Letter from the Graduate Coordinator

Dear Graduate School Applicant:

I am thrilled that you are considering a graduate degree in Aging Studies at the University of Regina. This is a graduate degree overseen by the Centre on Aging and Health. It is an interdisciplinary programme with collaboration from the Faculties of Arts, Kinesiology and Health Studies, and Social Work. Opportunities for qualitative and quantitative research in the field are wide ranging with supervisors who are leaders in their disciplines. This brochure will provide you with an overview of the programme; however, I encourage you to contact me or any one of the faculties listed to further explore the possibility of enrolling in this exciting graduate programme.

Sincerely,

Dr. Abigail Wickson-Griffiths
Aging Studies Graduate Program Coordinator
University of Regina
306-337-2917
Abigail.Wickson-Griffiths@uregina.ca
Letter from the Director of the Centre on Aging and Health

Dear Graduate School Applicant:

Thank you for your interest in the interdisciplinary aging studies program at the University of Regina. The Centre on Aging and Health, University of Regina is pleased to play a role in the administration and facilitation of this important program.

We invite all U of R aging studies students to apply formally for affiliation with our centre and to participate in the centre’s activities that include a lecture series, the production of a newsletter, research facilitation, the operation of a pool of research participants and others. Please visit our web site at http://www2.uregina.ca/cah/

We wish you the best of luck in your pursuit of graduate study.

Sincerely,

Thomas Hadjistavropoulos, Ph.D., R.D. Psych.
Director, Centre on Aging and Health and
Professor of Psychology
Thomas.Hadjistavropoulos@uregina.ca
Living in Saskatchewan

Residents of Saskatchewan enjoy a high standard of living. Saskatchewan is rich with cultural heritage, has an excellent network of national and provincial parks, and has clean, smog-free air. The landscape varies tremendously from the vast wheat fields in the South to the dense trees and thousands of lakes that make up the Northern Forest.

Saskatchewan has been a leader in health care for over 60 years. Saskatchewan pioneered universal hospital care insurance in the 1940s and comprehensive coverage in the 1960s. The province now concentrates on a wellness model that promotes preventive care and innovative service delivery through the Saskatchewan Health Authority. Regina is home to three major healthcare facilities: The Regina General Hospital, Pasqua Hospital, and the Wascana Rehabilitation Centre.

The climate is relatively diverse across four distinct seasons and residents enjoy more hours of sunlight than most other places in North America. The temperature shows considerable fluctuation over the course of the year. The average temperature is -11 degrees Celsius for the winter and +23 degrees Celsius for the summer.

The City of Regina

Regina, the capital of Saskatchewan, is located in south central Saskatchewan, midway between Calgary, Alberta and Winnipeg, Manitoba. Regina is one of the sunniest places in Canada with a metropolitan area population of approximately 236,481 (2016 statistic).

Regina is home to the beautiful Legislative Building, and residents benefit from an abundance of parks, pathways, cultural events, organised sports, and excellent sporting facilities. Regina’s park system features over 100 parks and is crowned by the Wascana Centre, a 930-hectare park that includes a lake, a picnic island, a marina, and waterfowl park and display ponds. Wascana Centre is one of the largest urban parks in North America and has no counterpart in Canada. Major annual events include: the Regina Dragon Boat Festival, the Regina Folk Music Festival, and the inter-cultural celebration, Mosaic. Winter sports are also popular including, for example, curling, hockey, and skiing. Regina is also home to several theatre groups, the longest continually running symphony in Canada and many fine as well as ethnically diverse restaurants.

The cost of living in Regina is very reasonable compared to other major Canadian cities. Affordable arrangements for student accommodations include a variety of student housing options that are available on campus. Effective September 2017, cost of on campus accommodations ranges between $3,276 (single room) and $5,034 (one bedroom apartment) per semester depending on the nature of the accommodation and the options selected. Off-campus unfurnished one bedroom apartments near the University typically rent for approximately $1,100 per month. Less expensive rental accommodations are available throughout Regina. For additional information about on-campus housing, go to: https://www.uregina.ca/housing/index.html
The University of Regina is a young and dynamic institution. Although we achieved independence only in 1974, we have grown to ten faculties and many departments, which have established reputations for excellence and innovative programs leading to Bachelor’s, Master’s, and Doctoral degrees. As well, a variety of research centres and institutes on campus enhance teaching and research opportunities.

