

KHS Faculty Unit Review

Appendix 4

Faculty Members
Curriculum Vitae



Harold Riemer

KHS.Dean@uregina.ca (306) 585 4535

Education and Professional Development

EDUCATION

Ohio State University, Columbus, OH — Ph.D., 1995 (Sport Management)

Major: Organizational Theory & Behaviour

Cognate: Research Design & Statistics

Dissertation: Development of the Athlete Satisfaction Questionnaire (ASQ)

Eastern Washington University, Cheney, WA— M.Ed. 1992 (Physical Education)

Thesis: Athletic Leadership & Satisfaction

University of Alberta, Edmonton, AB— B.Ed. 1986

Major: Physical Education

Minor: German

PROFESSIONAL DEVELOPMENT (Recent)

Development for Deans (CASE)

Crucial Conversations

Change Management

Respect in the Workplace

Respect in Sport

Canadian Centre for Diversity and Inclusion Workshop (Twice)

Inclusive Leadership Workshop (Dr. Komul Bhasin) (Twice)

Faculty Bargaining Services Workshop - Preparing for Bargaining (Twice)

Senior University Administrators Course - CHERD (U of Manitoba)

Employment History

DEAN (Second Term)

Faculty of Kinesiology & Health Studies, University of Regina — 2020 - Current

DEAN (First Term)

Faculty of Kinesiology & Health Studies, University of Regina — 2015 - 2020

Dean (Acting)

Faculty of Kinesiology & Health Studies, University of Regina — 2013 - 2015

Professor

Faculty of Kinesiology & Health Studies, University of Regina — 2012- present

Associate Dean - Undergraduate

Faculty of Kinesiology & Health Studies, University of Regina — 2005 - 2013

Teaching History

KIN 220 (Research Methods), KHS 801 (Statistics), SRS 132 (Live Event Production), Leadership (University of Bayreuth), Leadership & Motivation (Seminar, University of Leipzig)

Student Supervision

Name	Position	Dates of supervision
Harenberg, S	Doctoral Supervisor	2009 - 2014
Atkinson, C	Masters Supervisor	2011 - 2015
Robertson, D	Masters Supervisor	
Jackle, S	Masters Supervisor	2005 – 2011, 2014
Golafshan, S	Doctoral Student	Incoming Spring 2022
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University Service

(Only external activities listed)

Active Saskatchewan, Board Member (2016 – current); Minor Hockey Coach (through 2016); Reviewer for Journal of Sport Management, Measurement in Physical Education and Exercise Science, Journal of Sport & Exercise Psychology, European Sport Management Quarterly, Psychology of Sport & Exercise; Abstract Reviewer – European Association of Sport Management; SSHERC Grant Reviewer

Scholarly Research

Publications

Dorsch, K., Riemer, H, Lawrence, D., Schinke, R, & Paskevich, D. (2012). The relationship between the extent and intensity of stressful experiences of Canadian minor hockey officials. *SIRC (Research Award Paper)*, http://sirc.ca/research_awards/documents/dorsch.pdf.

Karreman, E., Riemer, H., & Harenberg, S. (2015). Team athlete performance: A multidimensional approach. *Applied Research in Coaching and Athletics Annual*, 30, 1-30

Harenberg, S., Marshall-Prain, N., Dorsch, K., & Riemer, H. (2015). Factorial validity and gender invariance of the CES-D in cardiac rehabilitation patients. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 35 (5), 320-327.

Harenberg, S., Riemer, H., Karreman, E., & Dorsch, K. (2016). As iron sharpens iron? Athletes' perspectives of positional competition. *The Sport Psychologist*, 30 (1), 55-67.

Harenberg, S., Riemer, H., Karreman, E., & Dorsch, K. (2016). An exploration of coaches' perspectives of intrateam competition in sport teams. *International Sport Coaching Journal*, 3, 156-169.

Harenberg, S., Rottensteiner, V., Kopp, M., Wolf, S., & Riemer, H. (2018). 'Competent to Compete?' Performance satisfaction and motivational climate predict competitive anxiety in adolescent skiers. *Applied Research in Coaching and Athletics Annual ARCAA*, 1-27.

Harenberg, S., Riemer, H., Dorsch, K., Karreman, E., Paradis, K. (2019). Advancement of a conceptual framework and instrument to assess positional competition in sport teams: the Positional Competition in Team Sports Questionnaire. *Journal of Applied Sport Psychology*, DOI: 10.1080/10413200.2019.1631903.

Chapters

Riemer, H. & Harenberg, S. (2014). Leadership. In Rui Gomes et al. (Eds.), *Positive Human Functioning from a Multidimensional Perspective*. New York, NY: Nova.

Harenberg, S & Riemer, H. (in press). Models of leadership in sport. In L. Davis, R. Keegan & S. Jowett (Eds.). *Social Psychology in Sport* (2nd Edition). Champaign, Ill.: Human Kinetics.

Abstracts

Harenberg, S., Riemer, H., Karreman, E., & Dorsch, K.D. (2014). Development of the positional competition in team sports questionnaire (PCTSQ). *Journal of Sport and Exercise Psychology*, 36 (Supplement), S89.

Harenberg, S., Fitzgerald, R., McCaffrey, R., Willfong, F., Dorsch, K.D., & Riemer, H. (2014). When men and women think alike: An experiment of opposite-sex competition. *Journal of Sport and Exercise Psychology*, 36 (Supplement), S90.

Harenberg, S., Riemer, H., Karreman, E., & Martin, L. (2016). All for one, but one for all? Positional competition and cohesion in interdependent sport teams. *Journal of Sport & Exercise Psychology*, 38 (Supplement), S201.

Reports

Kulczycki, C., Hoerber, L., & Riemer, H. (2015). *Spending Patterns of Families with Children Playing Organized Hockey in Saskatchewan*. Report prepared for the Saskatchewan Hockey Association, Regina, SK.

Presentations

Harenberg, S., Dorsch, K., D., Karreman, E., & Riemer, H. A (2011, March). *Competition and cooperation: Challenging the beauty and the beast paradigm*. Presented at the 6th Annual Graduate Student Conference, University of Regina, SK.

Harenberg, S., Karreman, E., Dorsch, K., D., & Riemer, H. (2011, July). *Constructive intrateam competition in CIS team sports*. Paper presented at the 13th European Congress of Sport Psychology (European Federation of Sport Psychology): Sport and Exercise Psychology: Human Performance, Well-Being and Health. Madeira, Portugal.

Harenberg, S., Dorsch, K., Riemer, H., Paskevich, D., & Chelladurai, P. (2011, November). *What determines effort in volunteer coaches?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Winnipeg, MB.

Harenberg, S., Dorsch, K., Riemer, H., Paskevich, D., & Chelladurai, P. (2012, November). *Do role perceptions predict commitment in volunteer coaches?* Petro Leadership, Montreal, QC.

Harenberg, S., Riemer, H., Karreman, E., & Dorsch, K.D. (2013). *Athletes' Perspectives of Competition within Elite Sport Teams: Understanding Intra-team Competition*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Kelowna, BC.

Harenberg, S., Rottensteiner, V., Riemer, H., Karreman, E., Kopp, M., & Pfeffer, I. (2013). *Validierung der deutschen Version des Athlete Satisfaction Questionnaire*. ASP, Halle an der Saale, Deutschland.

Harenberg, S., Riemer, H., Karreman, E., & Dorsch, K.D. (2013). *Competition for Playing Time within Elite sport teams: A conceptual model*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Kelowna, BC.

Harenberg, S., Fitzgerald, R., Dorsch, K., Riemer, H., & Karreman, E. (2013). *The influence of interpersonal relationship, gender, and result on the perception of a competitive motor-task game*. AASP, New Orleans, LA, USA.

Harenberg, S., Riemer, H., Karreman, E., Dorsch, K.D. (2014). *Development of the Positional Competition in Team Sport Questionnaire (PCTSQ)*. NASPSPA, Minneapolis, MN.

Harenberg, S., Riemer, H., & Karreman, E. (2014). *The Leadership Scale for Sports – Invariant across Gender?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.

Harenberg, S., Fitzgerald, R., McCaffrey, R., Willfong, F., Dorsch, K.D., & Riemer, H.A. (2014). *When Men and Women think alike: An Experiment of Opposite-Sex Competition*. NASPSPA, Minneapolis, MN.

Harenberg, S., Riemer, H., Paradis, K., & Karreman, E. (2015). *Measurement of leadership: A proposed revision of the Leadership Scale for Sports*. 14th European Congress on Sport Psychology, Bern, Switzerland.

Harenberg, S., Riemer, H., Karreman, E., Dorsch, K., Paradis, L., & Martin, L. (2016). *'All for one, but one for all?' - Positional competition and cohesion in interdependent sport teams*. NASPSPA, Montreal, QC.

Harenberg, S., Riemer, H., Paradis, K., Martin, L., McCaffery, R., Karreman, E., Dorsch, K., & Vosloo, J. (2017). *Assessing the psychometric properties and gender invariance of the Positional Competition in Team Sports Questionnaire (PCTSQ)*. AASP, Orlando, FL.

Douglas Cripps

Associate Dean - Undergraduate

khs.ug-assocdean@uregina.ca (306) 585-4925

Education and Professional Development

M.A. Leisure Studies (1990). Dalhousie University
 BSPE (1987) with Distinction. University of Saskatchewan

Employment History

Associate Dean – Undergraduate. Faculty of Kinesiology & Health Studies, University of Regina. Regina, SK. July 2013 to 2016. Reappointed to 5 year term (2016-2021). Term Extended 2 years (2021-2023).

A/Faculty Associate, Centre for Teaching and Learning, University of Regina, Regina, SK. January 2012 to June 2013.

Provincial Director, Changing Minds, Changing Lives. Canadian Paralympic Committee. March 2009 to 2016

Instructor II/III and Fieldwork Co-ordinator, Faculty of Kinesiology and Health Studies, University of Regina, Regina, SK. August 1998 to 2012.

Student Supervision

Name	Position	Dates of supervision
Pattara (Belle) Tavilsup	MSc Thesis Cmte Member	2017 - 2019
David Slater	MSc Thesis Cmte Member	2017 - 2019

University Service

KHS representative to numerous committees including:

Academic Leaders Group, Associate Deans Academic (Undergraduate), Council Committee on Undergraduate Admissions and Studies, Campus Committee on Undergraduate Awards, Distance and Distributed Learning Task Force, Distance and Distributed Learning Committee, Enrollment Strategies Group, High School University Transition Committee, Executive of Council, numerous COVID response committees (Academic Incremental Response; Working Group on Student Supports; Admissions Working Group; and Academic Scenario, Planning, Implementation, Restoration, and Envisioning Group), Mental Health Advisory Committee, Technology and Teaching Committee, Advisory Committee on Copyright, Transfer Credit Task Force, etc.

Numerous KHS committees including:

Teaching, Research and Academic Performance (formerly Academic Staff Meeting), Academic Planning and Priorities Committee (co-chair), KHS Local Safety Committee (co-chair), Health Studies Advisory Committee (co-chair), KHS Scholarship Committee (chair), Search Committee Chair (x4).

External service includes:

Canadian Therapeutic Recreation Association Board of Directors (2011 – 2017 including Chair 2015-2016).

TERM:	CRN:	COURSE:	SECTION:	TERM:	CRN:	COURSE:	SECTION:
201110	13709	KIN 120	397	201510	11629	HS 400	001
	14149	KHS 400	001		11630	HS 450	001
	14162	HS 448	001		11790	KHS 400	001
	14221	SRS 120	397		11791	KHS 405	001
	14455	HS 448	002		11817	KIN 120	397
	14523	KHS 400	002	201520	20571	KIN 120	397
201120	21362	KIN 120	397		20572	SRS 120	397
	21371	SRS 120	397		20586	KHS 400	001
	21405	KHS 400	011		20587	KHS 405	001
	21427	KHS 400	010		20589	HS 448	001
	21428	HS 448	010		20592	HS 450	001
	21444	KHS 405	010		21499	KHS 300	001
	21471	HS 448	011	201530	31785	KHS 100	002
	21581	KHS 405	011		31829	KIN 101	010
	21658	KHS 400	012	201610	11875	KIN 120	397
	21667	KHS 400	013		11942	KIN 447	001
201130	32381	KHS 300	001		12470	SRS 120	397
	33427	KHS 400	001		12684	THRC 447	001
	33428	KHS 405	001	201620	20766	KIN 120	397
	34162	KIN 120	397		20811	SRS 120	397
	34163	SRS 120	397	201630	31751	KHS 100	002
201210	13176	KHS 325	001	201710	11894	KIN 120	397
	14059	KIN 120	397	201720	20814	KIN 120	397
	14060	SRS 120	397		20861	SRS 120	397
201220	21192	KIN 120	397	201730	31907	KHS 100	002
	21193	SRS 120	397		31949	KIN 101	010
	21271	KIN 120	399		33291	SRS 318AA	001
	21344	KIN 120	398	201810	11947	Kin 120	397
201230	N/A				12497	SRS 120	397
201310	14020	KIN 120	397	201820	20772	KIN 120	397
	14037	SRS 120	397		20820	SRS 120	397
201320	21221	KIN 120	397	201830	31867	KHs 100	002
	21222	SRS 120	397		31907	KIN 101	010
201330	31624	KHS 100	002		33109	SRS 318AA	001
	31667	KIN 101	010	201910	11937	KIN 120	397
	33092	SRS 318AA	001		12547	SRS 120	397
201410	11634	KIN 120	397	201920	22996	KIN 120	397
	12820	SRS 120	397		23054	SRS 120	397
201420	20756	KIN 120	397	201930	31897	KHS 100	002
	20757	SRS 120	397	202010	11872	KIN 120	397
	21437	KHS 400	002		12498	SRS 110	001
	21438	KHS 405	002		12503	SRS 120	397
201430	31584	HS 448	001		13177	SRS 318AB	001
	31451	KHS 100	002	202020	21948	KIN 120	397



	31771	KHS 300	001		22006	SRS 120	397
	31772	KHS 400	001	202030	31907	KHS 100	002
	31773	KHS 405	001		31946	KIN 101	010
	31793	KIN 101	010		31947	KIN 101	020
	32790	SRS 318AA	001		31948	KIN 101	030
	32827	HS 450	001		31950	KIN 101	050

TERM:	CRN:	COURSE:	SECTION:	TERM:	CRN:	COURSE:	SECTION:
202110	11893	KIN 120	397	202210	11931	KHS 099	001
	12478	SRS 120	397		11967	KIN 101	010
202120	20762	KIN 120	397		11976	KIN 120	397
	20820	SRS 120	397		12624	KIN 120	397
202130	31890	KHS 100	002				
	31927	KIN 101	010				
	31928	KIN 101	020				
	31932	KIN 101	310				

Scholarly Research

Papers

M. Rebecca Genoe , **Douglas Cripps** , Kathy Park , Sherri Nelson , Linda Ostryzniuk & Donna Boser (2021): Meanings of therapeutic recreation: professionals' perspectives, Leisure/Loisir, DOI: 10.1080/14927713.2021.1872411

Cripps, D., Tomasone, J.R., & Staples K.L. (2013). Canadian initiatives in disability sport and recreation: An overview of the moving to inclusion and changing minds, changing lives programs. Submitted to the Conference Proceedings of the 2012 Disability Sport: A Vehicle for Social Change Conference. Coventry, UK.

Lee, Y., **Cripps, D.**, Malloy, D.C., & Cox, S. (2011). Code of ethics: Is it time to reconsider. Annual of the American Therapeutic Recreation Association. Vol. 19, Pages 139-148.

Salm, T., Greenberg, H., Pitzel, M., & **Cripps, D.** (2010). Interprofessional education internships in schools: Jump starting change. *Journal of Interprofessional Care*, May 2010, Vol. 24, No. 3, Pages 251-263.

Presentations

- Genoe, M.R., Park, K., **Cripps, D.**, Ostryzniuk, L., & Azizi, Z. A call to action for advocacy in therapeutic recreation. One-Half day workshop presented at the Canadian Therapeutic Recreation Association Annual Conference, Quebec City.

99. Genoe, M.R., Azizi, Z., **Cripps, D.**, Nelson, S., Park, K., Ostryzniuk, L., & Boser, D. June 6, 2019. Cultivating Awareness for therapeutic recreation: Strategies for advocacy and education. Presented at the Canadian Association for Leisure Studies/Congress of the Humanities and Social Sciences, Vancouver, B.C.

98. Genoe, M. R., **Cripps, D.**, Park, K., Nelson, S., Gurr, A., Ostryzniuk, L., & Boser, D. (2018, June). Strengthening our services: Exploring professionals' perspectives on Therapeutic Recreation practice. Presented at the 22nd annual Canadian Therapeutic Recreation Association Conference, Halifax, NS.

96. Reflections of the Past, Present, and Future of Therapeutic Recreation: An International Perspective. Presentation at the Canadian Therapeutic Recreation Association Annual Conference. Radatz, M., Richard, A, **Cripps, D.G.**, Watson, C. June 3, 2016. Kitchener, ON. Note: Watson, C. presented my component as I was unable to attend at due to late medical advice not to fly. I had prepared my component of the presentation.

95. Therapeutic Recreation Practice in Canada: Current and Historical Perspectives from the Canadian Therapeutic Recreation Association. Presentation at the Gulf Coast Therapeutic Recreation Annual Conference. **Cripps, D.G.** April 8, 2016. Hattiesburg, MS, USA.

94. International Therapeutic Recreation Practice: Current Status and Future Direction. Presentation at the 2015 American Therapeutic Recreation Association Annual Conference. Hsieh, P., Richard, A., **Cripps, D.G.**, Martin, K., Lin, L., Heewon, Y. September 30, 2015. Albuquerque, NM, USA.

93. Strategic Planning: Vision 2020: Moving Therapeutic Recreation Forward in Canada. Presentation at the Canadian Therapeutic Recreation Association Annual Conference. Goncalves Forward, T., **Cripps, D.G.**, Watson, C., & Dion, T. May 15, 2015. St. John's NL.

92. Globalization of TR Education: Role of Exchanges. PreConference Workshop (3.5 hrs) at the Canadian Therapeutic Recreation Association Annual Conference. **Cripps, D.G.**, Green, R., Hopper, T. Lee, Y., & Singleton, J. May 13, 2015. St. John's, NL.

88. Interprofessional Collaboration and Education: The Role of Therapeutic Recreation and its Impact on Access and Inclusion. Presentation at the World Leisure Congress. **D.G. Cripps.** September 9, 2014. Mobile, AL, USA.

85. Interprofessional Collaboration and Education: Trends in Therapeutic Recreation Education. Invited presentation to the British Columbia Therapeutic Recreation Association. **D.G. Cripps.** January 29, 2014. Online Webinar.

82. Lecture Material Retention: a First Trial Report on Flipped Classroom Strategies in Electronic Systems Engineering at the University of Regina. Canadian Engineering Education Association Annual Conference. Wagner, D., Laforge, P., & **Cripps, D.G.** June, 2013 Montreal, Quebec.

78. Canadian Initiatives in Disability Sport and Recreation: A National Overview of Moving to Inclusion and Changing Minds, Changing Lives. Presentation at the International Disability Sport: A Vehicle Social Change Conference - Centre for Peace and Reconciliation Studies and the International Wheelchair and Amputee Sports Federation. **Cripps, D.G.** & Staples, K. August 23, 2012. Coventry, England.

77. Interprofessional Learning in TR – The Current State of the Art in Health Care. Presentation at the Educators/Researchers Forum at the 16th Annual Canadian Therapeutic Recreation Association Annual Conference. **Cripps, D.G.** June 13, 2012. Halifax, NS.
75. *Moving to Inclusion*. American Alliance for Health, Physical Education, Recreation and Dance, Boston, MA. Staples, K.L. & **Cripps, D.** March 2012. AAHPERD 2012 was cancelled - during the evening of the 1st scheduled day (Tuesday, the power transformer in the downtown area exploded and power was down. The APAC AGM and breakfast was moved to an alternate location in Boston. Thursday noon they officially cancelled the remainder of the conference.)
74. Strengthening Communities for Canadian Children with Disabilities - The Sandbox Project. Conference Session Facilitation. **Cripps, D.G.** January 19, 2012. Toronto, ON.
72. Interprofessional Education (IPE) in Pain Management: Description of Findings and Comparison of Two IPE Formats in Pain Management for Health and Social Science Students. Presentation at the 3rd Biennial Interprofessional Education Conference - Collaborating Across Borders III. **Hewson, K.**, Hadjistavropoulos, H., **Cripps, D.G.**, White G., Kolodziejak, L., Cuddington, C. and Penniston-Gray, A. November 20, 2011. Tucson, AZ.
70. Therapeutic Recreation: Interpersonal Collaboration in Health. Presentation at the Alberta Therapeutic Recreation Association Annual Symposium. **Cripps, D.G.**, Salm, T, Greenberg, H., Pitzel-Bazylewski, Johner, R., and Smadu, M. October 14, 2011. Calgary, AB.
69. Moving to Inclusion: An interactive online resource. International Symposium for Adapted Physical Activity. Staples, K.L., & **Cripps, D.G.** July 2011. Christchurch, New Zealand. This presentation was accepted for presentation; however, following 2 earthquakes in Christchurch in the months prior, the conference was cancelled.
67. Interprofessional Education and Collaboration in Health: The Role of TR. Presentation at the Canadian Therapeutic Recreation Association Annual Conference. **Cripps, D.G.**, Salm, T, Greenberg, H., Pitzel-Bazylewski, Johner, R., and Smadu, M. May 27, 2011. Whistler, BC.

Larena Hoerber

Professor / Associate Dean, GSRSP
larena.hoerber@uregina.ca, (306) 585 4363

Education and Professional Development

Ph.D. (2004) – UBC; M.Sc. (1997) – University of Saskatchewan; B.S.P.E. (1994) – University of Saskatchewan

Employment History

Associate Dean, Graduate Studies, Research & Special Projects - October 2019 - present
 Interim Associate Vice-President (Academic & Research) November 2017 - June 2018
 Promoted to Professor - July 2016

Teaching History

KHS 800 (Graduate Research Seminar in Kinesiology & Health Studies), 802 (Qualitative Research Methods and Experience in Kinesiology & Health), 803 (Research Design and Methods), 900 (Professional Skills for Kinesiology & Health Research); KIN 110 (Sociology of Sport, Recreation & Physical Activity), 220 (Research Methods in KHS; co-taught), 420 (Diversity in Kinesiology, Sport, Recreation & Health); SRS 105 (Introduction to Sport & Recreation Management), 215 (Volunteer Management), 440 (Applied Sport Marketing & Sponsorship Development)

Student Supervision

Name	Position	Dates of supervision
Elise Melanson	Honour's student	May 2021 - present
Alex Watson	Master's student	September 2020 – present
Hichem Ayouni	Ph.D. student	September 2020 - present
Karen Lawson	Master's student	January 2020 - present
Lori Latta	Ph.D. student	October 2019 - present
Zohal Aziz*	Master's student	January 2019 - present
Curtis Atkinson	Master's student	January – June 2015
Ben Goby	Master's student	January 2015 – September 2020
Jeremy MacDonald	Master's student	May 2015 - present
Mira Trebilcock	Master's student	September 2014 – January 2020
Katie Sveinson	Ph.D. student	September 2014 – August 2019
Cathy Mills**	Ph.D. student	April 2013 – August 2017
Katie Sveinson	Master's student	September 2012 – August 2014
Stephanie Miller	Master's student	December 2010 – August 2013
Laura Dahlstrom	Master's student	September 2009 – August 2014

*Co-supervised with Dr. Abigail Wickson-Griffiths (U of R). **Co-supervised with Bob Sparkes at UBC

University Service

University

Chair – U of R Research Ethics Board (2012-2016); Member (2007 – 2012; 2017-2020)
 U of R Council Committee on Undergraduate Awards: Chair (2019 – 2020); Member (2017-2019)
 U of R Strategic Enrollment Planning – recruitment subcommittee: Member (2020-2021)
 U of R Strategic Planning Facilitation Team: Member (2014)
 U of R Executive Council: Member (2011 – 2015, 2018)
 Chair – masters proposals (5), masters defenses (27), doctoral proposals (2)
 3MT Competition: Judge (2021)

Fall Convocation: Orator (2019)

KHS

Chair: KHS Strategic Planning Committee (2015); Search Committee - Sport & Recreation Management / Leisure Studies (2013)
 Member: Admissions and Studies Committee (2004 – 2008; 2010 – 2013); Awards Dinner Planning Committee (2010 – 2016), Criteria Document Review Committee (2015); Graduate Steering Committee (2005 – 2007, 2017 – 2019); Peer Review (2005 – 2019); Review Committee, Associate Dean – GSRSP (2014); Search Committees – Member: Term Lecturer positions (2012). Exercise Science (2012-2013), Men's Basketball Coach (2013), Scholarship Committee – Member (2018 – present).

External community

North American Society for Sport Management – President-Elect; President; Past-President (2012-2015)

Scholarly Research

Peer-reviewed publications

1. Sveinson, K., **Hoerber, L.**, & Heffernan, C. (accepted). Implementing critical discourse analysis as theory, methodology, and analyses in sport management studies. *Journal of Sport Management*.
2. Sveinson, K., & **Hoerber, L.** (2020). "So begins the demise of #Superman from Metropolis": Consumers' Twitter reactions to an athlete's moral transgression. *Sport Management Review*, 23(5), 810-823.
3. Rich, K., **Hoerber, L.**, & Weisgerber, A. (2020). The Battle of Little Big Puck: Narratives of community, sport, and relationship in rural Canada. *Journal of Rural and Community Development*, 15(3), 45-64.
4. Delshab, V., Winand, M., Boroujerdi, S., & **Hoerber, L.**, & Mahmoudian, A. (2020). The impact of knowledge management on performance in nonprofit sports clubs: The mediating role of attitude toward innovation, open innovation, and innovativeness. *European Sport Management Quarterly*.
5. Banu-Lawrence, M., Frawley, S., & **Hoerber, L.** (2020). Women and leadership development in Australian Sport Organizations. *Journal of Sport Management*, 34(6), 568-578.
6. Sveinson, K., **Hoerber, L.**, & Toffoletti, K. (2019). "If people are wearing pink stuff they're probably not real fans": Exploring women sport fans' perceptions of major league team clothing. *Sport Management Review*, 22(5), 736-747.
7. Wood, L., Hoerber, O., Snelgrove, R., & **Hoerber, L.** (2019). Computer science meets digital leisure: Multiple perspectives on social media and eSport collaborations. *Journal of Leisure Research*, 50(5), 425-437.
8. Singer, J.N., Shaw, S., **Hoerber, L.**, Walker, N., Rich, K., & Agyemang, K. (2019). Critical conversations about qualitative research in sport management. *Journal of Sport Management*, 33(1), 50-63.
9. Hyatt, C., Kerwin, S., **Hoerber, L.**, & Sveinson, K. (2018). The reverse socialization of sport fans: How children impact their parents' sport fandom. *Journal of Sport Management*, 32(6), 542-554.
10. Hoerber, O., Snelgrove, R., **Hoerber, L.**, & Wood, L. (2017). A systematic methodology for preserving the whole in large-scale qualitative-temporal research. *Journal of Sport Management*, 31(4), 387-400.
11. **Hoerber, L.**, & Shaw, S. (2017). Contemporary qualitative research methods in sport management. *Sport Management Review*, 20(1), 4-7.
12. Shaw, S., & **Hoerber, L.** (2016). Unclipping our wings: Ways forward in qualitative research in sport management. *Sport Management Review*, 19(3), 255-265.
13. Sveinson, K., & **Hoerber, L.** (2016). "I like being a fan but I don't think ... I'm a female fan": Examining female fans' experiences of marginalization and empowerment. *Journal of Sport Management*, 30(1), 8-21.
14. Hoerber, O., **Hoerber, L.**, El Meseery, M., Odon, K., & Gopi, R. (2016). Visual Twitter analytics (Vista): Temporally changing sentiment and the discovery of emergent themes with sport fan tweets. *Online Information Review*, 40(1), 25-41.
15. **Hoerber, L.**, Doherty, A., Hoerber, O., & Wolfe, R. (2015). The nature of innovation in community sport organizations. *European Sport Management Quarterly*, 15(5), 518-534.
16. Kerwin, S., & **Hoerber, L.** (2015). Collaborative self-ethnography: Navigating self-reflexivity in a sport management context. *Journal of Sport Management*, 29(5), 498-509.

17. Sveinson, K., & **Hoerber, L.** (2015). Overlooking the obvious: An exploration of what it means to be a sport fan from a female perspective. *Leisure Studies*, 34(4), 405-419.
18. Mills, C., & **Hoerber, L.** (2013). Exploring organizational culture through artifacts in a community figure skating club. *Journal of Sport Management*, 27(6), 482-496.
19. **Hoerber, L.**, & Kerwin, S. (2013). Exploring the experiences of female sport fans: A collaborative self-ethnography. *Sport Management Review*, 16(3), 326-336.
20. Mills, C., & **Hoerber, L.** (2013). Using photo-elicitation to examine artifacts in a sport club: Logistical considerations and strategies throughout the research process. *Qualitative Research in Sport, Exercise, & Health*, 5(1), 1-20.
21. **Hoerber, L.**, & Hoerber, O. (2012). Determinants of an innovation process: A case study of technological innovation in a community sport organization. *Journal of Sport Management*, 26(3), 213-223.
22. Zimmer, J., Dorsch, K., **Hoerber, L.**, & LeDrew, J. (2011). Health literacy: A multi-disciplinary approach to physical activity promotion in elementary schools. *PHE Journal*, 76 (4), 22-27.

Conference papers

1. Hoerber, O., **Hoerber, L.**, Snelgrove, R., & Wood, L. (2017). *Interactively producing purposeful samples for qualitative research using exploratory search*. In proceeding of the Workshop on Supporting Complex Search Tasks, co-located with the Conference on Human Information Interaction & Retrieval. p. 19-21. <http://ceur-ws.org/Vol-1798/>
2. Winand, M., Hoerber, L., Zintz, T., Vos, S., & Scheerder, J. (2014). Innovation capability of non-profit sport organisations. 2014 EURAM Conference, June 4-7, Valencia, Spain.
3. Hoerber, O., **Hoerber, L.**, Wood, L., Snelgrove, R., Hugel, I., & Wagner, D. (2013). *Visual Twitter analytics: Exploring fan and organizer sentiment during Le Tour de France*. VIS Conference, October 14 – 17, Atlanta, GA.
4. Winand, M., Scheerder, J., Vos, S., Zintz, T., & **Hoerber, L.** (2011). *Service innovation in non-profit sport organizations*. 2011 EURAM (European Academy of Management) Conference, June 1 – 4, Tallinn, Estonia.

Book chapters

1. Kerwin, S., & **Hoerber, L.** (accepted). Sport fandom: The complexity of performative role identities. In D. Coombs & A. Osborne (Eds.), *Routledge handbook of sport fans and fandom*.
2. Hoerber, L., & **Sveinson, K.** (accepted). Expert / Executive Perspective: Reaching women as sport fans. In N. O'Reilly, G. Abeza, M. Naraine, & B. Seguin. *Sport marketing: A Canadian perspective*.
3. **Hoerber, L.**, & Dahlstrom, L. (accepted). Reflections on and suggestions for career development from women who coach Canadian high performance track and field athletes. In L. Norman (Ed.), *Women in coaching*.
4. Trebilcock, M., & **Hoerber, L.** (2020). Les discours du genre et leur impact sur les femmes dans le sport (Gender discourses and their impact on women in sport). In R. Romain, D. Auger, & M.-A. Lavigne (Eds.), *Sport et société* (pp. 261-274). Les Éditions Reynald Goulet.
5. **Hoerber, L.**, & Hoerber, O. (2020). Fostering innovation. In J.F. Borland, L.J. Burton, & G. M. Kane (Eds.), *Sport leadership in the 21st century* (pp. 187- 202; 2nd Ed.). Burlington, MA: Jones & Barlett Learning.
6. **Hoerber, L.**, & Shaw, S. (2019). What do you mean it hasn't worked out, yet? The paradoxes of women in sport governance research. In M. Winand & C. Anagnostopoulos (Eds.), *Research handbook on sports governance*. (pp. 397-411). Northampton, MA: Edward Elgar Publishing.
7. Winand, M., & **Hoerber, L.** (2017). Innovation capability of non-profit sport organisations. In V. Ratten & J. Ferreira (Eds.), *Sport entrepreneurship and innovation* (pp. 13-30). New York: Routledge.
8. **Hoerber, L.**, & Hoerber, O. (2017). Social media analytics for sport management: Tools, pitfalls, and best practices. In N. Schulenkorf & S. Frawley (Eds.), *Critical issues in global sport management* (pp. 252-265). New York: Routledge.
9. Kulczycki, C., **Hoerber, L.**, & Sveinson, K. (2016). Using drawings to interpret place meanings: Depictions of climbing places. In C. Howley, S. Dun & U.K. Azmi (Eds.) *The playing field: Making sense of spaces and places in sporting cultures* (pp. 205-216). Oxford: Interdisciplinary Press.
10. **Hoerber, L.**, & Hoerber, O. (2014). Fostering innovation. In J.F. Borland, L.J. Burton, & G. M. Kane (Eds.), *Sport leadership in the 21st century* (pp. 169-183). Burlington, MA: Jones & Barlett Learning.

John M. Barden

Professor

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Education and Professional Development

2005	University of Alberta	Ph.D. (Experimental Surgery), Faculty of Medicine and Dentistry
1993	University of Ottawa	M.Sc. (Kin.), School of Human Kinetics
1989	University of Ottawa	B.Sc. (Kin.) Honours (Magna Cum Laude)

Employment History

2018 – present	University of Regina, Professor, Faculty of Kinesiology and Health Studies
2011 – 2018	University of Regina, Associate Professor, Faculty of Kin. & Health Studies
2005 – 2011	University of Regina, Assistant Professor, Faculty of Kin. & Health Studies
2001 – 2005	University of Regina, Lecturer, Faculty of Kinesiology & Health Studies

Teaching History

KIN 180 – Lifespan Growth and Motor Development
KIN 280 – Motor Learning and Control
KIN 285 – Biomechanics
KIN 380 – Advanced Topics in Motor Behaviour
KIN 385 – Clinical Biomechanics
KHS 885 – Applied Movement Analysis for Research and Clinical Assessment

Student Supervision

Name	Position	Dates of supervision
Abby Galenzowski	PhD	2020 – present
Sarah Ruf	M.Sc. (Kin.)	2015 – present
Moura Khair	M.Sc. (Kin.)	2018 – present
Nicholas Ryan	PhD	2015 – present
Russell Kohrs	M.Sc. (Kin.)	2017 – present
Samantha Steinke	M.Eng.	Completed 2021
Lucas Hoffert	MD (summer research student)	Completed 2019
Lauren Lipsuis	B.Sc. (Kin.) Honours student	Completed 2019
Oscar Vila Dieguez	M.Sc. (Kin.)	Completed 2018
Clemens Markus Brahms	PhD	Completed 2016
Mads Hansen	M.Sc. (Kin.)	Completed 2016
Christian Clermont	M.Sc. (Kin.)	Completed 2015
Mike Barber	M.Sc. (Kin.)	Completed 2014
Karissa LePage	B.Sc. (Kin.) Honours student	Completed 2013
Dylan Kobsar	M.Sc. (Kin.)	Completed 2012

University Service

2020 – present	University of Regina, Faculty Representative, Executive of Council
2018 – present	University of Regina, Faculty Representative, Campus Promotion Committee
2018 – present	Ireland Canada University Foundation (ICUF), Member, Flaherty Visiting Professorship Assessment Panel
2017 – present	Canadian Institutes of Health Research (CIHR), Member, College of Reviewers
2017 – present	Journal of Sports Sciences, Advisory Board Member, Sports Medicine and Biomechanics
2013 – present	Faculty of Graduate Studies & Research, Council Committee
2012 – present	Faculty of Graduate Studies & Research, PhD Committee
2008 – present	University of Regina Centre on Aging and Health, Steering Committee Member
2012 – 2018	Faculty of Kinesiology & Health Studies, KHS Graduate Studies and Research Steering Committee

Scholarly Research

Steinke, S.L., Montgomery, J.B. and **Barden, J.M.** (2021). Accelerometry-based step count validation for horse movement analysis during stall confinement. *Frontiers in Veterinary Science*, doi: 10.3389/fvets.2021.681213.

Brahms, C.M., Zhao, Y., Gerhard, D. and **Barden, J.M.** (2021). Long-range correlations and stride pattern variability in recreational and elite distance runners during a prolonged run. *Gait and Posture*, doi:10.1016/j.gaitpost.2020.08.107.

Ryan, N. S., Bruno, P.A., & **Barden, J.M.** (2020). Test–retest reliability and the effects of walking speed on stride time variability during continuous, overground walking in healthy young adults. *Journal of Applied Biomechanics*, doi: doi.org/10.1123/jab.2020-0138.

Vila Dieguez, O. and **Barden, J.M.** (2020). Body roll differences in freestyle swimming between swimmers with and without shoulder pain. *Sports Biomechanics*, doi: 10.1080/14763141.2020.1760923.

Beauchet, O., Montembeault, M., **Barden, J.M.**, et al. (2019). Brain gray matter volume associations with gait speed and related structural covariance networks in cognitively healthy individuals and in patients with mild cognitive impairment: A cross-sectional study. *Experimental Gerontology*, 122, 116–122.

Sekhon, H., Allali, G., Launay, C.P., **Barden, J.**, et al. (2019). Motoric cognitive risk syndrome, incident cognitive impairment and morphological brain abnormalities: Systematic review and meta-analysis. *Maturitas*, 123, 45–54.

Jacobsen, M., Lett, K., **Barden, J.M.**, Simpson, G. and Buttigieg, J. (2018). Activation of the large-conductance, voltage, and Ca²⁺-activated K⁺ (BK) channel in acute spinal cord injury in the Wistar rat is neuroprotective. *Frontiers in Neurology*, 9:1107. DOI: 10.3389/fneur.2018.01107.

Beauchet, O., Sekhon, H., **Barden, J.**, et al. (2018). Association of motoric cognitive risk syndrome with cardiovascular disease and risk factors: Results from an original study and meta-analysis. *Journal of Alzheimer's Disease*, 64(3), 875-887.

- Brahms, C.M., Zhao, Y., Gerhard, D. and **Barden, J.M.** (2018). Stride length determination during overground running using a single foot-mounted inertial measurement unit. *Journal of Biomechanics*, 71, 302-305.
- Beauchet, O., Allali, G., Sekhon, H., Verghese, J., Guilain, S., Steinmetz, J.P., Kressig, R.W., **Barden, J.M.**, et al. (2017). Guidelines for assessment of gait and reference values for spatiotemporal gait parameters in older adults: The Biomathics and Canadian Gait Consortiums Initiative. *Frontiers in Human Neuroscience*, 11:353. doi: 10.3389/fnhum.2017.00353.
- Beauchet, O., Launay, C.P., **Barden, J.**, et al. (2017). Association between falls and brain subvolumes: Results from a cross-sectional analysis in healthy older adults. *Brain Topography*, 30(2):272-280. doi: 10.1007/s10548-016-0533-z.
- Barden, J.M.**, Clermont C.A., Kobsar, D. and Beauchet, O. (2016). Accelerometer-based step regularity is lower in older adults with bilateral knee osteoarthritis. *Frontiers in Human Neuroscience*, 10:625. doi: 10.3389/fnhum.2016.00625.
- Beauchet, O., **Barden, J.**, Liu-Ambrose, T., et al. (2016). The relationship between hippocampal volume and static postural sway: results from the GAIT study. *Age*, 38(1), 19.
- Beauchet, O., **Barden, J.**, Liu-Ambrose, T., et al. (2016). Anti-dementia drugs, gait performance and mental imagery of gait: A non-randomized open-label trial. *Drugs and Aging*, 33(9), 665-73.
- Clermont C.A. and **Barden, J.M.** (2016). Accelerometer-based determination of gait variability in older adults with knee osteoarthritis. *Gait and Posture*, 50, 126-130.
- Bruno, P. and **Barden, J.** (2015). Comparison of two alternative technical marker sets for measuring 3D pelvic motion during gait. *Journal of Biomechanics*, 48(14), 3876-82.
- Zhao, Y., Gerhard, D. & **Barden, J.** (2015). Periodicity-based swimming performance feature extraction and parameter estimation. *Sports Engineering*, 18, 177-189.
- Kobsar, D., Olson, C., Paranjape, R. & **Barden, J.M.** (2014). The validity of gait variability and fractal dynamics obtained from a single, body-fixed tri-axial accelerometer. *Journal of Applied Biomechanics*, 30 (2), 343-347.
- Kobsar, D., Olson, C., Paranjape, R., Hadjistavropoulos, T., & **Barden, J.M.** (2014). Evaluation of age-related differences in the stride-to-stride fluctuations, regularity and symmetry of gait using a waist-mounted tri-axial accelerometer. *Gait & Posture*, 39 (1), 553-557.
- Kane, K. and **Barden, J.** (2014). Frequency of anticipatory trunk muscle onsets in children with and without developmental coordination disorder. *Physical and Occupational Therapy in Pediatrics*, 34 (1), 75-89.
- Kane, K. and **Barden, J.** (2012). Contributions of trunk muscles to anticipatory postural control in children with and without developmental coordination disorder. *Human Movement Science*, 31 (3), 707-720.
- Hadjistavropoulos, T., Carleton, R.N., Delbaere, K., **Barden, J.**, et al. (2012). The relationship of fear of falling and balance confidence with balance and dual tasking performance. *Psychology and Aging*, 27(1), 1-13.
- Barden, J.M.**, Kell, R.T. and Kobsar, D. (2011). The effect of critical speed and exercise intensity on stroke phase duration and bilateral asymmetry in 200-m front crawl swimming. *Journal of Sports Sciences*, 29(5), 517-526.
- Kell, R.T., Risi, A., **Barden, J.M.** (2011). The response of persons with chronic nonspecific low back pain to three different volumes of periodized musculoskeletal rehabilitation. *Journal of Strength and Conditioning Research*, 25(4), 1052-1064.

Holly Ann Bardutz

Research Associate

Holly.Bardutz@uregina.ca, (306) 535-1729

Education and Professional Development

PhD in Human Development, Fielding Graduate University, Santa Barbara, California,
January 2017

Certificate of Concentration in Aging, Culture and Society – January 2017

CITI Ethics and Compliance Training and Assessment Program – February 2 – 6, 2015

Modules:

- 1) **Ethics Training Introduction** - Assessment Score: 100%
- 2) **History and Ethical Principles** - Assessment Score: 100%
- 3) **Defining Research with Human Subjects** - Assessment Score: 100%
- 4) **Federal Regulations– Course Completed** - Assessment Score: 100%
- 5) **Assessing Risk** - Assessment Score: 100%
- 6) **Informed Consent** - Assessment Score: 100%
- 7) **Privacy and Confidentiality** - Assessment Score: 100%

Montreal Cognitive Assessment (Moca) – Completed training program and qualified to conduct and grade the standardized cognitive assessment – 2021

Master of Human and Organizational Systems, Fielding Graduate University, Santa Barbara, California, August 2014.

Master of Arts – Linguistics, University of Regina, October 2002

Bachelor of Arts Honours – Linguistics and French (Double Major) – Luther College at the University of Regina, May 1991

Government of Canada Six Week French Immersion Program – Lived in Residence on the University of Saskatchewan Campus, Saskatoon, Saskatchewan – Summer 1989

Canadian Military Basic Training – September 1982 – December 1982 – Completed Basic Training in the Canadian Navy at the Esquimalt Navy Base in British Columbia.

