

Trent Enrichment Program Course Guide



Session 1 – May 1, 2023

Session 2 – May 2, 2023

Trent University is pleased to extend to you the opportunity to participate in our twenty-ninth annual Enrichment Course Program for elementary school students in grades 7 and 8. The program consists of a wide offering of courses designed to promote study at the post-secondary level and to provide an opportunity for students to experience a University setting.

Session #1 – May 1, 2023 - PVNCCDSB

Session #2 – May 2, 2023 - KPRDSB and selected private schools

**** Please contact 705-748-1011 ext. 7757 or ext. 1260 if you have any questions about which session your school has been assigned to****

IMPORTANT Dates & Reminders:

☐ Student registration & course selection will open:

Session #1 – February 23, 2023 at 9:00am – PVNCCDSB

Session #2 – February 24, 2023 at 9:00am – KPRDSB and selected private schools

☐ Parents and educators will need to use the internet to access the registration program via <https://trentenrichmentprogram.ca> website.

- *Please do not Google this website or use any other search engine; it is not searchable and may take you to incorrect pages.*
- FULL INSTRUCTIONS were included in the Student Invitation Letter.
- The Student's name, school, contact information and other personal data will be entered. Courses will also be requested during this process.
- Our online registration system awards seats based on a First Come/First Serve basis dependent on the date and time stamp your course selections are submitted.
- It will attempt to place a student in each of their top 2 choices before looking to 6 alternative choices. On this premise, we cannot guarantee which order that a student will receive their courses.

☐ Student registration & course selection will close on March 9, 2023 at 3pm for all schools.

☐ The School must receive full payment by March 22, 2023 in order for Teachers to approve your student for the Course Allocation process.

☐ Beginning March 29, 2023 students will be able to log in to their account and review their Course Schedule.

Program Information

Note: Students should bring their own pencils, pens and note paper.

Daily Arrival:

Registration will take place in the lobby of the Wenjack Theatre at Otonabee College. Registration will begin at 8:00am and conclude at 8:30am. If bussing is not provided by the school, students can be dropped off each day at the Wenjack Theatre Entrance, Parking Lot R. Students must be picked up from the same location each day by 3:30pm. (A map is located at the back of this booklet). All students must sign-in and sign-out with their school chaperones at the start and end of day.

Chaperones who are not bussed will be provided with a Parking Code once they have signed in.

Welcome & Orientation:

Takes place at 8:30am in the Wenjack Theatre. During orientation, students will meet and sit with other students in their AM course. At the conclusion of the orientation session, all students and chaperones will be escorted to their appropriate classrooms by conference staff.

Day Schedule:

Daily Registration Opens	8:00am
Welcome at Wenjack	8:30am to 8:45am
Travel to Classroom	8:45am to 9:00am
AM Course (2.5 hours)	9:00am to 11:30am
Lunch meet with School Chaperone	11:30am to 12:15pm
Wenjack: into new course groups	12:15pm
Travel to Classroom	12:30pm 12:45pm
PM course (2.5 hours)	12:45pm to 3:15pm
Sign-out with School Chaperone	3:30pm

Lunch Facilities:

Lunch is not provided. Students are encouraged to bring a litter-less lunch from home, although the Cafeteria will be open for those who choose to purchase their lunch. **Trent University is a cashless campus, credit/debit cards will be needed to purchase your lunches. Cash will not be accepted.** All students must check-in with their school chaperone in their designated area, and are not permitted to leave campus. Chaperones from each respective school will be in attendance at this time to ensure appropriate conduct from students. Attendance will be taken following the lunch period in each course.

Support Staff:

Conference Staff will be available throughout the program to assist with any problems/concerns that you might have. Please feel free to call upon the staff should the need arise. Each **School Board is to provide chaperone(s)** for supervision of the students **at a ratio of 1:12** for **each entire day of the program**.