Our main campus is located in the heart of Wascana Centre, a unique 930-hectare development dedicated to education, recreation, culture, and the seat of government. The new campus and our historic 'old' campus provide an attractive work and study environment for our students, faculty, and staff.

The University of Regina has grown rapidly over the past few years. The annual operating budget is over $230 million. Enrollment has reached over 15,000 full and part-time students with over 1,400 faculty and staff. Over the last decade, the University has achieved dramatic increases in its research revenues from external sources. Research efforts cover an impressive array of topics such as health (including anxiety, stress and pain as well as issues related to health equity), social justice & community safety, informatics, and water, environment & clean energy.

Recently, the University has enjoyed renewed physical growth. This consisted of the addition of several new buildings including the multi-million dollar 600-bed residence with indoor parkade, a two-storey addition and renovation to the Education Building, an impressive home for the First Nations University of Canada, two new residences, a state of the art Kinesiology and Health Studies complex, a major laboratory building addition and new Regina Research Park buildings that have led to synergies and research partnerships with industry and government.

Much of this information is derived from the University of Regina’s official website at www.uregina.ca.
The University of Regina offers an exciting inter-disciplinary research-oriented graduate degree program in Aging Studies. The field of aging studies (the comprehensive study of aging and the problems and opportunities of older adults) is becoming increasingly important because it addresses one of the most significant demographic issues confronting our society today, namely the increasing proportion of the population that is over the age of 65. Students with professional degrees, (e.g., medicine, social work, physical therapy, nursing, optometry, etc.) as well as undergraduate degrees in kinesiology, psychology, health studies, health science, biology or other related health disciplines are encouraged to apply for the fall semester. The program is coordinated by the Centre on Aging and Health, University of Regina and involves the collaboration of the Faculty of Arts, the Faculty of Kinesiology and Health Studies and the Faculty of Social Work. Students can work towards an M.A. or an M.Sc. degree depending on the nature of their thesis research. The program aims to provide research training and specialized aging studies knowledge to health professionals and to students wishing to pursue doctoral studies and research careers. The program aims to address both the physiological and psychosocial aspects of aging.

Admission Requirements

Applicants require a 4-year undergraduate degree in kinesiology, aging studies, gerontology, social work, psychology, sociology, health studies, health science, biology, or an equivalent health professional degree, e.g. nursing, medicine or physical therapy. Some courses (e.g., AGIN 890) have undergraduate pre-requisites. Students who have not completed these pre-requisites or equivalent can still be admitted to the program with the understanding that they will be expected to complete the undergraduate prerequisites prior to being able to complete the corresponding aging studies program courses.

To be eligible for admission, applications must include the following:

- a Faculty of Graduate Studies and Research (FGSR) application form.
- official transcripts from all post-secondary institutions attended.
- two confidential letters of recommendation.
- a $100.00 non-refundable application fee for all applicants.
- a letter of intent detailing your background, goals, and research interests including faculty members who you would be interested in having as research supervisors.

Note: all international applicants must submit proof of English proficiency in the form of an approved test score (i.e., TOEFL) sent directly from the testing service to the FGSR office.

Students should note that the minimum academic standard for admission to the Faculty of Graduate Studies and Research is a baccalaureate average of at least 70%. Students are encouraged to review the Aging Studies faculty members’ profiles and to contact those faculty members who are most closely related to your interests to discuss potential program supervision.
Applications must be complete and received in the Faculty of Graduate Studies and Research office, North Tower Residence Room 110.2, University of Regina, Regina, Saskatchewan, Canada S4S 0A2. Tel: (306) 585-4161 by March 31st.

Financial Support

Students are eligible to receive scholarships (approx. $6,000) and teaching assistantships (approx. $2,500) through the Faculty of Graduate Studies and Research. These awards are based on academic standing and to be eligible for financial assistance, applicants must be registered as full-time students. Conditionally qualified students are not eligible for University scholarships, assistantships, or fellowships. Some additional teaching assistantships are available from the Faculty of Arts, and individual faculty members often support their own graduate students with research assistantships from their grants.

Aging studies students can apply for several internal (University of Regina) awards including the Groome Family Fellowship in Health Research, as well as to external agencies for awards such as the Donald Menzies/Canadian Association of Gerontology Bursary in Gerontology.

