



Department of Kinesiology and Physical Education

Annual Report 2012

Introduction

The department faculty members have been very busy over the past year with many significant achievements and productivity on the part of all faculty of the department. The department is focused on developing a strong interdisciplinary mandate. The newly recognized Center for Physical Activity and Health will serve as a focal point in helping us define and develop the research mandate of the department. To this end our faculty have supported the initiative by example by receiving strong funding support for their research programs and publishing their work on a regular basis. In this report the most significant achievements of the faculty members and the department will be highlighted. Specific details of all aspects of this report can be found at the following URL: <http://www.mcgill.ca/edu-kpe/about/report>

1. Research and Publications

This past year our faculty have published 127 refereed publications (48 referred articles, 63 conference proceedings and presentations, 4 book chapters and 1 book edited). **Over the past 5 years the department's productivity has doubled.** Considering the number of active faculty during this period (13) the productivity of the department has been progressing in a very positive manner.

This year three of our faculty members were awarded CIHR grants in their review committee competition. These three faculty members (Rassier, Hepple, Milner) were all in the top ten in the same MOVEMENT AND EXERCISE committee competition. These three grants represent over 1.5\$ million in awards from CIHR. These three faculty members hold other CIHR and NSERC grants as well. Professor Rassier holds a CIHR salary award and is a William Dawson Chair, and Professor Hepple was awarded a senior FRSQ Chercheur-Boursier award in 2012.

Our granting success has been remarkable with other faculty members receiving significant awards from CIHR, NSERC, IRSST and other foundation grants. Professor Cote was awarded a CIHR-IRSST Chair in Gender Work and Health. This Chair represents a salary award and a substantial operating grant for a five year period and represents an 800,000\$ award. Professor also holder of other CIHR, IRSST and NSERC grants.

Professor Jensen holds 2 NSERC grants (400,000\$) and was awarded an FRSQ Chercheur-Boursier award in 2012 and is A William Dawson Chair. Professor Garcia holds a CIHR grant and is con-investigator on second newly awarded CIHR grant representing 400,000\$ in funding for work related to the prevention of childhood obesity and the promotion of school-based physical activity. Professor Paquette who joined us last year and was successful in obtaining an NSERC grant and is co-investigator on a CIHR grant representing 650,000\$ in funding.

Professor Taivassalo was on sabbatical leave this past year and was heavily involved in the co-ordination of her CIHR funded project on Master's athletes in which a comparison of age matched sedentary individuals were compared to better understand aging and whether genetic traits and/or exercise have a central role to play in mitigating age related decline in physiological function. This innovative work has garnered a lot of interest from various media outlets.

D. Pearsall and Dr. Turcotte have had a long standing relationship with Bauer helping the company with the development, design and evaluative testing of ice hockey sticks, skates and helmets for ice hockey players. These two researchers have been funded by NSERC-CRD money for the past 15 years. Their work has been very attractive to the media including several television shows such as the Discovery channel, Decouverte, La soiree du Hockey to name a few. This work is ongoing and it is expected to continue for another grant round of five years with the same program.

Professor Andersen, a CRC chair has been working on a number of projects related to understanding behavioral and lifestyle factors related to the treatment and prevention of obesity. His work has led to a number of collaborations with professors from the Faculty of Medicine.

All of the professors mentioned in this report hold CIHR, SSHRC, NSERC or NSERC-CRD grants as well. In total our department received over 1.6\$ million in funding as PI and total from grants including Co-PI and Co-Investigator awards was over 3.5\$ million in 2012.

Our faculty members' funding success has greatly benefited our graduate students and has provided over 140,000\$ for student fellowships. We have also been able to attract good quality students who have successfully completed for CIHR, NSERC, IRSST and FQRNT, Heart and Stroke Foundation Master's and Doctoral and Post-Doctoral Fellowships. Currently, 12 graduate students (7 doctoral and 5 Master's) and 4 Postdoctoral fellowships have received funding through these agencies. In addition, the department is able to fund 2 Doctoral fellowships with the Bloomberg fellowships and these awards have been crucial for attracting and keeping high quality graduate students in the department. Our graduate enrolment has been growing over the last five years due in part to our capacity to attract and fund these high quality students.

2. Teaching and Learning (undergraduate and graduate)

Undergraduate

Our primary focus this past year was to modify our undergraduate programs to better serve our students. Our physical education was revised and streamlined in preparation for a change in admission requirements with a greater science component becoming a part of this program. Julie Cote our undergraduate program director and support and part-time teaching staff worked diligently to improve the quality of delivery of the program.

