



McGill

Department of
**Kinesiology and
Physical Education**



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**MCGILL UNIVERSITY
FACULTY OF EDUCATION
DEPARTMENT OF KINESIOLOGY
AND PHYSICAL EDUCATION**

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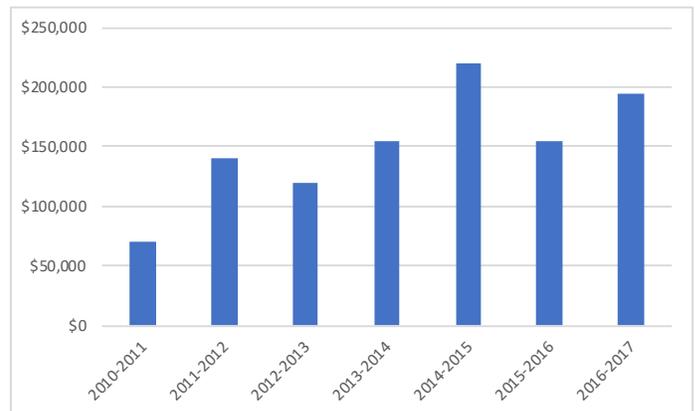
McGill's Department of Kinesiology and Physical Education (KPE) in 2017

2017 has been another successful year for our Department, as we continue to *strive to be world leaders in the optimization of health and well-being across the lifespan*. Despite many changes in our Administrative and Professorial rosters, our Department has continued its success of delivering quality academic programs, obtaining research success in terms of grants and publications, and making an impact on society. The KPE landscape has significantly changed in 2017. Aside from the many new hires, both on the academic and administrative fronts, our academic leadership has also been reorganized. Following many years of devoted service to our Undergraduate programs, William Harvey stepped down as Undergraduate Program Director and has been replaced by Gordon Bloom. As formalized during its annual retreat, our Department has also created the KPE Academic Policy Committee (2017 Chair: Shane Sweet) and the KPE Prizes and Awards Committee (2017 Chair: Lindsay Duncan). Both committees oversaw in 2017 important functions for our Department: Academic program review, and formalization of procedures for identifying, adjudicating and recognizing student and faculty prizes and awards. Finally, a new KPE Kinesiology Clinic has been created and piloted in 2017, with a dual mandate of providing meaningful experiential learning opportunities for our Kinesiology students to interact with clients, and providing kinesiology-related services to the McGill and surrounding communities. Aside from these special initiatives, we highlight below the main achievements of our Department in relation to its regular research, teaching and service mission.

Research and Publications

Research Grants

KPE continues to show evidence of being a research-intensive Department. As displayed in the following Chart, 2016-17 was one of KPE's most productive years in recent history in terms of research revenue. At over \$2M in research revenue and over \$195,000 per capita, our Department continues to be among the leaders in Canada in research-intensive Kinesiology/Physical Education departments.



Once again, KPE Professors have been successful in securing new International, National and Provincial research grants as Principal Investigators. Julie Cote was awarded a John-Evans Leader grant from the Canada Foundation for Innovation (CFI) to start a new research laboratory, which will benefit other colleagues of the Department conducting research relevant to muscle fatigue. Lindsay Duncan was awarded a grant from the Anti-Doping Research Fund of the International Olympic Committee to develop an educational videogame for the prevention of doping and supplement abuse in teenaged athletes. Dennis Jensen secured a grant from the Canadian Lung Association in partnership with Boehringer Canada to study the effects of morphine on the pulmonary exercise response. David Pearsall obtained new funding from the NSERC Partnership Engage Grant for his research on smart garments. Lee Schaefer was awarded a New Researcher Grant from the FRQ-SC for his research on physical education and social justice. Shane Sweet was awarded a SSHRC Partnership Development grant to advance his work on Spinal cord injury mentorship, as well as a grant from the Office des personnes handicapées du Quebec for his research on access to community programs to promote physical activity and social participation.