Groome Family Fellowship in Health Research

The Groome Family Fellowship in Health Research is made possible by a gift from the Groome family to the University of Regina. The descendants of the Groome family have remained dedicated and loyal to the province of Saskatchewan and the endowment is the Groome family's way of encouraging the success of the students who have chosen to study in Saskatchewan. All students conducting health research are eligible to apply. This award is presented annually to a Master's or Doctoral student in a Kinesiology and Health Studies graduate program. If a suitable candidate is not identified in a Kinesiology and Health Studies graduate program, applications from graduate students enrolled in other programs will be considered.

Value: One award at $23,500 or two awards at $11,750 are available. An adjudication committee will determine the recipients(s) and value of the award.

To be eligible students must meet the following criteria:

- must be an entering or continuing student, and must be enrolled full-time during the tenure of the fellowship.
- have a minimum CGPA (cumulative grade point average) of 80%.
- be in the process of developing, or have developed a project that is specific to health, wellness and/or lifestyle issues which sets goals capable of having a tangible impact in a reasonable period.

Deadline: May 30th
Donald Menzies/CAG Bursary in Gerontology

This bursary supports post-baccalaureate students registered in a program of study that focuses on aging or older adults.

Value: $1,500.

Applicants must be registered, or formally accepted, as full-time students in a post-baccalaureate program at a recognized Canadian university. Applicants must be Canadian citizens or have permanent resident status.

For further information, refer to the Canadian Association of Gerontology website: https://cagacg.ca/awards/menzies/

Deadline: June 3rd (Changes Yearly)

Alzheimer Society of Saskatchewan Award

The Alzheimer Society of Saskatchewan Scholarship was established to facilitate graduate learning experiences in research and support graduate students pursuing research projects related to Alzheimer's disease or related dementias.

Value: $5,000

The scholarship will be awarded to a University of Regina student who meets the following criteria:

- entering or a continuing student in a Master's or Doctoral program at the University of Regina;
- be pursuing research related to Alzheimer Disease or related dementias;
- must be enrolled full-time during the tenure of the scholarship;
- minimum cumulative grade point average (CGPA) of 80%; and

Deadline: September 30th

Other External Awards

Students are strongly encouraged to seek additional funding from external sources. There are several national granting agencies that support graduate research through scholarships such as the Social Sciences and Humanities Research Council (SSHRC), the Natural Sciences and Engineering Research Council (NSERC) and the Canadian Institutes of Health Research (CIHR), among others. At the provincial level, graduate student funding in health research is available from the Saskatchewan Health Research Foundation (SHRF). Individual faculty members often also support their own graduate students with research assistantships from their grants.
Other Student Services

The University of Regina, Department of Counselling Services offers confidential counselling services to any University of Regina student. For more information contact Counselling Services at:

Riddell Centre Room 251  
University of Regina  
Regina, Saskatchewan S4S 0A2  
Telephone: (306) 585-4491  
Fax: (306) 585-5172  
http://www.uregina.ca/student/counselling/

Instructional areas used by the Department of Psychology are wheelchair accessible. Assistance can be arranged with parking, special arrangements with instructors and technologies to assist students. Other services are also available. For more information please contact the University’s Co-ordinator of Special Needs (306 585-4631) or Room 251, Dr. William Riddell Centre.
Degree Requirements

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<th>Course</th>
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<tr>
<td>1. One of AGIN/SW 803 or AGIN/SW 816</td>
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<td>5. PSYC 802&lt;sup&gt;1&lt;/sup&gt;</td>
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<td>2. One of JSGS 817, JSGS 837, ECON 865, EC&amp;I 809, PSYC 823 or SW 881</td>
<td>3</td>
<td>6. PSYC 807 or KHS 866 or Directed Readings Course on Ethical Issues</td>
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<tr>
<td>3. KHS 892/AGIN 890 or MNUR820/AGIN 893</td>
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<td>7. AGIN 901 (Research)</td>
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<tr>
<td>4. KHS 803 or PSYC 801</td>
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<td>8. AGIN 800 Seminars</td>
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Total Minimum Credit Hours 30

**Note:** Students who have taken KHS 892/AGIN 890 may take MNUR 820/AGIN 893 in lieu of one of JSGS 817, EC&I 809, ECON 865, PSYC 823, or SW 881. Students who have taken MNUR 820/AGIN 893 may take KHS 892/AGIN 890 in lieu of one of JSGS 817, EC&I 809, ECON 865, PSYC 823, or SW 881.