**For urgent matters during the Program please contact the
Trent University Conference & Hospitality Administrative Office at (705) 748-1260**

TRENT ENRICHMENT PROGRAM 2023 - COURSE TABLE OF CONTENTS

Arts (Visual, Performing & Applied)

- 11 Re-Writing Ourselves No Matter What
- 12 Passion for Fashion
- 13 Get Creative!
- 14 Yoga for Stress Relief
- 15 Playing With Shakespeare

Cultural & Social Studies

- 21 Understanding Child Rights
- 22 We are the Future Leaders
- 23 Winning Arguments the Right Way: Critical Thinking
- 24 It's Not the End of the World: Imagining Just Futures in Apocalyptic
- 25 Introduction of Chinese Strategic Games
- 26 What do my friends think of me? How do I feel about myself? A Workshop on Self-Esteem

STEM Programs (Science, Technology, Engineering, Mathematics)

- 31 A Puzzle Approach to Learning Electronics
- 32 Exploring the Magic of Chemistry
- 33 "I thought counting was easy!" – Permutations, Combinations and Catalan Numbers!
- 34 "There is no normal": What is normal: Introduction to Abnormal Psychology
- 35 The Hidden Life of Trees
- 36 CSI Trent: What you don't see on T.V.
- 37 Sports Science - The science of exercise and human movement

Note: The University reserves the right to cancel a course where enrollment is less than 10 students.

Arts (Visual, Performing & Applied)

11 Re-writing Ourselves No Matter What

Learning how to look at ourselves and how significant we are as sons, daughters, two-spirited, trans, regardless- namely, unique creations within Turtle Island through Creative Writing. We will look at fiction, poetry, journal writing and dreaming and how we are able to find our voices through writing while going through this difficult and sometimes confusing world. We will make it fun. Catching a frog can be a whole story. A dream can be a story. A memory or a thought can be a poem. Dancing or music or fishing or laughing is a story.. Skipping rocks can be an amazing story. And stories and all of these things can become books or plays or acting, or just learning how to express yourself in the world as people who have something important to say. Think that your life can be an entire story, and that your own thoughts and voices will be the very thing that can make writing and stories be different for all of those in front of you and all of those who might really think your thoughts are so worth listening to.

This small workshop might create the love to push forward with lived experience in a future way!

Instructors: Lesley Belleau

Lesley is a PhD candidate at Trent University and is an Anishinaabe writer who focuses on contemporary Indigenous writing. Lesley is an author of three books, ranging from fiction, short stories, and poetry, as well as an author of two full-length plays. Lesley comes from Garden River First Nation and is a mother of five children. Lesley has experience in storytelling at various levels, and has taught Creative Writing, Indigenous Literature, Theatre, and Indigenous Studies. Lesley is a second generation survivor of Residential School and sees writing as a way to come out of trauma and encourage the next generation to be even more succinct and engaging than we are.

12 Passion for Fashion

An Introductory guide to how women's fashion has served as a text to the moral and economic situations of the historical periods in which they were worn. A look at the major influencers of the fashion industry, including Lady Lucille Duff Gordon, Coco Chanel, and their celebrities. Stories on fashion disasters, deadly fashion and the role of the society pages will be discussed. Students will be able to explain how fashion has played a role in the shaping of politics and morals for women in the early part of 20th century North America and England. Design challenges and games will also be included.

Instructor: Magdalena Samulski

Madelena Samulski has been a Teaching Assistant for the last five years in the English and Cultural Studies Department. Most recently she has worked as a Teaching Assistant in: English "Love and Hate", English "Girlhood" and Cultural Studies "Introduction to the Integrated Arts".

13 Get Creative!

This course explores Visual Arts in a fun and creative atmosphere. Students will be completing hands on exercises in drawing and painting, while learning fundamentals and techniques to expand their own artists toolbox. Students will also be learning about different ways to express art in the digital age. This course is open to anyone who wants to make art, or enjoys being creative, no experience required!

Instructor: Kaitlyn Andrews

Kaitlyn Andrews has been teaching the Visual Arts course for the Trent Enrichment program since 2012. She studied Psychology at Trent University and further continued her studies at Haliburton School of the Arts. She works with a number of different mediums and is passionate about teaching and helping others in their creative process.

14 Yoga for Stress Relief

We live in a world where you are expected to move from one thing to another. Because so much is possible we feel that time is wasted if we are not producing something... anything. We practice yoga to focus on the body and ultimately to quiet our minds. In this class, participants will learn about yoga poses, the importance of movement, breath practices, meditation, the stress cycle and relaxation techniques. Participants should dress in comfortable clothes that allow them to move freely. Yoga mats will be supplied by the instructor.

Instructor: *Lisa Kavanagh*

Lisa has been teaching yoga for the last 10 years. She holds a Bachelor of Arts in Psychology, 500-hr Yoga Instructor Certification, Comprehensive Yoga Therapist Certification, Healthy Eating and Weight Loss Certification, and Fitness Instructor Certification.