Duke of Edinburgh Year Long Program– Highest (Gold) Category – 1983. Currently active alumnus in this program.

Katimavik – Completed nine-month program including French language residency and training, volunteer work across three different provinces in Canada (1982 – 1983)

CONFERENCES ATTENDED

Gerontological Society of America Annual Scientific Meeting: Strength in Age: Harnessing the Power of Networks – November 13 – 17, 2019 – Austin, Texas

The International Congress on Brain Health Innovations & Technologies – May, 2019 - Vienna, Austria.

The Alzheimer's Association International Conference: the world's largest forum for the dementia research community – Chicago, Illinois, July 22-26, 2018.

Neuroplasticity: Changing the Brain – Conference with Dr. Norman Doidge, Saskatoon, Saskatchewan, October 2 – 3, 2017.

The 21st International Association of Geriatrics and Gerontology World Congress of Gerontology and Geriatrics – July 23 – 27, 2017, San Francisco, California.

The 23rd Annual Meeting of the Organization for Human Brain Mapping June 25 – 29, 2017 in Vancouver, British Columbia.

Canadian Brain Researchers Sharing Knowledge Conference – February 2018 at the Montreal Neurological Institute, Montreal, Quebec

25th Annual Meeting and Canadian Scientific Conference Canadian Society of Addiction Medicine – November 2015, Banff, Alberta.

January 2007 – Eric Jensen's Learning Brain Expo – San Francisco, California – Conference about Brain Based Learning, how to teach based on what we know about how the brain learns best.

January 2005 - Eric Jensen's Learning Brain Expo – San Diego, California – Conference about Brain Based Learning, how to teach based on what we know about how the brain learns best.



Summer 1996 – Siouan Caddoan Language Conference in Billings, Montana –

INTELLECTUAL PROPERTIES HELD

Brain Health and Fitness Classes – Copyright

Employment History

August 2019 – Present – Research Associate. Transferred from Luther to the Faculty of Kinesiology and Health Studies as part of the official startup of the Brain Health Initiative at the University of Regina.

January 2016 – August 2019 – Research Associate, Luther College at the University of Regina.

January 2010 – Present – Brain Health and Fitness Classes Designer/Instructor (more details on this in next session)

September 2002 – Present - Sessional Linguistic Instructor Level 3 (more details on this in next session)

Teaching History

January 2010 – Present – Brain Health and Fitness Classes Designer/Instructor

September 2002 – Present - Sessional Linguistic Instructor Level 3

Graduate Courses: 1) Williams Syndrome 2) Brain and Spirituality

Student Supervision

Name	Position	Dates of supervision
Jyotpal Singh	Research Assistant	July 2018 - Present
Taylor Teckchandani	Research Assistant	May 2019 – December 2019

University Service

University and External Community Service

BUILDING BRIDGES BETWEEN THE MEDICAL COMMUNITY AND THE BRAIN HEALTH INITIATIVE AT THE UNIVERSITY OF REGINA

Ongoing – As 50% of my job description is around building the Brain Health initiative, I spend that much time building relationships around interested parties and individuals in that regard. When faculty have research projects and programs involving the brain, from MS to stroke, I initiate meetings between the professors and neurologists to help with recruitment. I regularly meet with past donors and give updates about how their funds are being used and I meet monthly with

Fall 2020 – Meeting with the stroke coordinator, Cheryl Loucks at the Stroke Clinic at the Regina General Hospital

June 2017 - Dalhousie University in Halifax, Nova Scotia - Meetings with oncologist Dr. Rob Rutledge to learn about his research about cancer.

November 24th, 2020 - Wascana Rehabilitation Centre – With Dr. Paul Bruno and graduate student, Eric Wu, we met with Dr. Kraushaar, Psychiatrist and Brittany Stamin, Research Approval Coordinator to recruit patients for Eric's research study.

Fall 2020 - Talked to head technician of fMRI at the Regina General Hospital to see if the permission given to me to use fMRI for my research purposes could be extended to Cameron Mang as well.

October 24, 2020 - Dr. Chris Ekong, brain surgeon regularly gives talks to my Neurolinguistics class

January 28, 2020 – Introduced two speech pathologists to brain related services and programming at the University of Regina

February 12, 2020 – One of the Speech Pathologists starts as a volunteer at the Enrich Program, working with a person who has an aphasia due to a stroke.

February 21, 2020 – Spoke to Dr. Raghig in person, asking who would be a good neurologist to approach to ask to be a collaborator in the study about MS. He said Dr. Rehman.

February 23, 2020 – Spoke to Dr. Zia Rehman on the phone to ask him if he would be willing to be a collaborator with Dr. Cameron Mang and me for a research project involving patients with MS.



February 27th, 2020 – Met with a Nurse, Adrienne Zuck, from the Neuroscience Unit as well as with Eric Wu to discuss recruitment for his research study having to do with stroke and muscle rehabilitation.

SPEAKING ENGAGEMENTS

“Brain Health and Fitness Series of Eight Classes” – Teaching to the public for the Faculty of KHS and currently through the Lifelong Learning Centre (ongoing)

“The Benefits of Physical Exercise on the Brain” – Presentation for Trigeminal Neuralgia Support Group at the Wascana Rehabilitation Centre, Regina – February 8th, 2020. I also used this opportunity to tell the group about the Brain Health initiative at the U of R.

September 5th, 2020 – Dr. Cameron Mang and I spoke at the Brain Injury Support Group to tell the people about the Enrich Program at the University of Regina.

Fall 2020 - Patrick Bernat, Exercise Physiologist, and I spoke at the Parkinson’s Support Group to tell them about the Rock Steady Program at the University of Regina.

“Women, Exercise and Neurological Changes” – Open House Presentation for the Lifelong Learning Centre – April 17, 2019

“The Brain at Play” – Presentation for the Regina Public Library – April 8, 2018

“Brain Health and Fitness” – Speaker at luncheon given at Al Ritchie Community Centre – November 2017

“Homework Tips and Study Skills Based on Brain Research” – Regina Catholic Schools Parent Convention – March, 2007

“The Teenage Brain” – Parent Teacher Association at Campbell High School – 2009

“We Bleed Green Here in Saskatchewan: Cultural Awareness Beyond the Words We Speak” - Government of Saskatchewan Employees Session – Conexus Art Centre – Spring 2009 (estimating date)

“We Bleed Green Here in Saskatchewan: Cultural Awareness Beyond the Words We Speak” - Miller High School Staff In-Service – Miller High School – Fall 2009 (estimating date)

“Brain Based Learning Medical Staff In-Service: How and When to Train Staff to Autoclave Surgical Packs” – Wascana Rehabilitation Centre – Spring 2008 (estimating date)

“How to Teach a Heritage Language from a Neurolinguist’s Perspective” Presentation to Heritage Languages Association of Saskatchewan - Travelodge, Regina, Saskatchewan – November 2007 (estimating date)

Summarize your University and external community service over the last 10 years

PODCASTS

Bardutz, H.A. (Research Associate – University of Regina.) (December 3, 2020) Radio show about Parkinson’s Disease and programs at the university that might benefit the Parkinson’s community.

Bardutz, H.A. (Research Associate – University of Regina.) (May 1, 2019). *Rewire your Brain*. [Audio Podcast]. Recorded for Calgary Based Company, Alpha Unleashed.

Bardutz, H. A. (Research Associate – University of Regina). (April 30, 2019). *The brain and sleep*. [Audio Podcast]. Recorded for “On the Bench Radio Show.”

Bardutz, H.A. (Research Associate – University of Regina). (November 6, 2018). *Neurogenesis – What does that even mean?* [Audio Podcast]. Recorded for “On the Bench Radio Show.”

Scholarly Research

PUBLISHED WORKS

Bardutz, H. A. & Corley, C. (November, 2019). “Exercise Effects on Well-Being on Canadian Women Over the Age of 65,” *Innovation in Aging*, Volume 3, Issue Supplement_1, November 2019, Page S124, [https://doi.org/10.1093/geroni/igz\)38.453](https://doi.org/10.1093/geroni/igz)38.453)

Bardutz, H.A. (2019) *Women, Exercise and Neurological Changes: A Qualitative Study*. Regina, Saskatchewan. Author. (Self-Published Book on Amazon.)

Bardutz, Holly A. (August, 2019). “The Importance of Sleep for your Brain.” *Refined Living*. Volume 2, Issue 3.

Bardutz, Holly A. (October 2017). “The Brain and Self-Esteem.” *Refined Living*.

Bardutz, Holly A. (August, 2017). “Neurogenesis.” *Refined Living*.

PhD Dissertation: Women, Exercise, and Neurological Changes: A Qualitative Study – January 10, 2017.

Master's Thesis: First Language Acquisition of Semantic System's: A Case Study of a Two-Year Old – October 2002.

Smythe, W. E., Malloy, D.C., Hadjistavropoulos, T., Martin, R.R., and Bardutz, H.A. (2006). An Analysis of the Ethical and Linguistic Content of Hospital Mission Statements, *Health Care Management Review*, 31(2), 92-98.

CONFERENCE PRESENTATIONS

Bardutz, H. & Corley, C. (January 2020) *Exercise Effects on Canadian Women Over the Age of 65*. Poster session presented at the Fielding Graduate University Winter Session. Santa Barbara, California, January 9, 2020.

Bardutz, H., & Jama, S., "How to Survive (and Even Thrive!) During and After your Doctoral Journey." Three Hour Morning Session at the Fielding Graduate University Winter Session. Santa Barbara, California, January 9, 2020.

Bardutz, H. & Corley, C. (November, 2019) *Exercise Effects on Canadian Women Over the Age of 65*. Poster session presented at the "Gerontological Society of America Annual Scientific Meeting," Austin, Texas.

Bardutz, H. (2019, May). *Brain Health and Fitness Classes Designed to Improve Brain Health for the General Public*. Poster session presented at "The International Congress on Brain Health Innovations & Technologies," Vienna, Austria.

Bardutz, H. (September, 2017). *The Brain and Self-Esteem* – Presentation given at a "Women and Self-Esteem Conference," Calgary, Alberta

Bardutz, H. (2011, May). *Brain Gymnastics for Older Adults* – "National Conference of the College and University Retiree Associations of Canada," Regina, Saskatchewan.



Paul Bruno

Associate Professor

paul.bruno@uregina.ca, (306) 337 3343

Education and Professional Development

2008	Doctor of Philosophy	University of Portsmouth (Portsmouth, UK)
2004	Doctor of Chiropractic	Canadian Memorial Chiropractic College (Toronto, CA)
1999	Bachelor of Human Kinetics	University of British Columbia (Vancouver, CA)

Employment History

2010-Present	University of Regina	2016: Promotion to Associate Professor 2015: Awarded Tenure 2010-2015: Assistant Professor, Tenure-Track
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Teaching History

- KIN 220 (Research Methods in KHS): 2021-Present
- KIN 260 (Human Anatomy): 2011-Present
- KIN 380 (Advanced Topics in Motor Behaviour): 2015-2018
- KHS 887 (Pathophysiology & Metabolism): 2018
- KIN 285 (Biomechanics): 2016



Student Supervision

Name	Position	Dates of supervision
Nicholas Ryan	PhD (ongoing)	2015-Present
Dionne Tatlow	MSc (ongoing)	2019-Present
Leandre Gallais	MSc (ongoing)	2017-Present
Erica O'Neill	MSc (ongoing)	2017-Present
Eric Wu	MSc (ongoing)	2017-Present
Michael Markewich	MSc (completed)	2017-2020
Ian Rowan-Legg	MSc (completed)	2016-2019
Eduardo Toledo	Undergraduate Hons (completed)	2019
Danielle Major	Undergraduate Hons (completed)	2018-2019
Taylor Teckchandani	Undergraduate Hons (completed)	2018-2019
Jackson Lordall	Undergraduate Hons (completed)	2018
Mica McGarry	Undergraduate Hons (completed)	2016-2017
Portia Barker	Undergraduate Hons (completed)	2015-2016
Natasha Ivanochko	Undergraduate Hons (completed)	2015-2016

University Service

Faculty Service

- KHS Representative to the Faculty of Education: 2017-Present
- KHS Representative to the Faculty of Graduate Studies and Research: 2012-Present
- KHS Peer Review Committee: 2017-2021
- BKin Program Review Committee (Chair): 2017-2020
- Faculty Representative to Executive of Council: 2015-2020
- KHS Undergraduate Admissions and Studies Committee: 2018-2019
- KHS Graduate Studies and Research Steering Committee: 2011-2014

University Service

- Faculty of Graduate Studies and Research Program Development Advisory Committee: 2018-Present
- Research Ethics Board Committee: 2014-Present
- Interprofessional Education Seminar Planning Committee (UofR/UoFS): 2012-2020

External Community Service

- Student Application Interview Assessor, Canadian Memorial Chiropractic College: 2015-Present
- Modes of Care Committee, Chiropractors' Association of Saskatchewan (Chair): 2011-Present

Scholarly Research

Peer-Reviewed Papers

- Odgers J, Zourdos M, Helms E, Candow D, Dahlstrom B, **Bruno P**, Sousa C. Rating of perceived exertion and velocity relationships among trained males and females in the front squat and hexagonal bar deadlift. (Accepted for publication in the Journal of Strength and Conditioning Research)
- Ryan N, **Bruno P**, Barden J. Test-retest reliability and the effects of walking speed on stride time variability during continuous, overground walking in healthy young adults. (Accepted by the Journal of Applied Biomechanics)
- Lordall J, **Bruno P**, Ryan N. (2020) Assessment of diurnal variation of stride time variability during continuous, overground walking in healthy young adults. *Gait & Posture*, 79: 108-110.
- Bernat P, Candow D, Gryzb K, Butchart S, Schoenfeld B, **Bruno P**. (2019) Effects of high-velocity resistance training and creatine supplementation in untrained healthy aging males. *Applied Physiology, Nutrition, and Metabolism*, 44(11): 1246-53.
- French S, Beliveau P, **Bruno P**, Passmore S, Hayden J, Srbely J, Kawchuk G. (2017) Research priorities of the Canadian chiropractic profession: a consensus study using a modified Delphi technique. *Chiropractic & Manual Therapies*, 25:38.
- Ryan N, **Bruno P**. (2017) Analysis of 3D multi-segment lumbar spine motion during gait and prone hip extension. *Journal of Electromyography and Kinesiology*, 33, 111-7.
- **Bruno P**, Love Green J, Illerbrun S, Holness D, Illerbrun S, Haus K, Poirer S, Sveinson K. (2016) Students helping students: Evaluating a pilot program of peer teaching for an undergraduate course in human anatomy. *Anatomical Sciences Education*, 9(2): 132-42.
- **Bruno P**, Barden J. (2015) Comparison of two alternative technical marker sets for measuring 3D pelvic motion during gait. *Journal of Biomechanics*, 48(14): 3876-82.
- Hadjistavropoulos H, Juckes K, Dirkse D, Cuddington C, Walker K, **Bruno P**, Pitzel Bazylewski M, Ruda L, White G. (2015) Student evaluations of an interprofessional education workshop on pain management. *Journal of Interprofessional Care*, 29(1): 73-75.
- Stuber K, Lerede C, Kristmanson K, Sajko S, **Bruno P**. (2014) The diagnostic accuracy of the Kemp's test: a systematic review. *Journal of the Canadian Chiropractic Association*, 58(3): 258-67.
- Stuber K, **Bruno P**, Sajko S, Hayden J. (2014) Core stability exercises for low back pain in athletes: a systematic review of the literature. *Clinical Journal of Sport Medicine*, 24(6): 448-456.
- **Bruno P**, Goertzen D, Millar D. (2014) Patient-reported perception of difficulty as a clinical indicator of dysfunctional neuromuscular control during the prone hip extension test and active straight leg raise test. *Manual Therapy*, 19(6): 602-7.
- **Bruno P**, Millar D, Goertzen D. (2014) Inter-rater agreement, sensitivity, and specificity of the prone hip extension test and active straight leg raise test. *Chiropractic & Manual Therapies*, 22:23. doi: 10.1186/2045-709X-22-23.
- **Bruno P**. (2014) The use of "stabilization exercises" to affect neuromuscular control in the lumbopelvic region: a narrative review. *Journal of the Canadian Chiropractic Association*, 58(2): 119-30.

- Busse J, **Bruno P**, Malik K, Connell G, Torrance D, Ngo T, Kirmayr K, Avrahami D, Riva J, Ebrahim S, Struijs P, Brunarski D, Burnie S, LeBlanc F, Coomes E, Steenstra I, Slack T, Rodine R, Jim J, Montori V, Guyatt G. (2014) An efficient strategy allowed English-speaking reviewers to identify foreign-language articles that met eligibility criteria for a systematic review of management for fibromyalgia. *Journal of Clinical Epidemiology*, 67(5): 547-53.
- Busse J, Ebrahim S, Connell G, Coomes E, **Bruno P**, Malik K, Torrance D, Ngo T, Kirmayr K, Avrahami D, Riva J, Struijs P, Brunarski D, Burnie S, LeBlanc F, Steenstra I, Mahood Q, Thorlund K, Montori V, Sivarajah V, Alexander P, Jankowski M, Lesniak W, Faulhaber M, Bała M, Schandelmaier S, Guyatt G. (2013) Systematic review and network meta-analysis of interventions for fibromyalgia: a protocol. *Systematic Reviews*, 2:18. doi: 10.1186/2046-4053-2-18. (Highly Accessed)
- Stuber K, **Bruno P**, Kristmanson K, Ali Z. (2013) Dietary supplement recommendations by Saskatchewan chiropractors: results of an online survey. *Chiropractic & Manual Therapies*, 21:11. doi: 10.1186/2045-709X-21-11.
- Passmore S, **Bruno P**. (2012) Anatomically remote muscle contraction facilitates patellar tendon reflex reinforcement while mental activity does not: a within-participants experimental trial. *Chiropractic & Manual Therapies*, 20:29. doi:10.1186/2045-709X-20-29.
- **Bruno P**, Murphy D. (2011) An investigation of neck muscle activity in asymptomatic participants who show different lumbar spine motion patterns during prone hip extension. *Journal of Manipulative and Physiological Therapeutics*, 34(8): 525-32.
- **Bruno P**. (2011) The importance of diagnostic test parameters in the interpretation of clinical test findings: the prone hip extension test as an example. *Journal of the Canadian Chiropractic Association*, 55(2): 69-75.

Peer-Reviewed Abstracts & Conference Presentations

- Major D, **Bruno P**. (2019) The effect of exhaustive exercise on lower limb joint kinematics and thigh muscle activation during mobility tasks in university athletes. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)
- Teckchandani T, **Bruno P**. (2019) Neuromuscular fatigue and potential exercise limiting neuroprotective mechanisms present in fast paced isokinetic knee extensions in a healthy college age population. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)
- Ryan N, Barden J, Kobsar D, **Bruno P**. (2018) Within- and between-day reliability of stride time variability during continuous overground walking in young health adults. 8th World Congress of Biomechanics. Dublin, Ireland. (Poster Presentation)
- Barden J, **Bruno P**, Ryan N. (2018) Validation of an iOS mobile device app to assess the variability and fractal scaling of human gait during continuous overground walking. 8th World Congress of Biomechanics. Dublin, Ireland. (Poster Presentation)
- **Bruno P**, Love Green J, Barker P, Freitas A, Madar E. (2017) Students helping students: a pilot Supplemental Instruction (SI) program for an undergraduate course in biomechanics. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)

- McGarry M, **Bruno P.** (2017) Joint angles during spinal hyperextension gymnastics skills. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)
- Rowan-Legg I, **Bruno P.** (2017) Estimating lumbar joint forces during strength and power exercise: a review of lumbar spine models. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)
- French S, **Bruno P.**, Hayden J, Kawchuk G, Passmore S, Srbely J, Beliveau P. (2017) Research priorities of the Canadian chiropractic profession. World Federation of Chiropractic's 14th Biennial Congress & Association of Chiropractic Colleges Research Agenda Conference. Washington, D.C., USA. (Platform presentation)
- Kuster S, **Bruno P.** (2016) The contribution of core stability to athletic performance and athletic injury. 10th International Conference on Strength Training. Kyoto, Japan. (Platform presentation)
- Barker P, **Bruno P.** (2016) Sprint kinetics in unilateral transtibial amputees. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)
- Ivanochko N, **Bruno P.** (2016) Differences in lower-limb kinematics and kinetics during landing tasks in female volleyball players and long-distance runners. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)
- Kuster S, **Bruno P.** (2016) A review of the anatomy and stabilization concepts of the lumbopelvic region, the core, and the efficacy of core stabilization in reducing injury and enhancing athletic performance. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)
- Ryan N, **Bruno P.** (2016) The use of clinical testing procedures in the diagnosis of motor control impairments associated with low back pain. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform presentation)
- Busse J, Mulla S, **Bruno P.**, Kirmayr K, Avrahami D, Riva J, Ebrahim S, Struijs P, Brunarski D, Burnie S, LeBlanc F, Coomes E, Oyberman I, Bala M, Schandelmaier S, Faulhaber M, Montoya L, Lopes L, Makosso S, Wang L, Craigie S, Khokhar R, Chrispim P, Silva S, Lesniak W, Mohiuddin M, Agarwal A, Thakor S, Kaushal A, Montori V, Guyatt G. (2015) Representation of patients in receipt of disability benefits among trials of therapy for fibromyalgia. 23rd Cochrane Colloquium. Vienna, Austria. (Poster presentation)
- **Bruno P.**, Love Green J, Illerbrun S, Holness D, Illerbrun S, Haus K, Poirier S, Sveinson K. (2015) Students helping students: a program of student-assisted study support for a course in human anatomy. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. Regina, Canada. (Platform Presentation)
- **Bruno P.**, Barden J. (2014) A comparison of alternative 3D marker sets for tracking pelvic motion during gait. 7th World Congress of Biomechanics. Boston, USA. (Poster presentation)
- **Bruno P.**, Millar D, Goertzen D. (2013) The presence of "abnormal" lumbopelvic motion patterns as a clinical indicator of altered motor control during the prone hip extension test and active straight leg raise test. Proceedings of the World Federation of Chiropractic's 12th Biennial Congress, 138-9. (Platform presentation)
- **Bruno P.**, Goertzen D, Millar D. (2013) Patient-reported perception of difficulty as a clinical indicator of altered motor control during the prone hip extension test and active straight leg raise test.

Proceedings of the World Federation of Chiropractic's 12th Biennial Congress, 139-40. (Platform presentation)

- Busse J, **Bruno P**, Malik K, Connell G, Torrance D, Ngo T, Kirmayr K, Avrahami D, Riva J, Ebrahim S, Struijs P, Brunarski D, Burnie S, LeBlanc F, Coomes E, Steenstra I, Montoi V, Guyatt G. (2012) Can english-speaking reviewers correctly identify foreign-language articles that meet eligibility criteria for a systematic review of management for fibromyalgia. 20th Cochrane Colloquium. Auckland, New Zealand. (Poster presentation)
- Passmore S, **Bruno P**. (2012) Mechanism of the Jendrassik maneuver: attention or action? Journal of Chiropractic Education, 26(1): 104. (Platform presentation at the Association of Chiropractic Colleges Research Agenda Conference)
- **Bruno P**, Murphy D. (2011) An investigation of neck muscle activity during prone hip extension in asymptomatic subjects. Proceedings of the World Federation of Chiropractic's 11th Biennial Congress, 103-4. (Platform presentation)

Additional Publications

- **Bruno P**. (2017) Developing clinical procedures to diagnose specific motor control impairments associated with low back pain: prone hip extension (PHE), active straight leg raise (ASLR), and gait variability. Journal of the Canadian Chiropractic Association, 61(3), 207-11.
- French S, Parkes R, **Bruno P**, Passmore S, Hayden J, Srbely J, Kawchuk G. (2017) Informing a research agenda for the Canadian chiropractic profession. Journal of the Canadian Chiropractic Association, 61, 190-5.
- Kawcuk G, Newton G, Srbely J, Passmore S, Bussi eres A, Busse J, **Bruno P**. (2014) Knowledge transfer within the Canadian chiropractic community. Part 2: Narrowing evidence-practice gaps. Journal of the Canadian Chiropractic Association, 58(3): 206-14.
- Kawchuk G, **Bruno P**, Busse J, Bussi eres A, Erwin M, Passmore S, Srbely J. (2013) Knowledge transfer within the Canadian chiropractic community. Part 1: Understanding evidence-practice gaps. Journal of the Canadian Chiropractic Association, 57(2): 111-5.
- **Bruno P**. (2011) It was my understanding that there would be no math. Journal of the Canadian Chiropractic Association, 55(3): 159-62.

Invited Presentations

- **Bruno P**. Training research padawans: the Force is strong with them. February 2020. Regina, Canada. (Invited presentation to the university community as part of a research seminar series)
- **Bruno P**. Gait expectations: putting a little pip in your step. May 2019. Regina, Canada. (Invited presentation to the general public as part of a Pint of Science Pub Series)
- Kulczycki C, Barden J, **Bruno P**, Totosy J, Dahlsrom B. Swim, bike, run: a triathlon experience and some of the science. April 2019. Regina, Canada. (Invited presentation to the university community as part of a research seminar series)
- Parkes R, **Bruno P**, Howarth S. Panel discussion on findings from the recent Canadian research agenda setting exercise. Canadian Chiropractic Association National Convention. April 2018. Calgary, Canada. (Invited panel presentation)

- **Bruno P.** Gait expectations: putting a little pip in your step. University of Regina. February 2018. Regina, Canada. (Invited presentation to the university community as part of a research seminar series)
- **Bruno P.** The diagnosis and treatment of motor control impairments associated with low back pain. May 2017. Saskatoon, Canada. (Invited presentation to health care practitioners as part of a clinical rounds series)
- **Bruno P.** May the forces be with you: the biomechanics of sitting. Bushwakker Brewpub. April 2016. Regina, Canada. (Guest presentation to the general public as part of a Health Sciences Pub Series)
- **Bruno P.** May the forces be with you: demystifying biomechanics research. Faculty of Kinesiology and Health Studies (University of Regina) Research Day. April 2016. Regina, Canada. (Invited keynote presentation)
- Quon J, Stuber K, **Bruno P**, Passmore S. Effective diagnostic testing that ensures better clinical outcomes. Canadian Chiropractic Association National Convention. September 2015. Niagara Falls, Canada. (Invited workshop presentation)
- **Bruno P**, Barden J. The use of clinical testing procedures in the diagnosis of motor control impairments associated with low back pain. Canadian Chiropractic Association National Convention. September 2015. Niagara Falls, Canada. (Invited poster presentation)
- **Bruno P.** Thinking beyond your thesis. University of Regina. March 2015. Regina, Canada. (Invited guest lecture to university students)
- **Bruno P.** Tracking pelvic motion during gait: accuracy and reliability. University of Regina. April 2014. Regina, Canada. (Invited guest lecture to university students)
- **Bruno P.** Evidence-based health care: What it is. What it isn't. Annual General Meeting of the Massage Therapy Association of Saskatchewan. March 2014. Regina, Canada. (Invited platform presentation)
- **Bruno P.** Strategies and tips on writing an effective evidence-based clinical case report. Massage Therapy Association of Saskatchewan Interdisciplinary Research Symposium. March 2014. Regina, Canada. (Invited platform presentation)
- **Bruno P.** Development of a university-based chiropractic research infrastructure by the Canadian Chiropractic Research Foundation. Massage Therapy Association of Saskatchewan Interdisciplinary Research Symposium. March 2014. Regina, Canada. (Invited platform presentation)
- **Bruno P.** Neuromuscular control deficits and low back pain: diagnostic and therapeutic considerations. University of Regina. March 2014. Regina, Canada. (Guest presentation to university faculty and students)
- **Bruno P**, Barden J. The use of clinical testing procedures in the diagnosis of motor control impairments associated with low back pain. Saskatchewan Health Research Foundation Santé! Awards Evening. December 2013. Saskatoon, Saskatchewan, Canada. (Invited poster presentation)
- **Bruno P.** Chiropractic researchers in interdisciplinary academic environments. Symposium of the Canadian Chiropractic Research Consortium. September 2013. Toronto, Ontario, Canada. (Invited platform presentation)
- **Bruno P.** Improving clinical outcomes in low back pain: diagnosis of motor control impairments. April 2013. Regina, Saskatchewan, Canada. (Guest presentation to members of the Chiropractors' Association of Saskatchewan and MLAs from the New Democratic Party)

- **Bruno P.** Improving clinical outcomes in the treatment of chronic low back pain. December 2012. Regina, Saskatchewan, Canada. (Guest presentation to members of the Chiropractors' Association of Saskatchewan and MLAs from the Saskatchewan Party)
- **Bruno P.** The evidence-based clinical case report: a "how to" guide. October 2012. Regina, Saskatchewan, Canada. (Continuing education seminar for members of the Chiropractors' Association of Saskatchewan)
- **Bruno P.**, Passmore S. Comparing the relative effects of a remote muscle contraction and a mental task on patellar tendon reflex parameters. CIHR Institute of Musculoskeletal Health and Arthritis Young Investigators Forum. June 2012. King City, Ontario, Canada. (Invited poster presentation)
- **Bruno P.** Biomechanical research: the diagnosis of motor control impairments. Symposium of the Canadian Chiropractic Research Consortium. September 2011. Toronto, Ontario, Canada. (Invited platform presentation)
- **Bruno P.** Improving outcomes in the treatment of chronic low back pain. May 2011. Regina, Saskatchewan, Canada. (Guest presentation to members of the Chiropractors' Association of Saskatchewan and MLAs from the Saskatchewan Party)
- **Bruno P.** Cervical spine syndromes that mimic concussion symptoms. Sport Med Saturdays. April 2011. Regina, Saskatchewan, Canada. (Invited platform presentation)
- **Bruno P.** Evidence-based health care: What is it? How do I do it? March 2011. Saskatoon, Saskatchewan, Canada. (Continuing education seminar for members of the Chiropractors' Association of Saskatchewan)



Darren Candow

Professor

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Education and Professional Development

2005

Ph.D. (Kinesiology), University of Saskatchewan, Saskatoon, SK, Canada.

2001

M.Sc. (Kinesiology), University of Saskatchewan, Saskatoon, SK, Canada.

1999

B.Sc. (Biology), Acadia University, Wolfville, NS, Canada.

2012-present

Canadian Society for Exercise Physiology: Certified Exercise Physiologist (CEP) and Personal Trainer Course (CPT)- Designation and Facilitator

Employment History

2015-present

Professor. Faculty of Kinesiology and Health Studies, University of Regina. Regina, SK, Canada.

2015-2019

Associate Dean-Graduate Studies and Research. Faculty of Kinesiology and Health Studies, University of Regina. Regina, SK, Canada.

2010-2015

Associate Professor. Faculty of Kinesiology and Health Studies, University of Regina. Regina, SK, Canada.

2007-2010

Assistant Professor. Faculty of Kinesiology and Health Studies, University of Regina, Regina, SK, Canada.



Teaching History

Faculty of Kinesiology and Health Studies, University of Regina

Course: KHS 800/900 Graduate Seminar (Graduate Level)

Faculty of Kinesiology and Health Studies, University of Regina

Course: KHS 892 Physiology of Aging (Graduate Level)

Faculty of Kinesiology and Health Studies, University of Regina

Course: KHS 880 Exercise Physiology and Metabolism (Graduate Level)

Faculty of Kinesiology and Health Studies, University of Regina

Course: KIN 475 Sport Nutrition and Exercise Metabolism

Faculty of Kinesiology and Health Studies, University of Regina

Course: KHS 373 Training and Conditioning

Faculty of Kinesiology and Health Studies, University of Regina

Course: KHS 372 Fitness Appraisal and Exercise Leadership

Faculty of Kinesiology and Health Studies, University of Regina

Course: KIN 369 Advanced Exercise Physiology

Faculty of Kinesiology and Health Studies, University of Regina

Course: KIN 275 Introduction to Nutrition

Faculty of Kinesiology and Health Studies, University of Regina

Course: KIN 269 Exercise Physiology

Faculty of Kinesiology and Health Studies, University of Regina

Course: KIN 267 Human Physiology

Faculty of Kinesiology and Health Studies, University of Regina

Course: KIN 261 Anatomy & Physiology

Faculty of Kinesiology and Health Studies, University of Regina

Course: KIN 170 Lifestyle, Health and Wellness

Student Supervision

Name	Position	Dates of supervision
Jessica Lewgood	PhD	2020-present
Andi-Celine Martin	PhD	2016-2019
Sarah Johannsymeyer	PhD	2011-2016
Shawn Kuster	PhD	2014-2021
John Odgers	MSc	2018-2020
Robert Bailie	MSc	2019-present
Sara Butchart	MSc	2017-2020
Scotty Mills	MSc	2018-2020
Avery Pakulack	MSc	2017-2020
Patrick Bernat	MSc	2016-2019
Karolina Gryzb	MSc	2016-2019
Jennifer Chami	MSc	2015-2017

University Service

Sport Nutrition, Health and Performance Conference. Regina, SK. (2018, 2019)

Role: Conference organizer and chair

Canada Conference on Sports Nutrition and Training. Regina, SK. (2017)

Role: Conference organizer, chair and presenter

Clinical and Applied Training Techniques for Optimal Performance Conference. Regina, SK. (2017, 2019)

Role: Conference organizer

Canadian Society for Exercise Physiology Annual Conference. Regina, SK. (2012)

Role: Conference organizer and chair

Committees:

Canadian Society for Exercise Physiology

- Vice-Chair (Professional Standards), Board of Directors
- Certified Members Awards Committee
- Board Liaison: Professional Standards Committee
- Annual General Meeting Planning Committee
- Finance Committee
- Appeals Committee

University Wide Committees: University of Regina

- Canada Research Chair Selection
- Research Impact
- Executive Council
- University Council Committee on Budget
- University Council Committee on Research
- Biosafety Advisory Committee (Kinesiology representative)
- FGSR
- Research Stories Working Group
- AD Committee
- CIHR University of Regina Strategic Development Committee
- Aboriginal Health Research Chair Committee
- Academic Leadership Committee
- Canada Foundation for Innovation
- PhD Special Case Committee

Faculty of Kinesiology and Health Studies Committees: University of Regina

- KHS Leadership Committee
- KHS Safety Committee
- Chair-Graduate Steering Committee
- Chair-KHS Research Day
- Chair-Criteria Document Review Committee
- Chair- KHS Honours Program

Scholarly Research

Peer-Refereed Publications

Candow, D.G., P.D. Chilibeck, J. J. Gordon, and S. Kontulainen. (*in press*) Efficacy of creatine supplementation and supervised resistance training on area and density of bone and muscle in older adults: a pilot randomized controlled trial. *Medicine and Science in Sports and Exercise*.

- Bagheri, R., B. H. Moghadam, **D. G. Candow**, B. T. Elliott, A. Wong, D. Ashtary-Larky, S. C. Forbes, and A. Rashidlamir. (*in press*). Post-exercise Icelandic yogurt consumption augments resistance training gains in lean mass, strength, and alters skeletal muscle regulatory factors in healthy untrained older males. *British Journal of Nutrition*.
- Lane, G., C. Nisbet, S. Johnson, **D.G. Candow**, P.D. Chilibeck, and H. Vatanparast, (*in press*). Barriers and facilitators to meeting recommended physical activity levels among new immigrant and refugee children in Saskatchewan, Canada. *Applied Physiology, Nutrition and Metabolism*.
- Forbes, S.C., J. R. Krentz and **D.G. Candow** (*in press*). Timing of creatine supplementation does not influence the gains in unilateral muscle hypertrophy or strength from resistance training in young adults: A within-subject design. *The Journal of Sports Medicine and Physical Fitness*.
- Forbes, S.C., **D.G. Candow**, S.M. Ostojic, M.D. Roberts, and P.D. Chilibeck. (2021). Meta-analysis examining the importance of creatine ingestion strategies on lean tissue mass and strength in older adults. *Nutrients*.
- Karayigit, R. S.C. Forbes, A. Naderi, **D. G. Candow**, U. C. Yildirim, F. Akca, D. Aras, B. C. Yasli, A. Sisman, A. Mor, and M. Kaviani. (2021). Different Doses of Carbohydrate Mouth Rinse Have No Effect on Exercise Performance in Resistance Trained Women. *International Journal of Environmental Research and Public Health*, 18(7): 3463.
- Pakulak, A., **D.G. Candow**, J. Totony de Zepetnek, S.C. Forbes, and D. Basta. (2021). Effects of Creatine and Caffeine Supplementation During Resistance Training on Body Composition, Strength, Endurance, Rating of Perceived Exertion and Fatigue in Trained Young Adults. *Journal of Dietary Supplements*, 24: 1-16.
- Candow, D.G.**, S.C. Forbes, B. Kirk and G. Duque. (2021). Current Evidence and Possible Future Applications of Creatine Supplementation for Older Adults. *Nutrients*, 13(3): 745.
- Smith-Ryan, A.E., H.E. Cabre, J.M. Eckerson, and **D.G. Candow**. (2021). Creatine supplementation in women's health: A lifespan perspective. *Nutrients*, 13(3): 877.
- Odgers, J.B., M.C. Zourdos, E.R. Helms, **D.G. Candow**, B. Dahlstrom, P. Bruno and C. A. Sousa. (2021). Rating of perceived exertion and velocity relationships among trained males and females in the front squat and hexagonal bar deadlift. *Journal of Strength and Conditioning Research*, 1; 35(Suppl 1): S23-S30.
- Antonio, J. **D. G. Candow**, S. C. Forbes, B. Gualano, A. R. Jagim, R. B. Kreider, E. S. Rawson, A. E. Smith-Ryan, T. A. VanDusseldorp, D. S. Willoughby, and T. N. Ziegenfuss. (2021). Questions and Misconceptions About Creatine Supplementation: What Does the Scientific Evidence Really Show? *Journal of the International Society of Sports Nutrition*, 18(1): 13.
- Forbes, S.C., **D.G. Candow**, L. Ferreira, and T. Souza-Junior. (2021). Effects of creatine supplementation on properties of muscle, bone, and brain function in older adults: a narrative review. *Journal of Dietary Supplements*, 27: 1-18.

- Bagheri, R., S.C. Forbes, **D.G. Candow**, and A. Wong. (2021). Effects of branched-chain amino acid supplementation and resistance training in postmenopausal women. *Experimental Gerontology*, 144: 111185.
- Pires, L.A.M., S.C. Forbes, **D.G. Candow**, and M. Machado. (2021). Creatine supplementation on cognitive performance following exercise in female Muay Thai athletes. *NeuroSports*. 1(6): 1-11.
- Bagheri, R., B. H. Moghadam, D. Ashtary-Larky, S. C. Forbes, **D. G. Candow**, A. J. Galpin, M. Eskandari, R. B. Kreider, and A. Wong. (2021). Whole egg vs. egg white ingestion during 12 weeks of resistance training in trained young males: a randomized controlled trial. *Journal of Strength and Conditioning Research*, 1:35(2): 411-419.
- Pourabbas, M., R. Bagheri, B. H. Moghadam, D. S. Willoughby, **D. G. Candow**, B. Elliott, S. C. Forbes, D. Ashtary-Larky, M. Eskandari, A. Wong, and F. Dutheil. (2021). Strategic ingestion of high-protein dairy milk during a resistance training program increases lean mass, strength, and power in trained young males. *Nutrients*, 13(3): 948.
- Candow, D.G.**, P. D. Chilibeck, J. J. Gordon, E. Vogt, T. Landeryou, M. Kaviani, and L. Paus-Jensen. (2020). Effect of 12 months of creatine supplementation and whole-body resistance training on measures of bone, muscle and strength in older males. *Nutrition and Health*. doi: 10.1177/026010602097547.
- Sarshin, A., V. Fallahi, S. C. Forbes, A. Rahimi, M. S. Koozehchian, **D. G. Candow**, M. Kaviani, S. Khalifeh, V. Abdollahi, A. Naderi. (*in press*). Short-term co-ingestion of creatine and sodium bicarbonate improves anaerobic performance in trained taekwondo athletes. *Journal of the International Society of Sports Nutrition*, 20: 17(1): 44.
- Mills, S., **D.G. Candow**, S.C. Forbes, J. Patrick Neary, M.J. Ormsbee, and J. Antonio. (2020). Effects of creatine supplementation during resistance training in physically active young adults. *Nutrients*, 12: 1880.
- Antonio, J., **D.G. Candow**, S.C. Forbes, M.J. Ormsbee, P.G. Saracino, and J. Roberts. (2020). Effects of Dietary Protein on Body Composition in Exercising Individuals. *Nutrients*, 25;12(6). pii: E1890.
- Sarshin, A., A. Naderi, C.J.G. da Cruz, F. Feizolahi, S.C. Forbes, **D.G. Candow**, E. Mohammadgholian, M. Amiri, N. Jafari, A. Rahimi, E. Alijani, and C.P. Earnest. (2020). The effects of varying doses of caffeine on cardiac parasympathetic reactivation following an acute bout of anaerobic exercise in recreational athletes. *Journal of the International Society of Sports Nutrition*, 20;17(1):44.
- Forbes, S.C., **D.G. Candow**, A. E. Smith-Ryan, K. Hirsch, M. D. Roberts, T. A VanDusseldorp, M. T. Stratton, M. Kaviani, and J. P. Little. (2020). Supplements and nutritional interventions to augment high intensity interval training physiological and performance adaptations – a narrative review. *Nutrients*, 12(2): pii: E390.

- Grzyb, K., **D.G. Candow**, B.J. Schoenfeld, P. Bernat, S. Butchart and J.P. Neary. (2020). Effect of equal volume, high-repetition resistance training to volitional fatigue, with different workout frequencies, on muscle mass and neuromuscular performance in postmenopausal women. *Journal of Strength and Conditioning Research*.
- Cornish, S.M., P.D. Chilibeck, and **D.G. Candow**. (2020). Potential importance of immune system response to exercise on aging muscle and bone. *Current Osteoporosis Reports*, 18(4): 350356.
- Vieira, I.P., A.G. de Paula, P. Gentil, C. Pichard, **D.G. Candow**, and G.D. Pimentel. (2020). Effects of Creatine Supplementation on Lower-Limb Muscle Endurance Following an Acute Bout of Aerobic Exercise in Young Men. *Sports (Basel)*, 21;8(2). pii: E12.
- Candow, D.G.**, S.C. Forbes, P.D. Chilibeck. S.M. Cornish, J. Antonio, and R.B. Kreider (2019). Variables influencing the effectiveness of creatine supplementation as a therapeutic intervention for sarcopenia. *Frontiers Nutrition*, 9: 6; 124.
- Forbes, S.C., **D.G. Candow**, J. Krentz, M. Roberts, and K. Young. (2019). Changes in fat mass following creatine supplementation in adults ≥ 50 years of age: A meta-analysis. *Journal of Functional Morphology and Kinesiology*, 4(3): 62.
- Bernat, P., **D. G. Candow**, K. Gryzb, S. Butchart, B. J. Schoenfeld, and P. Bruno (2019). Effects of creatine supplementation and high-velocity resistance training in untrained healthy aging males. *Applied Physiology, Nutrition and Metabolism*, 44(11): 1246-1253.
- Stecker, R.A., P.S. Harty, A.R. Jagim, **D.G. Candow**, and C.M. Kerksick. (2019). Timing of ergogenic aids and micronutrients on muscle and exercise performance. *Journal of the International Society of Sports Nutrition*, 16 (1): 37.
- Candow, D.G.**, S.C. Forbes, P.D. Chilibeck. S.M. Cornish, J. Antonio, and R.B. Kreider (2019). Effectiveness of creatine supplementation on aging muscle and bone: Focus on falls prevention and inflammation. *Journal of Clinical Medicine*, 8 (4): 488-502.
- Candow, D.G.**, S.C. Forbes, E.Vogt (2019). Effect of pre and post-exercise creatine supplementation on bone mineral in healthy aging adults. *Experimental Gerontology*, 119: 89-92.
- Chami, J., **D.G. Candow**. (2019). Effect of creatine supplementation dosing strategies on aging muscle performance and functionality. *Journal of Nutrition, Health and Aging*, 23(3): 281-285.
- Stopyn, RJN., and **D.G. Candow**. (2019). Review: Cancer and Aging. *The International Journal of Health, Wellness and Society*, 9(3): 1-12.
- Martin, AC., and **D.G. Candow**. (2019). Effects of online Yoga and Tai Chi on physical health outcome measures of adults informal caregivers. *International Journal of Yoga*, 12(1): 37-44.
- Forbes, SC., and **D.G. Candow**. (2018). Timing of creatine supplementation and resistance training: A brief review. *Journal of Exercise and Nutrition*, 1:5.

