Exploring Careers in Health & Human Performance (HAHP)

Health Promotion
Kinesiology
Therapeutic Recreation
Recreation Management
How to explore HAHP Careers in 3 easy steps:

1. Review sample job titles listed here by program
2. Check out some of our alumni bios included in this Powerpoint
3. More exploration through LinkedIn/Career Services/Advising (see below)
Careers in Health Promotion

- **Health Promotion Manager**, Heart & Stroke Foundation (non-profit)
- **Health Promotion Specialist**, Child Safety Link, IWK
- **School Health Promoter** (various districts, regions)
- **Youth Engagement Coordinator**, Public Health (government, provincial)
- **Evaluation and Public Health Consultant**
- **Primary Health Care Coordinator** at Primary Health Care & Department of Family Practice, NSHA (clinical)
- **Policy and Planning Consultant**, Mental Health & Addictions
- **Health Promotion Facilitator** (Alberta Health Services)
- **Policy Analyst**, Health Canada (government, national)
- **Senior Advisor**, Canadian Medical Association
- **Global Health Campaigns Officer** (RESULTS Canada) (Global)
- **Student Health Promotion Coordinator** (various universities)
Careers in Kinesiology

- **Rehabilitation Assistant**, Stan Cassidy Center for Rehabilitation
- **Certified (CSEP) Exercise Physiologist**
- **Founder and CEO, Kinduct** (*World leading Technology Company specializing in Health Care, Wellness and Human Performance/Professional Sport Technology*)
- **Olympian | World Champion | Inspirational Speaker | Personal Excellence and Performance Expert | Author**
- **Kinesiologist**, Nor’east

- **Personal Trainer**, Evolve, Goodlife, other
- **Certified Professional Ergonomist**
- **Workplace Consultant**, Workers’ Compensation Board of Nova Scotia
- **Certified Athletic Therapist***
- **Canadian Certified Pedorthist***
- **Prosthetic Technician***
- **Physiotherapist***
- **Physical Education teacher***

*requires additional education and training*
Careers in Therapeutic Recreation

- Certified Therapeutic Recreation Specialist at Walking Soccer Nova Scotia – non-profit
- Recreation Therapist – IWK Children’s Health Centre - hospital
- Executive Director at Recreation Nova Scotia – non-profit
- Inclusion Coordinator at Dovercourt Recreation Association – non-profit
- Addictions Prevention Consultant at Eastern Health - hospital
- Recreation Therapy Coordinator at Canuck Place Children's Hospice - clinical
- Recreation Therapist at Northwood - long-term care facility
- Behaviourist with a community based Acquired Brain Injury (ABI) Outreach team
- Certified Child Life Specialist & Recreation Therapist
Careers in Recreation Management

• Manager, Marketing & Communications at YMCA (of Greater Vancouver) – non-profit
• Athletic Program Coordinator (at Newbridge Academy) – for profit
• Community Recreation Coordinator at Halifax Regional Municipality – municipal government
• Sport Tourism and Major Event Strategist | Project Leader | Facilitator - tourism
• Corporate Sales with The Lifesaving Society of Ontario - non-profit

• Manager, Sports Partnerships (Canadian Tire Corporation) - private sector
• Membership Engagement Manager - Downtown Halifax Business Commission – tourism
• Corporate Sponsorship Executive, Carolina Hurricanes – private sector, sports
• Scout, Toronto Blue Jays (private sector, sports)
Kathryn Stone

Health Promotion Alumni (2021 Info):

- Kathryn is in the second year of her Masters in Health Promotion at Dalhousie.
- She also completed her undergraduate degree in Health Promotion at Dalhousie, where she was able to intern at the Public Health Agency of Canada (PHAC).
- There, she was able to explore climate change and health equity, which sparked her interest in researching the topic further at a graduate level.
- Her masters research project explores the mental health of young women in our changing climate.
- Currently, she is writing her study results and getting ready to defend her thesis in June!
- She is also currently looking for and applying to any jobs relating to climate change, either at governmental or non-governmental organizations.
Stephanie Di Trapani (Collins)

Health Promotion Alumni (2004)

• Shortly after graduation, Stephanie moved to Ottawa and began her career with Health Canada. She is now in her 17th (what?!) year with the department and has held a variety of positions. Stephanie is presently the Director of the Drug Shortages Division. This division is tasked with identifying potential drug shortages and working with stakeholders to mitigate the impact of the shortage. She also works on long-term strategies to ensure Canadians have access to the drugs they need to maintain their health. The division has played a central role in the government’s response to COVID-19. Stephanie loves the people management side of her job. She is passionate about advancing issues surrounding mental health, diversity, and inclusion in the federal government.

