANK PULL THROUGH

In a plank position (either from your knees or toes), place your weight on the ground and move it from one side of your body to the other.



8. SQUAT JACK

Hold onto your weight at chest level. Perform a jump jack with minor squat, lift the weight overhead. Rebound to the start.



STRETCHING ROUTINE

End with 5 minutes of stretching. See our stretching guide.



All exercises are performed for 1 minute. Repeat this routine 2 – 3 times with 1 minute rest after #8.



THE FINE PRINT

GUIDELINES

- » All KPU students are subject to the KPU Student Conduct policy while using any KPU facility. For more information, visit kpu.ca/policies
- » Valid KPU ID and membership is required to use any KPU facility.
- » All facility users must check-in with Sport and Recreation staff.
- » Unsporting conduct will not be tolerated.
- » Offensive language, disorderly conduct and abuse of others will result in immediate removal from the facility.
- » Users are responsible for all costs associated with damage resulting from disorderly conduct and misuse of equipment.

WAIVERS AND PAR-Q

- » A Par-Q is a form and questionnaire that determines if you are physically fit and able to participate in physical activity. All participants in any fitness class or using any fitness centre or studio will be required to fill out a Par-Q, available at the Sport & Recreation desk at KPU Surrey.
- » All participants in an intramural league or tournament will be required to fill out a waiver form prior to the sport league or tournament beginning.

CANCELLATIONS AND CLOSURES

- » KPU Sport & Recreation facilities may close temporarily due to convocation, rental groups, holidays and observances, or other unforeseen circumstances.
- » KPU Sport & Recreation reserves the right to cancel programs due to extremely low enrolment or unexpected situations.

REFUNDS

Fitness Programs

- » Approved refunds will be reimbursed on the initial method of payment.
- » Flex Passes are non-refundable and non-transferrable.
- » KPU Sport & Recreation is not responsible for lost or stolen Flex Passes.

Sport Programs & Intramurals

- » No-shows to any Intramural League will not receive a refund.
- » If a league is cancelled, a full refund will be provided.
- » Refunds will only be issued before the start of a league.



Student Experience Telephone and Chat Support

24/7 Support for KPU Students

MY
SSP

The best way to access the **keep.me.SAFE** Program is through the My SSP app

Once downloaded, complete your profile set-up and read the disclaimers

Using the **My SSP** app you can call or chat with a counsellor anytime

TELEPHONE SUPPORT

1.844.451.9700

From outside North America: 001.416.380.6578

Who answers the call?

When you call keep.meSAFE, you will be greeted by an automated menu that will ask you to confirm a few options such as:

- Menu language option: English vs French
- International vs Domestic student
- Service options: Support and Services or Emergency
- Intake language options: Mandarin, Cantonese, Korean, Arabic, Spanish, English and all others

To Speak with a keep.meSAFE Clinical Advisor

Select the Support and Services option (unless it is an emergency).

You will be greeted by a Clinical Care Representative who will collect additional information, including: school, full name, birthday, and language preference, prior to connecting you with a Clinical Care Counsellor.

This process only takes a few minutes.

CHAT SUPPORT

My SSP App

Initiate a chat support session directly through the My SSP app.

Before you can start chatting, you must read through the disclaimers and make sure your profile is complete (all check marks must be green) to proceed.

Who answers the chat?

When you initiate a chat, you will be greeted by a Clinical Care Representative who will confirm some information, including: school, full name, birthday, and language preference, prior to connecting you with a Clinical Care Counsellor.

This process only takes a few minutes.

Keep.meSAFE provides all KPU students with **24/7** Professional Counselling. Counsellors can provide immediate support and referral to address a range of concerns.

CAMPUS WELL

KPU Campus Well is a free, online monthly resource for the KPU community, promoting healthy bodies and minds. Each month is filled with information to encourage well-being and make the most of KPU resources.

➤ Check your KPU email each month for the latest issue.

EACH MONTHLY EDITION FEATURES:

- » Contests
- » Financial Advice
- » Fitness Tips
- » Recipes
- » Study Aids
- » Much more!