- Forbes, S.C., P.D. Chilibeck, **D.G. Candow**. (2018). Creatine Supplementation During Resistance Training Does Not Lead to Greater Bone Mineral Density in Older Humans: A Brief Meta-Analysis. *Frontiers Nutrition*, 2018 Apr 24;5:27.
- Chilibeck, P.D., M. Kaviani, **D. G. Candow**, Gordon A. Zello. (2017). Effect of Creatine Supplementation during Resistance Training on Lean Tissue Mass and Muscular Strength in Older Adults: A meta-analysis. *Open Access Journal of Sports Medicine*, 8: 213-226.
- Kreider, R.B., D.S. Kalman, J. Antonio, T.N. Ziegenfuss, R. Wildman, R. Collins, **D.G. Candow**, S.M. Kleiner, A.L. Almada, H.L. Lopez. (2017). International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. *Journal of the International Society of Sports Nutrition*, 13; 14:18.
- Duff, W.R., P.D. Chilibeck, **D.G. Candow**, J.J. Gordon, R.S. Mason, R. Taylor-Gjevre, B. Nair, M. Szafron, A. Baxter-Jones, G.A. Zello, S. Kontulainen.(2017). Effects of Ibuprofen and Resistance Training on Bone and Muscle: An RCT in Older Women. *Medicine and Science in Sports and Exercise*, 49(4): 633-640.
- Duff, W.R.D., P.D. Chilibeck, **D.G. Candow**, J.J. Rooke, R. Mason, R. Taylor-Gjevre, B. Nair, M. Szafron, A. Baxter-Jones, S.A. Kontulainen. (2016). Effects of low-dose ibuprofen supplementation and resistance training on body composition and muscle strength in postmenopausal women. *Bone Reports*, 5: 96-103.
- Johannsmeyer, S., **D.G. Candow**, C.M. Brahms, D. Michel, G.A. Zello. (2016). Effect of creatine supplementation and drop-set resistance training in untrained aging adults. *Experimental Gerontology*, 83:112-9.
- Forbes, S.C., N. Sletten, C. Durrer, É. Myette-Cote, **D.G. Candow**, J.P. Little (2016). Creatine Monohydrate Supplementation Does Not Augment Fitness, Performance, or Body Composition Adaptations in Response to Four Weeks of High-Intensity Interval Training in Young Females. *International Journal of Sport Nutrition and Exercise Metabolism*, 21:1-23.
- Gualano, B., E. S. Rawson, **D. G. Candow**, P. D. Chilibeck. (2016). Review: Creatine supplementation in the aging population: Effects on skeletal muscle, bone and brain. *Amino Acids*, 48(8): 1793-1805.
- Boychuk, K.E., J. L. Lanovaz, J. R. Krentz, J. U. Lishchynsky, **D.G. Candow**, J. P. Farthing (2016). Creatine supplementation does not alter recovery from damaging eccentric exercise. *Muscle & Nerve*, 54(3): 487-495.
- Baker, T., **D.G. Candow**, J.P. Farthing. (2016). Effect of pre-exercise creatine ingestion on muscle performance in healthy aging males. *Journal of Strength and Conditioning Research*, 30(6): 1763-1766.
- Martin, A.C., **D.G. Candow**. (2016). Tai Chi's Potential for Improving Health Outcome Measures in Informal Caregivers. *The International Journal of Health, Wellness and Society*, 6(4): 35-50.

- Martin, A.C., **D.G. Candow**. (2016). Potential of Yoga for Improving Health Outcome Measures in Informal Caregivers. *The International Journal of Health, Wellness and Society*, 7(10): 15-32.
- Candow, D.G.**, E. Vogt, S. Johannsmeyer, S. C. Forbes, J.P. Farthing. (2015). Strategic ingestion of creatine supplementation and resistance training in healthy older adults. *Applied Physiology Nutrition and Metabolism*, 40(7): 689-694. * Selected as top Editor's choice.
- Chilibeck, P.D., **D.G. Candow**, T. Landeryou, M. Kaviani, L. Paus-Jenssen (2015). Effects of creatine and resistance training on bone health in postmenopausal women. *Medicine and Science in Sports and Exercise*, 47(8): 1587-1595.
- Weisgarber, K.D., **D.G. Candow**, J.P. Farthing (2015). Whey protein and high-volume resistance training in postmenopausal women. *Journal of Nutrition, Health and Aging*, 19(5): 511-517.
- Candow, D.G.**, G.A. Zello, B. Ling, J.P. Farthing, P.D. Chilibeck, K. McLeod, J. Harris, S.J. Johnson. (2014). Comparison of creatine supplementation before versus after supervised resistance training in healthy older adults. *Research in Sports Medicine*, 22(1):61-74.
- Candow DG**, P.D. Chilibeck, S.C. Forbes. (2014). Creatine supplementation and aging musculoskeletal health. *Endocrine*, 45(3):354-356.
- Forbes, S.C., X. Waltz, **D.G. Candow**. (2014). Creatine timing on muscle mass and strength: Appetizer or Dessert? *European Journal of Nutraceuticals and Functional Foods*, 25(4):19-22.
- Len, T.K., J. P. Neary, G.J. Asmundson, **D.G. Candow**, D. Goodman, B. Bjornson, Y. Bhambhani. (2013). Serial monitoring of CO₂ reactivity following sport concussion using hypocapnia and hypercapnia. *Brain Injury*, 27(3):346-353.
- Salmon, D.M., M. F. Harrison, D. Sharpe, **D. G. Candow**, W. J. Albert, J.P. Neary. (2013). Exercise therapy for improved neck muscle function in helicopter aircrew. *Aviation, Space, and Environmental Medicine*, 84 (10):1046-1054.
- Candow, D.G.**, S.C. Forbes, J.P. Little, S.M. Cornish, C. Pinkoski, P.D. Chilibeck. (2012). Effect of nutritional interventions and resistance exercise on aging muscle mass and strength. *Biogerontology*, 13(4):345-358.
- Candow, D.G.**, P.D. Chilibeck, K.D. Weisgarber, E.S.M. Vogt, A.D.G. Baxter-Jones. (2012). Ingestion of low-dose ibuprofen following resistance exercise in postmenopausal women. *Journal of Cachexia, Sarcopenia and Muscle*, 4(1):41-46
- Weisgarber, K.D., **D.G. Candow**, E.S.M. Vogt. (2012). Whey protein before and during resistance exercise has no effect on muscle mass and strength in untrained young adults. *International Journal of Sport Nutrition and Exercise Metabolism*, 22:463-469.
- Forbes, S.C., J. P. Little, **D.G. Candow**. (2012). Exercise and nutritional intervention strategies for improving aging muscle health. *Endocrine*, 42(1):29-38

- Manders, R.J., J.P. Little, S.C. Forbes, **D.G. Candow**. (2012). Insulinotropic and muscle protein synthetic effects of branched-chain amino acids: potential therapy for type 2 diabetes and sarcopenia. *Nutrients*, 4(11):1664-1678.
- Kosar, A., **D.G. Candow**, J.T. Putland. (2012). Potential beneficial effects of whole-body vibration for muscle recovery following exercise. *Journal of Strength and Conditioning Research*, 26(10):2907-2911.
- Candow, D.G.** (2011). Sarcopenia: current theories and the potential beneficial effect of creatine application strategies. *Biogerontology*, 12(4):273-281.
- Candow, D.G.**, D.G. Burke, P.D. Chilibeck, K. Mueller, J. Lewis, J. Lazorko. (2011). Effect of different frequencies of creatine supplementation on muscle size and strength in young adults. *Journal of Strength and Conditioning Research*, 25(7):1831-1838.
- Candow, D.G.**, P.D. Chilibeck, S. Abeysekara, G.A. Zello. (2011). Short-term heavy resistance training eliminates age-related deficits in muscle mass and strength in healthy older males. *Journal of Strength and Conditioning Research*, 25(2):326-333.

Book Chapters

- Kreider, R.B., D. S. Kalman, J. Antonio, T. N. Ziegenfuss, R. Wildman, **D. G. Candow**, C. M. Kerksick. Creatine. In: *Handbook of Nutraceuticals and Functional Foods*. 3rd Edition. 2020. CRC Press. Taylor & Francis Group. Chapter 15. pp. 267-294.
- Forbes, S.C., **D.G. Candow**, K. McLeod. (2015). Sarcopenia - Potential beneficial effects of creatine supplementation. In: *Foods and Dietary Supplements in the Prevention and Treatment of Disease in Older Adults*. Chapter 4, pp. 37-40. Elsevier, Inc. Eds. R. R. Watson.
- Candow, D.G.** (2012). Creatine and Resistance Exercise: A possible role in the prevention of muscle loss with aging. In: *Bioactive Food as Dietary Interventions for the Aging Population*. Volume 1. Chapter 11, pp. 139-143. Elsevier, Inc. Eds. Ronald Watson, Victor Preedy.
- Candow, D.G.**, D. G. Burke. (2012). Protein supplementation strategies on body composition, exercise performance, and muscle protein kinetics. In: *Current Results of Strength Training Research-Different Aspects on Fitness and Performance*. Volume 3. pp: 49-56. Eds. Jurgen Giebing, Michael Frohlich, and Roland Robler. Cuviller Verlag Gittingen.
- Salmon, D.M., M.F. Harrison, D. Sharpe, **D.G. Candow**, W. J. Albert, J.P. Neary. (2011). The Effect of Neck Muscle Exercise Training on Self Reported Pain in CH-146 Griffon Helicopter Aircrew. In: *Shaping the Future: Military and Veteran Health Research* (Eds A.B. Aiken & S.A. Belanger). Chapter 7. pp: 79-105. Canadian Defence Academy Press. Kingston, ON. (DND).

Elizabeth J Cooper, PhD

Assistant Professor

elizabeth.cooper@uregina.ca, (306) 337-2602,

Education and Professional Development

Canadian Institutes of Health Research Observer Program Training. 2021.

PhD, Community Health Sciences, University of Manitoba. 2011-2017

Thesis: An intergenerational decolonizing path to healing: Envisioning change with Indigenous mothers and girls.

Canadian Institute of Health Research: International Infectious Disease and Global Health Training Program. 2011-2016.

Master of Arts, Native Studies, University of Manitoba. 2006-2010

Master of Arts, Religious Studies, University of Manitoba. Coursework completed prior to transfer of program from Religious Studies to Native Studies following the departure of my academic advisor. September 2005-April 2006

Bachelor of Arts (Advanced), Majors: Religious Studies/History, University of Manitoba. May 2004

Employment History

Assistant Professor (Tenure Track). Faculty of Kinesiology and Health Studies. University of Regina. Regina, SK ▪ August, 2019- present.

Post-Doctoral Fellow. Faculty of Health Sciences, University of the Fraser Valley. Chilliwack, BC ▪ October 2017- July 2019

Post-Doctoral Fellow. Department of Community Health Sciences, Rady Faculty of Health Sciences, University of Manitoba. Winnipeg, Manitoba ▪ August, 2017-May, 2018

Research Assistant. Department of Community Health Sciences, University of Manitoba. Winnipeg, Manitoba ▪ 2011- 2017

Research Assistant. Manitoba Metis Federation and Department of Community Health Sciences, University of Manitoba. Winnipeg, Manitoba ▪ April 2015 - March 2016 (Term)

Research Assistant. Centre for Aboriginal Health Research. Department of Community Health Sciences, University of Manitoba. Winnipeg, Manitoba. ■ March 2015- April 2016 (Term)

Program Coordinator, Queen Elizabeth II Diamond Jubilee Scholarship. Centre for Aboriginal Health Research. Department of Community Health Sciences, University of Manitoba. Winnipeg, Manitoba. ■ March 2015- April 2016 (Term)

Consultant. London School of Tropical Medicine and Karnataka Health Promotion and Trust. ■ Fall, 2013.

International Health Research Internship. Whariki Research Group. Massey University. Auckland, New Zealand. ■ February-May 2013 (term)

Teaching History (August 2019-Present)

HS 400 Health Studies Inquiry. Fall, 2019/2020

KIN 278 Introduction to Health Promotion. Winter 2020/2021

KIN 378 Advanced Health and Wellness Fall 2020

6 Guest Lectures (University of Regina, First Nations University, University of Manitoba, University of Windsor).

Student Supervision (2019-Present)

Name	Position	Dates of supervision
Lori Latta	PhD Candidate Committee Member, U of Regina	2020-present
Michael Krug	PhD Candidate Committee Member, U of Regina	
Mikaela Vancoughnett,	Masters Thesis Committee member, U of Saskatchewan	2020-present
Kirrat Ahmad	Masters Thesis Committee member, U of Regina	2021-present
Heather Cote Soop	Masters Thesis Committee member, U of Regina	2021-present
Lauren Preston	Undergraduate Student Research Assistant	2021-present
Miranda Pearce	Undergraduate Student Research Assistant	2020-2021

University Service (August 2019-Present)

Teaching, Research, and Academic Programming Committee ■ Kinesiology and Health Studies
 ■ University of Regina ■ Committee member ■ 2019-present

Academic Planning and Program Committee ■ Kinesiology and Health Studies ■ University of Regina ■ Committee member ■ 2019-present

Reconciliation Action Committee ■ University of Regina ■ Committee member ■ 2019-present

Reconciliation Action Committee Missing and Murdered Women Sub-Committee ■ Committee member ■ 2020-present

Scholarly Research (August 2019-Present)

Grants:

A Community-University partnership to improve health outcomes of families and caregivers of children and youth impacted by self-injurious behaviours. Community- University Engagement Fund, University of British Columbia. March, 2021. 2 year grant (\$30,000.00 Awarded) Role: Co-Investigator

Nurturing Warriors: Understanding Mental Wellness and Health Risk Behaviours among Young Indigenous Men. Canadian Institutes of Health Project Grant: Fall 2019 and Spring 2020 Competition. September, 2020 -4 year grant. (\$673,200 Awarded + \$270,000 In-Kind Partner Support) Role: Nominated Principal Investigator

Nurturing Warriors: Understanding Mental Wellness and Health Risk Behaviours among Young Indigenous Men. Saskatchewan Health Research Establishment Grant Competition Start Date, September 1, 2020 – 3 year grant. (\$119,000.00 Awarded) Role: Nominated Principal Investigator

Care pathways analytics: Integrating patient-centered outcomes in economic evaluations of care pathways in Saskatchewan. Saskatchewan Health Research Foundation Sprout Grant competition. Start date March 1, 2020- 2 year grant. (\$180,000.00 Awarded). Role Co-Applicant and Qualitative Lead

The Monarch Collaboration: Improving the Health of Migrants and Refugees through Immunization. CIHR Planning and Dissemination Grant -Institute Community Support. Start date January 1, 2020. (\$20,000. Awarded). Role: Principal Investigator

Métis Youth Health Issues and Research Training Needs. Canadian Institute of Health Research. Bridge Funding, Start date April 1, 2019. (\$100,000. Awarded). Role: Collaborator. .

Papers:

Cooper, E.J., and Driedger, S.M. (Accepted March 2021). The importance of explicit and timely knowledge exchange practices stemming from research with urban Indigenous families. Qualitative Report.

Kuwornu, J.P., Amoyaw, J., Manyanga, T., **Cooper, E.J.**, Donkor, E., & Nkrymah, A. (December, 2020). Measuring the Overall Burden of Early Childhood Malnutrition in Ghana: A Comparison of Estimates from Multiple Data. International Journal of Health Policy and Management.

Cooper, E.J., Jardine, C.G., Kniseley, M. (May, 2020). Punjabi Newcomer women in British Columbia identify barriers and solutions related to immunization uptake. Canadian Association for Health Services and Policy Research Annual Conference.

Cooper, E.J. (2020). *Capacity building as a pathway to health and wellbeing.* 3rd Global Public Health Conference: Embracing Community Response to Address Global Public Health Issues. ISBN 978-955-3605-47-4.

Knowledge Mobilization Products: 1 written report, 1 video.*

Talks: 7 Invited Academic presentations, 8 Peer-Reviewed Conference Presentations, 17 media interviews.*

*details available upon request



James Daschuk

Position: Associate Professor James.Daschuk@uregina.ca, (306) 337-3272

Education and Professional Development

PH.D. 2002 History, University of Manitoba, Supervisor: D.N. Sprague, Thesis: *The Political Economy of Indian Health and Disease in the Canadian Northwest*.

Associate, L.R. Wilson Institute for Canadian History, McMaster University, Hamilton, Ontario (as of January 2020)

Associate, Saskatchewan Population Health and Evaluation Research Unit (SPHERU) (as of 2015)

Employment History

Associate Professor, Faculty of Kinesiology and Health Studies, University of Regina (as of July 2014)

Adjunct Professor-Faculty of Arts, Department of History, University of Regina (as of Dec. 2013)

Adjunct Professor-College of Nursing, University of Saskatchewan (as of Feb. 2013)

Teaching History

University of Regina, Faculty of Arts, Dept. of History, HS 890 BU-001 History of the Treaties.

University of Regina, Faculty of Kinesiology and Health Studies, KHS 901 Critical Issues in Health and Disease.

University of Regina, Faculty of Kinesiology and Health Studies, Health Studies 301, Issues in Health.

University of Regina, Faculty of Education, BAC Program, Études Autochtones 100 (Indigenous Studies 100) (*Taught in French).

University of Regina, Faculty of Kinesiology and Health Studies, Sport and Recreation Studies 320, *Current Issues in Kinesiology, Sport, Leisure and Recreation*.

University of Regina, Faculty of Kinesiology and Health Studies, Health Studies 400: *Critical Inquiry*.

University of Regina, Faculty of Kinesiology and Health Studies, KIN 105 *Sport and Health in Historical Perspective: Indigenous America*.

University of Regina, Johnson-Shoyama Graduate School of Public Policy, GSPP 835 AR, *Case Studies in Environment, Health and Policy*.

University of Regina, Faculty of Kinesiology and Health Studies, Health Studies 200, *Understanding Illness and Health*, Problem-Based learning Format.

University of Regina, Faculty of Kinesiology and Health Studies 300, *Health in Canada*.

University of Regina, Department of History, History 310, *History of Native People in Canada*.

Student Supervision

CURRENT: Amber Schick, MA, Justice Studies, Committee Member, 2020-present

Simone Hengen, D. Education, University of Regina, Committee Member, Defended Comprehensive Exams, October 2020.

Ken Wilson, Ph.D Special Case, Interdisciplinary Studies, University of Regina, Co-Supervisor with Dr. Sherry Farrell-Racette. 2017-Present.

Roseanne Van Schie, Ph.D, Faculty of Forestry, University of Toronto, 2015-present.

COMPLETED: Jenna Ives, MA, Luther College, Committee Member, Defended March 2021.

Eric Schiffmann, M.A. History, University of Regina, Committee Member, Defended Spring 2021.

Keith Goulet, Ph.D History, University of Regina, Co-Supervisor with Dr. Jennifer S.H. Brown, 2018-defended November 2020.

Gail Gallagher, M.A. Indigenous Studies, University Alberta, Faculty of Native Studies, Co-Supervisor with Tanya Harnett, Defended March 2020.

Brian Warren, M.A. History, University of Regina, Committee Member. Defended March 2020.

Bonnie Cummings-Vickaryous, M. Sc. Faculty of Kinesiology and Health Studies, University of Regina, Committee Member, Completed Dec. 2019.

Oluwakayode Tosin Dasyilva, M. Sc. Kinesiology and Health Studies, University of Regina, Committee Member, Completed Sept. 2018.

Kim Sadowsky, M. Ed., First Nations University of Canada, Committee Member, Completed June 2018.



Cheyenne Desnomie, M.A. History, University of Regina, Committee Member Completed May 2018

Deanna Bickford, Ph.D. Faculty of Nursing, University of Saskatchewan, Committee Member, Completed Nov. 2018.

Natalie Marshall-Prain, M. Sc. Faculty of Kinesiology and Health Studies, Committee Member, Completed 2013.

University Service

Member, URFA member Mobilization Committee, 2019-present

URFA Representative-COPE negotiating committee, 2017-Present.

URFA Representative- Appeals Committee Career Progress Decisions, 2017-Present.

Membre, Comité consultative du Centre canadien de recherche sur les francophonies en milieu minoritaire, CITE, Université de Regina, Nov. 2016-présent.

Publications Board Member, University of Regina Press, July 2016-present.

Indigenous Peoples' Health Research Centre (IPHRC) Grant Reviewer, 2017.

Tenure Reviewer, First Nations University of Canada, Jan. 2017.

University of Regina Faculty Association, Internal Management Committee Member at Large, 2014-2016.

KHS Representative, University of Regina Faculty Association Executive Committee, Jan. 2014-2016.

University of Regina, KHS Representative, Executive of Council, 2012-2013.

KHS Scholarship Committee, 2012-2013.

Faculty Representative, KHS Student's Society, 2012-2013.

Faculty Representative, Faculty of Fine Arts, 2012-2014.

Faculty Representative, University Library, 2008-2013

KHS Graduate Studies and Research Steering Committee, 2009-2012.

Member, U of R Campus Wellness Committee, 2011.

University of Regina, Archer Library, Tenure and Promotion Application, Reviewer, 2011.



University of Regina, President's Fund and SSHRC General Research Fund Committee, 2009-2012.

University of Regina, Indigenous People's Health Research Centre (IPHRC), Student Funding Peer Review Committee, 2010-2013.

KHS Representative, University of Regina Faculty Association (URFA) Executive Committee, 2010-11.

University of Regina Faculty Association (URFA) Nomination Committee, 2010-11.

Member, Vice President's Aboriginal Steering Committee, 2010.

PEER REVIEW (not included)

COMMUNITY SERVICE

Rawlco Radio-Canadian Blood Service, Regina SK, Christmas Blood Donation Public Service Message, aired Dec. 2020.

Member, Nelson Mandela Foundation Dialogues, 2017-present.

Board Member, Saskatchewan Lung Association, 2017-2020.

Board Member, Creative Options Regina (COR), 2013-2016.

Sport Session Leader, Camp Fyrefly, Summer Camp for GLBT Youth, Lumsden Beach SK. Aug. 2012.

Scholarly Research

BOOKS

Clearing the Plains: Disease, Politics of Starvation and the Loss of Aboriginal Life Regina: University of Regina Press, 2013. (Second Edition 2019)

James Daschuk, avec Lace Marie Brogden et Andrea Sterzuk, Rédacteurs, *L'Enseignement des traités à l'ère de la réconciliation dans l'ouest Canadien*. Québec: Les Presses de L'Université Laval, 2021.

James Daschuk, *La Destruction des Indiens des Plaines: Maladies, Famines Organisées, Disparition du Mode de Vie Autochtone*. Québec: Les Presses de L'Université Laval, 2015. (*Winner of the 2016 Governor General's Literary Award for Translation by Cathrine Ego)

JOURNAL ARTICLES AND BOOK CHAPTERS

James Daschuk, Carolyn Produchny, Ian Mosby, Mary-Ellen Kelm and Susan Neylan, Canadian Historical Association, Congress 2015, "James Daschuk's *Clearing the Plains, A Panel Discussion*" *Journal of the Canadian Historical Association New Series* 26 (2) (2016):41-81.

James Daschuk, "Who Killed the Prairie Beaver? An Environmental Case for Eighteenth century Migration in Western Canada." *Prairie Forum* 37 (Fall 2012): 151-172.

Jim Daschuk and Scott MacNeil, "'Sickness that Walks' Epidemiology, Indigenous Peoples, and the Ranching Frontier in Western North America." In *The Last Blast: The Fur Trade in Whoop-Up Country. Proceedings of the 2009 International Fur Trade Symposium*. Eds. G. Tolton, D. Degenstein, D. Balcovske, and S. Crowshoe. Lethbridge: Fort Whoop-Up Interpretive Society, 2013.

James Daschuk, Paul Hackett and Scott D. MacNeil, "Treaties and Tuberculosis: First Nations People in Late 19th Century Western Canada, A Political and Economic Transformation." (Book Chapter) In *Aboriginal History: A Reader*, Eds., Kristin Burnett and Geoff Read, Don Mills: Oxford University Press, 2012. Reprinted from *Canadian Bulletin of the History of Medicine*, 23 (2006): 307-330.

James Daschuk (Book Chapter) (2009) "A Dry Oasis: The Canadian Plains in Late Prehistory." In *A Dry Oasis: Institutional Adaptation to Climate Change on the Canadian Plains*, Ed., Gregory P. Marchildon. Regina: Canadian Plains Research Centre Press. Reprinted from *Prairie Forum* 34 (Spring 2009): 1-29. Also republished in *Prairie Forum* 38, a selection of the best articles from vols. 1-37. *Prairie Forum* 38 (Fall 2013): 305-334.

James Daschuk, Review Essay: "Theodore Binnema's *Common and Contested Ground: A Human and Environmental History of the Northwestern Plains*." *Prairie Forum* 31 (Spring 2006): 141-148. Also published as "An Examination of *Common and Contested Ground: A Human and Environmental History of the Northwestern Plains*." In *The Early Northwest: History of the Prairie West Series: Volume 1*, Ed. Gregory P. Marchildon. Regina: Canadian Plains Research Center, 2008.

MULTI-MEDIA RESOURCES

James Daschuk, Lead Researcher. (ongoing) 're-kən-ˌsi-lē-ˈā-shən' and it's digital media component 'Pehonan'. A feature length documentary centred on the testimonies from survivors of the Blue Quills Residential School supported by the Nelson Mandela Foundation.

McIntosh, t., Hackett, P., Salm, T. Daschuk, J. (2017) *The Saskatchewan History of Health Timeline (Working Prototype)*. An interactive open-source teaching resource that explores the evolution and impact of the social and economic determinants of health in Saskatchewan.



James Daschuk, Rob Nestor and Kim Sadowsky, (2015) *Clearing the Plains: Online Resource Guide*. <http://www.uofrpress.ca/publications/Clearing-the-Plains-paperback>

Barclay Dahlstrom

Instructor III

Barclay.dahlstrom@uregina.ca, (306) 585 4912,

Education and Professional Development

2009-2012 Master of Science (Kinesiology)
University of Regina

2004-2009 Bachelor of Kinesiology (Fitness and Lifestyle)
University of Regina

- NSCA- Certified Strength and Conditioning Specialist (CSCS)
- CPR-C
- FMS- Functional Movement Screen Level 1
- National Coaching Certification Program NCCP level 1 & 2 (Theory)
- AD Instruments Lab Chart Software training course I, II, & III
- CTL- Promoting Deep Processing in the Classroom November 3, 2016
- CTL- University Teaching Certificate Program January 16 and 23 2017
- CTL- Using Student Response Systems for Formative Assessment and Student Engagement (November 22, 2017)
- Functional Movement Screen Level 1 Certification 2017
- Functional Capacity Screen 2 day course May 26th and 27th 2017
- U of R Clinical and Applied Conference September 17th 2017
- Parvomedics Metabolic Cart Training (University of Regina) (September 27 2017)
- Speed Summit October 23rd 2017
- NCCP Olympic Weightlifting Certification Course June 9th and 10th 2018
- Boo Schexnayder Presentation September 24th 2018
- Bret Conteras Workshop September 14th 2018
- Privacy Workshop December 12th 2018
- Canadian Sport Institute Speed and Power Performance Course May 6-10 2019
- AHPi Strength and Conditioning Workshop October 20, 2019
- Lee Taft Speed Workshop May 1, 2020
- NSCA Advanced Periodization Clinic, November 12-14, 2020

Employment History

July 2013 – Present

Instructor

January 2010 – 2013

Sessional Lecturer/Lab Instructor

September 2018-December 2020 Director of University of Regina Athlete Health and Performance initiative

May 2014-December 2020 Director of Strength and Conditioning University of Regina Athlete Health and Performance Initiative

Merit for exceptional service (June 2017)

Teaching History

- Advanced Fitness Appraisal (KIN 450) (Winter 2012-2020, Fall 2015-2020)
- Exercise Physiology (KIN 269) (Winter 2014)
- Training and Conditioning (KIN 355) (Winter 2014-2020, Fall 2019-2020)
- Human Anatomy (KIN 260 Online) (Fall 2013, 2014)
- Human Physiology (KIN 267) (Fall 2013-2015)
- Fitness Appraisal and Exercise Leadership (KIN 350) (Fall 2011-2018 and Winter 2015-2018)
- Research Methods in Kinesiology (KIN 220) (Spring 2012)
- Exercise Physiology Lab Instructor (KIN 269, KIN 369) (2011, 2012)
- Sociology of Physical Activity and Sport Teaching Assistant (KHS 154) (Winter 2010)

Student Supervision

Name	Position	Dates of supervision
Daryl Chambers	Honours Supervisor	2020
Melody Anderson	Honours Supervisor	2019
Ben Dyck	Honours Supervisor	2019
John Odgers	Masters Committee Member	2019
Melody Anderson	Masters Co-Supervisor	Present
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University Service

- Exercise Physiology Lab Coordinator (2013-Present)
- Athlete Health and Performance initiative Advisory Committee (2014-Present)
- Kinesiology Health and Safety Committee (2013-Present)
- Faculty Representative to Nursing (2015-2019)
- Director of Strength and Conditioning Athlete Health and Performance initiative (2015-Present)
- KHS Peer Review Committee (2019, 2020)
- Search committee for Faculty Member in Human Kinetics (Spring 2017)
- KHS Appeals Committee 2017-2020
- Fire Warden Center for Kinesiology and Health Studies (2015-2016)
- Center for Teaching and Learning (CTL) Teaching and Learning Advisory Group (TLAG) (2014-October 2015)
- KHS Faculty Search committee 2017
- Kinesiology Experiential Learning Coordinator search committee (2015)
- University of Regina Head Athletic Therapist search committee (2015)
- Canadian Society for Exercise Physiology Graduate Student Committee Executive Counsel Member at Large (2011-2012)



2010 - Present	"Aerobic conditioning and neuromuscular activation in athletic populations" High School Lab Tour and Demonstration
November 2019	"Tracking Athlete Readiness" KHS Seminar Series.
April 2019	"Swim, Bike, Run: A Triathlon Experience & Some of the Science" With Cory Kulczycki, John Barden, and Julia Totosy, KHS Seminar series
Dec 2013-15, 2017	"What is Kinesiology?" Exercise Physiology lab tour and demonstration.
May 2015	"Discovering Your Direction Conference" Exercise Physiology lab tour and demonstration.
February 2015	"Basics of fitness" University of Regina residence
November 2014	"Fitness in the equestrian athlete" Saskatchewan Horse Federation
October 2014	"Basics of fitness" University of Regina residence
October 2014	"Neuromuscular changes following simulated high-intensity cycling performance in moderate hypoxia" KIN 369
January 2013	"Recovery in elite athletes" National Coaching Certification Program (NCCP)
December 2012	"Assessment of physical capacity in" Assessment in Adapted Movement Science
January 2011	"Physiological testing of elite athletes" National Coaching Certification Program (NCCP)
February 2010	"Brain and muscle: The neuromuscular connection" Personal Fitness and Wellness

Scholarly Research

PUBLICATIONS

Ogders, J.B., Zourdos, M.C., Helms, E.R., Candow, D.G., **Dahlstrom, B.**, Bruno, P., & Sousa, C. A. (2020). Rating of perceived exertion and velocity relationships among trained males and females in the front squat and hexagonal bar deadlift. *Journal of Strength and Conditioning Research*.

Dahlstrom, B., Neary, J.P., Duff, W., Poloskei, S., Shaerz, S., & Len, T. (2013). Neuromuscular changes following simulated high intensity cycling performance in moderate hypoxia. *Journal of Exercise Science and Fitness*. 1-7.

Neary, J. P., Salmon, D. M., **Dahlstrom, B. K.**, Casey, E.J., & Behm, D. G. (2014) Effects of an inverted seated

position on single and sustained isometric contractions and cardiovascular parameters of trained individuals. *Human Movement Science*, 40, 119-133.

ABSTRACTS

Neary, J.P., Butz, M., **Dahlstrom, B.**, Smirl, J., & Bishop, S. (2014). Effects of physical exertion and heat on cerebrovascular response in professional firefighters. *The Journal of the Federation of American Societies for Experimental Biology*. 28 (1).

CONFERENCES/PRESENTATIONS

Neary, J.P., **Dahlstrom, B.K.**, Dat, M., Butz, M.J. Pre-frontal cortex oxygenation and peripheral fatigue during Wingate exercise. European College of Sports Science, July 6-9,2016, Vienna, AU.

Dahlstrom, B.*, Duff, W., Poloskei, S., Schaerze, S., Len, T., & Neary, J.P. (2012).

Investigation of neuromuscular changes following simulated high intensity cycling performance in moderate hypoxia. Oral presentation at Canadian Society for Exercise Physiology Conference, Regina, Saskatchewan.

Schaerz, S.*, **Dahlstrom, B.**, Butz, M. & Neary, J.P. (2012) Middle cerebral artery velocity and integrated electromyography during 40 kilometer time-trial cycling in hyperthermia. Poster presented at Canadian Society for Exercise Physiology Conference, Regina, Saskatchewan.

Schaerz, S.*, **Dahlstrom, B.**, Butz, M. & Neary, J.P. (2012) Middle cerebral artery velocity and integrated electromyography during 40 kilometer time-trial cycling in hyperthermia. Oral presentation at Exercise Physiologists of Western Canada Conference, Lethbridge, Alberta, August 2012.

Duff, W.*, **Dahlstrom, B.**, Poloskei, S., Kohl-Bareis, M., Candow, D.C. (2012). *Effects of intense exercise on muscle and cerebral oxygenation during acute hypoxia*. Oral presentation at Exercise Physiologists of Western Canada Conference, Lethbridge, Alberta.

Duff, W., **Dahlstrom, B.**, Poloskei, S., Kohl-Bareis, M., Neary, J. P.* (2011). *Effects of intense exercise on muscle and cerebral oxygenation during acute hypoxia*. Poster presented at Physiology Society Conference, Oxford, UK.

Duff, W., **Dahlstrom, B.**, Poloskei, S., Kohl-Bareis, M., Neary, J. P.* (2010). *Effects of intense exercise on muscle and cerebral oxygenation during acute hypoxia*. Oral presentation at Exercise Physiologists of Western Canada Conference, Regina, Saskatchewan.

Kim D. Dorsch

Professor

Kim.Dorsch@uregina.ca, (306) 585-4742,

Education and Professional Development

1998 - Ph.D. Kinesiology – University of Waterloo
 1993 - M.Sc. Kinesiology – University of Waterloo
 1992 - B.Sc. Honours Kinesiology – University of Waterloo
 June 2018 - Sport Vision Certification
 January 2020 - The Neuroscience Academy
 June 2020 - Goal Management Training

Employment History

2011 - Promotion to Full Professor – University of Regina

Teaching History

Undergraduate	Times Taught	Graduate	Times Taught
HS 400 – Health Studies Inquiry	6	KHS 860 – Social Psychology of Physical Activity	7
KIN 115 – Intro to Sport and Exercise Psychology	22	KHS 867 AT – Competition in Sport	1
KIN 373 – Applied Sport Psychology	7	KHS 867 AU - Biofeedback	1
KIN 370 – Health Psychology	7	KHS 867 AY – Psychology of Cardiac Rehabilitation	1
		KHS 867 BA – Abuse of Athletes	1
		KHS 867 BF – Entitlement in Sport	1
		KHS 867 BG – Passion in Sport	1
		KHS 867 BK – Psychology of Officiating	1
		KHS 867 BL – Psychology of Running	1
		KHS 867 BN – Executive Functioning of Military Pilots	1



Student Supervision

Name	Position	Dates of supervision
Jessie Young	BA Honours Psychology - Supervisor	Sept. 2019 – May 2020
Berkley Peterson	BA Honours Psychology - Supervisor	Sept. 2018 – May 2019
Emily Missal	BA Honours Psychology - Supervisor	Sept. 2015 – May 2016
Emily Lewis	BA Honours Psychology - CoSupervisor	Sept. 2014 – May 2015
Janean Lowenberger	BA Honours Psychology - CoSupervisor	Sept. 2014 – May 2015
Ashley Desjardins	BA Honours Psychology - CoSupervisor	Sept. 2013 – May 2014
Thompson Ogunbiyi	M.Sc. Kinesiology - Supervisor	May 2021 – Present
Garrett Lillie	M.Sc. Kinesiology - Supervisor	Jan. 2019 – Present
Jakaeden Frizzell	M.Sc. Kinesiology - CoSupervisor	Sept. 2017 – Present
James Bradshaw	M.Sc. Kinesiology - Supervisor	Sept. 2017 – Present
Candice VanHorn	M.Sc. Kinesiology - Supervisor	Nov. 2016 – Apr. 2019
Kyla Fougere	M.Sc. Kinesiology - Supervisor	Sept. 2015 – Present
Mikaila Etheridge	M.Sc. Kinesiology - Supervisor	Sept. 2014 – July 2017
Nicole Gates	M.Sc. Kinesiology - Supervisor	Sept. 2011 – May 2015
Natalie Marshall Prain	M.Sc. Kinesiology - Supervisor	Jan. 2011 – March 2014
Kyle MacDonald	M.Sc. Kinesiology - Supervisor	Sept. 2009 – May 2015
Elaine Cook	M.Sc. Kinesiology - Supervisor	May 2009 – August 2013
Adam Chomos	M.Sc. Kinesiology - Supervisor	Sept. 2008 – July 2014
Daysha Shuya	M.Sc. Kinesiology - Supervisor	May 2014 – August 2014
Laura Pollice	Ph.D. Kinesiology - Supervisor	Sept. 2020 – Present
Tyler Meadows	Ph.D. Kinesiology - Supervisor	Sept. 2019 – Present
Erin Harris	Ph.D. Kinesiology - Supervisor	Jan. 2015 – Present

University Service

National	Sport Canada Research Initiative Advisory Committee – Jan. 2013 – Apr. 2016 Coaching Association of Canada Coaching Research Committee – Nov. 2010 to 2014; Chair 2014 – 2017
Provincial	Saskatchewan Sport Medicine and Science Council: Board of Directors - 2004 to present Management Committee: Secretary - 2006 to present Sport Science Program Committee – 2001 – 2009; Chair 2009 – present Professional Development Committee – 2014 to present
University	Canadian Sport Centre Saskatchewan Management Committee – 2010 to present Research Ethics Board – Chair Jan. 2021 to present; member 2018-2020 Executive of Council – 2020 to present Campus Promotion Committee – 2013, 2014, 2015, 2018 SK Population Health Research Unit, Review committee member – 2020 Council Committee on Research – July 2009 to 2011; Chair 2012
Faculty	Athlete Health and Performance initiative Co-Director – Jan. 2016 to Apr. 2017 Research and Privacy Coordinator – Sept. 2018 – Present Sport Psychology and Mental Health Coordinator – May 2019 to Present

Scholarly Research

- Cook, E., & Dorsch, K. D. (2013). Monitoring youth sport: A paradigm shift. *Surveillance and Society*, 11(4), 508-520.
- Cook, E., & Dorsch, K. D. (2014). The TOCT model: How it helps elucidate sport culture. In D. Rhind and C. Brackenridge (Eds.), *Researching and enhancing athlete welfare: Proceedings of the 2nd International Symposium of the Brunel International Research Network for Athlete Welfare (BIRNAW) 2013*, p. 27-33, London: Brunel University Press.
- Dorsch, K. D., & Etheredge, M. (2017). Softball coaches' perceptions of athlete entitlement. *Journal of Exercise, Movement, and Sport: Proceedings of the SCAPPS 2017 annual conference – Sport Psychology*, 49(1). <http://www.scapps.org/jems/index.php/1/article/view/1575>
- Dorsch, K. D., & Lawrence, D. (2012). The road to elite ice hockey officiating. In R. Schinke (Ed.), *Athletic Insight's Writings in Sport Psychology* (pp. 209-224). New York: Nova Science Publishers, Inc.
- Dorsch, K. D., Riemer, H. A., Lawrence, D., Schinke, R. J., & Paskevich, D. M. (2012). *The relationship between the extent and intensity of stressful experiences of Canadian minor hockey officials*. http://sirc.ca/research_awards/documents/dorsch.pdf 2012 SIRC Research Award – The Impact of Applied Research on Athletic Excellence
- Harris, E., Kruisselbrink, D., & Dorsch, K. D. (2017). What happened out there!? And other (potentially uncomfortable) topics of discussion. Female volleyball players' experiences of postgame debriefs. *Journal of Exercise, Movement, and Sport: Proceedings of the SCAPPS 2017 annual conference – Sport Psychology*, 49(1). <http://www.scapps.org/jems/index.php/1/article/view/1587>
- Harenberg, S., St. Onge, J., Robinson, J., Eguakun, O., Feinstein, A., Dorsch, K., Kakar, R. S., Raghig, A., Rehman, Z., Shawush, M., & Pillay, V. (2020; published ahead of print). The effectiveness of 3-dimensional multiple object tracking in patients with multiple sclerosis – a pilot trial. *International Journal of MS Care*.
- Harenberg, S., Riemer, H. A., Karreman, E., Dorsch, K. D., & Paradis, K. (2021). Advancement of a conceptual framework for positional competition in sport: Development and validation of the Positional Competition in Team Sports Questionnaire. *Journal of Applied Sport Psychology*, 33(3), 321-342. DOI: 10.1080/10413200
- Harenberg, S., St. Onge, J. R., Robinson, J., Eguakun, O., Lavoie, A., Dorsch, K., Dakar, R. S., & Dehghani, P. (2020). Assessing postoperative cognitive dysfunction using 3D multiple object tracking in open heart surgery patients. *Technology & Disability*, 32, 123-128. DOI: 10.3233/TAD-200262
- Loughead, T., & Dorsch, K. D. (2016). Aggression and moral behaviour in sport. In P. Crocker (Ed.), *Sport psychology: A Canadian perspective* (3rd Edition, pp. 139-167). Toronto, ON: Pearson Education Canada.
- Missal, E., & Dorsch, K. D. (2017). Nutritional supplement use and achievement goal orientations in sport and physical activity. *Journal of Exercise, Movement, and Sport: Proceedings of the SCAPPS 2017 annual conference – Sport Psychology*, 49(1). <http://www.scapps.org/jems/index.php/1/article/view/1685>
- Neary, J. P., Sirant, L. W., Singh, J., Teckchandani, T., Dech, R. T., Bishop, S. A., Piskorski, J., Guzik, P., & Dorsch, K. (2020, July). *Acute effects of concussion on heart rate variability during a hypercapnic challenge*. Paper submitted for presentation at the 25th European Congress of Sport Sciences, Sevilla, Spain.
- Rhind, D., Raakman, E., & Dorsch, K. D. (2013). Looking at youth hockey from a human rights perspective. *Sport in Society: Cultures, Commerce, Media, Politics*, 16(3), 254-266. <https://doi.org/10.1080/17430437.2013.779857>

Michael Dubnewick

Assistant Professor

michael.dubnewick@uregina.ca, (306) 585-4174

Education and Professional Development

2018 - 19	Postdoctoral Research Fellow, Kinesiology and Physical Education, McGill
2018	Ph.D., Kinesiology, Sport, & Recreation, University of Alberta
2013	M.A., Recreation and Leisure Studies, University of Alberta
2011	B.A., Recreation, Sport, and Tourism, University of Alberta
2020	4 Seasons of Reconciliation Professional Development Certificate
2019	University Teaching Certificate (UTC), University of Regina
2017	Question. Persuade. Refer. (QPR) Suicide Intervention Training

Employment History

2019	Assistant Professor, University of Regina (Tenure-track appointment August 2019)
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Teaching History

University of Regina

Applied Philosophy and Ethics in Kinesiology and Health Studies (KIN 205)—Winter 2021, Winter 2020

Leadership (SRS 115)—Winter 2021

Recreation Program Delivery and Management (SRS 220)—Fall 2020, Fall 2019

Narrative Inquiry as a Relational Research Methodology (KHS 867BI)—Fall 2020, Spring 2020

Volunteer and Leisure Studies (KHS 847AK)—Fall 2019

McGill University

Fall 2018 & Winter 2019 Graduate Seminar Series on Research Issues in Qualitative Research

University of Alberta

Fall 2017 & Winter 2018 Foundations of Leadership (INT D 301)

Fall 2017 & Winter 2018 Topics in Leadership (INT D 306)

Student Supervision

No direct supervisions over this time

University Service

Academic service: Numerous committees at University of Regina (APPC, TRAP, SSHRC CGS Scholarship, KHS Graduate scholarship, KHS Faculty Strategic Plan). Editorial board member for *Frontiers in Education*. Reviewer in *Reflective Practice*, *Leisure/Loisir*, *Frontiers in Education*, *Leisure Sciences*

Community-based service: Research Associate with Growing Young Movers (GYM) after-school program, Board of Connectors member for Astonished!, Practitioner preparation workshops Lady Flower Garden

Scholarly Research

Refereed Articles

- Dubnewick, M.** (in press). Significance of place in the lives of recreation practitioners. *Leisure Sciences*. <https://doi.org/10.1080/01490400.2020.1790062>
- Dubnewick, M.,** Wasyliw, D., & Schaefer, L. (in press). Ethical considerations when negotiating entry in community-based research. *Leisure Sciences*. <https://doi.org/10.1080/01490400.2020.1830900>
- Dubnewick, M.,** Lessard, S., Clandinin, D. J., & McHugh, T. -L. (2019). A narrative inquiry into becoming attentive to relational ethics in recreation practice. *Qualitative Research in Sport, Exercise and Health*, 11(5), 636-649. <https://doi.org/10.1080/2159676X.2019.1591494>
- Dubnewick, M.,** Clandinin, D. J., Lessard, S., & McHugh, T. -L. (2018). The centrality of reflexivity through narrative beginnings: Towards living reconciliation. *Qualitative Inquiry*, 24(6), 413-420. <https://doi.org/10.1177/1077800417727762>
- Dubnewick, M.,** Hopper, T., Spence, J. C., & McHugh, T. -L. F. (2018). "There's a cultural pride through our games": Enhancing the sport experiences of Indigenous youth in Canada through participation in Traditional games. *Journal of Sport and Social Issues*, 42(2), 207-226. <https://doi.org/10.1177/0193723518758456>
- Dubnewick, M.** (2016). Gardening in tension filled rows: Autobiographical narrative inquiry of gardening and space on the margins. *Leisure/Loisir*, 40(4), 423-445. <http://dx.doi.org/10.1080/14927713.2016.1269294>
- Fox, K. M., Humberstone, B., & **Dubnewick, M.** (2014). Cycling into sensoria: Embodiment, leisure, and tourism. *Tourism Review International*, 18(1), 71-85. <https://doi.org/10.3727/154427214X13990420684563>
- Dubnewick, M.,** Fox, K. M., & Clandinin, D. J. (2013). Tending to the soil: Autobiographical narrative inquiry of gardening. *Leisure/Loisir*, 37(4), 415-431. <http://dx.doi.org/10.1080/14927713.2014.906174>

Fox, K. M., Riches, G., & **Dubnewick, M.** (2011). Juxtaposing Aboriginal hip hop, local heavy metal scenes, and questioning public recreation/leisure services. *MusiCultures*, 38, 88-101.