15 Playing With Shakespeare

When asked what books they found hardest to read in school, students often point to the works of William Shakespeare. All that iambic pentameter, all those weird old words that nobody uses anymore, all those characters from history and mythology that you need dozens of footnotes to understand--who wouldn't be a little lost? But here's the thing: Shakespeare didn't write books; he wrote plays. So, are we getting it all wrong when we sit down to read those plays like books? How is a play different from a book? What can a play offer an audience that a book cannot offer a reader? How can action, voice, space, and time help bring the words we see on the page to life? Students in this enrichment course will get a brief introduction to the study of Shakespeare and, way more importantly, a chance to *play* with his plays. Over the course of the day, we will learn how late-16th and early-17th century actors worked to bring Shakespeare's language to life, we will imagine possibilities for staging, we will perform short scenes, and we will discuss how these musty old plays might still have interesting things to say to us in 2023. No acting or theatre experience necessary.

Instructor: Andrew Loeb

Andrew Loeb has been a member of the Trent English Department since 2017. His teaching focus is on the literature of the early modern period in England (1500-1700), including the dramatic works of Shakespeare and his contemporaries. His research interests include musical theories and practices in this period, representations of witches and other supernatural figures on the stage, and early modern conceptions of gender, sexuality, class, race, and other categories of identity. In his downtime he dabbles in community theatre as an untrained-but-enthusiastic actor and hosts Shakespeare-themed events for his students that involve lots of silly costumes and slightly naughty songs.

Cultural & Social Studies

21 Understanding Child Rights

In Canada and other countries across the world, all children are entitled to rights under the United Nations Convention on the Rights of the Child (UNCRC). This includes the right to such things as: protection, access to safe water, nutrition and housing, and also the right to participate and have their voices heard. Likewise, adults have a responsibility as duty bearers to ensure that all children and youth know about their rights. As such, both children and adults are called to work together in order to better realize children's rights. This interactive course examines the topic of child rights as outlined in the UNCRC and how to make children's rights a reality for all. To do so, we will explore what these rights entail and discuss the extent to which they are protected. Students will learn about rights in different settings including within contexts such as education and the youth justice system. Students will also learn how they can be effective advocates for children and youth in their daily lives.

Instructor: Christine Goodwin De Faria & Dustin Ciufu

Christine Goodwin De Faria is an Assistant Professor (Teaching Intensive) in the Child and Youth Studies Program. Her research interests include child rights, youth participation, and youth criminal justice. Christine's current research examines the experiences of youth with disabilities in the justice system.

Dustin Ciufu is an Assistant Professor (LTA) in the Child and Youth Studies Program. His research interests are informed by the New Sociology of Childhood and theoretically rooted in critical approaches. Area of research interest focus on children and youth with a particular focus on children's rights. He analyzes the state of children's rights in relation to global politics, international development, and forced migration.

22 We are the Future Leaders

The course objective is to provide students with leadership and communication skills. Students will learn how to build characteristics of good leaders in the future and how to positively contribute to the community. The course will include a

variety of engaging activities for students to apply communication and leadership skills. Students will learn how to work in teams.

Instructor: Abeer Omar & Rasha Wahid, Trent/Fleming School of Nursing

Dr. Abeer Omar is a nursing professor who has been teaching leadership courses since 2019. She also participated in The Enrichment program in 2021 with the course " We are the Future Leaders".

Dr. Rasha Wahid is a nursing professor who is specialized in mental health and is a psychotherapist. The collaboration of two professors together will contribute to conducting multiple activities in this course.

23 Winning Arguments the Right Way: Critical Thinking

Arguments are everywhere. On TV, on billboards, in ads, with your parents, even in your head! But some arguments are good and others are just the worst. How do we tell the difference? In this class, we focus on evaluating arguments, telling the difference between good ones and bad ones, and making our own. We have to be careful to avoid biases, things that our minds do to make us more likely to accept bad arguments, and fallacies, certain types of bad arguments that we often find convincing. We do a little bit of logic and a lot of thinking about terrible, terrible reasoning. Here are the main topics we'll look at: Biases: the ways our minds mess with us, Logic and Fallacies: the worst arguments around! Terrible ads: how would you make them better?