Our kinesiology program was revised in preparation for the imminent certification of Kinesiologists in Quebec. It is expected that Kinesiology will be granted "Professional Order" status this fall (2013) or next fall (2104). In anticipation, of this event two of our professors (Jensen and Taivassalo) have been working to develop clinical exercise practicums to provide students with a framework for courses to insure the acquisition of skills and hours required for certification. In addition, our new faculty lecturer Professor Scheede-Bergdahl has revised and developed three other practicum courses and a theory

course that will provide students with opportunities to practice and develop exercise evaluation and exercise prescription skills required for certification with the professional order. The professionalization of Kinesiology will make the degree more attractive and it is anticipated that enrolment in this program will increase.

Graduate Programs

Our graduate program director has been working with our coordinator on a recruitment strategy to attract more quality graduate students and has revised the procedures for annual progress reports of graduate students as they progress through their programs. In addition, both are working to develop more simplified checklist to help students and supervisors work autonomously through procedures and rules and regulations related to progress, program requirements thesis submission etc. The department is currently developing an Interdisciplinary PhD program in Health Sciences in collaboration with the academic units of Family Medicine, Dietetics and Human Nutrition and Dentistry. It is hoped that this program will foster greater interdisciplinary research collaboration and raise the profile of our academic program at the university.

3. Involvement in the community

All of our Faculty are involved in the review process of grants for the tri-council agencies and have also served as reviewers for journal in their fields. We are currently developing initiatives through the Research Center for Physical Activity and Health to develop community clinics for the Heart and Stroke foundation and the Canadian Diabetes Association to help members of the community to better understand the role of lifestyle and physical activity in reducing impact of disease and to help prevent chronic disease. A number of professors are involved in community projects that benefit community members directly. For examples, Professor Garcia is heading a project called the Kahnawake School Diabetes Project and Dr. Harvey is leading the CHAMPS (Choices in Health, Action, Motivation, Pedagogy and Skills) Physical Activity Centre at the Douglas Hospital. This program is geared to help children and their families deal with ADHD in a constructive manner using various therapeutic approaches including physical activity programs (<http://pachamps.mcgill.ca/page5/index.html>). For a complete list of the community and consulting activities see Appendix 1.

4. Milestones

This year marked the 100th anniversary of the department. As part of our 100th celebration the department struck a committee to organize a fundraising effort to mark the anniversary. This campaign provided us with over 80,000\$ in pledges from alumni and friends of the department. In addition, to the fundraising campaign the department and the university hosted the prestigious Beattie Lecture inviting Professor Kerry Courneya from the University of Alberta to speak on Exercise and Cancer. Finally, we hosted a 100th anniversary banquet attended by the Principal, the Provost and the dean of the Faculty who had the pleasure of listening to Coach Mike Babcock, a former graduate deliver the keynote speech at the banquet. Stan and Linda Gendron, two alumni from our program were awarded the event of the year prize at the McGill awards gala this spring. This year was marked by the retirement of Professor Greg Reid (Professor Emeritus) after a long-standing relationship with the department and McGill. Professor Reid's contributions as director of the department and as a fine scholar in the area of Adapted Physical Activity will be missed.

This year also marked the passing of Professor Graham Neil who retired several years ago. His devotion to our department was appreciated and Professor Neil will be missed.

Professor Helene Perrault who served as our Chair for a number of years, Associate Provost of the university and most recently as Dean of the Faculty of Education, has recently resigned her post and will be leaving to a position as Dean of the Faculty of Health Sciences at the University of Ottawa. Professor Perrault was a driving force in the comprehensive changes in our department over the last 10 years or so and her vision has brought the department's strategic initiatives and objectives more closely in line with the university's SRI. This, I believe has greatly benefited the profile and recent success of the department of Kinesiology and Physical Education. We wish her well in her future endeavors at the University of Ottawa.

