

Cory Tremblay



Convocation Ceremony:

Friday, June 8th
2pm

Program:

Honours Bachelor of Physical and Health Education, Minor in Biology

Activities Participated In During Time At Nipissing:

Awards:

President's Scholar for three out of four years at Nipissing University, recipient of Board of Governors Award for 2017-2018, recipient of Dave Marshall Leadership Award - Academic Category for 2017-2018

Clubs:

Vice-President for the Nipissing University Physical and Health Education Student (NUPHES) council, Secretary for the Biology Society (NUBS), and Academic Student Senator for the Faculty of Education, all in 2017-2018; Events Coordinator for the Nipissing University Physical and Health Education Student (NUPHES) council, Communications/Media Representative for the Biology Society (NUBS), and Academic Student Senator for the Faculty of Education, all in 2016-2017

-Undergraduate research assistant in the Biomechanics and Ergonomics Laboratory since May 2015, pharmacy assistant at Metro Pharmacy since March 2015, hockey instructor at Turcotte Stick Handling Camp in 2014-2015

Activities Participated In During Time At Nipissing (cont'd):

- Extracurricular volunteering: Two, one-month international volunteer trips to help aid in community development, educate on safe health care practices, and teach English in rural communities in South Africa and the Philippines; volunteer at local food shelters (North Bay Soup Kitchen and la Société St-Vincent); Academic Peer Tutor for PHED-1206 (Systemic Approach to Functional Human Anatomy I), PHED-1207 (Systemic Approach to Functional Human Anatomy II), PHED-2217 (Systemic Approach to Integrated Human Physiology), PHED-2036 (Biomechanics I); member of Nipissing University's Kinesiology Games team for 2016-2017 and 2017-2018, completed 100 hours as a community placement student at Structure Spine & Sport and Callander Lakeside Medical Clinic, U9 youth soccer coach during summer 2017, hair donation to Canadian Cancer Society in September 2016, fundraised over \$500 for the Canadian Cancer Society in October 2016 in honor of breast cancer month
- Publications and presentations: Abstract poster presentations at the Ontario Biomechanics Undergraduate Research Conference and Nipissing University Undergraduate Research Conference in March 2017 for my project entitled 'Effects of Butterfly Goaltending Style in Youth Ice Hockey Goaltenders'
- Research: Undergraduate research assistant in the Biomechanics and Ergonomics Laboratory since May 2016, honors thesis student in the Exercise Physiology Laboratory since September 2017 investigating the 'Neuromuscular adaptations to combined environmental stress'
- Sports: Member of the Powassan Voodoos of the Northern Ontario Junior Hockey League (NOJHL) during the 2014-2015 season, intramural hockey champion during the 2016-2017 and 2017-2018 seasons

Why Should You Be Valedictorian?

"I believe that I exemplify everything that is needed to represent my class as Valedictorian due to my work ethic and dedication to excellence at Nipissing University. I have a multitude of experience in research within my department, I possess a multidisciplinary knowledge base, acted as an executive member on multiple clubs, and have gained important skills through my diverse physical and health education, biology and chemistry classes. Specifically, my contribution to the Biomechanics and Exercise Physiology laboratories within the Department of Physical and Health Education has helped advanced scientific knowledge on the risk factors associated with the ice-hockey butterfly goaltending style, as well establishing a scientific rationale concerning to the neuromuscular adaptations to combined environmental stress. During my time working in these given laboratories, it has helped me develop critical thinking skills and valuable lessons that I am certain will benefit me as I pursue medical school and/or graduate school. My contribution to the development of the BPHE program can also be highlighted through my work as an academic peer tutor for four classes in the department.

In addition, I have been an integral member on the Nipissing University Physical and Health Education Student's (NUPHES) council acting as an events coordinator in 2016-2017, and more recently, as the Vice-President in 2017-2018. Also, I have held the role of communications/media representative in 2016-2017, and as the secretary in 2017-2018 on the Nipissing University Biology Society (NUBS). Finally, I have been the student representative acting as the academic student senator for the Faculty of Education from 2016-2018. My most significant accomplishments, however, were receiving the Board of Governors Award and a Dave Marshall Leadership Award in the Academic category in 2017-2018 from the university. Notably, being a North Bay native and during my time at Nipissing University, I believe that I truly embodied the meaning of "I belong at NipissingU" due to the fact that I tried to be as involved as possible and to facilitate any students' needs given my knowledge of the city of North Bay and surrounding areas, as well as with academic strengths and various volunteering efforts. All in all, it is obvious through my accomplishments aforementioned that I am dedicated to furthering my academic development as a student, possess leadership skills in diverse environments, can act as a role model for other students, and embody community involvement at Nipissing University."