Considerable new research revenue was also obtained by KPE Professors in 2017 as co-Investigators. Julie Cote was part of new successful team grants from SSHRC, CIHR for collaborative work on gender and health. Lindsay Duncan is part of teams newly funded by CIHR and NIH for her contributions as technological and web-based tools for health interventions. Jordan Koch is part of a newly funded CIHR Team Training Grant aiming to develop a new Indigenous Mentorship Program. Shane Sweet is part of a team newly funded by the FRQ-S on traumatology research. In addition and not named here, KPE professors are involved in many new and renewed team grants with nil direct revenue to the Department. Finally, other noteworthy research accomplishments or accolades for our professors include the Researcher of the Month mention given to Lee Schaefer by Physical and Health Education Canada.

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Publications and presentations

Per-capita research output	2010	2011	2012	2013	2014	2015	2016	2017
Peer-reviewed publications	6	4.1	3.1	4.3	3.4	4	4.1	4.3
Proceedings and research presentations	4.9	5.1	4.1	4.8	6.9	7.2	8.9	9.7
Total	10.9	9.2	7.2	9.1	10.3	11.2	13	14

2017 was another very successful year in terms of research output for our Department. We experienced one of the highest average rate of peer-review publications over the last 7 years, and record numbers of proceedings and research presentations, to reach our highest average research output since 2010. All publications and presentations are listed in the Appendix document. Among the notable publications, Jordan Koch was given Honorable Mention from the North American Society for the Sociology of Sport (NASSS) for the Outstanding Article Award, *Sociology of Sport Journal*, for his publication titled “*The uses of an inner-city sport-for-development program: Dispatches from the (real) creative class.*”. Dennis Jensen and his team published the results of a randomized controlled trial on the effect of oral morphine on breathlessness and exercise endurance in symptomatic adults with advanced COPD in the *European Respiratory Journal*, which is widely regarded as one of the top respiratory medicine journals in the world with an impact factor of 10.569. This manuscript was the focus of an invited editorial and has been widely accessed since was first published. Also, some KPE investigators have published reports commissioned by private companies, such as David Pearsall for Bauer Hockey Inc. and Heddoko Inc. Dilson Rassier published an invited review for the *American Journal of Physiology – Cell Physiology*. Lee Schaefer co-authored a book on practitioner research in physical education and youth sport published in 2017 by Routledge. Finally, KPE professors have also delivered a high number of invited presentations in 2017. Notably, Côté (Marconi Conference; Organization for the Study of Sex Differences), Duncan (Yale Play2PREVENT Lab Summer Program), Dennis Jensen (American College of Chest Physicians International Congress) delivered invited international presentations in 2017. Other notable international invited presentations were from Dilson Rassier delivered a keynote, was a session co-Chair and participated in an invited debate on muscle biophysics at the 46th European Muscle Conference held in Potsdam, Germany and from Lee Schaefer delivered an invited presentation to the European Educational Research Association in Cork, Ireland, on Research on Youth, Values, Voices and Ethics. Together, they reflect the breadth of expertise and international recognition of various experts from our Department.

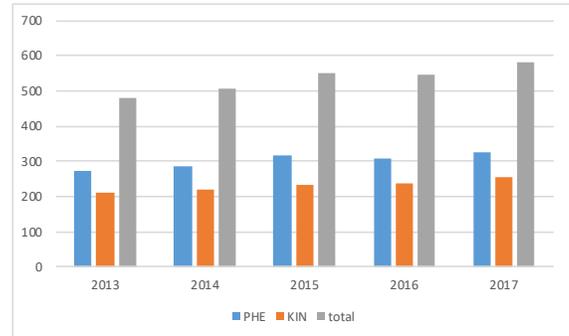
The McGill Research Center for Physical Activity and Health (PATH) originated from KPE leadership in 2012, and KPE continues to assume the scientific leadership and actively support the initiatives of this Faculty of Education-housed research centre (<http://www.mcgill.ca/path/>). In Fall 2017, the PATH Director, Prof. Jensen, along with Prof. Lindsay Duncan, organized the 4th PATH Annual Research Symposium at the McGill Faculty Club around the theme of Gender and Health, which was a success and attracted delegates in record numbers. KPE will continue to support the development of PATH, with whom it shares a research mission to advance and disseminate knowledge and help develop HQP training around the theme of physical activity and health.