• Stephanie is mom to three extraordinary children! She has long been passionate about youth engagement having worked and volunteered in this space. After the birth of her children, she shifted her focus to advocacy for early childhood education. Stephanie is currently the Vice Chair of a board for a network of not-for-profit early childhood centres in Ottawa. She is passionate about low fees for parents and decent work and pay for educators.

• Stephanie can be found on a spin bike, strength training, listening to podcasts, or dj-ing family dance parties in the after-hours. Her interest for health and wellness continues to grow personally and professionally.
Maya Biderman

Kinesiology Alumni:

- During her Kinesiology degree, Maya furthered her passion for social justice in health and healthcare. She worked with the Indigenous Health Interest Group and then completed her Masters degree in Psychiatry Research after graduating. Throughout, she worked for Heart to Heart Canada, a shared society building program for teenaged Jewish and Palestinian citizens of Israel.

- Maya is a current second year medical student at the University of Toronto (U of T). She has completed the Global Health Education Program at U of T, and is currently working towards certificates in Narrative Medicine (U of T) and Indigenous Public Health (University of British Columbia). Outside of school and work, she pursues advocacy through her efforts developing an HIV speaker series and co-directing the U of T chapter of Medical Students For Choice. She continues to work at Dalhousie as the Course Coordinator for the IPE – Introduction to Cultural Safety in Healthcare for Indigenous Peoples course that is integrated into the Medicine, Nursing, Pharmacy, Dentistry and Dental Hygiene programs.

- She is cast in Daffydil, the U of T Medical school charity musical, and sings in the music program at her local hospitals. She is a judge for the DOXA documentary film festival and sits on the Board of Directors for Fly With Me Animal Rescue and Hashomer Hatzair Canada.

- She is an enthusiastic amateur rock climber and passionate traveller.
Amie Lee

Kinesiology Alumni:

• Physiotherapist, Nova Spinal Care

• Amie began her career and has been working in Private Practice Orthopedic Physiotherapy for the last 13 years. Her focus has always been sports, kids and the athletic population which has really shaped her career path.

• Amie started working with Hockey Nova Scotia’s High-Performance Program and worked up to Team Atlantic, and then up through to the National Programs, including Hockey Canada’s National Women’s Program and the IIHF. She has also attended multiple camps with Hockey Canada as well as 2 World Championships with the Women’s U18 team.

• She has done additional training and courses in sport and active rehabilitation to help athletes get back on track safely and quickly following an injury. Amie went on Tour with Cirque du Soleil, Team Canada’s Beach Volleyball team and travelled with the Senior Women’s National Soccer team to The Cyprus Cup. In addition to many other National and International Events in a variety of sports, Amie was in charge of the medical for 9 Seasons with the Halifax Hurricanes (Rainmen) Basketball team as well as Soccer Nova Scotia.

• Through experience Amie has learned to reach optimal performance, you must look beyond the symptoms and treat the whole person and the cause.
Dr. Jeffery Zahavich

Kinesiology Alumni: PhD, CEP/HPS, ChPC

• **Current job title:** Kinesiology Lab Instructors, School of Health & Human Performance, Faculty of Health, Dalhousie University (since Feb. 1, 2020)

• **Education:** B.Sc. Kinesiology (Dalhousie ’06); B.Sc. Health Promotion (Dalhousie ’07); M.Sc. Kinesiology (University of Calgary ’10); Ph.D. Health (Dalhousie ’20)

• Jeff has been associated (on and off) with the School of Health and Human Performance since 2001 in various roles and capacities. He holds the Clinical Exercise Physiologist/High-Performance Specialization designations from the Canadian Society for Exercise Physiology, and is a Chartered Professional Coach with the National Coaching Certification Program.

• After completing his Master of Science in Kinesiology from the University of Calgary in 2010, Jeff and his partner Ashley returned to Halifax and opened up Kinesic Sport Lab, a privately-owned exercise physiology lab and endurance sport training centre. After three years of business operations, Jeff decided to return to Dalhousie to pursue his doctorate in Health, where his research focused on school-based quality physical education and healthy school policy.