**Other requirements:**

a) **AGIN 800 Seminars:** The Centre on Aging and Health (CAH) will coordinate a series of presentations (by both aging studies program faculty and external speakers). Students will be expected to complete 10 seminar attendance/participation credits before they graduate. The Graduate Program Coordinator will monitor attendance.

b) **Thesis:** The topic of a student’s thesis must be clearly related to aging studies (i.e., the study of aging and/or the aged). A committee consisting of three faculty members affiliated with the CAH must approve each thesis topic. Approval will be based on whether the topic clearly falls within the scope of aging studies. Students are expected to submit the topic (i.e. title and a brief description of up to 3 pages) to the aging studies program coordinator prior to proceeding with a proposal defense.

Students are also encouraged to apply for student membership with the University of Regina’s Centre on Aging and Health (http://www2.uregina.ca/cah) as well as external organizations such as the Canadian Association on Gerontology (http://www.cagacg.ca/).

**Course Descriptions**

**EC&I 809: Program Evaluation (3).**

The course is directed to individuals charged with designing and/or conducting evaluation activities, those who commission and use the results of evaluation studies, and those who are the subject of evaluations and wish to better understand the evaluation issues and activities in which they are involved.

<sup>1</sup> It is strongly recommended that students, who have not taken a statistics course in the undergraduate level, complete an undergraduate level statistics class before taking this course. This can be done either after accepted aging studies students commence their studies at the University of Regina or before.
ECON 865: Health Economics and Policy (3)

The course considers issues such as benefit coverage, compensation of healthcare providers, user fees, pharmaceuticals, regional health boards, and comparative health policy.

AGIN 800 Aging Studies Seminars (0)

The course involves a series of seminars (or related public events) on a variety of topics related to aging studies. The Centre on Aging and Health normally coordinates these seminars. Approximately five seminars or related public events are offered per calendar year.

AGIN 803/SW 803: End-of-Life Issues for Human Service Workers (3).

This course deals with the impact of end-of-life issues on people, their families and social work and health care practitioners. The role of the social worker in practice, research, education and policy in end-of-life care will be explored.

AGIN 816/SW 816: Aging, Society and Human Service Work (3).

This course considers social work practice, research, education and policy with seniors in the community and in institutions. The focus of the course will be the role of the social work perspective in each of these professional activities with seniors.

AGIN 890/KHS 892: Physiology of Aging (3).

This course consists of an advanced study of the alteration in physiological function associated with the normal aging of body systems and the clinical consequences of these changes for maintenance of optimal function, physical activity, health and longevity.

AGIN 893/MNUR 823: Patterns of Health and Illness in Older Adults (3)

This course offers broad-based knowledge and skills through integrated interprofessional education related to health challenges in the aging population. Physiological changes and psychosocial aspects of aging as they relate to common health problems will be examined.

AGIN 901: Thesis Research (12).

Thesis research.

JSGS 817: Health Policy (3)

The course will review the historical development of the Canadian health care system and its supporting principles, governance structures and fiscal arrangements; and examine contemporary structures and relationships. Issues such as benefit coverage, health human resources, user fees, pharmaceuticals, regional health boards, and health reform in a comparative context will be examined.
JSGS 837: Health Economics (3)

This course is designed to provide students with an introduction to economic concepts and analysis relevant to health, health care and health care systems. Students will examine economic aspects of various elements of the health-care sector, identify relevant policy questions and apply economic concepts and techniques to analyze them.

KHS 803: Research Design and Methods in Kinesiology and Applied Health Sciences (3).

This course explores health research issues and provides an examination of the technical aspects of planning and performing research in kinesiology and applied health sciences. Topics include: critical evaluation; success in writing research proposals and grants; research ethics; data collection and management strategies; and communicating and publishing research successfully.

KHS 866: Ethical Decision Making in Kinesiology and Health Care Administration (3).

This course investigates the content, process, and the moderators of ethical decision making in the administrative context of Kinesiology and Health Studies. Students will be exposed to ethical, cultural, and administrative theory as a means to use and develop decision models to resolve administrative dilemmas.