Book Chapters

Dubnewick, M., Fox, K. M., & Clandinin, D. J. (2015). Tending to the soil: Autobiographical narrative inquiry of gardening. In H. Mair & J. Sumner (Eds.), *Leisure and Food* (pp. 105-122). Routledge.

Academic Conference Presentations

Dubnewick, M., Wasyliw, D., & Schaefer, L. (2021, May). Moving beyond stock sentences of negotiating entry in community-based research. Oral paper presented at *2021 Canadian Congress on Leisure Research*.

Wasyliw, D., **Dubnewick, M.**, & Schaefer, L. (2021, April). Ethical considerations when negotiating entry in community-based research. Round table presented at *2021 Physical and Health Education Canada National Conference*.

Dubnewick, M. (2019, May). "Places we work harden the hearts of practitioners": A narrative inquiry into the experiences of recreation practitioners as they negotiate respectful practice alongside Indigenous participants in a garden project. Round table presented at *2019 Physical and Health Education Canada National Conference*. Montreal, QC.

Dubnewick, M., & McHugh, T. -L. (2018, June). Towards social justice in recreation programming: A narrative inquiry into the question's practitioners are living as they work alongside Indigenous peoples in a community garden project. Oral paper presented at *6th International Conference on Qualitative Research in Sport and Exercise*. Vancouver, BC.

McHugh, T. -L. F., Hopper, T., & **Dubnewick, M.** (2018, February). "Sports should be for everyone": An exploration of the role of culture in enhancing the physical activity and sport experiences of Indigenous youth in Canada. Poster presented at *2018 Active Living Conference*. Banff, AB.

McHugh, T. -L., **Dubnewick, M. J.**, Hopper, T., & Spence, J. C. (2017, October). Enhancing the sport experiences of Indigenous youth through participation in traditional games. Oral paper presented at *2017 Canadian Society for Psychomotor Learning and Sport Psychology*. St. John's, NL. *Published abstract below*

McHugh, T. -L., **Dubnewick, M.**, Hopper, T., & Spence, J. (2017). Enhancing the sport experiences of Indigenous youth through participation in traditional games. *Journal of Exercise, Movement, and Sport*, 49(1), 107.

Dubnewick, M. J., & McHugh, T. -L. (2017, May). Thinking with recreation practitioners in the inner city and with Indigenous peoples. Oral paper presented at *15th Canadian Congress on Leisure Research*. Kitchener-Waterloo, ON.

Dubnewick, M. J., & McHugh, T. -L. (2016, October). Attending to the personal in recreation programming: An exploration of recreation workers' lives in relation to Indigenous peoples in community and garden places. Oral paper presented at *2016 Alberta Recreation and Parks Association Conference and Energize Workshop*. Jasper, AB.

M. Rebecca Genoe

Professor

rebecca.genoe@uregina.ca, (306) 585 -4781

Education and Professional Development

Doctor of Philosophy, Recreation and Leisure Studies, Aging, Health and Well-being option, University of Waterloo, Waterloo, ON, 2009

Master of Arts, Leisure Studies, Dalhousie University, Halifax, NS, 2004

Bachelor of Arts, Recreation and Leisure Studies, Therapeutic Recreation Specialization, Gerontology Minor, University of Waterloo, Waterloo, ON, 2002

Employment History

Professor, 2020-present. Faculty of Kinesiology and Health Studies, University of Regina

Associate Professor, 2014-2020. Faculty of Kinesiology and Health Studies, University of Regina. Tenure granted in 2014

Assistant Professor, 2009-2014. Faculty of Kinesiology and Health Studies, University of Regina

Teaching History

THRC 200, THRC 200 (online), THRC/KIN 240, THRC 245, THRC 300, THRC 346, THRC 447, KHS 803, KHS 867BM, KHS 847AG, KHS 847AJ, KHS847 AH, KHS 847AF

Student Supervision

Name	Position	Dates of supervision
Samara Stearns	Master's student	Sept. 2019-present
Pattara Tavilsup	Masters student	Oct. 2018-August 2020
Zohal Azizi	Masters student	Sept. 2018-Nov. 2019
Alicia Gurr	Masters student	Sept. 2016-Sept. 2018
Haley Rutherford	Masters student	Sept. 2015-Sept. 2018
Oluwakayode Dasyilva	Masters student (co supervisor)	Sept. 2015-Sept. 2018
Chidinma Osinike	Masters student	January 2014-July 2016
Dipeshri Warang	Masters student	Sept. 2013-May 2016
Urmi Mukherjee	Masters student	Sept. 2012-January 2016
Michael Goldberg	Masters student	September 2012-March 15
Kristen Plandowski	Research Assistant	January 2021-present

Victoria Sutherland	Research Assistant	2014-2017
Chantelle Zimmer	Research Assistant	2012-2013

University Service

External Community Service:

Editor in Chief, Leisure/Loisir, 2020 to present

Canadian Therapeutic Recreation Association, Prairie Director (2017-2021), Provincial chapter committee chair (2017-2021), Provincial chapter committee member (2015-2017),

Associate Editor, Journal of Leisure Research, Leisure Sciences, 2017-2021

Canadian Association for Leisure Studies, board member, 2014-2017

SSHRC Insight development grant reviewer, 2018, 2017.

University Service:

FGSR PhD committee, 2018-present; FGSR Scholarship committee; 2018-present; Associate Vice-President (Academic) Search Advisory Committee, 2018, Campus for All adjudication committee (2017-present), Executive of Council, (2012-2015; 2017-2019), KHS Academic Program Planning committee (2019-present), KHS Dean reappointment committee, (2019), Appeals committee, (2012-2014, 2016, 2018-present), KHS Peer Review Committee, (2020-2021, 2014-2018); KHS strategic planning committee, (2021, 2015)

Scholarly Research

- Genoe, M. R.**, Cripps, D., Park, K., Nelson, S., Ostryzkiuk, L., & Boser, D. (2021). Meanings of therapeutic recreation: Professionals' perspectives. *Leisure/Loisir*, 45(1), 35-41.
<https://doi.org/10.1080/14927713.2021.1872411>.
- Fortune, D., Whyte, C., & **Genoe, R.** (2020). The interplay between leisure, friendship, and dementia. *Dementia*. Advanced Online Publication. <https://doi.org/10.1177/1471301220980898>
- Marston, H. R., **Genoe, M. R.**, Freeman, S., Kulczycki, C., & Musselwhite, C. (2019). Older adults' perceptions of ICT: Main findings from the Technology in Later Life (TILL) study. *Healthcare*, 7(86), 1-27.
<https://www.mdpi.com/2227-9032/7/3/86/pdf>
- Genoe, M. R.**, Liechty, T., & Marston, H. R. (2019). Leisure innovation and the transition to retirement. *Leisure Sciences*. <https://doi.org/10.1080/01490400.2019.1597791>
- Genoe, M. R.**, Liechty, T., & Marston, H. R. (2018). Baby boomers and the transition to retirement: Findings from an online qualitative study. *Canadian Journal on Aging*, 37(4), 450-463. doi: [10.1017/S071498081800031](https://doi.org/10.1017/S071498081800031)
- Genoe, M. R.**, Kulczycki, C., Marston, H., Freeman, S., Musselwhite, C., & **Rutherford, H.** (2018). E-leisure and older adults: Findings from an international exploratory study. *Therapeutic Recreation Journal*, 52(1), 1-18. doi: <https://doi.org/10.18666/TRJ-2018-V52-I1-8417>

7. **Genoe, M. R., & Zimmer, C.** (2018). "At first I couldn't catch my breath": Process and strategies for managing chronic obstructive pulmonary disease. *International Journal of Aging and Human Development, 86*(2), 191-214. doi: [10.1177/0091415017697727](https://doi.org/10.1177/0091415017697727)
8. **Genoe, M. R., & Zimmer, C.** (2017). How lived body and lived space intersect to influence the lived experience of Chronic Obstructive Pulmonary Disease. *Topics in Geriatric Rehabilitation, 33*(3), 193-202. doi: [10.1097/TGR.0000000000000155](https://doi.org/10.1097/TGR.0000000000000155)
9. **Genoe, M. R., & Zimmer, C.** (2017). Breathing easier? The contradictory experience of leisure among people living with COPD. *Activities, Adaptation & Aging, 42*(2), 138-160. doi: <http://dx.doi.org/10.1080/01924788.2017.1306382>
10. **Genoe, M. R., & Liechty, T.** (2017). Meanings of participation in a leisure arts pottery program. *World Leisure Journal, 59*(2), 91-104. doi: <http://dx.doi.org/10.1080/16078055.2016.1212733>
11. Liechty, T., **Genoe, M. R., & Marston, H. R.** (2017). Physically active leisure and the transition to retirement: The value of context. *Annals of Leisure Research, 20*(1), 23-38. doi: [10.1080/11745398.2016.1187570](https://doi.org/10.1080/11745398.2016.1187570)
12. **Genoe, M. R., & Liechty, T.** (2016). Using our whole selves: Our experiences with reflexivity as both researchers and participants of a community based leisure arts program. *Leisure/Loisir, 40*(4), 469-492. doi: [10.1080/14927713.2016.1269470](https://doi.org/10.1080/14927713.2016.1269470)
13. **Genoe, M. R., Liechty, T., Marston, H. R., & Sutherland, V.** (2016). Blogging into retirement: Using qualitative online research methods to explore the experience of leisure among Canadian baby boomers. *Journal of Leisure Research, 48*(1), 15-34. doi: <http://dx.doi.org/10.18666/JLR-2016-V48-I1-6257>
14. **Genoe, M. R., & Whyte, C.** (2015). Confronting ageism through therapeutic recreation practice. *Leisure/Loisir, 39*(2), 235-252. doi: [10.1080/14927713.2015.1086583](https://doi.org/10.1080/14927713.2015.1086583)
15. Liechty, T., & **Genoe, M. R.** (2015). Management implications of transitioning between service providers: A community leisure arts program case study. *Journal of Parks and Recreation Administration, 33*(3), 17-31. <https://js.sagamorepub.com/jpra/article/view/6784>
16. **Genoe, M. R., Crosbie, C., Johnson, B., Sutherland, V., & Goldberg, M.** (2013). Educating for an aging population: Intergenerational learning in the therapeutic recreation classroom. *Therapeutic Recreation Journal, 47*(4), 276-290. <https://js.sagamorepub.com/trj/article/view/4535>
17. Liechty, T., & **Genoe, M. R.** (2013). Older men's perceptions of leisure and aging. *Leisure Sciences: An Interdisciplinary Journal, 35*(5), 438-454. doi: [10.1080/01490400.2013.831287](https://doi.org/10.1080/01490400.2013.831287)
18. **Genoe, M. R.** (2013). "There is life after diagnosis": Leisure, dementia, and meaning-focused coping. *Recreation and Society in Africa, Asia, and Latin America, 4*(1), 1-23. <https://pdfs.semanticscholar.org/52ba/d4338cf4d3eff0a46a8492ba28843a5f19b8.pdf?ga=2.250897536.704159070.1570327377-532674068.1570327377>
19. **Genoe, M. R., & Dupuis, S.L.** (2013). Picturing leisure: Using photovoice to capture the lived experience of leisure and dementia. *The Qualitative Report, 18*(Art. 21), 1-21. Retrieved from <http://www.nova.edu/ssss/QR/QR18/genoe21.pdf>
20. **Genoe, M. R., Keller, H. H., Dupuis, S. L., Schindel Martin, L., Reimer, H., Cassolato, C., & Edward, G.** (2012). Adjusting to mealtime change within the context of dementia. *Canadian Journal on Aging, 31*(2), 173-194. doi: [10.1017/S0714980812000098](https://doi.org/10.1017/S0714980812000098)
21. Dupuis, S.L., Whyte, C., Carson, J., Meschino, L., **Genoe, R., & Sadler, L.** (2012). Just dance with me: An Authentic Partnership Approach in understanding leisure in the dementia context. *World Leisure Journal, 54*(3), 240-254. doi: [10.1080/04419057.2012.702454](https://doi.org/10.1080/04419057.2012.702454)
22. **Genoe, M. R., & Dupuis, S.L.** (2012). The role of leisure within the dementia context. *Dementia, 11*(4), 428-450. doi: [10.1177/1471301212447028](https://doi.org/10.1177/1471301212447028)



Katya M. Herman

Associate Professor

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Education and Professional Development

- 2012-2013 Postdoctoral Fellowship, McGill University** – Dept. Kinesiology & Physical Education
Physical activity, sedentary behaviour and weight-loss maintenance among bariatric surgery patients long-term post-surgery
- 2011-2012 Postdoctoral Fellowship, McGill University** – Dept. Epidemiology, Biostatistics, & Occ. Health
Physical activity & sedentary behaviour associations with health-related quality of life & cardiometabolic outcomes in a cohort of children at elevated risk of obesity
- 2005-2010 Doctor of Philosophy, Queen’s University** – School of Kinesiology & Health Studies
The burden of obesity & physical inactivity across the lifespan: a focus on health-related quality of life
- 1996-1999 Master of Science, University of Saskatchewan** – Dept. Community Health & Epidemiology
The relationship of childhood and adolescent physical activity and fitness to obesity and blood lipid profiles in adulthood
- 1990-1994 Bachelor of Science, McMaster University** – Dept. of Biochemistry; Minor in Psychology

Employment History

- 2018-present Associate Professor University of Regina, Regina, SK**
Faculty of Kinesiology & Health Studies [*Tenure & Promotion granted 2018*]
- 2013-2018 Assistant Professor University of Regina, Regina, SK**
Faculty of Kinesiology & Health Studies

Teaching History

University of Regina, courses taught:

KIN 170: Lifestyle Health & Wellness – Fall 2013, 2014, 2015 (x2), 2016 (x2), 2017 (x2), 2018 (x2); Winter 2017, 2021 (Remote).

KIN 278: Introduction to Health Promotion – Winter 2014, 2015, 2016, 2017, 2018.

KIN 321: Principles of Epidemiology (previously KIN 381: Introduction to Epidemiology) – Winter 2015, 2016; Fall 2017, 2021; Independent Study Winter 2019.

KIN 871: Epidemiology (Independent Study) – Summer 2014.

Course Co-Coordinator & Instructor, McGill University

EDKP 605: Research Methods -- Fall 2012.

Student Supervision

Name	Position	Dates of supervision
Yousef Omar	Undergraduate Honours Thesis	Sept-Dec 2019 (dropped out)
Yousef Omar	Undergraduate Summer Research Student Award	Summer 2019
Caryl Marbella	Undergraduate Honours Thesis	Sept 2018-July 2019
Mahrukh Masood	Undergraduate Honours Thesis	April 2018- Feb 2019
Mahrukh Masood	Undergraduate Summer Research Student	Summer 2018
Oluwasegun Hassan	PhD Summer Internship, Saskatchewan in Motion	Summer 2016
Michelle Degelman	Masters Thesis	Sept 2013- Dec 2016
Eman Abdulhadi	Undergraduate Honours Thesis	Sept 2015-April 2016

University Service

Statistics Canada Research Data Centre (Regina), Academic Committee 2019-present

Faculty of Science Council, KHS Representative 2014-present

BKIN Program Review Committee 2017-2020

Search Committee, Dept. Computer Science, Masters in Health Information Mgmt Asst. Professor 2018

Selection Committee, CIHR Canada Graduate Scholarships Masters (University of Regina) – 2014, 2015, 2017, 2018.

External Referee, Candidate Tenure and Promotion application, School of Exercise Science, Physical & Health Education, University of Victoria, Nov 2020

Canada Wide Science Fair (Univ. of Regina), Judge, Intermediate French (grade 9-10) May 2017 + Epidemiology Lab workshops presented to participating student groups.

Invited International Grant Reviewer, National Medical Research Council, Ministry of Health, Singapore; July 2015, Jan 2016.

Reviewer of Conference Abstracts, 2014 *Global Summit on the Physical Activity of Children*, Toronto, ON, May 2014.

Service as scholarly reviewer for Academic Journals: Reviewed for 20+ different journals past 10 yrs

Media Interviews (URegina news releases/feature stories, radio, TV, newspaper): 36

Invited On-campus and Community Presentations: 10

Non-Refereed Writing Contributions: 5

Scholarly Research

PEER-REVIEWED PUBLICATIONS (underlined = students supervised)

21. **Herman KM**, Larouche R. (2021 - Accepted) Active commuting to work: Associations with subjective well-being and work life balance. *J Transport Health*.

20. Hassan OB, **Herman KM**, Kryzanowski CD, Faulkner GEJ. (2017) Active living in Saskatchewan: A review of official community plans. *Can J Public Health*. 108(5-6):e551-557.

19. Degelman ML, **Herman KM**. (2017) Smoking and multiple sclerosis: A systematic review and meta-analysis using the Bradford Hill criteria for causation. *Mult Scler Relat Disord*. 17:207-216.
18. **Herman KM**, Saunders TJ. (2016) Sedentary behaviours among adults across Canada. *Can J Public Health*. 107(4-5): e438-e446.
17. Degelman ML, **Herman KM**. (2016) Immigrant status and having a regular doctor among Canadian adults. *Can J Public Health*. 107(1):e75-80.
16. **Herman KM**, Hopman WM, Sabiston CM. (2015) Physical activity, screen time and self-rated health and mental-health in Canadian adolescents. *Prev Med*. 73:112-116.
15. **Herman KM**, Sabiston CM, Mathieu ME, Tremblay A, Paradis G. (2015) Correlates of sedentary behaviour in a cohort of 8- to 10-year-old children at elevated risk for obesity. *Appl Physiol Nutr Metab*. 40(1):10-19.
14. **Herman KM**, Chaput JP, Sabiston CM, Mathieu ME, Tremblay A, Paradis G. (2015) Combined physical activity/sedentary behaviour associations with indices of adiposity in 8- to 10-year-old children. *J Phys Act Health*. 12(1):20-29.
13. **Herman KM**, Carver TE, Christou NV, Andersen RE. (2014) Physical activity and sitting time in bariatric surgery patients 1 to 16 years post-surgery. *Clin Obes*. 4(5):267-276.
12. **Herman KM**, Carver TE, Christou NV, Andersen RE. (2014) Keeping the weight off: Physical activity, sitting time and weight-loss maintenance in bariatric surgery patients 2 to 16 years post-surgery. *Obes Surg*. 24(7):1064-72.
11. **Herman KM**, Sabiston CM, Mathieu ME, Tremblay A, Paradis G. (2014) Sedentary behaviour in a cohort of 8- to 10-year-old children at elevated risk for obesity. *Prev Med*. 60:115-20.
10. **Herman KM**, Paradis G, Mathieu ME, O'Loughlin J, Tremblay A, Lambert M. (2014) Association between accelerometer-measured physical activity intensities and sedentary time in 8- to 10-year-old children. *Pediatr Exerc Sci*. 26(1):76-85.
9. **Herman KM**, Sabiston CM, Tremblay A, Paradis G. (2014) Self-rated health in children at risk for obesity: Associations of physical activity, sedentary behaviour and BMI. *J Phys Act Health*. 11(3):543-52.
8. **Herman KM**, Hopman WM, Rosenberg MW. (2013) Self-rated health and life satisfaction among Canadian adults: Associations of perceived weight status vs. BMI. *Qual Life Res*. 22(10):2693-705.
7. Sedentary Behaviour Research Network (Barnes J, Behrens TK, Benden ME, Biddle S, Bond D, Brassard P, Brown H, Carr L, Chaput JP, Christian H, Colley RC, Duggan M, Dunstan D, Ekelund U, Esliger D, Ferraro Z, Freedhoff Y, Galaviz K, Gardiner P, Goldfield G, Haskell WL, Liguori G, Healy G, **Herman KM**, Hinckson E, Larouche R, Leblanc A, Levine J, Maeda H, McCall M, McCubbin W, McGuire A, Onywera V, Owen N, Peterson M, Prince S, Ramirez E, Ridgers N, Routen A, Rowlands A, Saunders TJ, Schuna JM, Sherar L, Spruijt-Metz D, Taylor B, Tremblay MS, Tucker J, Widndaele K, Wilson J, Woodruff S). (2012) Standardized use of the terms "sedentary" and "sedentary behaviours". *Appl Physiol Nutr Metab*, 37(3):540-2.
6. **Herman KM**, Hopman WM, VanDenKerkhof E, Rosenberg MW. (2012) Physical activity, body mass index and health-related quality of life in Canadian adults. *Med Sci Sports Exerc*. 44(4):625-636.
5. **Herman KM**, Hopman WM, Craig CL. (2011) Sex differences in the association of youth BMI to adult health-related quality of life: The Physical Activity Longitudinal Study. *Can J Public Health*. 102(1):42-46.

CONFERENCE ABSTRACTS (underlined = students supervised)

28. Marbella CJ, **Herman, KM. (Oct 2019)** Canadian physical activity and nutrition guidelines: Do more active adults eat more fruits and vegetables? Canadian Society for Exercise Physiology, Kelowna, BC. (Oral)
27. Marbella CJ, Degelman ML, **Herman, KM. (June 2019)** Physical activity and sedentary behaviour among recent vs. established immigrants compared to non-immigrants, by age. *Conference Proceedings*. International Society of Behavioural Nutrition and Physical Activity, Prague, Czech Republic. (Poster)
26. **Herman KM**, Toledo EA. (Oct 2018) How Canadians commute to work: Associations with subjective well-being and work-life balance. Canadian Society for Exercise Physiology, Niagara Falls, ON. *Appl Physiol Nutr Metab*, 43 (10 (Suppl 2)): S62. (Oral)
25. **Herman KM. (Oct 2017)** Changes in academic workplace sitting time and perceived productivity benefits of a sit-stand desk: Stand-Up U of R. Canadian Society for Exercise Physiology, Winnipeg, MB. *Appl Physiol Nutr Metab*, 42(10 (Suppl 2)):S78. (Oral)
24. **Herman KM**, Faulkner GEJ. (June 2017) Active and happy: Associations between physical activity and mental well-being among adults. *Conference Proceedings*. International Society for Behavioural Nutrition and Physical Activity Annual Conference, Victoria, BC. (Poster)
23. **Herman KM**, Cherwaty D. (Oct 2016) Stand-Up U of R: On-campus office-workers trial a sit-stand workstation. Canadian Society for Exercise Physiology, Victoria, BC. *Appl Physiol Nutr Metab*, 41(999):S361. (Poster)
22. **Herman KM**, Hopman WM, Saunders TJ. (Oct 2016) Sedentary behaviours among Canadian adults: Associations with self-rated health, mental health, life satisfaction and perceived life stress. Canadian Society for Exercise Physiology, Victoria, BC. *Appl Physiol Nutr Metab*, 41(999): S361. (Oral)
21. Hassan OB, Kryzanowski CD, **Herman KM**, Faulkner GEJ. (June 2016). Active Living in Saskatchewan: A Review of Official Community Plans. *Conference Proceedings*. Public Health 2016, Canadian Public Health Association, Toronto, ON. (Oral)
20. **Herman KM**, Saunders TJ, Tremblay MS. (Oct 2015) Sedentary behaviour trends in Canadian adults: Data from the Canadian Community Health Survey 2000 to 2012. Canadian Society for Exercise Physiology, Hamilton, ON. *Appl Physiol Nutr Metab*, 40(S1):S27. (Oral)
19. Degelman ML, **Herman KM. (May 2015)** Immigrant status and having a regular doctor among Canadian adults. *Conference proceedings*. Public Health 2015: Canadian Public Health Association, Vancouver, BC. (Oral)
18. **Herman KM**, Kuk JL. (May 2015) Adolescent weight misperceptions: Association with screen time but not physical activity. 4th Canadian Obesity Summit, Toronto, ON. *Can J Diabetes* 2015; 39(Suppl 1):S17 (Oral)
17. **Herman KM**, Saunders TJ. (Oct 2014) Sedentary behaviours in adults across Canada: A descriptive analysis. Canadian Society for Exercise Physiology, St. John's, NF. *Appl Physiol Nutr Metab*, 39(S1):S22. (Oral)
16. **Herman KM**, Hopman WM, Sabiston CM. (May 2014) Physical activity, screen time and self-rated health and mental health in Canadian adolescents. Global Summit on the Physical Activity of Children, Toronto, ON. *J Phys Act Health*, 11(Suppl 1):S152-53. (Oral)
15. **Herman KM**, Hopman WM. (April 2014) Physical activity, sedentary time and health-care utilization in ambulatory older adults. *Conference Proceedings*. 5th International Congress for Physical Activity & Public Health, Rio de Janeiro, Brazil. (Oral)

14. **Herman KM**, Hopman WM. (**April 2014**) Physical activity and sedentary time associations with health-related quality of life in older adults. *Conference Proceedings*. 5th International Congress for Physical Activity & Public Health, Rio de Janeiro, Brazil. (*Poster*)
13. **Herman KM**, Sabiston CM. (**Oct 2013**) Physical activity, sedentary time and self-rated mental health in breast cancer patients. Canadian Society for Exercise Physiology, Toronto, ON. *Appl Physiol Nutr Metab*, 38(10):1043. (*Oral*)
12. **Herman KM**, Carver TE, Andersen KM, Christou NV, Andersen RE. (**May 2013**) Physical activity and sitting time in bariatric surgery patients 1 to 16 years post-surgery. 3rd National Obesity Summit, Vancouver, BC, May 2013. *Can J Diabetes* 37(S2):S254. (*Oral*; Mainpro-M1 CME accredited)
11. Dikareva A, **Herman KM**, Carver TE, Andersen KM, Christou NV, Andersen RE. (**May 2013**) Support group attendance is associated with higher physical activity among bariatric patients in years following surgery. 3rd National Obesity Summit, Vancouver, BC. *Can J Diabetes* 37(2):S248. (*Oral*)
10. **Herman KM**, Sabiston CM, Mathieu ME, Tremblay A, Paradis G. (**Nov 2012**) Active couch-potatoes? Combined physical activity-sedentary behaviour associations with weight status in 8-10 year old children. 4th International Congress on Physical Activity and Public Health, Sydney, AUS. *J Sci Med Sport*. 15(S1):S250. (*Oral*)
9. **Herman KM**, Sabiston CM, Mathieu ME, Tremblay A, Paradis G. (**Nov 2012**) Sedentary behaviour characteristics in 8-10 year old children at risk for obesity. 4th International Congress on Physical Activity and Public Health, Sydney, AUS. *J Sci Med Sport* 15(S1):S165. (*Poster*)
8. **Herman KM**, Paradis G, Mathieu ME, O'Loughlin J, Tremblay A, Lambert M. (**March 2012**) Moderate-to-vigorous physical activity participation: Evidence for a displacement effect on sedentary behaviour. American Heart Association Epidemiology & Prevention | Nutrition, Physical Activity & Metabolism 2012 Scientific Sessions, San Diego, CA. *Circulation* 125(S10):AMP018. (*Moderated Poster*)
7. **Herman KM**, Paradis G, O'Loughlin J, Mathieu M-E, Sabiston CM, Tremblay A, Lambert M. (**Oct 2011**) Self-rated health in children at risk for obesity: Associations of physical activity, sedentary behaviour and BMI. Canadian Society for Exercise Physiology, Quebec City, QC. *Appl Physiol Nutr Metab*. 36(S2). (*Oral*)
6. **Herman KM**, Hopman WM, Rosenberg MW. (**April 2011**) Perceived versus actual weight status: Self-rated health and life satisfaction among Canadian adults. 2nd National Obesity Summit, Montreal, QC. *Can J Diabetes* 35(2):191. (*Poster*)

Tristan Hopper, PhD

Assistant Professor

Tristan.Hopper@uregina.ca (306) 337-3180

Education and Professional Development

Doctor of Philosophy – Kinesiology, Sport, and Recreation, University of Alberta (2018)

Master of Arts – Leisure Studies, Dalhousie University (2015)

Honors, Bachelor of Arts – Therapeutic Recreation, University of Waterloo (2013)

Certified Therapeutic Recreation Specialist – National Council for Therapeutic Recreation Certification (2012)

Employment History

Assistant Professor, Tenure-Track – Faculty of Kinesiology and Health Studies, University of Regina (2018 -)

Teaching History

University of Regina

Course	Title	Term	Enrollment
KHS 802 (Graduate)	Qualitative Research Methods and Experience in Kinesiology and Health	Winter 2021	2
THRC 200	Foundation of Therapeutic Recreation	Winter 2021	24
THRC 346	Mental Health and Addictions	Fall 2020	16
		Winter 2019	9
THRC 245	Assessment in Therapeutic Recreation	Fall 2020	14
		Winter 2020	15
		Fall 2018	16
KIN 120/SRS 120	Introduction to Recreation for People with Disability	Winter 2020	116

THRC 344

Therapeutic Recreation: Chronic
Conditions

Winter 2019

2

Student Supervision

List undergraduate students, graduate students, post-doctoral fellows, and other relevant trainees carrying out research or other original scholarly activity under your direct supervision within the past ten years. Use the table below to list names, position, and dates of supervision. Additional comments can be made below the table.

Name	Position	Dates of supervision
Rachelle Karppinen	Masters Student	September 2020 - Current
Laura Wasylkowski	Undergraduate Research Fellow	May 2019 – August 2019
Jordyn Hillbig	Undergraduate Research Fellow	May 2019 – August 2019

University Service

Community Service

July 1 2021 – Present **Research Associate**, Growing Young Movers – Youth Development

University of Regina

July 2020 – Present **Elected Member** – Executive of Council.

September 2019 – Present **Faculty Council Representative** – Faculty of Business Administration.

July 2019 – Present **Selected Member** – Council Nominating Committee.

August 2018 – 2020 **Committee Member** – Advisory committee to the Vice President, Research. Childhood Trauma Research Centre.

Scholarly Research

External Funding

Currently Held

Principal Investigator/Co-applicant

- 2021 – 2022 **Hopper, T.D.** (PI), Spence, J.C., Tamminen, K., & van Ingen, C. (Co-applicants). Youth homelessness and the importance of accessible recreation programming. Awarded by: *Social Sciences and Humanities Research Council (SSHRC) – Partnership Engage Grant* (\$23,482).
- 2020 – 2022 Lewis, B. (PI), Dubnewick, M., **Hopper, T.**, Lessard, S. (Co-Applicants). A narrative inquiry into the experiences of Indigenous high school students enrolled within a youth leadership pathway. Awarded by: *McDowell Foundation – Major Funding Competition* (\$15, 867).

Internal Funding

Currently Held

Primary Investigator/Co-Primary Investigator

- 2020 - 2023 Hopper, T.D., & Dubnewick, M. (Co-PIs). Composing lives as leaders: Experiences of Indigenous youth. Awarded by: *University of Regina President Seed Funding & Social Sciences and Humanities Research Council (SSHRC) – Explore Grant*. (\$5,000).
- 2020 – 2021 Mang, C.M., (PI) & Hopper, T.D. (Co-applicant). Exploring the impact of physical rehabilitation and recreational walking among people in late stages of recovery from acquired brain injury. Awarded by: *University of Regina Community Research Unit* (\$2,500).

Grant Development

Currently Held

Primary Investigator/Co-Primary Investigator

- 2019 – 2021 Hopper, T.D. Awarded by: *University of Regina Tri-Agency Cohort Program* (supporting the development of competitive external funding applications). (\$3,000).

Submitted

Primary Investigator/ Co-Primary Investigator

- 2021 – 2023 **Hopper, T.D.** (PI), McHugh, T-L., Lessard, S., & Dubnewick, M. (Co-applicants). Living relationally in afterschool wellness programming: Experiences of Indigenous youth. Submitted to: *Social Sciences and Humanities Research Council (SSHRC) – Insight Development Grant* (\$65,860).

Publications, Peer Reviewed

- 1) **Hopper, T.D.**, & McHugh, T-L.F. (2020). Working *with* and engaging *in* sport and recreation research with marginalized youth. *Leisure/Loisir*, 44(4), 569-586.
- 2) **Hopper, T.D.**, Froese, J., & Iwasaki, Y. (2020). Meaning-centered therapeutic recreation: A practical approach. *Therapeutic Recreation Journal*, 54(3), 291-302.
- 3) **Hopper, T.D.**, Iwasaki, Y., Walker, G.J., & McHugh, T-L. F. (2019). The role of relationships in meaningfully engage youth at risk in recreation and leisure contexts. *Child & Youth Services*, 40 (3), 245-266.
- 4) **Hopper, T.D.**, Iwasaki, Y., Walker, G.J., & McHugh, T-L.F. (2019). “I feel like we finally matter”: The role of youth-led approaches in enhancing leisure-induced meaning-making among youth at risk. *Leisure/Loisir*, 43 (4), 419-444.
- 5) Roussel, H., Ouellette, P., Singleton, J., & **Hopper, T.** (2019). A replication survey of professional tasks and job satisfaction of Canadian therapeutic recreation works. *Therapeutic Recreation Journal*, 53 (3), 210-223.
- 6) Dubnewick, M., **Hopper, T.D.**, Spence, J. C., & McHugh, T-L.F. (2018). “There’s a cultural pride through our games”: Enhancing the sport experience of Indigenous youth in Canada through participation in Traditional games. *Journal of Sport and Social Issues*, 42 (4), 207-226.
- 7) Iwasaki, Y., Messina, E., & **Hopper, T.** (2018). The role of leisure in meaning-making and engagement with life. *Journal of Positive Psychology*, 1, 29-35. (Special Issue on Leisure).
- 8) Iwasaki, Y., & **Hopper, T.** (2017). Leisure, engagement, and meaning-making among high-risk youth. *Loisier er Société / Society and Leisure*, 40(3), 324-339.
- 9) **Hopper, T.**, & Iwasaki, Y. (2017). Engagement of “at-risk” youth through meaningful leisure. *Journal of Parks and Recreation Administration*, 35 (1), 20-33.
- 10) Iwasaki, Y., **Hopper, T.**, & Whelan, P. (2017). Insights on Inspirational Education for “High-Risk” Youth Informed by Participatory Action Research (PAR) on Youth Engagement. *Journal of Education and Training Studies*, 15 (1), 152-158.
- 11) Ritcey, A., Singleton, J., Webber, K., King, A., Cook, J. & **Hopper, T. D.** (2016). An exploratory study as to the effect of a leisure education program on a day hospital population. *Activities, Adaptation and Aging*, 40 (2), 150-163.

- 12) Crealock, J., **Hopper, T.D.**, & Singleton, J.F. (2015). Curling without ice: A case study of men's leisure. *Journal of Therapeutic Recreation Ontario* 10, 13-24.
- 13) **Hopper, T.D.**, & Singleton, J. F. (2015). Subjective mental health and leisure engagement: A scoping study. *Journal of Therapeutic Recreation Ontario* 10, 76-89.
- 14) **Hopper, T.D.**, & Ferries, L. (2014). Therapeutic Recreation practitioners' insights into the efficacy of physical activity for clients with mental illness across a continuum of care. *Journal of Therapeutic Recreation Ontario*, 9, 23-31.

Non-Refereed Academic Publications

- 1) **Hopper, T.**, Hsieh, P-C., & Nagata, S. (2019). Global and cultural perspectives on therapeutic recreation: Introduction to special issue. *Therapeutic Recreation Journal*, 53(3), 9-10.

Publications, Other

- 1) Hopper, T., & Schwan, K. J. (2019, October 7). How sports and arts can help prevent youth homelessness. *The Conversation Canada*. Available from: <https://theconversation.com/how-sports-and-arts-can-help-prevent-youth-homelessness-121537>.

Textbook Contributions

- 1) King, A., Singleton, J. F., Skalko, T. K., & **Hopper, T.** (2019). The complexities of assessment and RT service delivery. In T. K. Skalko & J. F. Singleton (Eds.), *Recreational Therapy Assessment*. Champaign, IL: Human Kinetics.
- 2) Nagata, S., **Hopper, T.**, & Zaremski, M. (2019). Assessing clients with diverse cultural backgrounds. In T. K. Skalko & J. F. Singleton (Eds.), *Recreational Therapy Assessment*. Champaign, IL: Human Kinetics.
- 3) Skalko, & T. K., King, A., & **Hopper, T.** (2019). Principles of assessment. In T. K. Skalko & J. F. Singleton (Eds.), *Recreational Therapy Assessment* (17-29). Champaign, IL: Human Kinetics.
- 4) Genoe, R., Kennedy, D., Singleton, J.F., **Hopper, T.**, & Sturts, J. (2018). History of Recreation. In T. Tapps & M.S. Wells. (Eds.), *Introduction to Recreation and Leisure* (3rd ed.). Champaign, IL: Human Kinetics.
- 5) Genoe, R., **Hopper, T.**, & Singleton, J. (2017). World demographics and their implications for Therapeutic Recreation. In N.J. Stumbo, B. Wolfe., & S. Pegg. (Eds.) *Professional Issues in Therapeutic Recreation* (3rd ed.). Urbana, IL: Sagamore-Venture.

6) Green, F., **Hopper, T.**, & Singleton. (2017). Cross Collaboration Research. In N.J. Stumbo, B. Wolfe., & S. Pegg. (Eds.) *Professional Issues in Therapeutic Recreation* (3rd ed.). Urbana, IL: Sagamore-Venture.

Publications – Reports

1) Hopper, T.D. (2018). Meaningfully engaging youth at risk in recreation and leisure contexts. (*Unpublished Doctoral Dissertation*). University of Alberta, Edmonton, Alberta.

2) Hopper, T.D. (2015). An exploratory study of subjective mental health and frequency of leisure engagement (*Unpublished Master's Thesis*). Dalhousie University, Halifax, Nova Scotia.

3) Hopper, T.D. (2014). Aging-in-place for individuals with developmental disabilities. South Shore Community Access (Bonny Lea Farm).

Academic Conference Presentations (refereed)

1) **Hopper, T.**, Iwasaki, I. (2021, June). The role of relationship in engaging youth in recreation and leisure settings. *Canadian Congress on Leisure Research*. Presented virtually.

2) Coomaran V, Khan A, **Hopper T.D.**, & Mang C.S. (2020, November). Implementing a community-based exercise program for people with chronic neurological conditions. Poster presentation, *Saskatchewan Health Research Showcase*. Presented virtually.

3)* **Hopper, T.**, & Iwasaki, Y. (2020, May). The role of relationships in meaningfully engage youth at risk in recreation and leisure contexts. *Canadian Congress on Leisure Research (CCLR)*, Edmonton, Alberta. * Conference cancelled due to COVID-19 pandemic.