• Since completing his PhD in 2020, Jeff accepted a faculty position within the School of Health and Human Performance as a Kinesiology Lab Instructor, where he oversees the exercise physiology-related laboratories and teaches courses including KINE 1104 - Foundations in Kinesiology, and KINE 3414 - Exercise Testing and Prescription for Healthy Populations.
Nnamdi Chiekwe

Therapeutic Recreation Alumni:

• Currently Primary Healthcare Coordinator, with Nova Scotia Health, Department of Family Practice

• Previously Therapeutic Assistant (TA), Mental Health and Addictions with Nova Scotia Health

• Although only a recent graduate from the Therapeutic Recreation program at Dalhousie, Nnamdi has incorporated leisure and recreation his whole life.

• While completing this degree, Nnamdi was involved with a variety of health initiatives on campus and in community. Currently a member of the Men's Health League and working with the Nova Scotia Brotherhood, Nnamdi works to disseminate health information to the public and create engaging, inclusive, and safe environments for Black men.

• Through his years of education, work experience, and involvement in community, Nnamdi’s passions have always come back to creating community and belonging, and to help improve one’s quality of life through exposure and access to different opportunities.

• When not at work or in community you can catch Nnamdi running around Halifax, picking things up and putting them down at the new YMCA, or cooking and jamming out in the kitchen!
Mariah Godin

Recreation Management Alumni:

• Administration & Project Coordinator – 2022 ICF Canoe Sprint & Paracanoe World Championships

• Transferred into Dal’s Recreation Management Program in 2016 after retiring from international sprint canoeing.

• Fell in love with the program and got involved with Rec O. Completed a directed study running an IPE event on the value of recreation in interprofessional healthcare – particularly that of recreation management specialists

• Since beginning the program has worked with municipalities and non-profits, developing programs that strengthen communities and projects responding to COVID-19

• Recent organizations worked for include the New Zealand Recreation Association (internship), the Town of Kentville, the Dartmouth North Boys & Girls Club

• Currently, part of the Host Organizing Committee responsible for delivering the 2022 ICF Canoe Sprint & Paracanoe World Championships on Lake Banook this August – reach out if you’d like to get involved!

Mgodin.rec@gmail.com
mariahgodin.com
Craig’s interest in sport and recreation came from having an active childhood. Craig was drafted in 2004 to the Milwaukee Brewers Baseball Organization of Major League Baseball. He enjoyed four years of professional baseball until his career ended.

Craig completed his education in Recreation Management through Dalhousie University and his graduate degree in a Master of Business Administration from the University of Northern British Columbia.

For his internship in the Recreation Management program, Craig went back to the United States and worked with the Milwaukee Brewers Baseball Organization in their Scouting Department. His undergraduate research project focused on completing a 10-year analysis of the Major League Baseball Draft with a focus on geographic location and Major League Baseball talent. His graduate research project focused on developing strategic planning initiatives for campus sport centres through a case study of the Northern Sport Centre.

Craig has worked in leadership positions in sport tourism, recreational programming, and facility management. He has worked for Nustadia Recreation, Regional Recreation Corporation of Wood Buffalo, University of Northern British Columbia and currently the North American Indigenous Games Host Society.

A few of Craig’s sporting events highlights are:

- 2015 - Two Canadian Football League (CFL) Games – Director of Athlete Management and Officiating
- 2015 - Canadian Ringette Championships – Sponsorship Recognition and Arena Operations
- 2015 - Western Canada Summer Games – Ticket Sales and Operations
- 2016 - Baseball Canada Cup – Director of Baseball Operations
- 2016 - CCAA Men’s Soccer National Championships – Facility Logistics and Soccer Operations
- 2023 North American Indigenous Games – Manager Athlete Services

Craig recently relocated back to Halifax, NS in July 2021 and has accepted a role with the 2023 North American Indigenous Games Host Society as the Manager of Athlete Services. This is the largest multi-sport event to come to Nova Scotia and it will be a week-long celebration of sport and culture.
More Exploration

- Linked In Account? If you do not have one Dalhousie’s Career Services can help you set one up!
- In the Search bar, type ‘Dalhousie University’ then select ‘Dalhousie University’
- Select the ‘Alumni’ tab then search grads by Discipline, Title, Program and Geographically!

- View profiles/request to connect for further networking
Looking for more info or help?

- Speak to a HAHP Advisor:
  - Heidi Tracey Baillie (htb@dal.ca) or Lindsay Currie (Lindsay.Currie@dal.ca)

- Visit Dalhousie’s Career and Leadership Services Centre for help with:
  - Career Advising
  - Peer Advising
  - Career Counselling
  - Job & Career Resources
  - International Student Work Experience Program
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