PSYC 801: Research Design and Methodology in Psychology (3)

A critical examination of issues involved in the planning, conducting, and evaluation of research in psychology with emphasis on clinically-relevant areas.

PSYC 802: Applied Multivariate Statistics (3).

This course consists of a survey of multivariate research methods in psychology. Topics may include multiple regression, ANOVA and ANCOVA using MR, discriminant analysis, MANOVA, profile analysis, principal components and factor analysis, structural equation modelling and path analysis, time series.

PSYC 807: Research and Applied Ethics (3)

This course will provide an intensive examination of ethical issues in research, teaching, and applied fields of psychological study.

PSYC 823: Programme Development and Evaluation (3)

This course is an advanced seminar on approaches and techniques relevant to the development and evaluation of mental health programs.

SW 881: Qualitative and Applied Research Methods (3).

This course is designed to develop a thorough knowledge and range of skills in the research methodologies of qualitative, applied, and participatory research and action research for use in social work practice situations. The course will review the foundations of qualitative research and their relevance to social work practice-based and knowledge building research.
Faculty Research Interests and Selected Publications

ASMUNDSON, Gordon, PhD.
Professor of Psychology
Email: Gordon.Asmundson@uregina.ca

Relevant Research Interests: Chronic pain and the anxiety disorders in seniors, a population in which these important issues have been generally understudied.

Representative Work:


BARDEN, John M., PhD.
Professor, Kinesiology & Health Studies
Email: john.barden@uregina.ca

Relevant Research Interests: Biomechanical analysis of gait variability in healthy older adults and in adults with various pathological conditions (e.g., knee osteoarthritis, multiple sclerosis).

Representative Work:


CANDOW, Darren, PhD; CSEP-CEP.

Professor of Exercise Physiology and Metabolism in Kinesiology & Health Studies Email: Darren.Candow@uregina.ca

Relevant Research Interests: Exercise, Nutrition, and Aging

Representative Work:


DURST, Douglas, PhD.

Professor of Social Work
Email: Doug.Durst@uregina.ca

Relevant Research Interests: Diversity and Aging

Representative Work:


GALLANT, Natasha, PhD.
Assistant Professor, Psychology
Email: Natasha.Gallant@uregina.ca

Relevant Research Interests: (1) The influence of psychosocial factors (e.g., ageism, social support, emotions) in the experience of chronic diseases among older persons; (2) The role of adversity & resilience in the aging process; and (3) Development of policy recommendations aimed at improving the lived experiences of aging populations.

Representative Work:


GORDON, Jennifer, PhD.
Associate Professor, Psychology
Email: Jennifer.Gordon@uregina.ca

Relevant Research Interests: Mental health in peri- and postmenopausal women, biopsychosocial contributors and consequences of postmenopausal insomnia and vasomotor symptoms.

Representative Work:


HADJISTAVROPOULOS, Thomas, PhD., ABPP, FCAHS
Professor of Psychology and Research Chair in Aging and Health
Email: Thomas.Hadjistavropoulos@uregina.ca

Relevant Research Interests: Pain assessment and management among older adults including older adults with dementia; psychological risk factors in falling.

Representative Work:


MANG, Cameron, PhD.
Assistant Professor, Kinesiology and Health Studies
Email: Cameron.Mang@uregina.ca


Representative Work:


NEARY, J. Patrick, PhD.
Associate Professor of Kinesiology & Health Studies, and Executive Director of the Dr. Paul Schwann Applied Health and Research Centre
Email: Patrick.Neary@uregina.ca

Relevant Research Interests: Physiological issues related to chronic disease, illness, and exercise as they relate to aging.

Representative Work:


WICKSON-GRIFFITHS, Abigail, PhD.
Assistant Professor, Faculty of Nursing
Email: Abigail.Wickson-Griffiths@uregina.ca

Relevant Research Interests: long-term care, dementia care, palliative and end-of-life care, advanced practice nursing

Representative Work:


Credits:
Thanks are due to the Department of Psychology for allowing their Graduate Program brochure to be used as a guide for the development of this brochure. Where applicable, sections of general information contained in this brochure were reproduced or adapted from those appearing in the Psychology brochure.