Instructor: Melanie Rosen

Melanie Rosen started as an assistant professor at Trent's philosophy department in mid-2020. As a philosophy lecturer and tutor since 2006, her main aims are to make courses interactive and to explain complex material, where possible, using an edutainment style. Melanie received her PhD in 2013 in Sydney, her masters and undergraduate degrees (philosophy and fine arts) in New Zealand, and before coming to Trent she was a postdoctoral research fellow in Denmark.

24 It's Not the End of the World: Imagining Just Futures in Apocalyptic

Do you feel anxious about climate change? Does watching the news fill you with existential dread? Do you have a hard time imagining a future for yourself? In this course, we will talk about climate dread, and we will also allow ourselves to imagine something better. A lot of artists and activists look to the future as a way to think about alternative possibilities. Humanities and social science scholars are doing this future-oriented work too! We will bring together ideas from Gender Studies, Disability Studies, Aging Studies, Queer Theory, and Indigenous Scholarship to imagine the world we want and consider the actions we can take to get there. We will explore some methods used in social justice oriented research: hands-on and collaborative activities using art, media, pop culture, and technology.

Instructor: Megan Hill; Melissa Baldwin; May Chazan- Gender and Social Justice

Megan Hill (she/they) is a master's student in the Canadian and Indigenous Studies program at Trent where she is conducting research about aging, queerness, disability, and futures. She is a Teaching Assistant in the department of Gender and Social Justice, having worked on courses about activism, pop culture, and health. She also has a Graduate Teaching Certificate from Trent's Centre for Teaching and Learning.

Melissa Baldwin (they/them) is the co-chair of Aging Activisms (www.agingactivisms.org), an activist-research collective based at Trent University and led by Dr. May Chazan. In 2017, Melissa completed an MA in Canadian and Indigenous Studies at Trent, which drew on queer theory and feminist geography to consider the Peterborough Poetry Slam as a resistant space-making.

May Chazan (she/her), Professor in Gender and Social Justice, at Trent, and Chair of Aging Activisms, will collaborate on this course, showcasing some materials from ongoing teaching and research at Trent. May has taught at all levels, from elementary through to university. She uses arts-based and storytelling methodologies in her work to understand and think critically about aging, social change, and futures.

25 Introduction of Chinese Strategic Games

This course will be unfolded with some background of the development of the game through history, the significance of the game to Chinese people and the philosophy behind the game. After the introduction, students will learn how to play the

game and form groups to compete with each other. If you love to challenge your intelligence, this is definitely the course for you!

Instructor: Shaoling Wang, TCLL

Dr. Shaoling Wang has a BA. in English, MA. in Linguistics and Ph.D. in Chinese Linguistics and Pedagogy. She has taught Chinese Language and Culture at all levels in Harvard University, Wellesley College, University of Hawaii, University of Toronto (Scarborough), and currently at Trent University. Her expertise is in Second language acquisition, curriculum design, study abroad, teaching Chinese and English as a second language, Taiwanese auteur directors and film, web course design and teaching, radio show, and Chinese Opera hosting. Dr. Wang has been with Enrichment program for many years and has offered the Chinese language and culture related courses.

26 What do my friends think of me? How do I feel about myself? A Workshop on Self-Esteem

Do you find yourself worrying about what your friends think of you? Can a negative comment from a classmate ruin your day? In this workshop you will explore why it is not unusual to worry about the opinions of others. As what other's think and say about you can affect your self-esteem, this workshop we will teach students ways to protect themselves.

Instructor: Alba Agostino, Child and Youth Studies, Robyn Smith, CHYS Major.

Dr. Alba Agostino is an Associate Professor and Program Coordinator for the Child and Youth Studies Program at Trent University Durham GTA. Alba's recent research explores factors impacting identity development. In addition, Alba teaches an introductory course titled, CHYS1001: Child and Youth: Identity Theory and Voice where students examine the relationship between a sense of self, academic success, peer relations and self-esteem. The factors explored in the workshop highlight with key components of the child and youth introductory university course. Robyn Smith is a recent graduate of the Child and Youth Studies program at Trent University Durham. Through her work with the YMCA, where she was a camp counselor and a program facilitator for schools across the Greater Toronto Area, she developed a passion for working with young people. Robyn is currently assisting with a research project aimed at examining the impacts of educational identity on grades and study habits.