Finally, last year our department began a search for two new Faculty members in the area of Exercise and Health Psychology. This search was successful with the appointment of two new faculty members (Professor Lindsay Duncan-Postdoctoral student at Yale University and Professor Shane Sweet-Postdoctoral student at Queen's University and Universite Laval). We look forward to their unique contributions to the department in the near future

5. Honors, Awards and prizes

Several of our faculty members as noted previously have been recognized for their recent efforts. Professor Rassier and Jensen have been the prestigious William Dawson Chair. Professor Hepple was awarded a senior FRSQ Chercheur Boursier award. This is a remarkable achievement in the current funding climate. Professor Jensen was also awarded an FRSQ Junior 1 Chercheur Boursier award. Professor Julie Cote was in her final year of an FRSQ Junior 2 salary award and Professor Rassier was awarded a CIHR salary award. Professor Cote was awarded a Chair for an IRSST-CIHR joint salary award and research stipend for Gender, Work and Health. Professor Caroline Paquette received the "Prix d'excellence- Moment de verite" from the Heart and Stroke foundation. A number of graduate students and 4 postdoctoral students, as previously mentioned, received Master's and Doctoral fellowships from the Tri-council granting agencies (12 in total).

Appendix 1: Consulting activities

Name of Faculty Member	Number of days			Total
	Private Sector Consulting	Public Sector Consulting	Other (please explain)	
G. Bloom	Professional NHL Player			20
		Centre National Multisport Montreal		30
J. Cote	Montreal & Quebec City Center for Interdisciplinary Research in Rehabilitation			52
D. Pearsall	Impakt Protection			15
		3M		45
Total				

Name of Faculty Member	Name of Organization	Committee Title	Office or Position, Role
R. Andersen	ACSM	Communications	Member
G. Bloom	McGill Athletics	J. Caron (swimming), S. Rathwell (m. hockey + m basketball), K. Eggleton(volleyball) , W. Falcao (m soccer)	Sport Psych Internship Supervisor

	McGill Athletics	Football, w. hockey, w. basketball	Sport Psych consultant
J. Cote	CBC Radio	Morning show, Outaouais	Live interviews on office ergonomics
	The Gazette	Expert interviewee	Article on office ergonomics
	Men's health online	Expert interviewee	Interview on sports fatigue
	Fresh Juice.ca	Expert interviewee	Interview on sports fatigue
	Tele-Quebec	TV show: une pilule une petite granule	Interview on work-related fatigue
	Tele-Quebec	TV show: Le code Chastenay	Interview on work-related fatigue
E. Garcia	Kahnawake Schools Diabetes Prevention Project (KSDPP)	Member of Research Team	Collaborate with community-based researchers and community members in the design, implementation and evaluation of diabetes prevention initiatives
W. Harvey	Physical and Health Education Canada	Board of Directors	Quebec Representative
	Association of Physical Educators of Quebec	Executive Committee	McGill Representative
R. Hepple	National Institute of Health	Skeletal Muscle and Exercise Physiology study section	Grant reviewer
	CIHR	Movement and Exercise review panel	Grant reviewer
	CIHR	Biological and Clinical Aspects of Aging review panel	Grant reviewer
	CIHR Institute of Aging	Age Plus Prize	Grant reviewer

D. Jensen	Research Institute of the McGill University Health Center	RI MUHC 2012-2013 Studentship & Fellowship Competition	External reviewer of 28 applications (35-40 pgs/per application) + participation in 2-hr reviewer meeting at RVH
	Le Réseau en Santé Respiratoire du FRQS	Première édition du Congrès québécois de recherche en santé respiratoire	Evaluator of scientific abstract submissions by Ph.D. students (n=19)
	Graduate and Postdoctoral Studies, McGill University	Pro-Dean, Final Oral Examination for Ph.D. of Diana Sharpe: Phenotypic response to anthropogenic stressors in the African cyprinid <i>Rastrineobola argentea</i>	Pro-Dean
T. Milner	International Conference on Rehabilitation Robotics	Executive Committee	General Chair
D. Pearsall	Canadian Standards Association	Sporting Equipment	Associate Member
	MITACS Accelerate	National Internship Program	Grant reviewer
	NSERC	Discovery Grant	Grant reviewer
	NSERC	Discovery Grant	Grant reviewer
	NSERC	Discovery Grant	Grant reviewer
	NSERC	I2I	Grant reviewer
	The Engineering of Sport: 9 International Society of Engineering in Sport, Lowell, Massachusetts		Session Chair Footwear
T. Taivassalo	Annual David Montgomery Run		Organizer
D. Rassier	NSERC	Permanent Member of Reviewing Committee - Discovery Grants - Biological Systems	Reviewing grants

	CIHR	Permanent Member of Reviewing Committee - Operation Grants	Reviewing grants