



OUR VISION:
**PHYSICAL AND
MENTAL WELLNESS
FOR ALL**

DALHOUSIE UNIVERSITY
HEALTH AND HUMAN PERFORMANCE
STRATEGIC DIRECTION **2018–2023**

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SEEKING POSITIVE CHANGE

How can we create the conditions that allow people at all levels of society to achieve optimal physical and mental health? It's an enormous multi-faceted question, made even more daunting when we look at the challenges before us: an aging society, a decline in physical activity, the global burden of chronic disease, and the impact of marginalization on the often compromised wellness of those facing barriers to good health caused by social inequities. Tackling a question of this magnitude requires fresh, innovative thinking. It demands specialization—and collaboration across specialties. It depends upon an outlook that seeks solutions even as it identifies problems, that focuses on the potential for positive change even as it unravels the complex forces that lead populations and individuals into poor health.

Dalhousie's School of Health and Human Performance is ideally positioned to seek answers to this complex question, by assisting the transformation of health and quality of life through excellence in teaching, research, collaboration and community outreach in the areas of prevention, rehabilitation and performance. Comprised of three programs—Health Promotion, Kinesiology, and Recreation and Leisure Studies—with almost 800 undergraduate and graduate students and almost 30 faculty members, the School is able to bring an interdisciplinary, applied approach to solving complex problems related to health and wellness, grounded in a commitment to reducing health risks and inequities that impact health and wellness.

How will we do this? Our Strategic Direction 2018-2023 sets out our plan. This plan is the product of a consultative process involving over 100 people, including faculty, staff, students (undergrad and graduate) and external stakeholders (alumni, work placement coordinators and others). Together, we co-created the direction for the School of Health and Human Performance for the next five years. On the pages that follow, you will find our Vision, Mission and Strategic Pillars and Priorities. As we move forward, our next step will be to determine the deliverables for each pillar and priority so that we can measure and track our progress. We are excited at the clarity, focus and shared commitment that this strategic process has helped to create, and we look forward to tackling the challenges ahead, as we move toward a vision of physical and mental wellness for all.

OUR VISION

Physical and mental wellness for all

OUR MISSION

Through effective teaching, innovative research and meaningful partnerships, we develop, apply and advance knowledge in health promotion, kinesiology and leisure studies.

OUR VALUES

As a community of students, scholars, practitioners, researchers and lifelong learners, we:

- Value broad perspectives of health and wellness
- Respect all voices by committing to integrity, equity and inclusion
- Embrace innovation and change
- Strive for meaningful collaborations
- Champion scholarship and critical inquiry

STRATEGIC PILLARS & PRIORITIES

As the School of Health and Human Performance seeks to achieve its vision of physical and mental wellness for all, our efforts will build from our foundation of collaboration, creative and critical thinking, innovative study and practice, and care and respect for individuals, populations, organizations and communities.

We know that positive change comes in increments, and together, we have co-created our road map to advance our goals over the next five years. Our key strategic pillars focus on enhancing scholarship; amplifying research; fostering partnership, collaboration and outreach; and shaping impact. Within each priority, we have defined essential and immediate priorities, and over the next months, we will articulate specific deliverables within each so that we can measure and track our performance.



HEALTH AND HUMAN PERFORMANCE STRATEGIC PILLARS AND PRIORITIES



1

ENHANCE THE SCHOLARSHIP OF TEACHING & LEARNING

1.1

Leverage funding and support

- Optimize existing resources
- Secure new resources

1.2

Prioritize evidence-based teaching

1.3

Develop innovative practices

- Increase opportunities for experiential learning
- Integrate learning across disciplines
- Deliver meaningful IPE experiences
- Develop novel delivery methods

1.4

Enhance student learning

1.5

Enhance student experience

- Enhance and track student retention

1.6

Complete curricula renewal

2

AMPLIFY RESEARCH

2.1

Leverage funding and support

- Optimize existing resources
- Secure new resources

2.2

Develop mentoring and learning opportunities

- Support masters, PhD and postdoctoral researchers

2.3

Develop and enhance research collaboration and visibility

- Recognize Dalhousie's commitment to a scholarship model that includes discovery, integration, application and/or teaching
- Recognize non-traditional forms of scholarship and traditional ways of knowing

2.4

Amplify existing research strengths through strategic support and connection

- Amplify research profile

2.5

Develop internal support for research activities

3

FOSTER PARTNERSHIPS, COLLABORATION AND OUTREACH

3.1

Leverage funding and support

- Optimize existing resources
- Secure new resources

3.2

Create and foster strategic and meaningful partnerships (e.g., Alumni, Donors, Communities, Industry)

- Students (prospective and current), including development of recruitment strategy

3.3

Develop and enhance internal collaboration

- Collaborate across divisions and outside the School on IPE events

3.4

Develop synergies between internal and external partners/ collaborators

3.5

Plan and deliver strategic outreach

4

SHAPE IMPACT

4.1

Leverage funding and support

- Optimize existing resources
- Secure new resources

4.2

Develop a communication strategy

- Share research findings
- Share outcomes of strategic planning process
- Share teaching awards
- Share achievements and activities of faculty, staff, students and postdocs

4.3

Develop a stronger, more collegial culture grounded in equity, diversity and inclusion

4.4

Build and recognize leadership capacity of faculty and students

- Develop and expand relationships with supervisors (coordinators)

4.5

Optimize operations

4.6

Secure accreditation or other recognized credentials for programs

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FACULTY OF HEALTH

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