STEM Programs (Science, Technology, Engineering, Mathematics)

31 A Puzzle Approach to Learning Electronics

The focus of this course is to take the first few steps into the fun world of electronics. My approach is simple. I quickly introduce a few key electronic components: what they do and how they work. Then, together, we use these components to design electronic circuits and networks of increasing complexity and we determine how they operate using a few simple rules. Each electronic circuit becomes a puzzle to solve. Students learn the fundamentals of electronics in a fun way, organically and intuitively. Topics covered; an introduction to electric current and voltage, Circuit basic laws (Ohm's and Kirchhoff's) and Network theorems and analysis (Superposition, Thevenin and Norton equivalent circuit).

Instructor Carlo Bradac

Carlo Bradac is an Assistant Professor at Trent University. He studied physics and engineering at the Polytechnic of Milan (Italy) where he achieved his Bachelor (2004) and Master's degree (2006) in Engineering for Physics and Mathematics. Carlo's received his PhD in Physics at Macquarie University (Sydney, AU) in 2012. He worked as an Engineer at National Instruments (2006-2007) and at Maire Tecnimont (2007-2008), and as a Research Fellow at Sydney University (2012-2013), Macquarie University (2013-2017) and the University of Technology Sydney (2017-2020). Currently at Trent University, his research focuses on quantum materials and their applications for optics, photonics and sensing. Carlo is also a co-founder of the start-up company WriteltUpNow (www.writeitupnow.com), which focuses on teaching scientific literacy and communication.

32 Exploring the Magic of Chemistry

Explore the magical world of chemistry with experiments inspired by the stories of Harry Potter. Students will get the chance to see and, in some cases, recreate some of the most iconic potions from the movies but with a real-world, chemistry twist. Sorting hat potions, Giant's Toothpaste, Troll Bogies, and Felix Felicis are just some of the amazing experiments students will get to experience when they take the Magic of Chemistry and they'll come out of the course as better witches or wizards (and more knowledgeable in chemistry!). Some key concepts covered in the course include acid-base chemistry, condensation polymerization, decomposition reactions, double replacement reactions, solubility, precipitation, and more.

Instructor: *Shannon Accettone, Cassandra DeFrancesco (Chemistry)*

Dr. Accettone is a Teaching Intensive Assistant Professor in the departments of Chemistry and Forensic Science. Dr. Accettone has her honours B.Sc. in Comprehensive Chemistry, a B.Ed. in Intermediate/Senior Chemistry, Biology, and General Science, as well as a Ph.D. in Chemistry. At Trent, she is involved in teaching the first-year chemistry curriculum, analytical chemistry curriculum, and forensic chemistry curriculum as well as serving as the faculty point person in the Forensic Chemistry single major degree program. Dr. Accettone has been involved in Enrichment programs since 2006 within her undergraduate degree program with Science Rendezvous.

Cassandra DeFrancesco is a Chemical Technician in the Chemistry Department at Trent University and a graduate of the Environmental and Life Sciences master's program specializing in Aquatic Chemistry (2020). She received her BSc. in chemistry and forensic science from Trent University in 2017. She has extensive experience working in outreach, having taught chemistry and forensics at the Trent Forensic Science Camp in 2015. Cassandra has been working with Trent Enrichment since 2015 having previously taught the CSI Trent: What You Don't See on TV course.

33 "I thought counting was easy!" – Permutations, Combinations and Catalan Numbers!

Let's take a journey together by running through the streets of Barcelona...just watch out for dangerous busy roads! Climbing mountain ranges might be an easier path leading to our destination, although it could help if we turn the mountains on their sides first. Maybe we can get there faster by shaking hands with dignitaries at a round table...but please make sure you follow proper handshaking etiquette, or there could be trouble. What does it all mean, and how are these events related to each other? The secret is in the Catalan numbers. In this course we will discover powerful counting techniques, which are used in all sorts of applications, such as cryptography, computer architecture, sports statistics, optimizing the delivery of packages, data compression, social networks, tournament scheduling, lotteries and more.

The course begins with some games to discover the basic counting principles. We will explore solutions to problems using physical manipulatives to help us find the right answers. Students will have the opportunity to come up with their own hypotheses and then test them with concrete examples. Along the way we will introduce the basic ideas of probability and use these ideas to "cheat" our way to a winning strategy and come out on top. Finally, the secrets of the Catalan numbers will be revealed, but only to those who are brave enough to face the challenges before them!

Instructor: *John Talboom and Aras Erzurumluoglu*

John Talboom: has a PhD in mathematics (specializing in algebra) from Carleton University and a BEd from UOIT and is currently an Assistant Professor in the Department of Mathematics at Trent University.

