

February Newsletter

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HKGSA News

February 2017

Survey Update

The HKGSA 2017 Survey results have been analyzed, and the winner of the Chapter's gift card will be announced soon! We would like to thank everyone who completed the survey, your feedback helps us provide you with the best service possible. While the survey may be over, we encourage you to contact us at any time with your suggestions on how we can improve!

What's Happening



Upcoming Events

- HKGSA General Assembly Meeting: Monday, February 6, 4pm @ MNT 206
- FUG Cup: Friday, February 10, 9:30am - 11:30am @ MNT Gyms
- Student Prof Social: Friday, February 10, 3pm @ 1848
- Academic Workshops: Friday, February 24, 9:00am-12:15pm @ FSS 7035



Reminder: FUG Cup

This is a reminder that this year's Faculty-Undergraduate-Graduate Cup (FUG Cup) will be taking place on Friday, February 10th from 9:30am - 11:30 am.

WHAT: A sporting event comprising teams mixed with faculty, undergrads and grad students competing together in four unconventional sports

- Last year: rugby-basketball, scooter volleyball, blind dodgeball and a team relay race challenge

WHEN: Friday, February 10, 9:30 -11:30am

FUG Cup Social: 3pm @ 1848

WHERE: Montpetit gyms

REGISTRATION: To register send us an email at hkgasa@uottawa.ca

* While this event is FREE, we do kindly ask that you bring **donations** to help us support the Do It For Daron Foundation on behalf of the School of Human Kinetics.

Note that 100% of the proceeds raised from FUG Cup will go directly to DIFD!

(Refer to below for more information on DIFD)

We hope to see you there!



Do It For Daron Partnership

The HKGSA is very excited to announce that we are partnering with the Do It For Daron Foundation (DIFD), which aims to raise awareness and remove the stigma around mental health, specifically aimed at youth. The organization was founded in memory of Daron Richardson, who tragically took her own life at the age of 14. Her friends and family started the initiative to help others and to transform the way that mental health is treated in youth. They have done a tremendous job at spreading their message across the province in just a few short years and we look forward to working with them!

Please note that the FUG Cup will be a donation-only event, with all proceeds going to the DIFD foundation. For more information please visit <http://www.difd.com>.

REMINDER: Call for Abstracts & Year End Social

Stay tuned for updates on the call for abstracts to register for the HKGSA's annual student conference (April 7th), as well as announcements about the much-anticipated STOH Nations Cup hockey tournament!!

Lab of the Month



Neurotrauma Impact Science Laboratory

The Neurotrauma Impact Science Laboratory (NISL), headed by Dr. Blaine Hoshizaki, focuses on exploring head trauma and how it contributes to the risk of brain injury such as concussion and subconcussive brain trauma. The mission of the NISL is to undertake research that contributes in a meaningful way to decreasing all types of head injury in sport and recreational activities, with the vision that head injuries will become a rare and inconsequential part of athletic and leisure

activities.

The NISL is recognized as an international leader in biomechanical brain injury research. NISL research focuses on understanding how physical characteristics of head trauma relate to the risk of acute brain injuries, as well as to the mental health and long-term implications of head trauma exposure. The NISL is uniquely capable of conducting impact reconstruction of head injuries from across an extensive range of sports and recreational activities. The lab uses specialized equipment such as a pneumatic linear impactor, monorail drop rig, and high velocity impactor to reconstruct a wide variety of head impacts. In addition, the NISL utilizes leading-edge finite element brain modelling tools to examine the relationship between head trauma and brain tissue deformation. These head impact reconstructions provide important insight into the cerebral dynamic response (linear and rotational acceleration) and brain tissue deformation characteristics of head impacts found in sport and recreational activities. Dynamic response and brain tissue deformation metrics are key components that guide current brain injury risk threshold research. This research can contribute to the design of protective equipment, and NISL researchers are currently working towards developing helmet standard protocols for the Canadian Standards Association.

The NISL collaborates closely with brain injury research groups across the world. Current and future NISL research is committed towards examining the relationship between brain trauma and mental health outcomes. The goal of these projects will be to profile brain trauma load found in sport within the youth population and adult professional athletes. This exciting research will some of the first of its kind to examine brain trauma load in sports and study its impact on mental health and psychological outcomes. If you wish to learn more, please contact Dr. Blaine Hoshizaki.



We hope you have a wonderful February!



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