4) Hopper, T., & McHugh, T-L. (2019, June). Working *with* and engaging *in* recreation Research with youth at-risk. *Canadian Association for Leisure Studies Conference: Humanities Congress*, Vancouver, British Columbia.

5) Roussel, H., Ouellette, P., Singleton, J., & **Hopper, T.** (2019, June). A replication survey of professional tasks and job satisfaction of Canadian therapeutic recreation workers. *Canadian Therapeutic Recreation Association Annual Conference*. Quebec City, Quebec.

6) **Hopper, T.**, McHugh, T-L., Iwasaki, Y., & LeSage, D. (2018, June). 'Challenge by Choice': Meaning-making and youth-led approaches to community-based Therapeutic Recreation. *Canadian Therapeutic Recreation Annual Conference*. Halifax, Nova Scotia

7) **Hopper, T.**, McHugh, T-L., & Iwasaki, Y. (2017, October). Leisure-induced meaning making and youth engagement approaches in recreation and leisure: A paradigm shift. *Connecting Through Research: Alberta Recreation and Parks Association Annual Conference*, Lake Louise, Alberta.

- 8) McHugh, T-L., Dubnewick, M. J., **Hopper, T.**, & Spence, J. C. (2017, October). Enhancing the sport experiences of Indigenous youth through participation in traditional games. 2017 *Canadian Society for Psychomotor Learning and Sport Psychology*. St. John's, Newfoundland.
- 9) McHugh, T-L., **Hopper, T.**, & Dubnewick, M. (2018, February). "Sports should be for everyone": An exploration of the role of culture in enhancing the physical activity and sport experiences of Indigenous youth in Canada. *2018 Active Living Conference*. Banff, Alberta.
- 10) **Hopper, T.**, Iwasaki, Y. & McHugh, T-L. (2017, May). Engagement of "at-risk" youth through meaningful leisure. *Canadian Congress on Leisure Research (CCLR) 15*. Waterloo, Ontario
- 11) Iwasaki, Y., **Hopper, T.**, & Messina, E. (2017, May). Role of Leisure in Meaning-Making and Engagement with Life. *Canadian Congress on Leisure Research (CCLR) 15*. University of Waterloo. Waterloo, Ontario.
- 12) Genoe, R., **Hopper, T.** & Singleton, J. (2016, May). World demographics and their implications for Therapeutic Recreation. *Canadian Therapeutic Recreation Association Annual Conference*. Waterloo, Ontario
- 13) Hopper, T.D. (2014, October). The study of subjective mental health and leisure engagement: Future implications. *Recreation Nova Scotia Research Forum*. Dartmouth, Nova Scotia.
- 14) Hopper, T.D. & Singleton, J.F. (2014, September). The study of subjective mental health and leisure time engagement: Preliminary findings and implications. *World Leisure Congress*. Mobile, Alabama, USA.
- 15) **Hopper, T.D.**, Ellis, C., Hagarty, B. & Torok, L.C (2014, May). Challenging the leisure discourse: Building an evolving theory for the next generation. *Canadian Congress on Leisure Research 14*. Dalhousie University. Halifax, Nova Scotia.
- 16) Hopper, T.D., & Singleton, J.F. (2014, May). Revisiting Secondary Data: Does it have a place in leisure research? *Canadian Congress on Leisure Research 14*. Halifax, Nova Scotia.

Invited Presentations/Keynotes

- 1) Dubnewick, M., & Hopper, T. (2020, March). Negotiating co-compositions alongside Indigenous youth in community-based research. Invited presentation at Kinesiology and Health Studies research seminar series, University of Regina. Regina, Saskatchewan.

- 2) Hopper, T. (2018, October). Working *with* and engaging *in* recreation and sport research with marginalized youth. Invited presentation at Kinesiology and Health Studies research seminar series, University of Regina. Regina, Saskatchewan.
- 3) Hopper, T. (2018, September). Graduate student alumni professional development presentation. Invited talk at ReCon – Graduate student conference. Faculty of Kinesiology, Sport, and Recreation, University of Alberta. Canmore, Alberta
- 4) Hopper, T. (2018, April). Meaningful engagement of youth at risk in recreation and leisure contexts. Invited talk at the recreation and leisure speaker series. Faculty of Kinesiology, Sport, and Recreation, University of Alberta. Edmonton, Alberta.
- 5) Hopper, T. (2018, February). The role of youth-led approaches in leisure-induced meaning-making and its implication on community-based programming. Invited keynote at Alberta Health Services—Addictions and Mental Health retreat. Edmonton, Alberta.
- 6) Hopper, T. (2018, February). Leisure-induced meaning-making among youth at risk: Implications for Therapeutic Recreation practice. Invited keynote at NorQuest College Therapeutic Recreation Awareness month. Edmonton, Alberta.

Professional Presentations

- 1) * **Hopper, T.**, McNeil, D., Moore, S., Sullivan, A-M., Woodford, K., (2020, June). Preparing practice-ready graduates: Therapeutic recreation education forum. *Canadian Therapeutic Recreation Association Annual Conference*, Jasper, Alberta. *Conference cancelled due to COVID-19 pandemic.
- 2) McNeil, D., **Hopper, T.**, Moore, S., Sullivan, A-M., Woodford, K., Singleton, J. (2019, June). Transforming practicum experiences: Connecting the profession across Canada. *Canadian Therapeutic Recreation Association Annual Conference*, Quebec City, Quebec.
- 3) **Hopper, T.D.**, Cripps, D., Green, F., Lee, Y. & Singleton, J. (2015, May). Globalization of TR Education: The important of exchanges. *Canadian Therapeutic Recreation Association Annual Conference*. St. John's, Newfoundland.
- 4) Singleton, J.F., Booth, R., Fenton, L., Gallant, K., Hamilton-Hinch, B. **Hopper, T.**, Hutchinson, S., Rehman, L., & Ritcey, A. (2015, April). World Café: Educating our Future Therapeutic Recreation Professionals: Future Directions and Considerations, *Therapeutic Recreation Atlantic Canada*, Halifax, NS.
- 5) Hopper, T.D., & Singleton, J. (2015, September). The University of Lethbridge: A case study in CARTE TR Curriculum Development (invited panelists). *American Therapeutic Recreation Association Annual Conference*, Albuquerque, New Mexico.

6) Singleton, J.F., & Hopper, T. (2015, February). The Foundations of Therapeutic Recreation: Education, Research and Practice, University of Lethbridge

7) Hopper, T.D., & Ferries, L. (2014, May). Therapeutic Recreation practitioners' insights into the efficacy of physical activity for clients with mental illness across a continuum of care. *Canadian Therapeutic Recreation Association Annual Conference*. Banff, Alberta.

8) Hopper, T.D., & Singleton, J.F. (2014, April). Understanding your community: A case study of an aging-in-place initiative on the South Shore of Nova Scotia. *Therapeutic Recreation Association of Atlantic Canada Annual Conference*. Halifax, Nova Scotia.

9) Lane, S., Ridgway, J., Forward, T., Cripps, D., Irvin, K., Hubert, R., Ouelette, P., **Hopper, T. D.**, & Singleton, J.F. (2014, May). Building Capacity: Linking Educators, Practitioners, and Students. *Canadian Therapeutic Recreation Association Annual Conference*. Banff, Alberta.

Roz Kelsey

Assistant Professor

roz.kelsey@uregina.ca, (306) 337 2553,

Education and Professional Development

Education

Doctor of Philosophy, Education: Curriculum and Instruction

University of Regina, Regina, Sk, 2017

Master of Science, Physical Activity Studies

University of Regina, Regina, Sk, 2005

Bachelor of Education, Secondary (after degree) with Distinction

University of Regina, Regina Sk, 2000

Bachelor of Physical Activity Studies

University of Regina, Regina Sk, 1998

Professional Development

1. Fundamentals of OCAP® online training (2021)
2. 4 Seasons of Reconciliation professional development course (2021)
3. Sex and Gender in Primary Data Collection, CIHR Institute of Gender and Health (2020)
4. Canadian Professional Grant Development Workshop, Grant Training Centre (2020)
5. Reconciliation Through Indigenous Education – MOOC class UBC (2018)
6. Principles of Violence Prevention 101- Centre for Disease Control and Prevention (2018)
7. Respect Ed - UofR(2018)
8. Using Zoom (Video Conferencing) for Facilitating Online Sessions, UofR -CTL (2017)
9. Investigations of Sexual Misconduct - D. Stafford & Associates, (2017)
10. First Responder to Sexual Assault, RSAS (2017)
11. Engaging Men and Boys in Gender Equity Programming, Global Human Rights Campus (2017)
12. Walk the Good Road (Traditional Aboriginal Teachings), File Hills Tribal Council (2017)
13. Building a Resilient Community: Working with Muslim Clients and Students- UofR (2017)
14. Open Minds: Debating Public Issues, I'm Not a Feminist But...-Public Talk, UofR (2016)
15. White Ribbon Webinar, Engaging Men and Boys Coast to Coast (2016)
16. Sexual Assault Conference, Saskatchewan Medical Association, Saskatoon, Sk. (2016)
17. A Call to Men National Conference, Charlotte, NC (2016)
18. The Unslut Project, University of Regina Women's Centre (2016)
19. Grant Writing Workshop, RPIRG Tool Kit Workshop Series (2016)
20. Learning How to Think, Learning How to Be – UofR Liberal Arts Lecture (2016)
21. Creating a Communication Plan for your Organization – RPIRG Workshop Series (2016)
22. Case Award Information Session – UR External Relations (2016)
23. Indigenous Men and Masculinities – The Office of Indigenization and FNUC (2016)

Employment History

Assistant Professor, 2020 – Present. Faculty of Kinesiology and Health Studies, University of Regina

Instructor III, 2006 – 2020. Faculty of Kinesiology and Health Studies, University of Regina
(Tenure - 2008, Merit - 2008)

Instructor II, 2003-2006. Faculty of Kinesiology and Health Studies, University of Regina

Sessional Lecturer, 1999 -2002, Faculty of Kinesiology and Health Studies, University of Regina

Teaching Assistant 1, 2001, Faculty of Kinesiology and Health Studies, University of Regina

Teaching History



1. KHS 100 Seminar in Kinesiology and Health Studies
KHS 100 (online) Seminar in Kinesiology and Health Studies
2. SRS 110 Recreation and Leisure Theory
SRS 110 (online) Recreation and Leisure Theory
3. KHS 139 Movement Education
4. KHS 239 Movement Education in Practice
5. SRS 105 Intro to Sport and Recreation Management
6. SRS 130 Jr. Practicum in Sport and Recreation Management
7. SRS 215 Volunteer Management
8. SRS 220 Program Delivery in Service Organizations
SRS 220 (online) Program Delivery in Service Organizations
9. SRS 320 Current Issues in Kin, Sport, Rec & Leisure
SRS 320 (online) Current Issues in Kin, Sport, Rec & Leisure
10. SRS 340 Governance and Legal Issues in Third Sector Organizations
(Previously Taught as: KHS 344 - Gov and Policy in Rec and Sport)
11. SRS 340 Governance and Legal Issues in Third Sector Organizations
(Previously Taught as: KHS 345- Legal Issues in Physical Activity)
12. SRS 351 Sport, Recreation and Leisure Tourism
(Previously: SRS 349 (online) - Sport Event Tourism)
13. SRS 360 Outdoor Rec Skill Development & Wilderness Experience
14. KIN 420 Diversity Issues in Kin, Health, Sport & Rec
KIN 420 (online) Diversity Issues in Kin, Health, Sport & Rec
15. SRS 465 Commercial Recreation Management.
16. SRS 440 Applied Sport Marketing and Sponsorship Development
(Previously Taught as - Marketing and Research in Sport & Rec Mgmt)
17. SRS 460 Outdoor Recreation Resource Management

University Service

FACULTY SERVICE

1. Admissions and Studies Committee, 2015-2017
2. Criteria Document Revision Committee, 2015
3. KHS Peer Review Committee, 2011-2016
4. Kinesiology Student Society faculty advisor 2012-2015
5. Appeals committee, 2012-2014
6. Search committee, Sport and Recreation Management/Leisure Studies (assistant professor, tenure track), 2013

UNIVERSITY SERVICE

1. University of Regina Centre for Teaching and Learning Search Committee member (2021)
2. First Nations University Search Committee member (2019-2020)
3. University of Regina Campus for All, adjudication committee member, (2015-2017)
4. University of Regina Faculty Association, executive committee KHS constituency rep, (2016)
5. University of Regina Media, Arts and Performance faculty council – KHS rep (2015-present)
6. University of Regina Centre for Continuing Education, faculty council – KHS rep (2014-2017)

COMMUNITY SERVICE

1. Provincial Association of Transition Houses, Gendered violence focus group participant (2017)
2. University of Regina, Safe Student Justice Coalition committee member (2016)
3. University of Regina Women's Centre – fundraising committee member (2015-2016)
4. Regina Pride Walk – UofR delegate (2016)

Scholarly Research

Professional Reports, Articles and Posters

1. Patton, P., & Kelsey, R. (2018). Man up against violence- Redefining what it means to be a man. *Campus Law Enforcement Journal* 48, 1.
2. Kelsey, R. (2017). Gender-based violence needs assessment report. Submitted to the Office of the President. University of Regina.
3. Dorsch, K., Cripps, D., Daschuk, J., Genoe, R., Hoeber, L., Kelsey, R., LeDrew, J., Liechty, T., Riemer, H., & Rossow-Kimball, B. (2013). *A walk through the MALL: Social Science Research in Kinesiology & Health Studies*. Poster presentation. University of Regina/University of Saskatchewan Kinesiology Research Day, Regina, SK.

Invited Refereed Presentations

1. Kelsey, R. (May, 2018) Addressing gender-based violence on campus through transformational change. USask Biennial Violence and Aggression Symposium. Saskatoon, Sk.

Non-refereed invited Key Note presentations

1. Kelsey, R. (2018, June). Redefining your role in combating gendered violence on campus. Saint FX University Visible @ X Campus Orientation, Antigonish, N.S.
2. Kelsey, R. (2018, June). Man Up Against Violence Acadia University Sexual Violence Prevention Summit, Wolfville, N.S.
3. Kelsey, R. (2016, September). The Passionate Ambassador. Orientation: UR Ambassador Program

Non-refereed invited academic presentations

1. Woolnough, F., & Kelsey, R. (June, 2018), Starting with the Man in the Mirror: Talking about (and engaging) men on campus. ARUCC/CACUSS Conference, Charlottetown, PEI.
2. Kelsey, R. (2017, Jan.). Male Engagement in Gender Violence Prevention Training. National conference on campus sexual assault – Ryley Conferences. TO, Ont.
4. Kelsey, R. (2015, July). Man Up Against Violence – Creating a movement to reduce violence in our community – How the University of Regina will deal with issues in our international community. Consortium for North American Higher Education Collaboration Conference (CONAHEC), Regina Sk.
5. Kelsey, R., & Wihak, S. (2011, Nov). Online Learning Strategies, Planning and Practice, Presented to Deans and Directors at University of Trinidad and Tobago.

Invited presentations for professionals

6. Kelsey, R. (2019, March). Another theoretical look at resistance to a practical problem. Sexual Assault Services of Saskatchewan (SASS) Annual Leadership Forum.
7. Kelsey, R. (2018, July). Gendered Violence Prevention. Presented at the International Association of Campus Law Enforcement Agency, Orlando, FL.
8. Kelsey, R., Bray, E., Marinner, S., Dusel, J., & Giesbrecht, C. (2018, November). Closing panel: Applying evidence to prevent violence. Provincial Association of Transition Houses Conference. Regina, Sk.
9. Kelsey, R. (2018, October). Discussing male engagement in gendered violence prevention. Saskatchewan Federation of Labour Conference, Regina, Sk.
10. Kelsey, R., & Patton, P. (2017, July). Gendered Violence Prevention Project. Presented at the International Association of Campus Law Enforcement Agency, Milwaukee, WI.
11. Kelsey, R. (2016, July). Man Up Against Violence: Healthy Masculinities as Crime Prevention. Presented at the International Association of Campus Law Enforcement Agency, Nashville, TS.
12. Kelsey, R. (2014, October). RESOLVE. Annual General meeting of Research and Education for Solutions to Violence and Abuse.

Internal presentations

1. Kelsey, R. (2018, February). Institutional response in a #MeToo era. Kinesiology and Health Studies Research Seminar.



2. **Kelsey, R.** (2016, September). Gendered Violence Prevention Project. UofR GVPP Press Conference Project Announcement.
3. **Kelsey, R.** (2016, September). Man Up Against Violence GVPP Presentation. Presented to the University of Regina Committee of Administrative Directors.
4. **Kelsey, R.** (2016, September). Man Up Against Violence GVPP Presentation. Presented to the University of Regina Dean's Council.
5. **Kelsey, R.** (2016, October). MUAV: Healthy Masculinities Workshop. Violence Prevention Week.
6. **Kelsey, R.** (2015, August). Engaging Students in Experiential Learning. Centre for Teaching and Learning Summer Institute.
7. **Kelsey, R.** (2015, November). Using anti-oppressive teaching strategies in the classroom. UofR Anti-oppressive Brown Bag Lunch Series.
8. Carter, C., Stewart, M., & **Kelsey, R.** (2014, February). Anti-oppressive teaching. Graduate Citation Program- University Teaching Certificate. Centre for Teaching and Learning.
9. **Kelsey, R.** (2015, August). Gender and Leadership. Transformational Leadership in Higher Education conference.

Invited Community Presentations

1. **Kelsey, R.** (2016, October). Key Note: Finding your authentic self. YWCA – The Power of Being You Conference. Regina, SK.
2. **Kelsey, R.** (2016, November). Key Note: Addressing Gender Equity in the workplace. Equity Council Meeting, Regina District Labour Council. Regina, Sk.
3. **Kelsey, R.** & Sanderson, M. (2016, December). MUAV / Walk the Good Road Partnership Presentation. Presented to the File Hills Tribal Council. Fort Qu'Appelle.



University of Regina
Academic Unit Reviews



Brenda Rossow-Kimball, PhD

Assistant Professor

Faculty of Kinesiology & Health Studies

brenda.rossow-kimball@uregina.ca, (306) 585-4918

Education and Professional Development

UR Leading: Leadership Development Program (2018)

Enhancing Academic Indigenization (2016)

PhD, University of Alberta (2014), Faculty of Physical Education & Recreation

Dissertation: A narrative inquiry into the lives of older adults labelled with intellectual disabilities: The significance of place as a means to story retirement.

MSc Kinesiology, University of Saskatchewan (2006), College of Kinesiology

Thesis: Self-determination and the leisure experiences of women with intellectual disabilities living in two group homes

BA psychology (1999) Faculty of Arts University of Regina

Employment History

Assistant Professor (tenured 2017) Faculty of Kinesiology & Health Studies, University of Regina

Lecturer (July 2009 –June 2014) Faculty of Kinesiology & Health Studies, University of Regina

Teaching History (last 10 years)

KIN/SRS 120	Introduction to Adapted Physical Activity and Recreation
KIN 178	Health Promotion
KIN/SRS 241	Social Construction of Disability
KIN 245/THRC 245	Assessment in Adapted Movement Science/Therapeutic Recreation
KHS 292	Aging
KIN 341; KIN 340/THRC 340	Active Living & Physical Disabilities
KIN 342; KIN 345/THRC 345	Active Living & Developmental Disabilities
KHS 867BI	Narrative Inquiry as Relational Methodology in APA



Student Supervision (last 10 years)

Name	Position	Dates of supervision
Kristyn White	Principal Supervisor	Fall 2019-current
David Slater, MSc KIN	Principal Supervisor	Winter 2015-Fall 2019
Bonnie Cummings-Vickaryous, MSc KIN	Principal Supervisor	Fall 2017 – Fall 2019
Brian Lewis, PhD (Ed)	Committee Member	Winter 2016-Spring 2018
Jodie Bigalky, PhD (Nursing)	Committee Member	Fall 2015-Spring 2018
Morgan Herbison, MEd	Committee Member	Fall 2016-Spring 2017
Oluwakayode Dasykva, MSc KIN	Committee Member	Winter-Fall 2018
Pattara Tavilsup, MSc KIN	Committee Member	Winter 2019-Spring 2020

The expertise I provide as a supervisor and committee member is typically related to: (1) ethical research engagement with populations considered vulnerable, (2) qualitative methodology, specifically phenomenology and narrative inquiry methodology, and (3) adaptive physical activity (sport, recreation, active living experiences for individuals living with disabilities).

University Service (last 10 years)

Fellow, George Reed Centre for Accessible Visual Communication (current)

Associate Editor, *Leisure/Loisir* (current)

Growing Young Movers (G.Y.M.), CBO, Board Member (current)

Big Sky Centre for Being Astonished!, CBO, Board Member (current)

Bachelor of Kinesiology Program Review Committee (Faculty; 2019-2020)

Academic Peer Review Committee (Faculty; 2019-2020)

Review Committee: KHS Deanship (University; 2019)

Hiring Committee: Health Promotion Tenure Track (Faculty; 2019)

Humanities Research Institute Board Member (University, 2019-2020)

Undergraduate Program Advisory Committee (Faculty; 2018-2019)

Council Committee on Student Appeals (University; 2016-2017)



Graduate Studies and Research Steering Committee (Faculty; 2016-2017)

Adapted Physical Activity Symposium Committee (2016, 2018)

Scientific Review Committee, North America Federation of Adapted Physical Activity Conference (2016)

Creative Options Regina, CBO, Board Member (2010-2018)

Peer-Reviewed, Published Research (last 10 years)

Rossow-Kimball, B., & Goodwin, D. (2018). Leisure in later life for people with intellectual impairments: beyond service provision toward person coherence. *Leisure/Loisir, 42*(3), 243-258.

Rossow-Kimball, B. (2018). *Nurturing [Wilder] gardens, love, and narratives anew.* In D. J. Clandinin, V. Caine, & S. Lessard (Eds.) *The relational ethics of narrative inquiry* (pp. 50-58). New York, NY: Routledge.

Jo, G., **Rossow-Kimball, B., & Lee, Y. (2018).** Effects of 12-week combined exercise program on self-efficacy, physical activity level, and health related physical fitness of adults with intellectual disability. *Journal of exercise rehabilitation, 14*(2), 175.

Jo, G., **Rossow-Kimball, B., Park, G., & Lee, Y. (2018).** Effects of virtual reality exercise for Korean adults with schizophrenia in a closed ward. *Journal of exercise rehabilitation, 14*(1), 39.

Rossow-Kimball, B., Lavis, M., & Blackhurst, M. (2017). 'I can find my own Elder!' Cultural engagement as serious leisure for aboriginal adults living in non-aboriginal group homes. *Leisure Studies, 36*, 244-255.

Rossow-Kimball, B., & Goodwin, D. L. (2013). Inclusive leisure experiences of older adults with intellectual disabilities at a senior centre. *Leisure Studies, 33*, 322-338.

Goodwin, D.L., & **Rossow-Kimball, B. (2012).** Thinking ethically about professional practice in adapted physical activity. *Adapted Physical Activity Quarterly, 29*, 295-309.

Liechty, T., Dahlstrom, L., Sveinson, K., Son, J. S., & **Rossow-Kimball, B. (2012).** Canadian men's perceptions of leisure time physical activity and the ageing body. *Qualitative Research in Sport, Exercise and Health, 6*, 20-44.

Cory Kulczycki

Assistant Professor

cory.kulczycki@uregina.ca, (306) 585 4841,

Education and Professional Development

Doctor of Philosophy on (November, 2013). Master of Tourism Degree (May, 2002).

25 professional development courses and workshops (including): Managing and Maximizing Your Scholarly Impact (February 22, 2021). Recording Lectures/Kaltura Uploads (February 22, 2021). One hour session on the university's access to Kaltura for lectures. Remote Delivery Considerations (August 12, 2020). Zoom Parts 1 and 2 (August 6, 2020). Welcome to UR Courses: Gradebook Training (July 14, 2020). Cultivating Conversation: Engaging students in meaningful online discussion (June 23, 2020). The flipped classroom: How to use case studies to increase active learning (May 28, 2020). Engaging partners and managing a large-scale research project. (May 28, 2020). North American Sports Post CoVid-19: How do we move forward? (May 28, 2020). 'Qualtrics Survey Software' (January 15, 2020). Respect in the Workplace Certificate (December 29, 2018). Privacy Session: How to properly manage confidential information that the UofR (December 12, 2018). Copyright and UR Courses (July 26, 2016). Summer Teaching Institute – Indigenizing Teaching (September 3, 2015). Social Science and Humanities Research Council (SSHRC) workshop (April 23, 2015). Best Practices for Designing Exams (March 18, 2015). Turnitin (March 16, 2015). Designing Rubrics (March 13, 2015). NVivo Webinar (December 11, 13, 18, 20, 2013). The challenges and rewards of teaching large classes. October 30, 2013). Improving students' critical writing skills (October 23, 2013). Improving students' critical reading skills (October 16, 2013).

Employment History

1). Assistant Professor. Faculty of Kinesiology & Health Studies, University of Regina, Regina, Saskatchewan, Canada. July 1, 2013 to Current. Tenure application submitted in 2017; tenure granted February 9, 2021. Promotion to Associate Professor in 2017 was unsuccessful.

Teaching History

Undergraduate Courses Taught at the University of Regina:

- a). Introduction to Sport and Recreation Management (SRS 105) - Year(s): 2020.
- b). Introduction to Recreation and Leisure Studies (SRS 110) – Year(s): 2014-2021; Times Taught: Seven
- c). Volunteer Management (SRS 215) – Year(s): 2014-2020; Times Taught: Six
- d). Volunteer Management (SRS 215 – online) – Year(s): (2017)
- e). Venue and Event Management (SRS 230) – Year(s): 2018 & 2021; Time Taught: Twice
- f). Current Issues in Kinesiology, Recreation and Sport (SRS 320) – Year(s): 2015-2019; Times Taught: Five

g). Outdoor Recreation Resource Management (SRS 460) – Year(s): 2014

Graduate Courses Taught at the University of Regina:

a). KHS 847AD: Directed Readings in Leisure Studies (Oluwakayode Dasyilva, 2016)

Undergraduate Independent Study Courses Taught at the University of Regina:

a). SRS 450: Examining E-Gaming (Carter, 2018)

Student Supervision

Name	Position	Dates of supervision
Curtis Atkinson	MSc supervisory committee	2014-2015
Ben Goby	MSc supervisory committee	2014-2015
Urmi Jahar Mukherjee	MSc supervisory committee	2014-2015
Kyle McDonald	MSc supervisory committee	2014-2015
Oluwakayode Dasyilva	MSc Co-supervisor	2015-2019
Korinne Lott	MSc supervisor	2017-Current
Kyle McDonald	PhD supervisory committee	2017-Current
Sarah Ruf	MSc supervisory committee	2018-Current
Carter Gustway	Directed Study supervisor	01/2018 – 04/2018

University Service

Since 2013, I contributed to eight University of Regina or KHS committees and several community based organizations. I am a member of three professional societies. I collaborated with Special Olympics Regina, Saskatchewan Hockey Association, and served as an advisor for the World Communication Association Conference. Completed 38 article reviews for 15 journals. Reviewed conference abstracts for the North American Society of Sport Management, the Canadian Congress on Leisure Studies (CALs), and Administrative Sciences Association of Canada. Reviewer for the Graduate Student Research Award competition with Destination Marketing Association of Canada. CALs board member (May 26, 2017 to November 6, 2020) and 2020 CALs Leisure Scholar Award and Emerging Scholar Award Committee member. Three-year term on the Editorial Board of the Journal of Sport and Tourism. Honorary Research Associate (HRA) in the School of Graduate Studies at UNB. Connected with community organizations for potential volunteer, research, and guest speaker opportunities.

Scholarly Research

Freeman, S., Marston, H. R., Olynick, J., Musselwhite, C., Genoe, R., **Kulczycki, C.**, Xiong, B. (2020).

Intergenerational effects on the impacts of technology use in later life. *International Journal of Environmental Research and Public Health*, 17(16), 5711-5725.

Marston, H. R., Genoe, R., Freeman, S., **Kulczycki, C.**, & Musselwhite, C. (2019). Older adults' perceptions of ICT: Main findings from the Technology In Later Life (TILL) Study. *Healthcare*, 7(3), 1-27.

Edwards, J., & **Kulczycki, C.** (2018). 'Who wants to go the outdoor rink?': a media analysis of Canada's outdoor rinks and the connection to Canada's national identity. *Leisure/Loisir*, 42(4), 389-424. doi.org/10.1080/14927713.2019.1581990

Woods, L., & **Kulczycki, C.** (2018). A different leisure life: Leisure experiences of snowbirds. *Leisure/Loisir*, 42(4), 481-504. doi.org/10.1080/14927713.2019.1581994

- Genoe, R., **Kulczycki, C.**, Marston, H. R., Freeman, S., Musselwhite, C., & Rutherford, H. (2018). E-leisure and older adults: Findings from an international pilot study. *Therapeutic Recreation Journal*, 52(1), 1-18. <http://dx.doi.org/10.18666/TRJ-2018-V52-I1-8417>
- Halpenny, E. A., **Kulczycki, C.**, & Moghimehfar, F. (2016). Factors effecting destination and event loyalty: Examining the sustainability of a recurrent small-scale running event at Banff National Park. *Journal of Sport & Tourism*, 20(3-4), 233-262. doi:10.1080/14775085.2016.1218787
- Kulczycki, C.**, & Halpenny, E. A. (2014). Sport cycling tourists' setting preferences, appraisals and attachments. *Journal of Sport & Tourism*, 19(2), 169-197. doi:10.1080/14775085.2015.1070741 [published in 2015]
- Kulczycki, C.**, & Hinch, T. (2014). "It's a place to climb": Place meanings of indoor rock climbing facilities. *Leisure/Loisir*, 38(3-4), 271-293. doi:10.1080/14927713.2015.1043710 [published in 2015]
- Kulczycki, C. (2014). Place meanings and rock climbing in outdoor settings. *Journal of Outdoor Recreation & Tourism*, 7-8, 8-15. <http://dx.doi.org/10.1016/j.jort.2014.09.005>
- Halpenny, E., & **Kulczycki, C.** (2012). Sport fan and non-sport fans' perceptions about hosting a bicycle sporting event in a mountain park. *Tourism Today*, 12, 25-33.
- Kulczycki, C. (2016). Sport tourism and place meaning at the 100th Tour de France. *The Playing Field: Making Sense of Spaces and Places in Sporting Cultures* (pp.103-113). [e-book]. In Colin Howley, & Susan Dun (Eds.). Oxford: Inter-Disciplinary Press.
- Kulczycki, C.**, Hoeber, L., & Sveinson, K. (2016). Using drawings to interpret place meanings: Depictions of climbing places. *The Playing Field: Making Sense of Spaces and Places in Sporting Cultures* (pp. 205-216) [e-book]. In Colin Howley, & Susan Dun (Eds.) Oxford: Inter-Disciplinary Press.
- Kulczycki, C.**, & Halpenny, E. A. (2016). Destination marketing through dragon boat racing: A case study of the Banff Dragon Boat Festival. In Brenda Pitts (Ed.), *Case Studies in Sport Marketing* (pp. 85-88). Morgantown, WV: Fitness Information Technology.
- Kulczycki, C. (2011). Case study: Place attachment and rock climbing. In T. Hinch and J. Higham (Eds.), *Sport Tourism Development* (pp.107-109). Bristol: Channel View Publications.
- Buning, R., Oren, O., & **Kulczycki, C.** (2019). Urban Climb Member Study 2018. Report submitted to Urban Climb, Queensland, Australia.
- Kulczycki, C. (2018). SPOKE N'HOT GRAN FODNO 2017. Report submitted to Mark Gibson owner/operator of Spoke n'Hot Cycling.
- Edwards, J., & **Kulczycki, C.** (2017). Financial Commitments of Volunteer Coaches in the Province of New Brunswick. Report submitted to Coach NB [New Brunswick].
- Kulczycki, C.**, Lott, K., & Rutherford, H. (2017) Post-secondary volunteerism: A Saskatchewan based research project. Report submitted to Special Olympics Saskatchewan.
- Kulczycki, C.**, Hoeber, L., & Riemer, H. (2014). Financial Commitments of Families with children playing organized hockey in Saskatchewan.

Keynote presentation: University of Manitoba (May 10, 2017).

Invited talks and presentations: Kasetart University (June 18, 2021); University of New Brunswick (January 29, 2021); University of Regina (April 10, 2019).

Media interviews/ appearances: Globe and Mail; CBC Radio: The Morning Edition; CBC Radio: Information Morning Saint John; CBC New Brunswick; Adrenalin Magazine.



Conference presentations (Individual and co-authored): 37.



June E. LeDrew

Professor

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Education and Professional Development

Doctor of Philosophy 1996
University of Victoria Victoria, British Columbia

Master of Arts, Physical Education 1987
University of Alberta Edmonton, Alberta

Bachelor of Physical Education, Honours 1984
Brock University St. Catharines, Ontario

Employment History

University of Regina, 1988 – now, Promoted to Professor in 2006

Teaching History

KIN 180 Lifespan Growth & Motor Development (F2F, Online & Zoom Formats)

KHS 139 Movement Education (F2F, Televised, Off-Campus & Zoom Formats)

KIN 170 Lifestyle, Health & Wellness (F2F & Televised)

HS 300 Health Issues in Canada (F2F)

KHS 802 Qualitative Research Methods and Experience in Kinesiology and Health (F2F)

KHS 867 Children, Physical Activity & Health (Independent Study)

Student Supervision

Name	Position	Dates of supervision
Kyle McDonald	PhD Supervisor	2017 - now
Kyla Fougere	MA Committee	2019-2021
Olu Hassan	PhD Supervisor	2014-2017
Dani Schmidt	MA Supervisor	2012-2018
Ben Goby	MA Supervisor	2013-2014
Jennifer Chami	MA Supervisor	2012-2014
Jessica Comaniuk	MA Supervisor	2012-2013
Kendra Beliveau	MEd Committee	2014-2016
Nicole Del Rosario	MA External Examiner	2020
Katherine Jane Mazenc	MA External Examiner	2017

University Service

Coordinated a KIN 180 in-class program called Saskapalooza for 8 semesters 2014-2017. It was a modified volleyball & active living league in Regina elementary schools. The program was organized & delivered by 90 1st year UofR Kinesiology & Health Studies students (e.g., admin, coaching, fundraising, creating team jerseys, feeding, transportation, etc). Focus on development of *fundamental skills* & *equal* playing time for students. Number of children participating ranged from 100-200 per semester. This was a no cost activity to children, families and schools. External program grants and funding was secured for this program and research presentations were generated from this experiential program.



Scholarly Research

Refereed Publications

LeDrew, J. (2020). Deep Breathing during Online Game Advertisements: Finding Surprising Moments of Calm, Self-Reflection during COVID-19. *World Journal of Yoga Physical Therapy & Rehabilitation* 2(4): 2020. WJYPR.MS.ID.000543. DOI: [10.33552/WJYPR.2020.02.000543](https://doi.org/10.33552/WJYPR.2020.02.000543)

Schmidt, D., & LeDrew, J. (2013). Sexual health education in Saskatchewan high schools: A survey of first year university students. *The International Journal of Health, Wellness & Society*, 3(2): 93-101.

LeDrew, J. & Cruickshank, D. (2013). 'Starting the Ball Rolling – Literally': Talking about Children's Couch Potatoitis with Family. 'The Thanksgiving Opener'. *Child & Family Professional Journal*, 16(1): 9-19.

Zimmer, J., Dorsch, K., Hoeber, L., & LeDrew, J. (2011). Health literacy: A multi-disciplinary approach to physical activity promotion in elementary schools. *Physical & Health Education Journal*, 76(4): 22-27.

Cummings-Vickaryous, B., & LeDrew, J. (2011). Pre-service teachers leading active healthy lifestyles for impressionable children: "Do as I say and not as I do." *Physical & Health Education Journal*, 77(1): 6-12.

Genoe, R., Liechty, T., & LeDrew, J. (2011). "When it's my time, I tend to just sit." Challenges and opportunities for healthy, active living among mature women. *The International Journal of Health, Wellness & Society*. 1(3): 55-70.

Dahlstrom, L., Miller, S., & LeDrew, J. (2011). Influential factors in university collective bargaining leadership: One woman's lived experience as chief negotiator. *Journal of the World Universities Forum*, 4(3), 93-106.

Zimmer, J., Dorsch, K., Hoeber, L., & LeDrew, J. (2011). *Health literacy: A multi-disciplinary approach to physical activity promotion in elementary schools.* *Physical & Health Education Journal*, 76(4): 22-27.

Cummings-Vickaryous, B., & LeDrew, J. (2011). *Pre-service teachers leading active healthy lifestyles for impressionable children: "Do as I say and not as I do."* *Physical & Health Education Journal*, 77(1): 6-12.

Miller, S., & LeDrew, J. (2010). *Increasing physical activity through near-peer role modeling and mentoring: The Play Pals case study.* *The International Journal of Learning*, 17(7): 467-478.

Presentations

LeDrew, J. & Ash, T. (January 2016). *Saskapalooza: The Trials & Tribulations of Triple-Ball in Regina Elementary Schools.* Sask Volleyball Coaching Symposium. Saskatoon, SK.

Hassan, O. & LeDrew, J. (March 2015). *University Student-Coaches' Experiences in Saskapalooza (Modified Volleyball Program) in Elementary Schools.* KHS Research Day 2015. University of Regina. Regina, SK.

Chamberlin, C., **LeDrew, J. & Ash, T. (March 2015).** *Rally Outcomes in Elementary School Volleyball & Triple-Ball.* KHS Research Day 2015. University of Regina. Regina, SK.

LeDrew, J. & Rossow-Kimball, B. (March 2015). *'A Picture/Poster is Worth a 1,000 Words' - Helpful Hints for Poster Presentations.* KHS Research Day 2015. University of Regina. Regina, SK.

LeDrew, J. & Ash, T. (May 2015). *Saskapalooza: The Trials & Tribulations of Triple-Ball in Regina Elementary Schools.* A Physical Literacy Uprising! 2015 National Conference presented by PHE Canada and HPEC. Banff, AB.

Hassan, O. & LeDrew, J. (May 2015). *Physical Activity Trends Among Canadian and Nigerian Children: A Systematic Review.* Bodies of Knowledge Conference. University of Toronto. Toronto, ON.

Hassan, O. & LeDrew, J. (May 2015). *Experiential Benefits for University Student-Coaches in the Saskapalooza Project.* Bodies of Knowledge Conference. University of Toronto. Toronto, ON.

LeDrew, J. & Ash, T. (Sept 2015). *Saskapalooza: The Trials & Tribulations of Triple-Ball in Regina Elementary Schools.* Lancer Volleyball Club In-Service. University of Windsor. Windsor, ON.

LeDrew, J. (October, 2013). *Starting 'The Talk' with Family about Children's Couch Potatoitis.* **Promoting Healthy Weight in Children in Saskatchewan E Learning. College of Nursing, University of Saskatchewan.**

Willfong, F., Comaniuk, J., & LeDrew, J. (May, 2013). *Getting children physically active: Parents and grandmothers reflections on making positive change.* Bodies of Knowledge Conference. University of Toronto. Toronto, ON.

Comaniuk, J., Willfong, F., & LeDrew, J. (May, 2013). *Authentic learning: Graduate students' reflections on qualitative course-based research projects in kinesiology and health studies.* Bodies of Knowledge Conference. University of Toronto. Toronto, ON.

Schmidt, D., & LeDrew, J. (2013, April). *Sexual health education in Saskatchewan high schools: a survey of 1st year university students.* Online presentation at the 3rd International Health, Wellness & Society Conference, Sao Paulo, Brazil. Retrieved from http://www.youtube.com/playlist?list=PL534639AB7FD59312&feature=view_all

LeDrew, J. (2013, April). "Stuff" I've learned from my students: *Connecting and uniting the academic responsibilities of teaching, research and scholarship.* Keynote presented at the First University of Regina/University of Saskatchewan Kinesiology Research Day, Regina, SK.

LeDrew, J., Ogenchuk, A., Rumpel, M., Jonassen, N. & Decker, K. (June 12th, 2012). *Use of a Flash Mob to Engage 1st Year University Students - A Case Study.* 3rd *Innovations in Qualitative Research Conference*, June 11-13th, 2012, Saskatoon, SK. (4 co-authors 1st year university students).

LeDrew, J. (June 3rd, 2011). *Active Minds Active Bodies: Children as Couch Potatoes – Closing Keynote Address.* Improving Health of Children: What Works Conference. Waskesiu, SK

Cameron Mang

Assistant Professor

cameron.mang@uregina.ca, (306) 585 4066,

Education and Professional Development

Ph.D., Rehabilitation Science, University of British Columbia, 2016
 M.Sc., Human Neurophysiology, University of Alberta, 2010
 B.P.E., Sport Performance and Physical Activity, University of Alberta, 2008
 Clinical Exercise Physiologist, Canadian Society for Exercise Physiology, 2016-present

Employment History

Assistant Professor, Kinesiology and Health Studies, University of Regina, December 2018-present
 Post-Doctoral Fellow, Clinical Neurosciences, University of Calgary, February 2016- August 2018
 Graduate Research Assistant, University of British Columbia, September 2011-January 2016

Teaching History

KIN 280 - *Motor Learning and Control*, Kinesiology and Health Studies, University of Regina

- Primary Instructor, Winter Terms 2019-2021

 KIN 380 - *Advanced Topics in Motor Behaviour*, Kinesiology and Health Studies, University of Regina

- Primary Instructor, Fall Terms, 2019-2020

 KHS 887 – *Special Topics in Acquired Brain Injury*, Kinesiology and Health Studies, University of Regina

- Primary Instructor, Directed reading for a single student, Winter Term 2021

 KHS 827AR – *Applied Human Neurophysiology*, Kinesiology and Health Studies, University of Regina

- Primary Instructor, Directed reading for two students, Winter Term 2021

 KIN 498 – *Human Neurophysiology*, Kinesiology and Health Studies, University of Regina

- Primary Instructor, Honours course for a single student, Winter Term 2021

Student Supervision

Name	Position	Dates of supervision
Jayd Savage	UG Research Assistant	May 2021-present
Jeannie Postnikoff	UG Research Assistant	May 2021-present
Kristen Plandowski	MSc Student	September 2020-present
Eduardo Toledo-Aldana	MSc Student	September 2020-present
Paige Wilfong-Mackie	MSc Student	September 2019-February 2020

Vithusha Coomaran	Research Associate	February-August 2020
Ali Khan	UG Research Assistant	May 2019-August 2020
Hannah Strinholm	UG Research Assistant	May 2019-August 2020
Matthew Rostad	UG Research Assistant	May 2019-August 2020

University Service

Member of various committees with the Faculty of Kinesiology and Health Studies at the University of Regina, including: Local Safety Committee (2020-present), Community Programming Portfolio (2019-present); Faculty Council for Library Studies (2019-present); Student Research Day Planning Committee (2020-2021)

Involved in review activities, such as: President's Seed Grant Review Committee (University of Regina, 2019-2021); NSERC Undergraduate Student Research Award Committee (University of Regina, 2020); External Reviewer for MITACS Accelerate Program (2020); External Examiner for PhD Comprehensive Exam (McGill University, 2020); Peer reviewer for ~8-10 articles per year for academic journals

Speaker for various community events and initiatives, including: NeuroSask Virtual Exercise Program (2021); Saskatchewan Kinesiology and Exercise Science Association Education Day (2021); Live Well Exercise Clinic Education Webinar (2020)

Contributor to various external organizations, including: Brain Injury Canada, Scientific Advisory Board Member (2019-present); Alberta Abilities Lodges Society, Executive Board Member (2012-present); Researcher Sub-Committee Member, *Saskatchewan Health Research Showcase*, Saskatchewan Centre for Patient-Oriented Research (2020); Educating Youth in Engineering and Sciences, Summer Program Mentor (2020); Adaptive Hiking Coordinator, Rehabilitation and Fitness Program, University of Calgary (2017-2018)

Involved in other academic committees as a trainee, such as: Planning Committee Member, *A Canadian Conversation on FES Conference*, Faculty of Physical Education and Recreation, University of Alberta (2017-2018); Trainee Representative, Integrated Concussion Research Program, University of Calgary (2017-2018); PhD Program Representative, Rehabilitation Science Student Committee, University of British Columbia (2012-2013)

Scholarly Research

Journal Articles (25 total; listing only first author publications [n=11])

Mang CS, et al. (2020). Assessment of postural stability during an upper-extremity rapid bi-manual motor task after sport-related concussion. *J Athl Train*, 55(11): 1160-1173.