Aras Erzurumluoglu: received a PhD in mathematics from Auburn University (USA) in 2015. Prior to that, Aras obtained a bachelor's and a master's degree in Turkey, both in mathematics. Since 2018, Aras has been an Assistant Professor at Trent University in the mathematics department .

34 There is no normal: Introduction to Abnormal Psychology

This course will study unusual patterns of behaviour, emotions, and thoughts, in other words, mental disorders. We will analyze them in connection to the brain, discuss career paths in Clinical Psychology, and provide an exciting history of abnormal psychology (ex., Incarceration of the innocents). We will specifically discuss disorders which are more prevalent at schools and how the school system could help improve the learning of students with mental disorders. How can you, as students, be leaders in helping the school system have a positive change? What does the career of a fun clinical psychologist look like? How are prisoners wrongfully convicted? You are only getting closer to learning more about yourselves!

Instructor: *Hadia Mustansir (Masters Student) and Dr.Tayrn Grieder (Psychology)*

35 The Hidden Life of Trees

Canada has more land covered by forest than almost any other country in the world! In the Hidden Life of Trees we will learn about forestry in Canada in a classroom setting. Then we will head up to the Lady Eaton Drumlin to use forestry tools to measure forest health and productivity.

Instructor: Patrick Levasseur, PhD Candidate, Environmental and Life Sciences Graduate Program
Patrick is a PhD candidate in the Environmental and Life Sciences Graduate Program at Trent University. Patrick's research focuses on understanding the nutrient cycling in forests on industrially degraded landscapes. Patrick has a great deal of teaching experience at the undergraduate and elementary/highschool levels.

36 CSI Trent: What you don't see on T.V.

This forensic science-based course will cover the science behind various fields in forensic science including, fingerprinting, genetics, impressions, and bloodstain pattern analysis. We will take a 'behind the scenes' look at how accurate your favourite crime scene T.V. shows really are by showing you how evidence is actually analysed in forensic cases. This introductory course will cover forensic science principles in a manner that is understandable by students with a very limited forensic or science background. Each topic and technique will be paired with a fun interactive activity tied to a forensic case. It will be up to students to analyse the evidence and use results to solve the case.

Instructor Sumiko Polacco (Forensics) & Erin Prewer (Forensics, EnLS)
Sumiko Polacco is a course instructor and forensics and law teaching support staff in Trent University's Department of Forensic Science. She is a graduate of Trent University's undergraduate Forensic Science program, and Environmental and Life Sciences Master's program. Her graduate research focused on developing chemically reactive forensic blood substitutes. Her current research focuses on communicating forensic expert evidence in court.

Erin Prewer is a graduate of Trent University's Forensic Science program, and now is now pursuing a PhD Degree in Environmental and Life Sciences at Trent with a specialisation in Cell Biology and Genetics. Her research focuses on the Muskox genetics. She teaches crime scene, DNA, and forensic labs for the Department of Forensic Science.

37 Sports Science - The science of exercise and human movement

To successfully lift a dumbbell, run at top speed, throw a ball, or even stand up from a chair requires complex interactions between our body's nervous system, our skeletal system, and the muscles that power these movements. Through exercise and physical training, we can stimulate these systems to grow and adapt, resulting in improved movement and enhanced human performance. This course, run by faculty and students from the Kinesiology Program, will cover the physiology of human movement and how we adapt to exercise. Through laboratory-based exercise activities, we will consider not only how certain challenges can influence athletic performance, such as stretching, but also how we measure performance in laboratory settings. This course will involve active participation in laboratory-based exercise, but will be inclusive and accommodating to all abilities.

Instructor: Davis Forman, PhD, is an Assistant Professor in the Department of Kinesiology at Trent University where he teaches fitness assessment and exercise prescription, human anatomy, biomechanics, and occupational ergonomics. His research interests focus on how the human body adapts to resistance training and how these adaptations influence injury susceptibility in the workplace. His work is regularly published in field-leading journals such as the Journal of Biomechanics, Ergonomics, and the Journal of Neurophysiology.

Trent University, Symons Campus, Otonabee College Classrooms
2131 East Bank Dr., Peterborough, ON

1. Head southeast on Nassau Mills Rd for 2km
2. Turn right onto E Bank Dr
3. Turn right into Parking Lot R
4. When looking at the building the Wenjack Theatre Entrance is to the Left Hand side ★ (by the round about)
5. Once you Enter the Building the classrooms are straight ahead.