Mang CS, et al. (2019). Robotic assessment of motor, sensory and cognitive function in acute sport-related concussion and recovery. *J Neurotrauma*, 36(2): 308-321.

Mang CS, et al. (2018). Test-retest reliability of the KINARM end-point robot for assessment of sensory, motor and neurocognitive function in young adult athletes. *PLoS One*, 13(4): e0196205.

Mang CS, et al. (2017). Exploring genetic influences underlying acute aerobic exercise effects on motor learning. *Sci Rep*, 7(1): 12123.

Mang CS, et al. (2016). High-intensity aerobic exercise enhances motor memory retrieval. *Med Sci Sports Exerc*, 48(12): 2477-2486.

Mang CS, et al. (2016). Promoting motor cortical plasticity with acute aerobic exercise: a role for cerebellar circuits. *Neural Plast*, 2016: 6797928.

Mang CS, et al. (2015). Diffusion imaging and transcranial magnetic stimulation assessment of transcallosal pathways in chronic stroke. *Clin Neurophysiol*, 126 (10): 1959-71. *Note: Article was selected for cover of journal issue.

Mang CS, et al. (2014). A single bout of high-intensity aerobic exercise enhances response to paired associative stimulation and promotes sequence-specific implicit motor learning. *J Appl Physiol*, 117(11): 1325-1336.

Mang CS, et al. (2013). Promoting neuroplasticity for motor rehabilitation after stroke: considering the effects of aerobic exercise and genetic variation on brain-derived neurotrophic factor. *Phys Ther*, 93(12): 1707-1716.

Mang CS, et al. (2012) Loss of short-latency afferent inhibition and emergence of afferent facilitation following neuromuscular electrical stimulation. *Neurosci Lett*, 529(1): 80-85.

Mang CS, et al. (2011). Neuromuscular electrical stimulation has a global effect on corticospinal excitability for leg muscles and a focused effect for hand muscles. *Exp Brain Res*, 209(3): 355-63.

Conference Abstracts (60 total, 33 first or senior author; listing only recent exemplary abstracts)

Plandowski KE, **Mang CS***, Donkers, SJ*. (2021). The Current Landscape of Exercise and Physical Rehabilitation Services for People Living With Multiple Sclerosis in Saskatchewan: An Environmental Scan and Needs Assessment. Annual Meeting of the American Society of Neurorehabilitation. Neurorehab Neural Repair, Online ahead of print. *equal contribution as senior author.

Khan A, Strinholm H, Rostad M, **Mang CS**. (2020). Acute cardiorespiratory exercise effects on upper-extremity motor learning and intermuscular coherence. International Society for Electrophysiology and Kinesiology Congress. Online ahead of print.

Mang CS, et al. (2020). Enhanced neuroplasticity following acute cardiorespiratory exercise depends on dopamine D2 receptor (DRD2) gene variation. Annual Meeting of the Canadian Society for Exercise Physiology. *Appl Physiol Nutr Metab*, Supplement: S308.

Mang CS, et al. (2018). Upper-extremity and postural responses to perturbed reaching movements for assessment of sport-related concussion. The Annual Joint Symposium of the International and National Neurotrauma Societies. *J Neurotrauma*, 35(16): A245-A246.

Mang CS, et al. (2017). Novel assessment of acute sport-related concussion sensory, motor and neurocognitive impairment using robotics: A prospective validation study. Canadian Academy of Sport and Exercise Medicine Annual Meeting. *Clin J Sports Med*, 27(3): e40.

Book Chapters (1 total)

Mang CS, et al. (2019). Motor skill learning and its neurophysiology. *Skill acquisition in sport: Research, theory and practice, 3rd edition*. Editors: AM Williams, NA Hodges. Routledge Publishing, Taylor and Francis Group, UK.



J. Patrick Neary, PhD

Professor

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Education and Professional Development

1975-1977	University of Victoria, Faculty of Arts & Science
1978-1982	University of Victoria, Faculty of Education Bachelor of Education Degree (Physical Education & Biology)
1982-1985	University of Victoria, School of Physical Education Master of Arts Degree (Exercise Physiology)
1987-1991	University of Alberta, Physical Education & Sport Studies Doctor of Philosophy Degree, Ph.D. (Exercise Physiology)

Employment History

1990-2002	Malaspina University-College, Nanaimo, BC
2002-2005	University of New Brunswick, Fredericton, NB
2005-Present	University of Regina, Regina, SK (Promotion to Professor 2008)

Teaching History

Introductory Exercise Physiology (KHS/KIN 269)
Introductory Exercise Physiology (KIN 269) On-line Course
Measurement and Evaluation in Kinesiology (KHS 450)
Clinical Exercise Physiology (KHS 475)
Advanced Exercise Physiology (KIN 369)
Advanced Topics in Exercise Physiology (KHS 472)
Advanced Fitness Appraisal Certified Exercise Physiologist (CEP) Preparation (KIN 450)
Independent Studies (undergraduate) and Directed Studies (graduate) Courses (KHS 485; KHS 877, 888)
KIN 268 Human Physiology II
KIN 268 Human Physiology II On-line Course

Student Supervision

Name	Position	Dates of supervision
Jyotpal Singh	PhD Student	September 2019 - present
Jyotpal Singh	MSc	September 2016 - 2019
Taylor Teckchandani	MSc	September 2019 – December 2020
Tallan Black	MSc	September 2018 - 2020
Paul Goodman	PhD Student	September 2018 - present
Luke Sirant	MSc	September 2017 - 2020
Ryan Dech	MSc	September 2016 - 2019
Debora Vacaro Fogazzi	Visiting MSc Student (Brasil)	September 2016 – February 2017
Scott Bishop	MSc	September 2013 - 2016
Erin Tyson	MSc	September 2013 - 2019
Tanis Burnett	Visiting MSc Student (UBC)	September 2013- 2014
Simon Schaerz	MSc	September 2011 - 2013
David Mac Quarrie	MSc	September 2009 - 2016
Emelie Vogt	MSc	September 2009 - 2011
Barclay Dahlstrom	MSc	September 2009 - 2011
Jonathan Silbernagel	MSc	September 2009 - 2019
Emily Colburne	MSc	September 2009 (withdrawal)
Whitney Duff	MSc	September 2008 - 2012
Trevor Len	MSc	September 2007 - 2011
Lisa Cerato	MSc	September 2007 (withdrawal)
Leslie Frei	MSc	September 2007 (withdrawal)
Danielle Salmon	MSc	September 2006 - 2009
Sandor Poloskei	MSc	September 2006 (withdrawal)
Sylvia Gentner	Visiting Medical Student (Germany)	September – December 2006
Michael Harrison	PhD	September 2005- 2009
Carolyn Cote	MSc	September 2003 - 2006
Ryan Dech	UG Honours	2014-2015
Mackenzie Wekerle	UG Directed Studies	2014-2015
Matthew Butz	UG Honours	2012-2013
Anna Nelke	NSERC UG Student Award	2011

University Service

2020 – Present Executive of Council, Faculty member
 2017 – Present Academic Planning and Program Committee, Kinesiology & Health Studies
 2015 – Present URFA Faculty Member, Intellectual Property Committee
 2013 – Present Board of Directors, Saskatchewan Brain Injury Association
 2013-2014 Advisory Group, National Coaching Institute
 2012 – Present Board Member, Medical Advisory Committee, Saskatchewan Brain Injury Association
 2010 – Present Committee member, Peer Review Committee, Kinesiology & Health Studies

2010 – Present Committee member, Tenure track hiring committee, Kinesiology & Health Studies
2010 Chair, NSERC UG Student Research Awards, University of Regina
2006-2014 Executive Director, Dr. Paul Schwann Applied Health and Research Centre

Scholarly Research

A. Publications

Journal Publications - Peer-reviewed (Note: Asterisks indicate I am the Principal Investigator study)

2021 (8 papers submitted for peer-review publication)

2020 (13 publications)

1. Coehoorn, C., Stuart-Hill, L., Abimbola, W, **Neary, J.P.**, Krigolson, O. Firefighter Neural Function and Decision-Making following Rapid Heat Stress. *Fire Safety Journal*, Accepted September 2020. <https://doi.org/10.1016/j.firesaf.2020.103240>
2. Gruszecka, A., Gruszecki, M., **Neary, J.P.**, Singh, J., Teckchandani, T., Waskow, M., Wszedybyl-Winklewska, M., Guminski, W., Frydrychowski, A., Ruminski, J., Lass, P., Kratzig, G.P., Winklewski, P.J. (2020). Comparison of Near Infrared Spectroscopy (NIRS) and Near-Infrared Transillumination-Backscattering Sounding (NIR-T/BSS) methods. *Scientific Reports, Sci Rep* **10**, 18668 (2020). <https://doi.org/10.1038/s41598-020-75037-1>
3. **Neary, J.P.***, Singh, J., Christiansen, J.P., Teckchandani, T.A., and Potter, K.L (2020). Causal Link between Ventricular Ectopy and Concussion. *Case Reports in Medicine*, Volume 2020, Article ID 7154120, 8 pages; <https://doi.org/10.1155/2020/7154120>
4. Teckchandani T.A., Mac Quarrie, D.S., Singh, J., **Neary, J.P.*** (2020). Effects of Normobaric Hypoxia on Cardiac Mechanical Function Using Seismocardiography. *Proc. SPIE* 11237, Biophotonics in Exercise Science, Sports Medicine, Health Monitoring Technologies, and Wearables, 112370E (21 February 2020); <https://doi.org/10.1117/12.2546378>
5. Teckchandani, T.A., Singh, J., Mac Quarrie, D.S., **Neary, J.P.*** (2020). The effects of acute hypoxia on heart rate variability parameters. *Proc. SPIE* 11237, Biophotonics in Exercise Science, Sports Medicine, Health Monitoring Technologies, and Wearables, 112370F (21 February 2020); <https://doi.org/10.1117/12.2547898>
6. Singh, J., Teckchandani, T.A., Mac Quarrie, D.S., **Neary, J.P.*** (2020). Cerebral hemodynamic effects of 30-minute supine rest and postural changes at normoxia and hypoxia using near infrared spectroscopy, *Proc. SPIE* 11237, Biophotonics in Exercise Science, Sports Medicine, Health Monitoring Technologies, and Wearables, 112370C (21 February 2020); <https://doi.org/10.1117/12.2544509>
7. Shaw, K., Singh, J., Sirant, L., **Neary, J.P.**, Chilibeck, P.D. (2020). Effect of Dark Chocolate Supplementation on Tissue Oxygenation, Metabolism, and Performance in Trained Cyclists at

Altitude. *International Journal of Sport Nutrition & Exercise Metabolism*, Advance online publication. <https://doi.org/10.1123/ijsnem.2020-0051>

8. Singh, J., **Neary, J.P.*** (2020). Neuroprotection following Concussion: The Case for Cannabidiol. *Can J Neurological Sci*, Feb 7:1-12. <https://doi.org/10.1017/cjn.2020.23>
9. **Neary, J.P.***, Dubé, C.M., Singh, J., Len, T.K., Bhambhani, Y.N. (2020). Pre-frontal cortex oxygenation changes during aerobic exercise in elite athletes experiencing sport-related concussion. *Frontiers in Human Neuroscience*, Volume 14 Article 35, <https://doi.org/10.3389/fnhum.2020.00035>
10. Sharma, A., Hind, K., Hume, P., Singh J., **Neary, J.P.** (2020). Neurovascular Coupling by Functional Near Infra-Red Spectroscopy and Sport-Related Concussion in Retired Rugby Players: The UK Rugby Health Project. *Frontiers in Human Neuroscience*, Volume 14 Article 42, February 2020 <https://doi.org/10.3389/fnhum.2020.00042>
11. Grzyb, K., Candow, D.G., Bernat, P., Schoenfeld, B.J., Butchart, S., **Neary, J.P.** (2020). Effect of equal volume high-repetition resistance training with different workout frequency on muscle mass and neuromuscular performance in postmenopausal women. *J Strength & Conditioning Research*, Feb 4[Online ahead of print], DOI:[10.1519/JSC.0000000000003422](https://doi.org/10.1519/JSC.0000000000003422)
12. Fogazzi, Débora V., **Neary, J.P.**, Sonza, A., Reppold, C.T., Kaiser, V., Scassolae, C.M., Casali, K.R., Rasia-Filho, A.A. (2020). The prefrontal cortex conscious and unconscious response to social/emotional facial expressions involve sex, hemispheric laterality, and selective activation of the central cardiac modulation. *Behavioural Brain Research*, <https://doi.org/10.1016/j.bbr.2020.112773>
13. Mills, S., Candow, D.G., Forbes, S.C., **Neary, J.P.**, Ormsbee, M.J., Antonio, J. (2020). Effects of Creatine Supplementation during Resistance Training Sessions in Physically Active Young Adults. *Nutrients*, 12(6):1880, <https://doi.org/10.3390/nu12061880>

2019 (3 publications)

14. **Neary, J.P.***, Singh, J., Bishop, S.A., Dech, R.T., Butz, M.J., Len, T.K. (2019). An evidence-based objective study protocol for evaluating cardiovascular and cerebrovascular indices following concussion: The Neary Protocol. *Methods & Protocols*, 2:23-34, <http://dx.doi.org/10.3390/mps2010023>
15. McGeown, J.P., Hume, P.A. Kara, S., **Neary, J.P.**, Gardner, W. (2019). Is it really the result of a concussion? Lessons from a case study. *Sports Medicine – Open*. <https://doi.org/10.1186/s40798-019-0181-4>
16. Carleton, R. N., Korol, S., Wagner, J., Horswill, S. C., Mantesso, J., **Neary, J.P.**, Luhanga, F., McCarron, M., Hozempa, K., Harenberg, S., & Lyster, K. (2019). A prospective assessment of PTSD symptoms using analogue trauma training with nursing students. *Canadian Journal of Behavioural Science*. 51(3): 181-191, <http://dx.doi.org/10.1037/cbs0000127>

2018 (2 publications)

17. Gruszecki, M., Lancaster, G., Stefanovska, A., **Neary, J.P.**, Dech R.T., Guminski, W., Frydrychowski, A.F., Kot, J., Winklewski, P.J. (2018). Human subarachnoid space width oscillations in the resting state. *SCIENTIFIC REPORTS*, 8:3057, <https://doi.org/10.1038/s41598-018-21038-0>
18. Bishop, S.A., Dech, R.A., Baker, Guzik, P., **Neary, J.P.*** (2018). Heart rate variability and implication for sport concussion. *Clin Physiol Funct Imag*, 38(5):733-742, <https://doi.org/10.1111/cpf.12487>

2017 (2 publications)

19. Bishop, S.A., **Neary, J.P.*** (2017). Assessing prefrontal cortex oxygenation after sport concussion with near-infrared spectroscopy. *Clin Physiol Funct Imag*, 38(4):573-585, <https://doi.org/10.1111/cpf.12447>
20. Bishop, S.A., Dech, R.A., Baker, T., Butz, M., Aravinthan, K., **Neary, J.P.*** (2017). Parasympathetic Baroreflexes and Heart Rate Variability during Acute Stage of Sport Concussion Recovery. *Brain Injury*, 31(2):247-259. <https://doi.org/10.1080/02699052.2016.1226385>

2016 (2 publications)

21. Steimers A, Vafiadou M, Koukourakis G, Geraskin D, **Neary J.P.**, Kohl-Bareis M. (2016). Muscle Oxygenation During Running Assessed by Broad Band NIRS. *Adv Exp Med Biol*. 876:41-7; https://doi.org/10.1007/978-1-4939-3023-4_5
22. Harrison, M.F., Forde, K., Albert, W.J, Croll, J.C., **Neary, J.P.*** (2016). Posture and helmet load influences on neck muscle activation. *Aviat Space Environ Med*. 87:48-53, DOI: [10.3357/AMHP.4301.2016](https://doi.org/10.3357/AMHP.4301.2016)

2015 (2 publications)

23. Bishop, S., **Neary, J.P.*** (2015). Autonomic, Cerebrovascular, and mTBI Physiology: Linkages and Future Applications. *Current Research: Concussion*, 2(2):49-58.
24. **Neary, J.P.***, Salmon, D.M., Dahlstrom B.K., Casey E.J., Behm, D.G. (2015). Effects of an inverted seated position on single and sustained isometric contractions and cardiovascular parameters of trained individuals. *Human Movement Science* 40: 119–133.

2013 (4 publications)

25. Len, T.K., **Neary, J.P.***, Asmundson, G.J.G., Candow, D.C., Goodman, D., Bjornson, B., Bhambhani, Y.N. (2013). Serial monitoring of CO₂ reactivity following concussion using hypo- and hypercapia. *Brain Injury*, 27(3):346-353.
26. Silbernagel, J.E., Bend, P.A., Ruland, J.L., Miller, K.T., Ludlow, J.M., Neary, **J.P.*** (2013). Functional improvements following a combined aerobic and resistance training cardiac rehabilitation program. *Research Matters*, 1(1):10-17

27. Dahlstrom, B.K., Duff, W.R., Poloskei, S., Schaerz, S., Len, T.K., **Neary, J.P.*** (2013). Neuromuscular changes following simulated high-intensity cycling performance in moderate hypoxia. *Journal of Exercise Science & Fitness* 11:78-84.
28. Salmon, D.M., Harrison, M.F., Sharpe, D., Candow, D.G., Albert, W.J., **Neary, J.P.*** (2013). Exercise therapy for improved neck muscle function in helicopter aircrew. *Aviat Space Environ Med* 2013; 84:1046 – 54

2012 (2 publications)

29. Vogt, E.S.M., Mac Quarrie, **Neary, J.P.*** (2012). Using ballistocardiography to measure cardiac performance: a brief review of its history and future significance. *Clin Physiol Funct Imag*, 32:415-420
30. Harrison, M.F., **Neary, J.P.***, Albert, W.J, Croll, J.C. (2012). A Predictive Logistic Regression Equation for Neck Pain in Helicopter Aircrew. *Aviat Space Environ Med*. 83:604–8.

2011 (6 publications)

31. **Neary, J.P.***, Mac Quarrie, D.S., Jamnik, V., Gledhill, N., Gledhill, S., Busse, E.F. (2011). Assessment of mechanical cardiac function in elite athletes. *The Open J Sports Med*; 5:38-44.
32. Harrison, M.F., **Neary, J.P.***, Albert, W.J, Croll, J.C. (2011). Neck Pain and Muscle Function in a Population of CH-146 Helicopter Aircrew. *Aviat Space Environ Med*. 82:1125-1130.
33. Len, T.K., **Neary, J.P.***, Asmundson, G.J.G., Goodman, D., Bjornson, B., Bhambani, Y.N. (2011). Cerebrovascular reactivity impairment following sport-induced concussion. *Med Sci Sports Exerc*. 43(12), 2241–2248.
34. Len, T.K., **Neary, J.P.*** (2011). Cerebrovascular pathophysiology following mild traumatic brain injury. *Clin Physiol Funct Imag*, 31:85-33.
35. Salmon, D.M., **Neary, J.P.***, Harrison, M.F. (2011). Neck Pain in Military Helicopter Aircrew and the Role of Exercise Therapy. *Aviat Space Environ Med*; 82:978-987.
36. Forde, K.A., Albert, W.J., Harrison, M.F., **Neary, J.P.**, Croll, J., Callaghan, J.P. (2011). Neck loads and postures experienced by Canadian Forces helicopter pilots during simulated day and night flights. *Int J Ind Erg* 41(2): 128-135.

2010 (1 publication)

37. Harrison M.F., **Neary, J.P.***, Albert, W.J., McKenzie, N.P., Veillette, D.W., Croll, J.C. (2010). Cytochrome oxidase changes trapezius muscles with night vision goggle usage. *Int J Ind Erg*.40:140-145.

Abstracts (Conference Presentations, Peer-reviewed)

2021 (2 papers submitted)

2020 (7 papers)

1. Teckchandani T.A., Mac Quarrie, D.S., Singh, J., **Neary, J.P.** (2020). Effects of Normobaric Hypoxia on Cardiac Mechanical Function Using Seismocardiography. *Proc. SPIE 11237, Biophotonics in Exercise Science, Sports Medicine, Health Monitoring Technologies, and Wearables*. San Francisco, CA., February 1, 2020.
2. Teckchandani, T.A., Singh, J., Mac Quarrie, D.S., **Neary, J.P.** The effects of acute hypoxia on heart rate variability parameters. *Proc. SPIE 11237, Biophotonics in Exercise Science, Sports Medicine, Health Monitoring Technologies, and Wearables*. San Francisco, CA., February 1, 2020.
3. Singh, J., Teckchandani, T.A., Mac Quarrie, D.S., Neary, J.P. (2020). Cerebral hemodynamic effects of 30-minute supine rest and postural changes at normoxia and hypoxia using near infrared spectroscopy," *Proc. SPIE 11237, Biophotonics in Exercise Science, Sports Medicine, Health Monitoring Technologies, and Wearables*. San Francisco, CA., February 1, 2020.
4. **Neary, J.P.**, Sirant L.W., Singh J., Teckchandani T., Dech R.T., Bishop S.A., Piskorski J., Guzik P., Dorsch K. Acute effects of concussion on heart rate variability during a hypercapnic challenge. ECSS Sevilla Spain, July 2020. *Abstract accepted for presentation, but withdrawn due to Covid-19*.
5. Singh, J., Teckchandani, T., **Neary, J.P.** Heart Rate Variability and Psychological Correlations of Full Spectrum Cannabidiol on Mild Traumatic Brain Injury: Case Studies Series. *Submitted: International Cannabinoid Research Society Meetings, Galway IE, 2020. [Conference cancelled due to Covid-19]*.
6. Sirant, LW., Singh, J., Martin, S., Gaul, CA., Stuart-Hill, L., Bowers, C., Bryan, J., **Neary, JP.** Long-term effects of multiple concussions on cerebrovascular reactivity in retired contact sport athletes, Scientific Program of the 2020 CASEM-AQMS Sport Medicine Conference to be held in Banff, AB, April 29 to May 2, 2020. *[Conference cancelled due to Covid-1]*.
7. Singh, J. Singh, J., Sirant, LW., Martin, S., Gaul, CA., Stuart-Hill, L., Kratzig, GP., Bowers, C., Leahy, K., **Neary, JP.** Long-term effects of multiple concussions on total haemoglobin reactivity index in active retired contact sport athletes, Scientific Program of the 2020 CASEM-AQMS Sport Medicine Conference to be held in Banff, AB, April 29 to May 2, 2020. *[Conference cancelled due to Covid-1]*.

2019 (4 papers)

8. Singh J., Lloyd, D., **Neary, J.P.** Effects of high cannabidiol, whole flower extract on total hemoglobin variability and pressure alleviation during squat-stands post-concussion: case study. The 2nd International Annual Congress on Controversies on Cannabis-Based Medicines 2019, Barcelona, Spain; May 22, 2019.
9. Sirant, L., Singh, J., Martin, S., Gaul C.A., Stuart-Hill, L., **Neary, J.P.** Long term effects of multiple concussions on neurovascular coupling in retired contact sport athletes. *In:*

Proceedings of the 24rd Annual Congress of the European College of Sports Science; 2019 July 3-6; Prague, Czech Republic.

10. **Neary, J.P.**, Singh, J., Sirant, L., Martin, S., Gaul C.A., Stuart-Hill, L. Sustained effects of concussions on cerebral autoregulation in retired contact sport athletes. *In: Proceedings of the 24rd Annual Congress of European College of Sports Science; 2019 July 3-6; Prague, Czech Republic.*
11. Shaw K., Singh J., Sirant L., **Neary J.P.**, Chilibeck P. Effects of dark chocolate on metabolism and performance in trained cyclists at simulated altitude. *In: Proceedings of the 52nd Annual Canadian Society of Exercise Physiologists Conference; 2019 November 6-9; Kelowna, Canada.*

2018 (2 papers)

12. **Neary, J.P.**, Singh, J., Piskorski, J., Sirant, L., Dech, R.T., Guzik, P., Heart rate variability changes during paced breathing maneuver pre- and post-concussion. *European College of Sport Science*, July 4-7, Dublin, Ireland.
13. Singh, J., Piskorski, J., Sirant, L., Dech, R.T., **Neary, J.P.** Total haemoglobin reactivity changes in response to a baroflex manoeuvre following sport-concussion. *European College of Sport Science*, July 4-7, Dublin, Ireland.

2017 (3 Papers)

14. Singh, J., **Neary, J.P.**, MacQuarrie, D.S. Cardiac function following sport-related concussion: Case study using seismocardiography, *Canadian Society for Exercise Physiology*, October 25-28, 2017, Winnipeg, BC.
15. **Neary, J.P.**, Schaerz, S., Dahlstrom, B., Neary, J.P. Reduced integrated EMG during 40 Km cycling time trial in hyperthermia. *European College of Sport Science*, July 5-8, Essen, Germany.
16. Dech, R.T., Bishop, S.A., **Neary, J.P.** Mild bilateral jugular vein compression alters cerebral hemodynamics: implications for sport concussion. *European College of Sport Science*, July 5-8, Essen, Germany.

2016 (3 Papers)

17. **Neary, J.P.** Integrative Physiology to Assess Recovery from Sport-Related Concussion. Invited Symposium presentation, *Canadian Society for Exercise Physiology*, October 12-15, 2016, Victoria, BC.
18. Dech, R.T., Neary, J.P., Concussion collar alters cerebral haemodynamics during postural test. *Canadian Society for Exercise Physiology*, October 12-15, 2016, Victoria, BC.
19. Bishop, S.A., **Neary, J.P.**, Pre-frontal cortex oxygenation changes after sport concussion with near infrared spectroscopy *Canadian Society for Exercise Physiology*, October 12-15, 2016,

Victoria, BC.

20. **Neary, J.P.**, Dahlstrom, B.K., Dat, M., Butz, M.J. Pre-frontal cortex oxygenation and peripheral fatigue during Wingate exercise. *European College of Sports Science*, July 6-9, 2016, Vienna
21. **Neary, J.P.**, Bishop, S.A., Wekerle, M., Dech, R. Cerebrovascular resistance following sport-related concussion. *Intracranial Pressure/Cerebral Autoregulation Network Conference*, June 28-July 2, 2016, Boston, MA.
22. Dorsch, K.D., McCaffrey, R., **Neary, J.P.** Officiating Performance: Expertise without practice? NASPSA, June, Montreal PQ.
23. McCaffrey, R., Dorsch, K.D., Mosiondz K., Harenberg, S., **Neary, J.P.** Relationship between Sleep Quality, Sleep Duration and Distributed Attention Performance in an Athletic Population. NASPSA, June, Montreal PQ.

2015 (3 Papers)

24. Bishop, S., Dech, R., Aravinthan, K., Baker, T., Burnett, T., Butz, M., **Neary, J.P.** Acute Stages of Sport Concussion: Heart Rate Variability and Blood Pressure Suppression During Postural Hemodynamic Drives. *CARNet*, July 13-15, 2015, Southampton, UK.
25. Bishop, S., Dech, R., Aravinthan, K., Baker, T., Burnett, T., Butz, M., van Donkelaar, **Neary, J.P.** Acute stages of concussion: Suppression of blood pressure during postural hemodynamic drives. *Brain/ Cerebral Blood Flow, Metabolism & Function*, June 26-30, 2015, Vancouver, BC.
26. **Neary, J.P.**, Butz, M., Dahlstrom, B., Smirl, J.D., Bishop, S. Effects of physical exertion and heat on cerebrovascular response in professional firefighters. *Brain/ Cerebral Blood Flow, Metabolism and Function*, June 26-30, 2015, Vancouver, BC.

2014 (4 Papers)

27. Burnett, T., Wallace, C., Wright, S., Ainslie, P., Neary, J.P., van Donkelaar, P. Pathophysiology of sport-related concussion injuries: Interrelationships between physiology, neurocognitive, and subjective symptom changes. *Tenth World Congress on Brain Injury*, March 19 - 22, 2014, San Francisco, CA.
28. Neary, J.P., Butz, M., Dahlstrom, B., Smirl, J.D., Bishop, S. Effects of physical exertion and heat on cerebrovascular response in professional firefighters. *Experimental Biology*, April 26-30, 2014, San Diego, CA. Accepted abstract but was withdrawn.
29. Bishop, S., Burnett, T., Smirl, J.D., Ainslie, P.N., van Donkelaar, P., Neary, J.P. Dynamic cerebral autoregulation following sport concussion: indexing recovery in elite athletes. *Experimental Biology*, April 26-30, 2014, San Diego, CA. Accepted abstract but was withdrawn.

30. Neary, J.P., Baker, T., Jamnik, V., Gledhill, N., Chaikovsky, I.A., Frolov, Y.A., Wasiliew, V.E. Multimodal Approach to Cardiac Screening of Elite Ice Hockey Players During the NHL Scouting Combine. ACSM, May 27-31, 2014, Orlando, FL. Abstract accepted but was withdrawn.

2013 (3 Papers)

31. Harrison, M.F., Forde, K.A., Albert, W.J., Croll, J.C., **Neary, J.P.** Influence of posture and helmet load on neck muscle activation. *Aviat Space Environ Med* (2013) 84(4): 363. Chicago, IL.
32. Silbernagel, J., Ludlow, M., Balbar, M., Dinh, A., MacQuarrie, D.S., Ko, SK, **Neary, J.P.** Using seismocardiography to assess systolic timing intervals pre and post-exercise training in heart failure: A pilot study. *Can Assoc Cardiac Rehab*, October 24-26, 2013. Montreal, PQ.
33. Chomos, A., Dorsch, K., **Neary, J.P.** The development of a context-specific biofeedback protocol: An application to ice hockey officials. *Applied Sport Psychology's (AASP)*, Annual Conference, October 2-5, 2013, New Orleans, LO.

2012 (7 Papers)

34. Schaerz, S., Len, T.K., **Neary, J.P.** Cerebral hemodynamics during time-to-exhaustion cycling in hyperthermia, *CSEP Annual Conference and Meetings, Regina, SK, October 10-13, 2012.*
35. Schaerz, S., Dahlstrom, B.K., Butz, M.J.A., **Neary, J.P.** Middle cerebral artery velocity and integrated electromyography during 40 kilometer time-trial cycling in hyperthermia. *CSEP Annual Conference and Meetings, Regina, SK, October 10-13, 2012.*
36. **Neary, J.P.**, Butz, M.J.A., Jamnik, V., Gledhill, N. Cardiac characteristics of NHL Scouting Combine players. *CSEP Annual Conference and Meetings, Regina, SK, October 10-13, 2012.*
37. Duff, W.R., Dahlstrom, B.K., **Neary, J.P.** Muscle oxygenation of vastus lateralis during incremental (VO₂max) cycling exercise. *CSEP Annual Conference and Meetings, Regina, SK, October 10-13, 2012.*
38. Pedercini, R., Fernandes Filho, J., Fernandes, P.R., **Neary, J.P.** Dermatoglyphic technique as a method of guidance and prognosis in sports selection. *CSEP Annual Conference and Meetings, Regina, SK, October 10-13, 2012.*
39. Dahlstrom, B.K., Duff, W.R., Poloskei, S., Schaerz, S., Len, T.K., **Neary, J.P.** Investigation of neuromuscular changes following simulated high intensity cycling performance in moderate hypoxia. *CSEP Annual Conference and Meetings, Regina, SK, October 10-13, 2012.*
40. Silbernagel, J.E., Bend, P.A., Ruland, J.L., Miller, K.T., Ludlow, J.M., Dorsch, K., **Neary, J.P.** The pre and post test comparative results of two predictive tools used to estimate functional capacity in cardiac disease. *Can Assoc Cardiac Rehab, Toronto, ON, October 24-26, 2012.*

2011 (9 Papers)

41. Silbernagel, J.E., Bend, P.A., Ruland, J.L., Miller, K.T., Ludlow, J.M., Neary, J.P. A cardiac rehabilitation program of combined aerobic and resistance training is effective in producing functional adaptations. *Can Assoc Cardiac Rehab, Vancouver, BC, October 22-26, 2011.*
42. **Neary, J.P.**, Central brain research techniques: Blood flow, NIRS. *International Sports Science & Sports Medicine Conference, Northumbria, UK, August 19, 2011.*
43. **Neary, J.P.**, MacQuarrie, D.S. Altered myocardial function and cardiac biomarkers following marathon running. *Eur College Sports Sci, Liverpool, UK, July 6-9, 2011.*
44. Mac Quarrie, D.S., Gebhardt, V., **Neary, J.P.** Comparison of Seismocardiography to Echocardiography for Measuring Cardiac Cycle Events. *University of Regina Graduate Student Symposium, April 2011.*
45. **Neary, J.P.**, Salmon, D.M., Pritchett, E., Behm, D.G. Effects of an Inverted Body Position on Muscle Force and Cardiovascular Parameters. *Eur College Sports Sci, Liverpool, UK, July 6-9, 2011.*
46. Mac Quarrie, D.S., Gebhardt, V., **Neary, J.P.** Comparison of Seismocardiography to Echocardiography for Measuring Cardiac Cycle Events. *Eur College Sports Sci, Liverpool, UK, July 6-9, 2011.*
47. **Neary, J.P.**, Salmon, D.M., Pritchett, E., Behm, D.G. Effects of an Inverted Body Position on Arm Maximal Voluntary Contraction Force and Cardiovascular Parameters. *Physiol Society, Oxford, UK, July 11-14, 2011.*
48. **Neary, J.P.**, Mac Quarrie, D.S., Gebhardt, V. Relationship Between Seismocardiography and Echocardiography for Measuring Cardiac Cycle Timing Events. *Physiol Society, Oxford, UK, July 11-14, 2011.*
49. Duff, W.R., Dahlstrom, B., Poloskei, S., Kohl-Bareis, M., **Neary, J.P.** Effects of Intense Exercise on Muscle and Cerebral Oxygenation During Acute Hypoxia *Physiol Society, Oxford, UK, July 11-14, 2011.*

2010 (10 papers)

50. **Neary, J.P.**, Mac Quarrie, D.S., Busse, E.F. Cardiac contractility and performance can be reliably measured day-to-day using digital ballistocardiography. *Med Sci Sports Exerc* 42 (Supplement):S379, 2010. **(CIHR).**
51. Mac Quarrie, D.S., **Neary, J.P.** Myocardial dysfunction and cardiac performance in marathon runners monitored using ballistocardiography. *ACSM Integrative Physiol of Exerc, Miami FL, Sept 22-25, 2010.*

52. **Neary, J.P.**, Kohl-Bareis, M., Ansley, L., Hunter, A., Skowno, J., St Clair Gibson, A., Noakes, T.D. Pre-frontal cortex oxygenation is altered during 20km time trial (20TT) in acute hypoxia vs. normoxia. *ACSM Integrative Physiol of Exerc, Miami FL, Sept 22-25, 2010.*
53. **Neary, J.P.**, Mulder, D., Mac Quarrie, D.S. Sport performance related changes in cardiac cycle timing events. *CSEP Annual Conference and Meetings, Toronto ON, Nov 3-5, 2010*
54. Vogt, E.S.M., Neary, J.P., Mac Quarrie, D.S., Jamnik, V., Gledhill, N. Detecting effects of physical training on cardiac performance using non-invasive ballistocardiography. *CSEP Annual Conference and Meetings, Toronto ON, Nov 3-5, 2010*
55. Len, T.K., **Neary, J.P.**, Mac Quarrie, D.S., Vogt, E.S., Goodman, D., Busse, E.F. Detecting changes in autonomic function following sport concussion in adolescent male athletes using digital ballistocardiography. *EPOWC Conference, Regina SK, Aug 12-14, 2010.*
56. Duff, W., **Neary, J.P.**, Dahlstrom, B., Poloskei, S., Len, T.K., Calhoon, K. Effects of Intense Exercise on Cerebral and Muscle Oxygenation in Acute Hypoxia. *EPOWC Conference, Regina SK, Aug 12-14, 2010.*
57. Calhoon, K., Dorsch, K., Bend, P., Silbernagel, J., **Neary, J.P.** Analyzing the Effects of a Cardiac Rehabilitation Program on Health Anxiety. *EPOWC Conference, Regina SK, Aug 12-14, 2010.*
58. Salmon, D.M., Harrison, M.F., Sharpe, D, Candow, D.G., Albert, W.J., **Neary, J.P.** (2011). The Effect of Neck Muscle Exercise Training on Self Reported Pain in CH-146 Griffon Helicopter Aircrew. *Military & Veterans Affairs Special Edition Book (Invited Paper), Kingston, ON*
59. **Neary, J.P.** Salmon, D.M. Exercise Training to Mitigate Neck Muscle Dysfunction in Canadian Helicopter Aircrew. *Invited Presentation, Aerospace Medical Association, Phoenix, AR, May 11-14, 2010*



Erica O’Neill

Instructor I

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Education and Professional Development

Masters of Science in Kinesiology and Health Studies, University of Regina (currently enrolled)

Bachelor of Kinesiology – Human Kinetics Major, Athletic Therapy Concentration, University of Regina (2014)

Advanced Athletic Therapy Certificate, Mount Royal University (2014)

Employment History

Instructor I, University of Regina – Faculty of Kinesiology and Health Studies (October 2015- Present)

Assistant Athletic Therapist, University of Regina (August 2015- Present)

Teaching History

KIN 375- Care and Prevention of Athletic Injuries, Primary Instructor (Fall 2016-Present)

KIN 260 – Human Anatomy, Instructor (Winter 2016)

KIN 375 – Care and Prevention of Athletic Injuries, Teaching Assistant (Fall 2015)

Student Supervision

Name	Position	Dates of supervision
		<i>expand table as required with tab key</i>

University Service

Medical Division of Saskatchewan Winter Games Planning Committee (2021-Present)

COVID Manager - Faculty of Kinesiology and Health Studies, University of Regina (2020-Present)



Athletic Therapist - University of Regina Athletics (2015-Present)

Sport Medicine Consultant – Sport Medicine and Science Council of Saskatchewan (2014-Present)

CATA Board of Directors – Board member (2016- 2019)

Medical Chair of the Host Committee – World Broomball Championships (2016)

Scholarly Research

Education

- **Postdoctoral Fellow**, School of Nutrition, Ryerson University, Toronto, Ontario, Canada: 2016-17
 - Supervisor: Dr. Nick Bellissimo, Associate Professor
 - Field: Physiological and environmental factors that contribute to appetite and energy imbalance across a spectrum of populations (children, adults, disability)
- **Doctor of Philosophy (PhD Kinesiology)**: Department of Kinesiology, McMaster University, Hamilton, Ontario, Canada: 2010-14
 - Supervisor: Dr. Maureen MacDonald, Dean of Science
 - Dissertation (passed with excellence): Cardiovascular health and physical activity among individuals with chronic spinal cord injury. <http://hdl.handle.net/11375/16389>
 - Comprehensive Exams completed with distinction (P+): August 2011
- **Master of Science (MSc Kinesiology)**: Department of Kinesiology, University of Waterloo, Waterloo, Ontario, Canada: 2007-09
 - Supervisors: Drs. Lora Giangregorio, Richard Hughson, and Cathy Craven
 - Thesis: Clinical assessment of body composition after spinal cord injury. An observational study. <http://hdl.handle.net/10012/4851>
- **Bachelor of Science (BSc Kinesiology Honors)**: School of Health and Human Performance, Dalhousie University, Halifax, NS, Canada: 2003-07
 - Supervisor: Dr. Stephen Cheung
 - Thesis: The effects of dehydration on repeated anaerobic activity.

Academic Appointments & Other Employment

Maternity Leaves:

- December 2020 – August 2021
- October 2017 – June 2018
- October 2014 – September 2015

Academic Appointments:

- **Assistant Professor**, Faculty of Kinesiology and Health Studies, University of Regina, Regina, Saskatchewan, Canada: June 2017-present
- **Contract Lecturer**, School of Nutrition, Ryerson University, Toronto, Ontario, Canada: Sept-Dec 2016;
- **Partial Load Part Time Instructor**, Health Wellness and Fitness, Mohawk College, Hamilton, Ontario, Canada: Jan-April 2016.

Other Employment:

- **Program Coordinator and Exercise Physiologist**, MacWheelers and MSFitt Exercise Programs, Physical Activity Center of Excellence (PACE), McMaster University, Hamilton, Ontario: Sept 2015-Jan 2016;
- **Fitness Trainer**, MacWheelers Exercise Program (individuals with disability, primarily spinal cord injury), Centre for Health Promotion and Rehabilitation, McMaster University, Hamilton, Ontario, May 2010-14;
- **Fitness Trainer**, Lyndhurst Fitness Center (rehabilitation center for individuals with disability, primarily spinal cord injury), Toronto Rehabilitation Institute, Toronto, Ontario: Sept 2008-Dec 2009;
- **Personal Trainer**, GoodLife Fitness Centre, Waterloo, Ontario: Sept 2007-May 2008;
- **Strength and Conditioning Coach and Fitness Testing; Soccer Nova Scotia**, 2004-07;
- **Strength and Conditioning Coach and Nutrition Instructor; Hockey Nova Scotia**, 2007;
- **Strength and Conditioning Coach; Dalhousie University Varsity Sports**: Women's Hockey, Women's Soccer, Men's Soccer, Women's Volleyball, 2003-07;
- **Personal Trainer**, Nubody's Fitness Centre, Halifax, Nova Scotia, June 2005-Sept 2006;
- **Strength and Conditioning Trainer**, Mike Boyle Strength & Conditioning, Winchester, Massachusetts, United States: 2001-04.

Licensure / Certification

- **IV Catheter Certification**; Northern Alberta Institute of Technology: Oct 2019-present;
- **Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Research Ethics (TCSP 2: CORE)**: Aug 2019;
- **Registered Kinesiologist** (registration #13509; status: inactive), College of Kinesiologists of Ontario: 2015-present;
- **Cosmed Inc. – Registered Bod Pod User** (assessment of body composition): 2012-present;
- **International Society for Clinical Densitometry – Certified Bone Densitometry Technologist (ISCD-CDT)**: 2012-present;
- **Canadian Society for Exercise Physiology Certified Exercise Physiologist (CSEP-CEP)**: 2011-present;
- **Trained Phlebotomist**; Basic Blood Collection course (Mohawk College): 2010-present;
- **Certified Kinesiologist** - Ontario Kinesiology Authority (OKA); 2009-2011;
- **Can-Fit-Pro ADV-PTS** (Advanced Personal Trainer Specialist): 2007-2009;
- **NSCA-CPT** (National Strength and Conditioning Association – Certified Personal Trainer): 2004-present;
- **Adult Infant & Child CPR-C, AED**, 2008-present;
- **Standard First Aid**, Canadian Red Cross: 2004-present.

Professional Memberships and Activities

Memberships

- **Canadian Nutrition Society (CNS)** member: 2017-present;
- **American Society for Nutrition (ASN)** member: 2017-present;
- **Project Management Institute (PMI)** member: 2014-2016;
- **Ontario Spinal Cord Injury Solutions Alliance** member: 2012-present;
- **Spinal Cord Injury Ontario (formally Canadian Paraplegic Association; CPA)** member: 2009-present;
- **Obesity Canada** member: 2008-present;
- **Canadian Society for Exercise Physiology (CSEP)** member: 2007-present;
- **American College of Rehabilitation Medicine (ACRM)** member: 2014-2016;
- **Exercise is Medicine McMaster (EIMC)** member: Feb 2014-2016;
- **Hypertension Canada** associate member: 2011-2015;
- **American Society of Bone and Mineral Research (ABSMR)** member: 2011-2013;
- **American College of Sports Medicine (ACSM)** member: 2009-present.

Workshops Attended

- **Care for Amputees 4-Part Webinar Series**; presented by Dr. Audrey Zucker-Levin, Fall 2018;
- **CSEP – The ECG**, normal, abnormal ECG interpretation & exercise/stress testing, March 2018;
- **Mini MBA Seminar Series**, McMaster University: Feb-March 2015;
- **Foundations of Project Management I**: Mitacs Step: March 2014;
- **Foundations of Project Management II**: Mitacs Step: July 2014;
- **International Society for Clinical Densitometry (ISCD) – Bone Densitometry Technologist Course**: September 14-15, 2011, San Diego, California, United States;
- **Cardiovascular Ultrasound in Sport and Exercise Sciences Summer School**, University of British Columbia Okanagan, Kelowna, BC, July 19-23, 2010.

Service

University of Regina

Faculty Level

- **Health & Safety Faculty Representative**, Faculty of Kinesiology and Health Studies, Aug 2019-present;
- **Faculty Council Representative to Faculty of Nursing**, Aug 2019-present;

- **Admissions & Studies Committee**, Faculty of Kinesiology and Health Studies, Jan-Aug 2019;
- **Search Committee**, Faculty of Kinesiology and Health Studies, Tenure-Track Assistant Professor in Health Promotion, Jan-April 2019;
- **BKin Working Group**, reviewing Kinesiology and Health Studies BScKIN program in preparation for an external review, September 2017-present;
- **Athlete Health & Performance Initiative Strategic Portfolio Team**; organizing changes in operation and structures regarding performance training, and testing & evaluation, 2017-18
 - Provide support for Performance Training Coordinator
 - Provide support for Testing/Evaluation Coordinator

University Level

- **Search Advisory Committee**, University of Regina, Associate Vice-President of Teaching and Student Analytics, June-July 2019;
- **Integrated Health Research Cluster Co-Lead** (3-year term), Special Advisor to Vice President Research, University of Regina, Jan 2019-present;

Academic Community

Editorial Boards

- **Assistant Guest Editor**, *International Journal of Environmental Research and Public Health (IJERPH)*, June 2020-June 2021;
- **Review Editor**, Editorial Board of *Clinical Nutrition* (specialty section of *Frontiers in Nutrition*), Aug 2020-present.

Manuscript Referee

- Applied Physiology Nutrition Metabolism (5 reviews; May 2017; February 2018; June 2018; March 2020; September 2020)
- Disability and Rehabilitation (1 review; October 2016)
- European Journal of Applied Physiology (1 review; Aug 2010)
- Experimental Physiology (1 review; Jan 2014)
- Fatigue: Biomedicine, Health & Behavior (1 review; September 2020)
- International Journal of Sports Medicine (1 review; Oct 2017)
- Journal of Aging & Physical Activity (3 reviews; July 2017; Dec 2018; May 2019)
- Journal of Applied Physiology (1 review; Sept 2018)
- Journal of Clinical Densitometry (1 review; July 2020)
- Journal of NeuroEngineering and Rehabilitation (1 review; April 2015)
- Journal of Orthopedic Research (1 review; November 2016)
- Journal of Spinal Cord Medicine (3 reviews; October 2016; May 2017; June 2018)
- Medicine & Science in Sports & Exercise (2 reviews; May 2017; January 2019)
- Nutrients (7 reviews; Dec 2018; Feb 2019; July 2019; Aug 2019; Feb 2020; April 2020, August 2020)
- PLOS ONE (1 review; July 2019)
- Spinal Cord (7 reviews; March 2012, Dec 2013, Feb & March & April & November 2016, Dec 2017)

Abstract Referee

- **Abstract Reviewer** (20 abstracts); Oral & Poster Competition, CNS AGM, May 2019;
- **Abstract Reviewer** (60 abstracts); Oral & Poster Competition, CNS AGM, May 2018;
- **Poster Judge**, Nutrition Graduate Student and Trainee Award Poster Presentations, Canadian Nutrition Society Annual General Meeting, May 26, 2017;
- **Abstract Reviewer**, 6th National Spinal Cord Injury Conference, Jan 2014.

Grant / Research Funding Referee

- **Canadian Institute of Health Research Project Grant Reviewer**, 1 application, Dec 2019;
- **CGS CIHR/NSERC Masters Review Committee**, Faculty of Graduate Studies & Research, University of Regina, Regina, SK, Jan 2019;

- **Mitacs Accelerate Reviewer**, Research Proposal (2 reviews; September 2018; August 2020)

Other

- **Canadian Nutrition Society Trainee Mentorship Program**, providing mentorship to a young professional on issues related to graduate school, career paths, work-life balance, leadership, and other topics of interest, Sept 2019-present;
- **Canadian Consortium of Exercise Science (CCES)**, improving the quality (methodological rigor and reporting) of exercise science research in Canada, Jan 2019-present;
- **Ontario Spinal Cord Injury Research Network (OSCIRN) Organizing Committee**, 2012, 2013 & 2015;
- **Osteoporosis Canada**, Public Education co-director. Development of a support group for individuals with osteoporosis; support group meetings held once per month and lead by invited speakers, 2010-2014;
- **Canadian Obesity Network Students and New Professionals (CON-SNP)** council member & activity director. Organize bi-weekly seminars to facilitate the advancement of obesity education, research, treatment, and management, 2011-2013;
- **Canadian Society for Exercise Physiology – Graduate Student Committee (CSEP-GSC)**: 2007-2011;
- **Kinesiology Student Research Ethics Committee (KSREC)**, Reviewer. McMaster University, Sept 2010-2011.
- **Moderator of Workshop at 3rd National Spinal Cord Injury Conference Pre-Course: *Using Advanced Therapies to Prevent and Treat Pressure Sores in People with Spinal Cord Injury***: Lyndhurst Center, Toronto, ON: Nov 6, 2008.

Awards & Honors

Grants

- **Totosy de Zepetnek J.O.** (Principle Investigator), Bellissimo N.; Agriculture Research Branch 2021: “*Effects of canola and flaxseed oil consumption on food intake regulation and inflammation in adults with type 2 diabetes*” LOI Submitted (\$150,000 over 2 y)
- **Totosy de Zepetnek J.O.** (Principal Investigator), Cameron A.; Saskatchewan Health Research Foundation Establishment Grant 2020: “*Nutrition and Exercise on Cardiometabolic Health and Food Intake Regulation in Type 2 Diabetes*”; Awarded (\$119,997 over 3 y).
- McPhee L. & **Totosy de Zepetnek J.O.** (Principal Investigator); Undergraduate Research Fellowship Application May-August 2020 (Full-Time 40 hrs/wk): “*Effects of an eight-week low-carbohydrate high-fat diet on metabolic biomarkers in middle-aged endurance athletes*”; Awarded (\$8,500).
- **Totosy de Zepetnek J.O.** (Principal Investigator), Kulczycki C. University of Regina President’s Fund Research SEED Grant 2019: “*Motivations for Mass-Participation Running*”; Awarded (\$4,820).
- Earl C. & **Totosy de Zepetnek J.O.** (Principle Investigator); Undergraduate Research Fellowship Application May-August 2019 (Part-Time 20 hrs/wk): “*Reproducibility of aortic pulse wave velocity in persons with type 2 diabetes*”; Awarded (\$3,750).
- Rizvi Z. & **Totosy de Zepetnek J.O.** (Principle Investigator); Undergraduate Research Fellowship Application May-August 2019 (Part-Time 20 hrs/wk): “*Determination of brain derived neurotrophic factor from a finger prick capillary blood sample*”; Awarded (\$3,750).
- **Totosy de Zepetnek J.O.** (Principle Investigator), Candow D.; Canadian Foundation for Innovation (CFI) John R. Evans Leadership Fund (JELF) 2018: “*Infrastructure for Cardiovascular and Metabolic Health Research*”; Awarded (\$213,540).
- Bellissimo N. (Principle Investigator), **Totosy de Zepetnek J.O.**; Ryerson Internal Grant Competition: Health Research Fund 2017: “*Effects of exercise intensity on glycemic control and cognitive function in normal weight and obese children*”; Awarded (\$9,900).
- Bellissimo N. (Principle Investigator), **Totosy de Zepetnek J.O.**, Joseph I., Fiocco A., McPherson A., Finniss B.; Ryerson Internal Equipment Grant Competition 2017: “*Establishing a Laboratory for the Study of Human Energy Expenditure Across the Lifespan*”; Awarded (\$26,375).
- Bellissimo N. (Principle Investigator), Rousseau D., **Totosy de Zepetnek J.O.**, Qing G.; Alliance for Potato Research & Education (APRE) 2017: “*Effect of white potatoes and potato components on in vivo and in vitro glycemic response and satiety across the lifespan*”; Awarded (\$150,000 over 2 y).
- Bellissimo N. (Principle Investigator), **Totosy de Zepetnek J.O.**; Egg Nutrition Center (ENC) 2017: “*Effect of eggs and egg components on cognitive performance in school-aged children*”; Awarded (\$135,000 over 1 y).

- Bellissimo N. (Principle Investigator), **Totosy de Zepetnek J.O.**; Ryerson University Faculty of Community Services SEED Grant 2016: “*Effects of high intensity interval training on glycemic control in children*”; Awarded (\$5000).

Grant Development

- **Totosy de Zepetnek, J.O.**; University of Regina Tri-Agency Cohort Program 2020 (supporting the development of an NSERC Discovery Grant); Accepted.
- **Totosy de Zepetnek, J.O.**; University of Regina Tri-Agency Cohort Program 2018 (supporting the development of a SHRF Establishment Grant); Awarded (\$3,000).

Scholarships

- **Ontario Neurotrauma Foundation (ONF) & Rick Hansen Foundation (RHF), Mentor-Applicant Capacity-Building Award in Spinal Cord Injury Research** (2011-ONF-RHI-MT-888); Held At: McMaster University: 2012-14 (\$45,000);
- **Ontario Graduate Scholarship (OGS)**, Held At: McMaster University: 2013 (\$15,000);
- **Ontario Graduate Scholarship (OGS)**, Held At: McMaster University: 2012 (\$15,000);
- **Ontario Neurotrauma Foundation (ONF), Graduate Student Fellowship Award in Spinal Cord Injury Research** (2008-SCI-PHD-701); Held At: McMaster University: 2010-12 (\$46,000);
- **Ontario Graduate Scholarship (OGS)**, Declined: 2010 (\$15,000);
- **Canadian Institute for Health Research (CIHR), Frederick Banting and Charles Best Canada Graduate Scholarship – Master’s Award**, Held At: University of Waterloo, Waterloo, ON: 2009 (\$17,500);
- **Department of Kinesiology, President’s Graduate Scholarship Top Up Award**, University of Waterloo, Waterloo, ON: 2008-09 (\$8,300);
- **President’s Graduate Scholarship**, University of Waterloo, Waterloo, ON: 2008-09 (\$8,300)
- **Ontario Graduate Scholarship (OGS)**, Held At: University of Waterloo, Waterloo, ON: 2008-09 (\$10,000);
- **Canadian Millennium 2005/06 Scholarship**, Held At: Dalhousie University, Halifax, NS: 2005-06 (\$4,000);
- **Dalhousie University Entrance Scholarship**, Halifax, NS: 2004 (\$500).

Research Awards

- **PhD Poster Award**, Annual Muscle Health Awareness Day, York University, Toronto, ON: 2012 (\$150);
- **Toronto Rehabilitation Institute (TRI) Team Excellence Award**, Toronto, ON: 2009 (\$2,000).

Travel Awards

- **Graduate Student Association (GSA) Travel Assistance Award**, McMaster University: Fall 2012 (\$500);
- **Canadian Institute for Health Research (CIHR), Institute of Musculoskeletal Health and Arthritis (IMHA)**, Travel Grant: Spring 2010 (\$1,000).

Distinctions

- **Nominated for Governor General Award for Best PhD Thesis**, McMaster University, Hamilton, ON: 2014;
- **Volunteer Service Award**, Osteoporosis Canada Hamilton-Burlington Chapter: 2014;
- **Louis Hotz Ontario Graduate Scholarship**: 2012-13;
- **Certificate of Merit**, Osteoporosis Canada Hamilton-Burlington Chapter: 2011;
- **Academic All-Canadian**, Dalhousie University, Halifax, NS: 2005-07;
- **Dean’s List**, Dalhousie University, Halifax, NS: 2005-07.

Teaching / Mentoring

Courses Taught

Undergraduate Courses (enrollment ~40-190 students)

- **Fitness Appraisal and Exercise Leadership** (KIN350); Faculty of Kinesiology & Health Studies, University of Regina, Regina, Saskatchewan; Sept-Dec 2020;
- **Lifestyle, Health, and Wellness** (KIN170); Faculty of Kinesiology & Health Studies, University of Regina, Regina, Saskatchewan; July-Aug 2017 & Jan-April 2019; Jan-April 2020;

- **Pathophysiology of Human Movement** (KIN485), Faculty of Kinesiology & Health Studies, University of Regina, Regina, Saskatchewan, Sept-Dec 2019;
- **Introduction to Nutrition** (KIN275), Faculty of Kinesiology & Health Studies, University of Regina, Regina, Saskatchewan, Sept-Dec 2018 & Sept-Dec 2019 & Sept-Dec 2020;
- **Physiology I** (PLN103), 2 sections, School of Nutrition, Ryerson University, Toronto, ON; Sept-Dec 2016;
- **Energy Systems Assessments** (HLTH10210), Department of Justice and Wellness Studies, Mohawk College, Hamilton, ON; Jan-April 2016.

Graduate Courses / Research Courses

- **Directed Readings** (KIN887); Dr. Sabiha Sultana: ‘Effects of standing on cardiovascular health in people who are wheelchair bound’, Faculty of Kinesiology & Health Studies, University of Regina, Regina, Saskatchewan, Jan-April 2020;
- **Directed Readings** (KIN887); Ms. Kirrat Ahmad: ‘Effects of screen time on food intake regulation in children and adolescents’, Faculty of Kinesiology & Health Studies, University of Regina, Regina, Saskatchewan, Jan-April 2020;
- **Independent Research in Biology** (BIOL396); Ms. Zehra Rizvi: ‘Understanding resting metabolic rate in middle-aged male and female endurance athletes’, Faculty of Science, Department of Biology, University of Regina, Regina, Saskatchewan, Jan-April 2020;
- **Directed Readings in Exercise Physiology** (KIN887); Mr. Drew Claus-Walford: ‘Effects of exercise- and psychological-induced stress on health’, Faculty of Kinesiology & Health Studies, University of Regina, Regina, Saskatchewan, Jan-April 2019.

Teaching Effectiveness Courses (Professional Development)

- **University Teaching Certificate**, University of Regina, Center for Teaching and Learning, Jan-April 2019;
- **Learning, Teaching, and Assessing Accreditation**, Ryerson University, University Teaching Development Program (UTDP), accredited by the Staff and Educational Development Association Professional Development Framework (SEDA-PDF), Jan-April 2017;
- **Teaching Effectiveness Certification**, Humber College, Jan-April 2015;

Guest Lectures

- **Guest Lecture, “Cardiovascular Physiology”**, February 2017; Ryerson University, Toronto, ON, Canada, *Physiology II* (PLN203), taught by Dr. Nick Bellissimo, School of Nutrition;
- **Guest Lecture, “Muscular Dystrophy & Physical Activity”**, March 2015; University of Alberta, AB, Canada, *Adapted Physical Activity and Leisure for Diverse Populations* (PERLS 207), taught by Dr. Nancy Spencer-Cavaliere, Faculty of Physical Education;
- **Guest Lecture, “Exercise Prescription & Disability”**, February 2015; University of Guelph-Humber, ON, Canada, *Fitness/Lifestyle Assessment IV* (KIN 4100), taught by Dr. Lisa Cotie, Department of Kinesiology;
- **Guest Lecture, “Nerve Physiology”**, December 2014; Canadian Academy of Osteopathy, ON, Canada, Department of Physiology;
- **Guest Lecture, “Cardiovascular Physiology”**, December 2014; Canadian Academy of Osteopathy, ON, Canada, Department of Physiology;
- **Guest Lecture, “Spinal Cord Injury and Exercise”**, September 2014; Humber College, ON, Canada, *Anatomy and Physiology* (PHYS 125), taught by Dr. Janet Prichard, Department of Fitness and Health Promotion;
- **Guest Lecture, “Spinal Cord Injury, Cardiovascular Health, and Exercise”**, March 2014; University of Guelph-Humber, ON, Canada, *Fitness/Lifestyle Assessment IV* (KIN 4100), taught by Dr. Lisa Cotie, Department of Kinesiology;
- **Guest Lecture, “Cardiovascular Function Among Individuals with SCI: from Research to Practice”**, March 2014; McMaster University, ON, Canada, *Physiology* (BIO 3ZZ3), taught by Dr. Graham Scott, Department of Biology;
- **Guest Lecture, “Fundamentals of Peripheral Arterial Ultrasound”**, October 2012, McMaster University, ON, Canada, *Human Biology for Physical Scientists* (MED PHYS 4XX3), taught by Adrienne Tearle, Department of Medical Physics;
- **Guest Lecture, “Spinal Cord Anatomy”**, Jan 2012, University of Waterloo, ON, Canada, *Selected Topics in Sport and Work Injuries* (KIN 341), taught by Dr. Lora Giangregorio, Department of Kinesiology;

- **Guest Lecture, ‘The Neck and Spinal Cord Anatomy’**, Feb 2009, University of Waterloo, ON, Canada, *Selected Topics in Sport and Work Injuries* (KIN 341), taught by Dr. Lora Giangregorio, Department of Kinesiology.

Advising and Mentoring

Name	Thesis Title	Degree	Year	Institution	Role
Lucas McPhee	Reliability, validity and usability of dietary assessment tools	Volunteer Undergraduate Research Fellowship	Jan 2020-present May-Aug 2020	KHS, University of Regina	Supervisor
Kirrat Ahmad	Psychological and physical wellbeing of adolescents during the COVID-19 pandemic: a secondary data analysis	MSc; Kinesiology	Sept 2019-present	KHS, University of Regina	Supervisor
Sabiha Sultana	Body composition in wheelchair vs. able-bodied athletes: a secondary data analysis	MSc; Kinesiology	Sept 2019-present	KHS, University of Regina	Supervisor
Drew Clause-Walford	Acute psychological stress on food intake regulation in humans: a scoping review	MSc; Kinesiology	Sept 2018-June 2021	KHS, University of Regina	Supervisor
Korinne Lott	Motivations for Mass Participation Running	Research Associate	Sept 2019-present	KHS, University of Regina	Supervisor
Celina Earl	Effects of COVID-19-induced restrictions on exercise and dietary behaviors of Canadian middle-aged endurance athletes	Undergraduate Research Fellowship & Volunteer	May-Dec 2019	KHS, University of Regina	Supervisor
		BSc Honors; Kinesiology	Jan 2020 - April 2021		
Dionne Tatlow	Injury Prevalence in Marathon Swimmers	MSc; Kinesiology	July 2020-present	KHS, University of Regina	Committee Member
Zohal Azizi	Experiences and perceptions of young (<50 yrs) and elderly patients in cardiac rehabilitation	MSc; Kinesiology (Gerontology)	Jan 2020-present	KHS, University of Regina	Committee Member
Kelsey Vig	Does exercise reduce suicidal behavior? A randomized controlled trial	PhD; Clinical Psychology	June 2019-present	Department of Psychology, University of Regina	Committee Member
Rob Bailie	Effect of creatine monohydrate supplementation in aging adults with type 2 diabetes	MSc; Kinesiology	Jan 2019-present	KHS, University of Regina	Committee Member
Avery Pakulak	Effect of creatine and caffeine co-supplementation on muscle mass and muscle performance in trained young adults	MSc; Kinesiology	Sept 2018-Sept 2020	KHS, University of Regina	Committee Member

Zehra Rizvi	Evaluation of laboratory devices and protocols for blood glucose collection and analysis: Overview of the YSI2900, centrifuge and pipetting techniques	Undergraduate Research Fellow & Volunteer Biol 396 (Independent Research)	May-Dec 2019 Jan -April 2020	Department of Biology, University of Regina	Supervisor
Bahar Ghomeshi	Dietary intake in middle-aged endurance athletes	BSc Honors; Kinesiology	Sept 2019-April 2020	KHS, University of Regina	Supervisor
Claire Freeman	Genomics-based characterization of the microbial community and plasmidome of the Regina wastewater treatment facility and the surrounding aquatic environment	PhD; Biology	September 2019-February 2020	Department of Biology, University of Regina	Committee Member
Zainab Ahmedseidi	Measuring the abundance of antibiotic resistant bacteria and mobile antibiotic resistance plasmids within human impacted environments	MSc; Biology	July 2019	Department of Biology, University of Regina	External Examiner
Christine Luu	The effect of a knee walker on physical function and quality of life in sedentary people with amputation below the knee	Deans Scholarship Summer Program; Medicine	May-Aug 2018	College of Medicine, University of Saskatchewan	Co-Supervisor
Michaela Kucab & Cydney Prusky	Effects of a high-intensity interval training session and chocolate milk on appetite and cognitive performance in youth aged 9-13-years	BA.Sc. 4 th Year Project; Nutrition	Jan 2017-Sept 2018	School of Nutrition, Ryerson University	Co-Supervisor
Aisling Sampson	Physiological considerations to improve working conditions of the lighting designer	BA 4 th Year Project (Independent Study); Theater	Jan-April 2017	School of Theater and Technical Production, Ryerson University	Mentor
Jennifer Chang & Jennifer Lee	Effects of potatoes and other carbohydrate consumed at breakfast on cognition, glycemia and satiety in children	BA.Sc. 4 th Year Project; Nutrition	Jan-Sept 2016	School of Nutrition, Ryerson University	Co-Supervisor
Stephanie Plastina	Reliability and validity of several novel body composition methods in healthy adults	BA.Sc. 4 th Year Project; Nutrition	Jan-Sept 2016	School of Nutrition, Ryerson University	Co-Supervisor
Stella Paterakis	The potential of the dedicated-Ryerson University in-vitro	BA.Sc. 4 th Year Project; Nutrition	Jan-Sept 2016	School of Nutrition,	Co-Supervisor

	digester (DRUID) for predicting post-prandial glycemic response of foods			Ryerson University	
Julia Hayden & Jennifer Chang	Effect of mid-morning snacks on subjective appetite, food intake, and glucose and insulin responses in healthy men and women	BA.Sc. 4 th Year Project; Nutrition	Jan-Sept 2016	School of Nutrition, Ryerson University	Co-Supervisor
Liuya Huang	Determinants of Total Daily Energy Balance in Children with Spina Bifida: A Pilot Study	BSc 2 nd year (MITACS); Nutrition	July-Sept 2016	Ryerson University & Sichuan University, Chengdu, China	Co-Supervisor
Tessa Luijben	Upper and lower body pulse wave velocity and intima media thickness among individuals with chronic spinal cord injury	MSc; Kinesiology	Jan-July 2012 & Oct-Dec 2013	McMaster University & Radboud University Nijmegen, The Netherlands	Co-Supervisor
Irena Doubelt	Bone health and vitamin D status among individuals with chronic spinal cord injury	BSc 4 th Year Honors Thesis BSc 3 rd Year Applied Science Placement	May 2012-May 2013 Sept-Dec 2011	Department of Biochemistry and Biomedical Sciences, McMaster University	Co-Supervisor
Jalpa Patel	Heart rate recovery after sub-maximal and maximal exercise among persons with spinal cord injury	BSc 4 th Year Honors Project; Kinesiology	May 2011-May 2012	Department of Kinesiology, McMaster University	Co-Supervisor
Jason Au	Validation of VO ₂ peak prediction equation for individuals with chronic spinal cord injury	BSc 4 th Year Honors Project; Kinesiology	May 2011-May 2012	Department of Kinesiology, McMaster University	Co-Supervisor
Tena Jermey	Superficial femoral artery endothelial responses to a short-term retrograde flow intervention in healthy men	BSc 4 th Year Honors Project; Kinesiology	May 2010-May 2011	Department of Kinesiology, McMaster University	Co-Supervisor

Publications

Peer Reviewed

Journal Articles (*trainees under my supervision; senior author)

1. **Totosy de Zepetnek J.O.**, Giangregorio L.M., Craven B.C. Whole body vibration as a potential intervention for people with low bone mineral density and osteoporosis: a review. *Journal of Rehabilitation Research and Development*, 2009; 46(4):529-542. PMID: 19882487. (ISI Impact Factor 1.688).
2. **Totosy de Zepetnek J.O.**, Craven B.C., Giangregorio L.M. An evaluation of the muscle-bone unit theory among individuals with chronic spinal cord injury. *Spinal Cord*, 2012; 50(2):147-52. DOI: 10.1038/sc.2011.99. PMID: 21894164. (ISI Impact Factor 1.804).

3. Pelletier, C.A., **Totosy de Zepetnek J.O.**, MacDonald M.J., Hicks A.L. A 16-week randomized controlled trial evaluating the physical activity guidelines for adults with spinal cord injury. *Spinal Cord*, 2015; 53(5):363-7. DOI: 10.1038/sc.2014.167. PMID: 25266695. (ISI Impact Factor 1.804).
4. **Totosy de Zepetnek J.O.**, Jerney T.L.* , MacDonald M.J. Superficial femoral artery endothelial responses to a short-term altered shear rate intervention in healthy men. *PLOS ONE*, 2014; 9(11):e113407. DOI: 10.1371/journal.pone.0113407. PMID: 25415320. (ISI Impact Factor 3.534).
5. Doubelt I.* , **Totosy de Zepetnek J.**, MacDonald M., Atkinson, S.A. Influences of nutrition and adiposity on bone mineral density in individuals with chronic spinal cord injury: a cross-sectional, observational study. *Bone Reports*, 2015; (2):26-31. DOI: 10.1016/j.bonr.2015.02.002. PMID: 28377950
6. **Totosy de Zepetnek J.O.**, Au J.S.* , Ditor, D.S., MacDonald M.J. Lower limb conduit artery endothelial responses to acute exercise in spinal cord injured and able-bodied men. *Physiological Reports*, 2015; 3(4):e12367. DOI: 10.14814/phy2.12367. PMID: 25847920.
7. **Totosy de Zepetnek J.O.**, Pelletier, C.A., Hicks, A.L., MacDonald M.J. Following the physical activity guidelines for adults with spinal cord injury for 16 weeks does not improve vascular health: a randomized controlled trial. *Archives of Physical Medicine and Rehabilitation*, 2015; 96(9):1566-75. DOI: 10.1016/j.apmr.2015.05.019. PMID: 26070976. (ISI Impact Factor 2.565).
8. **Totosy de Zepetnek J.O.**, Ditor, D.S., Au J.S.* , MacDonald M.J. Impact of shear rate pattern on upper and lower limb conduit artery endothelial function in both spinal cord injured and able-bodied men. *Experimental Physiology*, 2015; 100(10):1107-17. DOI: 10.1113/EP085056. PMID: 26206681. (ISI Impact Factor 2.669).
9. Keil, M., **Totosy de Zepetnek J.O.**, Brooke-Wavell, K., Goosey-Tolfrey, V. Measurement precision of body composition variables in elite wheelchair athletes using dual-energy x-ray absorptiometry. *European Journal of Sport Science*, 2016; 16(1):65-71. DOI: 10.1080/17461391.2014.966763. PMID: 2530774. (ISI Impact Factor 1.550). Erratum in: Eur J Sport Sci. 2016;16(3):391.
10. Hajishafiee M., Askari G., Iranj B., Ghiasvand R., Bellissimo N., **Totosy de Zepetnek J.**, Salehi-Abargouei A. The effect of n-3 polyunsaturated fatty acid supplementation on androgen profile in patients with polycystic ovary syndrome: a systematic review and meta-analysis of clinical trials. *Hormone and Metabolic Research*, 2016; 48(5):281-289. DOI: 10.1055/s-0042-105288. PMID: 27077458. (ISI Impact Factor 2.268).
11. **Totosy de Zepetnek J.O.**, Au J.* , Hol A., Eng J., MacDonald M.J. Predicting peak oxygen uptake from submaximal exercise after spinal cord injury. *Applied Physiology, Nutrition, and Metabolism (APNM)*, 2016; 41(7):775-81. DOI: 10.1139/apnm-2015-0670. PMID: 27363732. (ISI Impact Factor 2.34).
12. **Totosy de Zepetnek J.O.**, Doubelt I.* , Luijben T.A.* , MacDonald M.J. Cardiovascular health after spinal cord injury: a comprehensive examination of traditional and emerging risk factors. *Critical Reviews in Physical Medicine and Rehabilitation*, 2016; 28(3):155–174. DOI: 10.1615/CritRevPhysRehabilMed.2016018716
13. **Totosy de Zepetnek J.O.**, Pollard D., Welch J., Rossiter M., Faghih S., Bellissimo N. Pre-meal screen-time activities increase subjective emotions, but not food intake in young girls. *Appetite*, 2017; 111:32-37. DOI: 10.1016/j.appet.2016.12.025. PMID: 28011003. (ISI Impact Factor 2.691).
14. Au J.S., **Totosy de Zepetnek J.O.**, MacDonald M.J. Modeling perceived exertion during graded arm cycling exercise in spinal cord injury. *Medicine & Science in Sports & Exercise (MSSE)*, 2017; 49(6):1190-1196. DOI: 10.1249/MSS.0000000000001203. PMID: 28079704. (ISI Impact Factor 4.459).
15. Adolphus K., Bellissimo N., Lawton C.L., Ford N.A., Rains T.M., **Totosy de Zepetnek J.**, Dye L. Methodological challenges in studies examining the effects of breakfast on cognitive performance and appetite. *Advances in Nutrition*, 2017; 8(1):184S-196S. DOI: 10.3945/an.116.012831. PMID: 28096143. (ISI Impact Factor 5.386).
16. Mohammadi-Sartang M., Mazloom Z., Raeisi-Dehkordi H., Barati-Boldaji R., Bellissimo N., **Totosy de Zepetnek J.O.** The effect of flaxseed supplementation on body composition indices: A systematic review and meta-analysis of 45 randomized placebo-controlled trials. *Obesity Reviews*, 2017; 18(9):1096-1107. DOI:10.1111/obr.12550. PMID: 28635182. (ISI Impact Factor: 7.995).
17. Haghghatdoost F., Bellissimo N., **Totosy de Zepetnek J.O.**, Rouhani H. Association of vegetarian diet with inflammatory biomarkers; a systematic review and meta-analysis of observational studies. *Public Health Nutrition*, 2017; 20(15):2713-2721. DOI: 10.1017/S1368980017001768. PMID: 28836492 (ISI Impact Factor 2.326).
18. **Totosy de Zepetnek, J.O.**, Miyatani M., Szeto M., Giangregorio, L.M., Craven B.C. The effects of whole body vibration on pulse wave velocity in men with chronic spinal cord injury. *Journal of Spinal Cord Medicine (JSCM)*, 2017; 40(6):795-802. DOI: 10.1080/10790268.2017.1369248. PMID: 28868990. (ISI Impact Factor 2.153).

19. Ghobadi S., **Totosy de Zepetnek J.**, Hematdar Z., Bellissimo N., Barati R., Ahmadnia H., Salehi-Marzijarani M., and Faghih S. Association between overweight/obesity and eating habits while watching television among primary-school children in the city of Shiraz, Iran. *Public Health Nutrition*, 2018; 21(3):571-579. DOI: 10.1017/S1368980017003251. PMID: 29173231. (ISI Impact Factor 3.097).
20. Ghobadi S., Hassanzadeh-Rostami Z., Salehi-Marzijarani M., Bellissimo N., Brett N., **Totosy de Zepetnek J. O.**, Faghih S. Association of eating while television viewing and overweight/obesity among children and adolescents: a systematic review and meta-analysis of observational studies. *Obesity Reviews*, 2018; 19(3):313-320. DOI: 10.1111/obr.12637. PMID: 29266643. (ISI Impact Factor: 7.995).
21. Bennett L.J., **Totosy de Zepetnek J.O.**, Brett, N.R., Poirier K., Guo Q., Rousseau D., Bellissimo N. Effect of commercially available sugar-sweetened beverages on subjective appetite and short-term food intake in girls. *Nutrients*, 2018; 10(4):394. DOI: 10.3390/nu10040394. PMID: 29570607. (ISI Impact Factor: 3.550).
22. Mohamadi M., Bellissimo N., **Totosy de Zepetnek J.O.**, Brett N.R., Mazloomi S.M., Fararouie M., Bedeltavana A., Famouri M., Mazloom Z. The effect of daily fortified yogurt consumption on weight loss in adults with metabolic syndrome: a 10-week randomized controlled trial. *Nutrition, Metabolism & Cardiovascular Diseases*, 2018; 28(6):565-574. DOI: 10.1016/j.numecd.2018.03.001. PMID: 29724529. (ISI Impact Factor: 3.877).
23. Guo Q., **Totosy de Zepetnek J.O.**, Chang J.*, Hayden J.*, Crozier S.J., Mongia G., Rousseau D., Bellissimo N. Effect of mid-morning puree snacks on subjective appetite, food intake, and glycemic and insulin responses in healthy adults. *Journal of the American College of Nutrition*, 2018; 37(8):659-669. DOI: 10.1080/07315724.2018.1457457. PMID: 29702032. (ISI Impact Fctor: 2.36).
24. Mohammadi-Sartang M., Bellissimo N., **Totosy de Zepetnek J.O.** Bazyar H., Mahmoodi M., Mazloom Z. Effects of walnuts consumption on vascular endothelial function in humans: a systematic review and meta-analysis of randomized controlled trials. *Clinical Nutrition ESPEN*, 2018; (28)52-58. DOI: 10.1016/j.clnesp.2018.07.009. PMID: 30390893. (ISI Impact Factor 3.41).
25. Gheller B., **Totosy de Zepetnek J.O.**, Welch J., Rossiter M., Luhovyy B., Brett N., Bellissimo N. Effect of video game playing and a glucose preload on subjective appetite, subjective emotions, and food intake in overweight and obese boys. *Applied Physiology, Nutrition, and Metabolism (APNM)*, 2019; 44(3):248-254. DOI: 10.1139/apnm-2018-0281. PMID: 30096245. (ISI Impact Factor 2.34).
26. Poirier K.L., **Totosy de Zepetnek J.O.**, Bennett L.J., Brett N.R., Boateng T., Schwartz A., Luhovyy B.L., Bellissimo N. Effect of commercially available sugar-sweetened beverages on subjective appetite and short-term food intake in boys. *Nutrients*, 2019; 11(2):270. DOI: 10.3390/nu11020270. PMID: 30691085. (ISI Impact Factor: 3.550).
27. Lee J.J.*, Brett N.R., Wong V.C., **Totosy de Zepetnek J.O.**, Fiocco A., Bellissimo N. Effects of potatoes and other carbohydrate-containing foods on cognitive performance, glycemic response, and satiety in children. *Applied Physiology, Nutrition, and Metabolism (APNM)*, 2019; 44(9):1012-1019. DOI: 10.1139/apnm-2018-0792. PMID: 30844296. (ISI Impact Factor 2.34).
28. Hutchinson M.J., Valentino S., **Totosy de Zepetnek J.O.**, MacDonald M.J., Goosey-Tolfrey V.L. Perceptually regulated training does not influence differentiated RPE response following 16-weeks of aerobic exercise in adults with spinal cord injury. *Applied Physiology, Nutrition, and Metabolism (APNM)*, 2020; 45(2):129-134. DOI: 10.1139/apnm-2019-0062. PMID: 31251892. (ISI Impact Factor 2.34).
29. Lee J.J.*, Brett N.R., Chang J.T.*, **Totosy de Zepetnek J.O.**, Bellissimo N. Effects of white potatoes consumed with eggs on satiety, food intake and glycemic response in children and adolescents. *Journal of the American College of Nutrition*, 2020; 39(2):147-154. DOI: 10.1080/07315724.2019.1620659. PMID: 31291164. (ISI Impact Factor 2.36).
30. Esmailinezhad Z, Barati-boldaji R, Brett, NR, **Totosy de Zepetnek JO**, Bellissimo N, Babajafari S, Sohrabi Z. The effect of synbiotics pomegranate juice on cardiovascular risk factors in PCOS patients: a randomized, triple-blinded, controlled trial. *J Endocrinol Invest*, 2020; 43(4)539-548. DOI: 10.1007/s40618-019-01139-x. PMID: 31713129. (ISI Impact Factor 3.166).
31. Baker M., **Totosy de Zepetnek J.O.**, Gladanac B., Miller K., Da Silva M., Constantino M., Rossiter M., Welch J., Bellissimo N. Pre-meal active video game playing increased subjective appetite but not food intake in children and adolescents. *Physiology & Behavior*, 2020; 112931. DOI: 10.1016/j.physbeh.2020.112931. PMID: 32413534. (ISI Impact Factor 2.635).
32. Kucab M.*, Bellissimo N., Prusky C.*, Brett N.R., **Totosy de Zepetnek J.O.** Effects of a high intensity interval training session and chocolate milk on appetite and cognitive performance in youth aged 9-13 years. *European Journal of Clinical Nutrition (EJCN)*, 2020. DOI: 10.1038/s41430-020-00718-z. PMID: 32814852. (ISI Impact Factor 3.057).

33. Bellissimo N., Amalraj R., Lee J.L., Brett N.R., **Totosy de Zepetnek J.O.**, Proteau S., Rousseau D. Effect of white potatoes on subjective appetite, food intake, and glycemic response in healthy older adults. *Nutrients*, 2020; 12(9), 2606. DOI: 10.3390/nu12092606. (ISI Impact Factor: 4.171).
34. Bellissimo N., Fansabedian T., Wong V., **Totosy de Zepetnek J.O.**, Brett N.R., Schwartz A., Cassin S., Sutor K., Rousseau D. Effect of increasing the dietary protein content of breakfast on subjective appetite, short-term food intake and diet-induced thermogenesis in children. *Nutrients*, 2020; 12(10):3025. DOI: 10.3390/nu12103025. PMID: 33023221. (ISI Impact Factor: 4.171).
35. Goosey-Tolfrey V.L., **Totosy de Zepetnek J.O.**, Keil M., Brooke-Wavell K., Batterham A.M. Tracking within-athlete changes in whole body fat percentage in wheelchair athletes. *International Journal of Sports Physiology and Performance (IJSPP)*, 2020:1-6. DOI: 10.1123/ijsp.2019-0867. PMID: 33326934. (ISI Impact Factor 3.042).
36. Peck K., **Totosy de Zepetnek J.O.**, Fiocco A.J. Music listening does not inoculate the stress response in young and older adults. *International Journal of Stress Management*, 2020; online ahead of print. DOI: 10.1037/str0000217. (ISI Impact Factor 1.949).
37. **Totosy de Zepetnek, J.O.**, Martin J., Cortes N., Caswell S., Boolani A. Influence of grit on lifestyle factors during the COVID-19 pandemic in a sample of adults in United States. *Personality and Individual Differences*, 2021; 175:110705. DOI: 10.1016/j.paid.2021.110705. PMID: 33531728. (ISI Impact Factor 2.311).
38. Pakulak A., Candow D., **Totosy de Zepetnek J.O.**, Forbes S., Basta D. Effects of creatine and caffeine supplementation during a resistance training program in physically active young adults. *Journal of Dietary Supplements*, 2021; 1-16. DOI: 10.1080/19390211.2021.1904085. PMID: 33759701. (ISI Impact Factor 2.150).
39. van der Scheer J.W., **Totosy de Zepetnek J.O.**, Blauwet C., Brooke-Wavell K., Graham-Paulson T., Leonard A., Webborn N., Goosey-Tolfrey V.L. Assessment of body composition in spinal cord injury: A scoping review. *PLOS ONE*, 2021; 16(5):e0251142. DOI: 10.1371/journal.pone.0251142. PMID: 33961647. (ISI Impact Factor 2.740).

Response to Letters to the Editor

40. **Totosy de Zepetnek J.O.**, Pelletier, C.A., Hicks, A.L., MacDonald M.J. Increasing physical activity in spinal cord injury: upper-body exercise alone not enough? [Response to Letter to the Editor]. *Archives of Physical Medicine and Rehabilitation*, 2016; 97(1):171-3. DOI: 10.1016/j.apmr.2015.09.010. PMID: 26710857. (ISI Impact Factor 2.565).
41. **Totosy de Zepetnek J.O.**, Pelletier, C.A., Hicks, A.L., MacDonald M.J. Sedentary behaviour after spinal cord injury [Response to Letter to the Editor]. *Archives of Physical Medicine and Rehabilitation*, 2016; 97(1):174-5. DOI: 10.1016/j.apmr.2015.10.091. PMID: 26710859. (ISI Impact Factor 2.565).
42. **Totosy de Zepetnek J.O.**, Pelletier, C.A., Hicks, A.L., MacDonald M.J. Cardiovascular health benefits of exercise in people with spinal cord injury: more complex than a prescribed exercise intervention? [Response to Letter to the Editor]. *Archives of Physical Medicine and Rehabilitation*, 2016; 97(6):1039-40. DOI: 10.1016/j.apmr.2016.02.021. PMID: 27233991. (ISI Impact Factor 2.565).

Journal Articles Accepted / In-Press

43. **Totosy de Zepetnek J.O.**, Lee J.J.*, Boateng T., Plastina S.*, Cleary S., Huang L.*, Kucab M.*, Paterakis S.*, Brett N.R. Bellissimo N. Test-retest reliability and validity of body composition methods in adults. *Clinical Physiology and Functional Imaging*, 2021. (ISI Impact Factor 1.704). Accepted.

Journal Articles Submitted

1. MacKay C., Lee L., Best K., Campbell J., Cimino S., Cowley H., Devlin M., Dilkas S.M., Domingo A., King S., Landry M., Marzolini S., Mayo A.L., Miller W.C., Oh P.I., Payne M., Robert M., Tang A., Viana R., **Totosy de Zepetnek J.**, Zidarov D., Zucker-Levin A., Hitzig S. Developing a Research Agenda on Exercise and Physical Activity for People with Limb Loss in Canada. *Disability and Rehabilitation*, 2021. (TIDS-05-2021-016) (ISI Impact Factor 2.054). Submitted.

Journal Abstracts

International (*trainees under my supervision; first author is the presenter; senior author)

1. Lee J.J.*, Amalraj R., Brett N.R., Proteau S., Schwartz A., **Totosy de Zepetnek J.O.**, Rousseau D., Bellissimo N. Effects of white potato preparation on subjective appetite, food intake and glycemic response in healthy older adults. Abstract, *Current Developments in Nutrition*, June 2019. Conference: American Society for Nutrition

- (ASN) Annual Conference. Location: Baltimore, Maryland, USA.
2. Kucab M.*, Boateng T., Brett N.R., Schwartz A., **Totosy de Zepetnek J.O.**, Bellissimo N. Effects of egg and egg components on cognitive performance, glycemic response, and subjective appetite in children aged 9-14 years. Abstract, *Current Developments in Nutrition*, June 2019. Conference: American Society for Nutrition (ASN) Annual Conference. Location: Baltimore, Maryland, USA.
 3. Hutchison M.J., Valentino S., **Totosy de Zepetnek J.O.**, MacDonald M.J., Goosey-Tolfrey V.L. RPE-guided exercise training: impact on perceptual responses in adults with spinal cord injury. Abstract, *RehabMove*, December 2018. Conference: 6th International RehabMove State-of-the-Art Congress. Location: Groningen, The Netherlands.
 4. Lee J.J.*, Brett N.R., Chang J.T.*, **Totosy de Zepetnek J.O.**, Bellissimo N. Effects of White Potatoes and Other Carbohydrates Consumed With Eggs on Short-Term Food Intake, Satiety, and Glycemic Response in Children. Abstract, *Current Developments in Nutrition*, June 2018. Conference: American Society for Nutrition (ASN) Annual Conference. Location: Boston, Massachusetts, USA.
 5. **Totosy de Zepetnek J.O.**, Da Silva M., Miller, K., Bellissimo N. Pre-meal television viewing and exercise on subjective appetite and food intake in children. Abstract, *FASEB J.*, April 2017. Conference: Experimental Biology Annual Conference. Location: Chicago, Illinois, USA.
 6. Guo Q., Hayden J.*, Chang J.*, **Totosy de Zepetnek J.**, Crozier S.J., Rousseau D., Bellissimo N. Effect of mid-morning snacks on subjective appetite, food intake, and glucose and insulin responses in healthy men and women. Abstract, *FASEB J.*, April 2017. Conference: Experimental Biology Annual Conference. Location: Chicago, Illinois, USA.
 7. Lee J.*, Wong V., Cleary S., **Totosy de Zepetnek J.O.**, Fiocco A., Bellissimo N. Effects of potatoes and other carbohydrate consumed at breakfast on cognition, glycemia and satiety in children. Abstract, *FASEB J.*, April 2017. Conference: Experimental Biology Annual Conference. Location: Chicago, Illinois, USA.
 8. **Totosy de Zepetnek J.O.**, Miller, K., Da Silva M., Bellissimo N. Sugar-sweetened beverages and short-duration exercise on glycemic response and subjective appetite in young boys. Abstract, *Medicine and Science in Sports and Exercise* (MSSE), June 2017, 49(5). Conference: American College of Sports Medicine (ACSM) Annual Conference. Location: Denver, Colorado, USA.
 9. **Totosy de Zepetnek J.O.**, Au J.S.*, Hol A.L., Eng J.J., MacDonald M.J. Estimation of VO₂peak from a six-minute arm test in adults with spinal cord injury. Abstract, *Medicine and Science in Sports and Exercise* (MSSE), June 2016, 48(5). PMID: 27360236. DOI: 10.1249/01.mss.0000486042.63472.16. Conference: American College of Sports Medicine (ACSM) Annual Conference. Location: Boston, Massachusetts, USA.
 10. **Totosy de Zepetnek J.O.**, Pelletier C.A., Hicks, A.L., MacDonald M.J. Implementation of Physical Activity Guidelines for Spinal Cord Injury: Effects on Vascular Structure and Function. Abstract, *Archives of Physical Medicine and Rehabilitation* (APMR), September 2014, 95(10):e82. Conference: American Congress of Rehabilitation Medicine (ACRM) Annual Conference. Location: Toronto, Ontario, Canada.
 11. Au J., **Totosy de Zepetnek J.**, MacDonald M. Accelerated peripheral compared to central perceived exertion during maximal arm exercise tests in spinal cord injury. Abstract, *RehabMove*, April 2014. Conference: 4th International RehabMove State-of-the-Art Congress. Location: Groningen, The Netherlands.
 12. **Totosy de Zepetnek J.O.**, Pelletier C.A., Hicks, A.L., MacDonald M.J. Implementation of the Physical Activity Guidelines for Adults with Spinal Cord Injury: Effect on Cardiovascular Health. Abstract, *Topics in Spinal Cord Injury Rehabilitation*, May 2014, 20(1):72. Conference: American Spinal Injury Association (ASIA) Annual Conference. Location: San Antonio, Texas, USA.
 13. Pelletier C.A., **Totosy de Zepetnek J.O.**, MacDonald M.J., Hicks A.L. Implementation of the Physical Activity Guidelines for Adults with Spinal Cord Injury: Effect on Aerobic Capacity and Muscle Strength. Abstract, *Topics in Spinal Cord Injury Rehabilitation*, May 2014, 20(1):18. Conference: American Spinal Injury Association (ASIA) Annual Conference. Location: San Antonio, Texas, USA.
 14. Cotie L.M., Currie K.D. and **Totosy de Zepetnek J.**, Josse A.R., McGill G., Phillips S.M., MacDonald M.J. Investigating relationships between arterial stiffness and collagen turnover in humans. Abstract, *FASEB J.* April 2013;27:1136.17. Conference: Experimental Biology Annual Conference. Location: Boston, MA, USA.
 15. **Totosy de Zepetnek J.O.**, Patel J.*, MacDonald M.J. Heart rate recovery following maximal and submaximal exercise in individuals with chronic spinal cord injury. Abstract, *Topics in Spinal Cord Injury Rehabilitation*, May 2013, (19):36-65. DOI: 10.1310/sci19S1-36. Conference: American Spinal Injury Association (ASIA) Annual Conference. Location: Chicago, Illinois, USA.
 16. Pelletier C.A., **Totosy de Zepetnek J.**, MacDonald M.J., Warburton D., Hicks A.L. A Comparison of Exercise Capacity Between Adults with Sub-acute and Chronic Spinal Cord Injury. Abstract, *Topics in Spinal Cord Injury*

Rehabilitation, May 2013, (19):36-65. DOI: 10.1310/sci19S1-36. Conference: American Spinal Injury Association (ASIA) Annual Conference. Location: Chicago, Illinois, USA.

17. Miyatani M., Masani K., **Totosy de Zepetnek J.O.**, Alizadeh-Meghrizi M., Popovic M.R., Craven B.C. Acute effects of whole body vibration during passive standing on arterial stiffness. Abstract, *Medicine and Science in Sports and Exercise (MSSE)*, May 2009. Conference: American College of Sports Medicine (ACSM) Annual Conference. Location: Seattle, Washington, USA.

National (*trainees under my supervision; first author is the presenter; senior author)

18. Morello O., Lee J.L., Amalraj R., Brett N.R., Proteau S., Schwartz A., **Totosy de Zepetnek J.O.**, Rousseau D., Bellissimo N. Effects of white potato preparation on subjective appetite, food intake, and glycemic response in healthy older people. Abstract, *Conference Presentations and Abstracts*, January 2021. Conference: Canadian Nutrition Society (CNS) Thematic Conference: Advances and controversies in Nutrition and Diabetes. Location: Toronto, Ontario, Canada.
19. Suito K., Kucab M., Boateng T., Brett N.R., **Totosy de Zepetnek J.O.**, Bellissimo N. Effects of eggs and egg components on cognitive performance and glycemic response in children aged 9-14 years. Abstract, *Conference Presentations and Abstracts*, January 2021. Conference: Canadian Nutrition Society (CNS) Thematic Conference: Advances and controversies in Nutrition and Diabetes. Location: Toronto, Ontario, Canada.
20. Kucab M.*, Boateng T., Brett N.R., **Totosy de Zepetnek J.O.**, Bellissimo N. Effects of egg and egg components on cognitive performance and glycemic response in children aged 9-14 years. Abstract, *Conference Presentations and Abstracts*, January 2020. Conference: Canadian Nutrition Society (CNS) Thematic Conference: Advances in Nutrition: Mental Health Across the Lifespan. Location: Toronto, Ontario, Canada.
21. **Totosy de Zepetnek J.O.**, van der Scheer J.W., Blauwet C., Brooke-Wavell K., Graham-Paulson T., Leonard A.N., Webborn N., Goosey-Tolfrey V.L. Assessing body composition in adults with spinal cord injury: a co-produced scoping review. Late Breaking Abstract, November 2019. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Kelowna, British Columbia, Canada.
22. **Totosy de Zepetnek, J.O.**, Doubelt I.*, MacDonald M.J., Atkinson S.A. Feasibility and reliability of dual energy x-ray absorptiometry for body composition assessment in individuals with chronic spinal cord injury. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, November 2019. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Kelowna, British Columbia, Canada.
23. Cheng J.L., Rahimi H., **Totosy de Zepetnek J.O.**, Au J.S.*, MacDonald M.J. Relationships between shear rate and flow-mediated dilation at rest in a broad range of populations. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, November 2019. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Kelowna, British Columbia, Canada.
24. Lee J.J.*, Plastina S.*, Boateng T., Cleary S., Huang L.*, Kucab M.*, Paterakis S.*, Wang F., Brett N.R., **Totosy de Zepetnek J.O.**, Bellissimo N. Reliability and validity of body composition methods in healthy adults. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, May 2019. Conference: Canadian Nutrition Society (CNS) Annual Conference. Location: Niagara Falls, Ontario, Canada.
25. Lee J.J.*, Brett N.R., Chang J.T.*, **Totosy de Zepetnek J.O.**, Bellissimo N. The effects of white potatoes and other carbohydrate sources consumed with eggs on short-term food intake, satiety, and glycemic response in children. Abstract, *Conference Presentations and Abstracts*, January 2019. Conference: Canadian Nutrition Society (CNS) Thematic Conference: Healthy Diets and Weight: Sorting Fact from Fiction. Location: Toronto, Ontario, Canada.
26. Cheng J.L., **Totosy de Zepetnek J.O.**, Au J.S.*, MacDonald M.J. Anterograde shear rate independently predicts flow-mediated dilation at rest in individuals with spinal cord injury. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, November 2018. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Niagara Falls, Ontario, Canada.
27. Kucab M.*, Prusky C.*, Brett N.R., Boateng T.*, **Totosy de Zepetnek J.O.**, Bellissimo N. Effects of high-intensity interval exercise and chocolate milk on glycemic control, appetite, and cognitive performance in 9-13 year-old children. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, May 2018. Conference: Canadian Nutrition Society (CNS) Annual Conference. Location: Halifax, Nova Scotia, Canada.
28. Plastina S.*, Bellissimo N., Cleary S., Huang L.*, Boateng T.*, Kucab M.*, **Totosy de Zepetnek J.O.** Reliability and validity of several novel body composition methods in healthy adults. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, May 2017. Conference: Canadian Nutrition Society (CNS) Annual Conference. Location: Montreal, Quebec, Canada.
29. Guo Q., Chang J.*, Hayden J.*, **Totosy de Zepetnek J.**, Crozier S.J., Bellissimo N., Rousseau D. The role of a

- novel in vitro digestion method to predict post-prandial glycemic response in vivo. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, May 2017. Conference: Canadian Nutrition Society (CNS) Annual Conference. Location: Montreal, Quebec, Canada.
30. Valentino S.E., Au J.S., Shenouda N., McPhee P.G., **Totosy de Zepetnek J.O.**, Tang A., MacDonald M.J. Relationship between phases of carotid artery longitudinal wall motion and arterial stiffness across a spectrum of health and disease. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, October 2016. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Victoria, British Columbia, Canada.
 31. Shenouda, N., **Totosy de Zepetnek J.O.**, MacDonald M.J. Submaximal heart rate recovery does not predict maximal heart rate recovery for arm cranking exercise in clinical and healthy populations. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, October 2014. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: St. John's, Newfoundland, Canada.
 32. **Totosy de Zepetnek J.O.**, MacDonald M.J. Measures of arterial structure and function in individuals with chronic spinal cord injury. Abstract, *J Spinal Cord Med. (JSCM)*, 2014 October; 37(5). Conference: 6th National Spinal Cord Injury Conference. Location: Toronto, Ontario, Canada.
 33. **Totosy de Zepetnek J.O.**, Au J.S.*, Ditor D.S., MacDonald M.J. Arm exercise acutely increases superficial femoral artery flow-mediated-dilation in healthy but not spinal cord injured men. Abstract, *Center for Heart, Lung, and Vascular Health*, March 2014. Conference: Okanagan Cardiovascular and Respiratory Symposium. Location: Okanagan, British Columbia, Canada.
 34. Au J., **Totosy de Zepetnek J.**, Pelletier C., MacDonald M. The relationship between central and peripheral ratings of perceived exertion to cardiorespiratory endpoints in maximal arm ergometry tests in spinal cord injury. Abstract, 2nd *International Symposium on Autonomic Dysfunctions following Spinal Cord Injury*. August 2013.
 35. **Totosy de Zepetnek J.O.**, Doubelt I.*, MacDonald M.J. Assessments of adiposity in individuals with chronic spinal cord injury. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, October 2013, 38(10): 1003-1091. DOI: 10.1139/apnm-2013-0299. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Toronto, Ontario, Canada.
 36. Au J.S., Tat J., McPhee P.M., **Totosy de Zepetnek J.O.**, Cameron J.A., MacDonald M.J. Relationship between carotid artery wall longitudinal movement and arterial stiffness in clinical populations. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, October 2013, 38(10): 1003-1091. DOI: 10.1139/apnm-2013-0299. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Toronto, Ontario, Canada.
 37. Cotie L.M, **Totosy de Zepetnek J.O.**, McPhee P.G., McGill G., Cameron A.J, Phillips S.M., MacDonald M.J. Markers of vascular structure and function in healthy to clinical populations. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, October 2013, 38(10): 1003-1091. DOI: 10.1139/apnm-2013-0299. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Toronto, Ontario, Canada.
 38. **Totosy de Zepetnek J.O.**, Au J.*, MacDonald M.J. Superficial femoral artery endothelial responses to a short-term altered blood flow intervention in healthy and spinal cord injured men. Abstract, *Appl. Physiol. Nutr. Meta.b (APNM)*, October 2012, 37(S1): S1-S38. DOI: 10.1139/h2012-104. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Regina, Saskatchewan, Canada.
 39. Au J.*, **Totosy de Zepetnek J.O.**, MacDonald M.J. Validation of the six-minute arm test as a measure of cardiovascular fitness in individuals with chronic spinal cord injury. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, October 2012, 37(S1): S1-S38. DOI: 10.1139/h2012-104. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Regina, Saskatchewan, Canada.
 40. **Totosy de Zepetnek J.O.**, Luijben T.A.*, MacDonald M.J. Preliminary data on relationships between central pulse wave velocity and carotid artery intima-media thickness in chronic spinal cord injury. Abstract, *J Spinal Cord Med. (JSCM)*, September 2012; 35(5): 419–478. DOI: 10.1179/1079026812Z.00000000092. Conference: 5th National Spinal Cord Injury Conference. Location: Toronto, Ontario, Canada.
 41. **Totosy de Zepetnek J.O.**, Jermey T.*, MacDonald M.J. Superficial femoral artery endothelial responses to a short-term retrograde flow intervention in healthy men. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, October 2011; 36(S354). DOI: 10.1139/h11-096. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Quebec City, Quebec, Canada.
 42. **Totosy de Zepetnek J.O.**, Giangregorio L.M., Craven B.C. Body Composition Screening Criteria after Chronic Spinal Cord Injury. Abstract, *J Spinal Cord Med. (JSCM)*, October 2010; 22(2):177. Conference: 4th National Spinal Cord Injury Conference. Location: Niagara Falls, Ontario, Canada.
 43. Miyatani M., **Totosy de Zepetnek J.**, Masani K., Delparte J., Popovic M., Craven B.C. Acute effects of passive standing and whole body vibration on arterial stiffness of the aorta. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, November 2010, 35(S1). DOI: 10.1139/h10-907. Conference: Canadian Society for Exercise Physiology (CSEP)

Annual Conference. Location: Toronto, Ontario, Canada.

44. **Totosy de Zepetnek J.O.**, Craven B.C., Gordon C., Giangregorio L.M. The relationship between muscle cross sectional area and bone cross sectional area among individuals with spinal cord injury. Abstract, *J Spinal Cord Med. (JSCM)*, October 2008; 32(4):466. Conference: 3rd National Spinal Cord Injury Conference. Location: Toronto, Ontario, Canada.
45. **Totosy de Zepetnek J.O.**, Giangregorio L.M., Craven B.C., Gordon C. The relationship between muscle size and bone strength among individuals with spinal cord injury. Abstract, *Appl. Physiol. Nutr. Metab. (APNM) (Suppl. I)*, October 2008: 33:S102. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Banff, Alberta, Canada.
46. Edgell H., Grinberg, A., Beavers K., Gagné N., **Totosy de Zepetnek, J.O.**, Greaves D., Gonzales M., Hughson R.L. Blood volume and water/sodium balance differences due to sex and menstrual phase after 4 hours of head-down bed rest (HDBR). Abstract, *Committee on Space Research (COSPAR)*, 2008.
47. Carrillo A.E., Murphy R.J., **Totosy de Zepetnek, J.O.**, Cheung, S.S. Influence of acute and short-term vitamin C supplementation on salivary immune factors following exercise-heat stress. Abstract, *Appl. Physiol. Nutr. Metab. (APNM)*, November 2006: 31:S9. Conference: Canadian Society for Exercise Physiology (CSEP) Annual Conference. Location: Halifax, Nova Scotia, Canada.

Non-Peer Reviewed

Academic-Related Newsletter Articles

1. Fitness and Heart Health. *NeuroMatters*, 2013, Issue 21. Ontario Neurotrauma Foundation.
2. **Totosy de Zepetnek J.O.** Taking Advantage of your Institution's Library Resources. Canadian Society for Exercise Physiology Student Newsletter. August 2010.
3. **Totosy de Zepetnek J.O.** Academic Ranks at a University: What you should know when Pursuing an Academic Career. Canadian Society for Exercise Physiology Student Newsletter. May 2010.
4. **Totosy de Zepetnek J.O.** Grad School Tips: What You Should Know When Choosing a Graduate Program. Canadian Society for Exercise Physiology Student Newsletter. February 2010.
5. **Totosy de Zepetnek J.O.** Career Options after a Kinesiology Degree. Canadian Society for Exercise Physiology Student Newsletter. October 2009.
6. **Totosy de Zepetnek J.O.** Awards You Can Nominate Your Supervisor For ... and Aim to Receive in the Future. Canadian Society for Exercise Physiology Student Newsletter. August 2009.
7. **Totosy de Zepetnek J.O.** Publishing Scholarship: What You Should Know When Submitting an Article. Canadian Society for Exercise Physiology Student Newsletter. May 2009.
8. **Totosy de Zepetnek J.O.** Dress Code and the Graduate Student. Canadian Society for Exercise Physiology Student Newsletter. February 2009.

Presentations & Other Research Activities

Invited Conference Presentations

1. **Totosy de Zepetnek, J.O.** (November 2018). 'Cardiovascular function and physical activity among individuals with chronic spinal cord injury.' Conference: Adapted Physical Activities Symposium (APAS). Location: Regina, Saskatchewan, Canada.
2. **Totosy de Zepetnek, J.O.** (September 2018). 'Nutrition for Wheelchair Athletes.' Conference: Sports Nutrition, Health, and Performance. Location: Regina, Saskatchewan, Canada.
3. **Totosy de Zepetnek J.O.** (October 2015). Panel Member, Student Mentorship Session. Conference: Annual Meeting of Ontario Spinal Cord Injury Research Network (OSCIRN). Location: Toronto, ON, Canada.
4. **Totosy de Zepetnek J.O.**, Ditor D., Gangnon D., Brosseau R. (October 2012). 'Measuring Cardiovascular and Pulmonary Functions in Individuals with SCI: Bridging the Gap between Research and Clinical Practice.' Plenary Symposium. Conference: 5th National Spinal Cord Injury Conference. Location: Toronto, ON, Canada.
5. **Totosy de Zepetnek J.O.**, Craven B.C., Giangregorio L.M. (September 2011). 'An evaluation of the muscle-bone unit theory among individuals with chronic spinal cord injury.' Plenary Symposium on Muscle and Bone Interactions. Conference: American Society for Bone and Mineral Research (ASBMR). Location: San Diego, California, United States.

Invited Seminar Presentations

1. **Totosy de Zepetnek, J.O.** (Oct 2020). 'The gut microbiome and food intake regulation'. Research Seminar, University of Regina, Regina, SK, Canada.
2. Kulczycki C., **Totosy de Zepetnek, J.O.**, Barden J., Bruno P., Dalstrom B. (April 2019). 'Swim Bike Run: A Triathlon Experience and Some of the Science'. Research Seminar, University of Regina, Regina, SK, Canada.
3. **Totosy de Zepetnek, J.O.** (March 2019). 'Exercise and Nutrition Science: Working up an Appetite'. Research Seminar, University of Saskatchewan, SK, Canada.
4. **Totosy de Zepetnek, J.O.** (November 2017). 'Exercise and nutrition science: from couch to finish line.' Research Seminar, University of Regina, Regina, SK, Canada.
5. **Totosy de Zepetnek, J.O.** (March 2016). 'Cardiovascular Function and Physical Activity Among Individuals with Chronic Spinal Cord Injury.' Canadian Obesity Network: Students and New Professionals Seminar, Ryerson University Chapter. Toronto, ON, Canada.
6. **Totosy de Zepetnek J.O.** (July 2013). 'Cardiovascular Function Among Individuals with SCI: from Research to Practice.' Invited Speaker for Clinical Rounds. Nova Scotia Rehabilitation Center, NS, Canada.
7. **Totosy de Zepetnek J.O.** (October 2012). 'Cardiovascular Health and Spinal Cord Injury.' Canadian Obesity Network: Students and New Professionals Seminar, McMaster University Chapter. Hamilton, ON, Canada.

Public Presentations

1. **Totosy de Zepetnek J.O.** (May 2019). 'Working up an Appetite: Effects of Exercise and Nutrition'. Pint of Science, Global Science Festival, Regina, SK, Canada
2. **Totosy de Zepetnek J.O.**, (August 2018). 'Sports Nutrition Series: Pre-Exercise Nutrition.' Women's Varsity Soccer Team, University of Regina, Regina, SK, Canada.
3. **Totosy de Zepetnek J.O.**, (April 2018). 'Working up an Appetite: Rethinking the Battle of the Bulge.' Integrated Human Health Research Cluster, Health Science Pub Public Talk, Regina, SK, Canada.
4. Lee, J. J.*, **Totosy de Zepetnek, J.O.**, Boateng, T.*, Kucab, M.*, Al-Shamma, M., Prusky, C.*, Bellissimo, N. (2017). Body Composition and Fitness Tests Demo & Presentation to Havergal College Students (PSK12U Class; n=4). NExT Lab Starting Line. January 31, 2017. Ryerson University, Toronto, ON, Canada.
5. Lee, J. J.*, **Totosy de Zepetnek, J.O.**, Boateng, T.*, Prusky, C.* Ravi, A., Bellissimo, N. (2017). Research Day at NExT Lab Starting Line: 'Effects of Glucose Consumption on Wingate Test Performance' and 'Validity of Fit3D ProScanner' Mini-trials and Presentation to St. Joseph's Morrow Park High School Students (SBI4U & SPH 4U Classes; n=30). NExT Lab Starting Line. April 27, 2017. Ryerson University, Toronto, ON, Canada.
6. **Totosy de Zepetnek J.O.** (October 2006). Sports Medicine and Exercise Physiology. Medicine in Motion Clinic, Dartmouth, NS, Canada.

Peer Reviewed Presentations at Local Conferences

(*trainees under my supervision; first author is presenter; senior author)

1. Rahimi H., Cheng J.L., **Totosy de Zepetnek J.O.**, Au J.S., MacDonald M.J. The relationship between shear rate components of resting blood flow and flow-mediated dilation in the brachial artery. 29 March 2019. Conference: Annual Bertha Rosenstadt National Undergraduate Research Conference in Physical Education and Kinesiology. Location: Toronto, ON, Canada.
2. Rahimi H., Cheng J.L., **Totosy de Zepetnek J.O.**, Au J.S.*, MacDonald M.J. Relationship between shear rate components of blood and flow-mediated dilation in individuals at rest: a proposal. 25-27 January 2019. Conference: Ontario Exercise Physiology Conference (OEP). Location: Barrie, ON, Canada.
3. Doubelt I.*, **Totosy de Zepetnek J.O.**, Atkinson S.A., MacDonald M.J. Cytokine marker predictor of obesity in chronic spinal cord injury: A cross-sectional, observational study. 14-16 April 2016. Conference: International Medical Students' Conference. Location: Cracow, Poland.
4. Patel J.*, **Totosy de Zepetnek J.O.**, MacDonald M.J. Evaluation of Heart Rate Recovery after Maximal and Submaximal Arm Exercise in Individuals with Spinal Cord Injury. 30 March 2012. Conference: The 13th Annual Bertha Rosenstadt National Undergraduate Research Conference in Physical Education and Kinesiology. Location: Toronto, ON, Canada.
5. Au J.S.*, **Totosy de Zepetnek J.O.**, MacDonald M.J. Validation of the Six-Minute Arm Test as a measure of cardiovascular fitness in individuals with spinal cord injury. 30 March 2012. Conference: The 13th Annual Bertha Rosenstadt National Undergraduate Research Conference in Physical Education and Kinesiology. Location: Toronto, ON, Canada.

6. Doubelt I.*, **Totosy de Zepetnek J.O.**, MacDonald M.J., Atkinson S.A. Calcium, Vitamin D, Vitamin K nutrition in individuals with chronic spinal cord injury: impact on bone health status. 30 March 2012. Conference: The 13th Annual Bertha Rosenstadt National Undergraduate Research Conference in Physical Education and Kinesiology. Location: Toronto, ON, Canada.
7. Jerney T.*, **Totosy de Zepetnek J.O.**, MacDonald M.J. Effects of retrograde shear on femoral artery endothelial function. 25 March 2011. Conference: The 12th Annual Bertha Rosenstadt National Undergraduate Research Conference in Physical Education and Kinesiology. Location: Toronto, ON, Canada.
8. **Totosy de Zepetnek J.O.**, Giangregorio L.M., Craven B.C. Body Composition Screening Criteria after Chronic Spinal Cord Injury. 22-24 January 2011. Conference: Ontario Exercise Physiology Conference (OEP). Location: Barrie, ON, Canada.
9. **Totosy de Zepetnek J.O.**, Edgell H., Greaves D., Arbeille P., Custaud M-A., Hughson R.L. WISE-2005: Changes in MAP, HR, Q, SV and TPR due to increasing levels of adrenergic stimulation in women according to phase of menstruation. 25-27 January 2008. Conference: Ontario Exercise Physiology Conference (OEP). Location: Barrie, ON, Canada.
10. **Totosy de Zepetnek J.O.**, Tweedie C., Cheung S.S. The effects of dehydration on repeated anaerobic activity. 4-5 May 2007. Conference: Annual Meeting at the Crossroads: Student Research in Health Conference. Location: Halifax, NS, Canada.
11. **Totosy de Zepetnek J.O.**, Tweedie, C., Cheung S.S. The effects of dehydration on repeated anaerobic activity. 24-25 March 2007. Conference: Atlantic Province Exercise Science Conference (APES). Location: Halifax, NS, Canada.

Non-Peer Reviewed Presentations at Local Conferences

(*trainees under my supervision; first author is presenter; senior author)

1. Zucker-Levin A., Collins K., **Totosy de Zepetnek J.O.**, Linassi G. The effect of a wheeled knee walker on quality of life, physical function, and rate of perceived exertion in sedentary people with amputation below the knee: Preliminary results. 21 November 2019. Conference: Saskatchewan Health Research Foundation 2019 Sante Awards. Location: Regina, Saskatchewan, Canada.
2. Zucker-Levin A., Collins K., **Totosy de Zepetnek J.O.**, Hucl M., Kumar P., Luu C.*, Linassi G. Wheeling to improve function, quality of life, and decrease morbidity in lower limb amputees. 21-22 September 2019. Conference: School of Rehabilitation Science Research Conference. Location: Saskatoon, Saskatchewan, Canada.
3. Luu C.*, Hucl M., Collins K., **Totosy de Zepetnek J.O.**, Kumar P., Zucker-Levin A. The effect of a knee scooter on quality of life in sedentary people with amputation below the knee. 23 November 2018. Conference: Saskatchewan Health Authority Research Showcase. Location: Regina, Saskatchewan, Canada.
4. Lee J.*, Wong V., Cleary S.*, **Totosy de Zepetnek J.O.**, Fiocco A., Bellissimo N. Effects of potatoes and other carbohydrates consumed at breakfast on cognition, glycemia and satiety in children. 6 April 2017. Conference: Ryerson University Faculty of Community Services Faculty Achievement Celebration. Location: Toronto, Ontario, Canada.
5. Paterakis S.*, Lee J.*, **Totosy de Zepetnek J.**, Rousseau D., Bellissimo N. The potential of the dedicated-Ryerson University in-vitro digester (DRUID) for predicting post-prandial glycemic response of foods. 23 November 2016. Conference: Ryerson University Student Research Achievement Celebration. Location: Toronto, Ontario, Canada.
6. Plastina S.*, **Totosy de Zepetnek J.**, Cleary S.*, Boateng T.*, Kucab M.*, Huang L.*, Bellissimo N. Test-re-test reliability and validity of several body composition methods. 23 November 2016. Conference: Ryerson University Student Research Achievement Celebration. Location: Toronto, Ontario, Canada.
7. Lee J.*, Wong V., Cleary S.*, **Totosy de Zepetnek J.O.**, Fiocco A., Bellissimo N. Effects of potatoes and other carbohydrate consumed at breakfast on cognition, glycemia and satiety in children. 23 November 2016. Conference: Ryerson University Student Research Achievement Celebration. Location: Toronto, Ontario, Canada.
8. Cleary S.*, **Totosy de Zepetnek J.**, Peters M., Wong V.C.H., McPherson A., Bellissimo N. (2016). Determinants of total daily energy balance in children with spina bifida: a pilot study. 7 April 2016. Conference: Nutrition Faculty Research Day. Location: Toronto, Ontario, Canada.
9. Au J.*, **Totosy de Zepetnek J.**, MacDonald M.J. Development of arm fatigue during maximal exercise tests in individuals with spinal cord injury. Abstract, *Kinesiology Graduate Student Research Conference*, McMaster University, Physical Activity Center of Excellence (PACE), April 2014. Location: Hamilton, Ontario, Canada.
10. **Totosy de Zepetnek J.O.**, Patel J.*, MacDonald M.J. Heart rate recovery following maximal and submaximal exercise in individuals with chronic spinal cord injury. 6 December 2012. Conference: Canadian Obesity Network: Students and New Professionals 1-min Research Blitz. Location: Hamilton, Ontario, Canada.

11. **Totosy de Zepetnek J.O., Adachi J.D.** The effects of obesity on bone health using computed tomography. 29 March 2011. Conference: Bone Scholar Meeting. Location: Hamilton, Ontario, Canada.
12. **Totosy de Zepetnek J.O.,** Giangregorio L.M., Craven B.C. Body Composition Screening Criteria after Chronic Spinal Cord Injury. 27 April 2010. Conference: Bone Scholar Meeting. Location: Hamilton, Ontario, Canada.
13. Miyatani M., **Totosy de Zepetnek J.O.,** Masani K., Delparte J., Popovic M.R., Craven B.C. Acute effects of passive standing and whole body vibration on arterial stiffness. 29 November 2010. Conference: Toronto Rehabilitation Institute (TRI), 6th Annual Research Day. Location: Toronto, ON, Canada.
14. Miyatani M., **Totosy de Zepetnek, J.,** Masani K., Delparte J., Popovic M.R., Craven B.C. Acute effects of passive standing and whole body vibration on arterial stiffness. 12 November 2010. Conference: Charles H. Tator & Barbara Turnbull Lectureship Series in Spinal Cord Injury. Location: Toronto, ON, Canada.
15. **Totosy de Zepetnek J.O.,** Craven B.C., Gordon C., Giangregorio L.M. The relationship between muscle cross sectional area and bone cross sectional area among individuals with spinal cord injury. 1 September 2009. Conference: Bone Scholar Meeting. Location: Hamilton, Ontario, Canada.
16. **Totosy de Zepetnek J.O.,** Craven B.C., Giangregorio L.M. Exploring the relationship between adipose tissue mass and bone tissue mass among individuals with chronic spinal cord injury. 2 November 2009. Conference: Toronto Rehabilitation Institute (TRI), 5th Annual Research Day. Location: Toronto, ON, Canada.
17. Alizadeh-Meghbrazi M., **Totosy de Zepetnek J.O,** Miyatani, M., Giangregorio, L.M., Morris A., You L., Popovic M.R., Craven, B.C. Wave vs. Juvent: whole-body vibration assessment feasibility & usability for patients with SCI. 2 November 2009. Conference: Toronto Rehabilitation Institute (TRI), 5th Annual Research Day. Location: Toronto, ON, Canada.
18. **Totosy de Zepetnek J.O.,** Giangregorio L.M., Craven B.C., Gordon C. The relationship between muscle size and bone strength among individuals with spinal cord injury. 19 November 2008. Conference: Toronto Rehabilitation Institute (TRI), 4th Annual Research Day. Location: Toronto ON, Canada.
19. Miyatani M., Masani K., **Totosy de Zepetnek J.O.,** Alizadeh-Meghbrazi M., Popovic M.R., Craven B.C. Acute effects of WBV during passive standing on arterial stiffness in able-bodied people. 19 November 2008. Conference: Toronto Rehabilitation Institute (TRI), 4th Annual Research Day. Location: Toronto, ON, Canada.
20. Craven B.C., Giangregorio L.M., Morris A., Popovic M.R., Miyatani M., You L., Hitzig S., Alizadeh-Meghbrazi M., **Totosy de Zepetnek J.O.** Wave vs. Juvent: whole body vibration assessment feasibility & usability for patients with SCI. 19 November 2008. Conference: Toronto Rehabilitation Institute (TRI), 4th Annual Research Day. Location: Toronto ON, Canada.
21. Craven B.C., Giangregorio L.M., Morris A., Popovic M.R., Miyatani M., Tonack M., Alizadeh-Meghbrazi M., **Totosy de Zepetnek J.O.** Wave vs. Juvent: whole body vibration: feasibility and usability for people with SCI. 28 November 2007. Conference: Toronto Rehabilitation Institute (TRI), 3rd Annual Research Day. Location: Toronto, ON, Canada.

Research Assistantships (Volunteer)

- **Research Assistant,** Rehabilitation Engineering Laboratory (REL), Dr. Milos Popovic, Toronto Rehabilitation Institute (TRI), Toronto, ON: 2008-2009;
- **Research Assistant,** Cardiorespiratory & Vascular Dynamics Laboratory, Dr. Richard Hughson, Graduate Associate Dean, University of Waterloo, Waterloo, ON: 2007-2008;
- **Research Assistant,** Max E. Wastl Human Performance Laboratory, Dr. Michael Flynn, Director, Purdue University, West Lafayette, IN: May 2007;
- **Research Assistant,** Environmental Ergonomics Lab, Dr. Stephen Cheung, Coordinator, Dalhousie University, Halifax, NS: 2005-06.

Other Research

- **Researcher, Exercise Physiologist, and Crew Member,** Race Across AMERICA (RAAM): 4-man team 60+ y 'Hoosiers'; bicycle race California to Maryland in 6 days, 16 hours, 4 minutes: June 2010;
- **Researcher, Exercise Physiologist, and Crew Member,** Race Across AMERICA (RAAM): solo rider; bicycle race California to New Jersey in 12 days, 2 hours, 11 minutes: June 2007.

Media

- **CTV Interview, Exercise and Nutrition on Food Intake Regulation and the Gut Microbiome in Type 2 Diabetes, SHRF Establishment Grant:** 9 September 2020;
- **Body by Chosen “Road to 100 Project”.** Documentary following an obese woman through her lifestyle transformation; lead of all health and fitness testing; Nutrition and Exercise Testing (NExT) Lab, Ryerson University, Toronto, ON: February-April 2017;
- **Toronto Life Magazine: “Where to find the latest, coolest, most high-tech innovations in workout science”** Lead on body comp and fitness testing for an e-article; Nutrition and Exercise Testing (NExT) Lab, Ryerson University, Toronto, ON: 7 Nov 2016;
- **Partners In Research: “Hunger Games: Nutrition, Activity & Appetite”.** Co-lead of a webinar geared towards children K-8 focusing on the importance of body composition, physical fitness, and energy expenditure. Ryerson University, Toronto, ON: 24 March 2016.



Brandy West-McMaster

Experiential Learning Coordinator/Instructor

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Education and Professional Development

Master of Science in Physical Activity Studies

University of Regina (2003), Thesis: The Effect of Sex and Gender on the Social Cohesion-Performance Relationship

Bachelor of Education with Distinction

Secondary Physical Education, Math/Health, University of Regina (2001)

Professional Development

- UR Leading Certificate Program at the University of Regina, Sue Mitten (2019-2020 Cohort)
- Reconciliation Certificate of Completion (2020)
- Respect in the Workplace Certificate, University of Regina (2018)
- Crucial Conversations Workshop, by Human Resources Sue Mitten (Jan-Feb, 2018)
- Summer Teaching Institute Internationalization (Field Practicum/Experiential Learning) 2016
- NCCP High Performance 1 Hockey Coach (and other hockey Professional Development)

Recent Awards

- BFL Female Coach of the Year – Hockey Canada (2021)
- Inducted into the Canada West Hall of Fame (2019)

Employment History

Instructor III with Tenure: Experiential Learning Coordinator and Instructor

University of Regina, Faculty of KHS (2018-present)

Fieldwork (KHS400/HS 448), Fieldwork Project (KHS 405/HS 450), Pre-Fieldwork (KHS 300), Junior Practicum (SRS 130), SRM Paid Internship (KHS 001)

Instructor II Tenure Track: Experiential Learning Coordinator and Instructor

University of Regina, Faculty of KHS (2015-2018)

Fieldwork (KHS400/HS 448), Fieldwork Project (KHS 405/HS 450), Pre-Fieldwork (KHS 300), Junior Practicum (SRS 130)

Instructor II: University of Regina, Faculty of KHS (2011-15)

Coaching Theory (182), Personal Wellness and Fitness (135), Movement Education (139), Developmental Sport and Games (233), Educational Gymnastics (KHS 231)

Teaching History

Teaching Summary

- KHS 400/HS 448- Fieldwork and KHS 405/450- Fieldwork Project (Fall 2015; Winter, Spring Summer, Fall 2016; Winter, Spring Summer, Fall 2017; Winter, Spring Summer, Fall 2018; Winter, Spring Summer, Fall 2019; Winter, Spring Summer, Fall 2020; Winter, Spring Summer 2021)
- KHS 300-Pre Fieldwork Seminar (Fall 2015; Winter, Fall 2016; Winter, Fall 2017; Winter, Fall 2018; Winter, Fall 2019; Winter, Fall 2020; Winter, Fall 2021)
- SRS 130-Junior Practicum-(Fall 2015, 2016, 2017, 2018, 2020)
- KHS 233-Developmental Sport and Games (Fall 2014, Winter, Fall 2015)
- KHS 139-Movement Education (Winter, Fall 2012; Winter, Fall 2013; Winter, Fall 2014; Winter 2016)
- KHS 182-Coaching Theory (Fall 2011; Winter, Fall 2012; Winter, Fall 2013, Winter 2014, Winter 2015)
- KHS 135-Personal Fitness and Wellness (Fall 2011)
- KHS 231-Educational Gymnastics (Fall 2007)

Student Supervision

Name	Position	Dates of supervision
Mira Trebilcock	Master Thesis Committee Member	Dec 2017-Jan 2020
Mikaila Etheredge	Master Thesis Committee Member	2016

University Service

Faculty and Representative Committees

- Member of the KHS Strategic Planning Committee (2021)
- Member of the KHS Advisory Peer Review Committee PRC (2019-2020)
- Member of the Undergraduate Program Advisory Committee UPAC (2018-ongoing)
- Member of the BKIN Program Review Working Group (2018-2020)
- Member of the AHPi Strategic Portfolio Team (2016-2019)
- Selection Committee for Joint BKIN-BEd Degree Entrance and Transfer Students (2014-2019)
- Member of Teaching and Learning Advisory Committee (TLAG; 2015-2017)
- KHS Faculty Representative with Faculty of Social Work (2015-ongoing)
- Member of KHS Cougar Athletics, U of R Hall of Fame Selection Committee (2015-2019)

Hiring Committees

- Hiring Committee Member of KHS Term Instructor, Experiential Learning Coordinator (2021)
- Hiring Committee Member of Faculty Member: Therapeutic Recreation (Failed search 2017; 2018)
- Hiring Committee Member for University of Regina Rams Head Coach (2016)
- Hiring Committee Member for University of Regina Cougars Interim Head Coach-Women's Volleyball (2016)

Panel Presentations

- Panelist Presenter-COVID-19 and the Impact on Internships - a Story of Creativity, Flexibility and Support from Professionals in the Field, July 15, 2020
Co-Panelist: Dr. Julia Knapp, Department of Health and Wellness Design, Indiana University
Audience: Various Internship Coordinators in the Sport and Recreation Management and Therapeutic Recreation Fields across Canada and the United States
- Pedagogy Panel member at Canadian Association of Leisure Studies (CALS) Conference at the U of R (May 2018)

Other

- Assistant Coach, U of R Cougar Women's Hockey Program (2011-15)
- Facilitator, U of R Women's Hockey Academic Skills Seminars for 1st year players (2011-ongoing)
- Hockey Regina Female Hockey Development Committee (2012-2019)
- U of R Women's Hockey Alumni

Volunteer Minor Hockey Coaching

- Assistant Coach, U18 AAA Regina Rebels 2019-21
- Head Coach, Bantam AA Female Rebels (Hockey Regina) 2019-20
- Head Coach, Bantam A Female Shamrock Rebels (Hockey Regina) 2018-19
- Head Coach, Atom B Female Capitals (Hockey Regina) 2017-18
- Head Coach, Novice B Female Cougars (Hockey Regina) 2015-2018
- Assistant Coach (Practices), PeeWee AA Female Capitals (Hockey Regina) 2013-15
- Created, planned and delivered Fall Preparation Camps for Atom, PeeWee, Bantam level
- Coach Mentor for Hockey Regina-Female Division (Novice-PeeWee; 10 coaches; 2014-16)
- Head Coach, Midget AA Notre Dame Hounds 2010
- Assistant Coach, Midget AAA girls, National Championship (2011), National Finalists (2010)

West Female Hockey Academy: Designed/delivered weekly skill development curriculum based on Hockey Canada's LTPD Model to female athletes in the Learn/Train to Train 2017-21

Scholarly Research-Professional Creative Activities

KHS Experiential Learning Newsletter-Each semester, I create a newsletter sharing student placement experiences with KHS Faculty and Staff, Community Partners, students and the University Community.

Sample: Winter 2021 <https://www.uregina.ca/kinesiology/Winter-2021-Experiential-Learning>