In 2017, KPE faculty have continued to partake in many active collaborations at the international level. Gordon Bloom collaborates with researchers in Nanyang University in Singapore, the Norwegian and Swedish Schools of Sport Science, with the University of Birmingham and Leeds in the UK, the University of Western Sydney in Australia, the Instituto Universitario da Maia in Portugal, Yale, Pittsburgh, California State (Fresno), Alabama and Northern Colorado Universities in the USA, and University College Cork in Ireland. Julie Cote collaborates with colleagues from the University of Cagliari (Italy), the Universidade Federal de São Carlos (Brazil), Aalborg University (Denmark) and Virginia Tech (USA). Lindsay Duncan and William Harvey collaborate with colleagues from Yale, and William Harvey also collaborates with a team in Virginia. Caroline Paquette collaborates with colleagues from Karolinska Institute. David Pearsall collaborates with colleagues from the University of Bridgewater and Harvard (USA). Shane Sweet collaborates with a team at Penn State University. Finally, KPE professors actively collaborate with researchers appointed in a variety of departments and specialists in a diversity of disciplines. Table 5 lists a few of the current main collaborations for each current KPE professor. The variety of disciplines includes psychology, physical and occupational therapy, neurosurgery, nursing, management, physics, mechanical engineering, bioengineering and, of course, kinesiology and physical education.

Teaching and Learning

Undergraduate Programs

Over the last 5 years, our undergraduate enrolment has steadily increased, to reach a total of 581 students in 2017 (324 in the 4-year B.Ed. Physical and Health Education program, 257 in the 3-year B.Sc. Kinesiology program). Our B.Ed. program is the only one that certifies teachers in the English sector in Quebec and has been accredited by CAPFE (Comité d'agrément des programmes de formation à l'enseignement) since 2011-2012. With a complement of



contract academic staff, physical education professionals, two recent tenure-track hires (Prof. Schaefer and Jordan Koch) and a license to hire a full-time Faculty Lecturer, we have a renewed commitment to provide students with a high-quality program that is designed to meet the education ministry's requirements/standards. Another unique feature of our program is an opportunity for students to deliver physical activity programs in-house for kids of the community as part of the EDKP 396 Adapted Physical Activity course and the Winter Basketball jamboree.

Our B.Sc. kinesiology program reflects the multidisciplinary nature of the field. An objective of our program is to provide students with 400-600 hours of practical hands-on experience in a kinesiology-relevant setting. This is largely done by placing students in sites where they are expected to assess physical condition and perform exercise interventions and prescriptions, such as with the McGill's Athletics and Recreation Department, the Cummings Center for seniors, and the Montreal Institut National du Sport. Prior to enrolling in these practicums, students are trained in our state-of-the art *Tassone Teaching Lab*. In order to provide even more experiential learning to our students, we are piloting a Kinesiology Clinic, of which activities, provided for a small fee to clients of the McGill and surrounding community are held in the Tassone Teaching Lab. So far, we have provided student-led, supervised, lunchtime fitness programs, running evaluations, and ergonomics consulting services as part of the Kinesiology Clinic. Finally, our Department continues to offer a Minor in Kinesiology program, with 5-10 Science students enrolled each year, and a B.Sc. Kinesiology Honours program, with 9cr of research. After a peak of 17 B.Sc. Honours students enrolled last year, enrolment has settled at 8 in 2017. Whether as part of the B.Sc. Honours or not, we provide many opportunities for undergraduate research, with opportunities for funded Summer research through the NSERC USRA and the Tassone Awards, which financially support about 10 undergraduate students yearly. The response rate for undergraduate and graduate course evaluations have been traditionally low (around 25-30%) and we have been taking a variety of measures to increase this response rate. The evaluations with more than 25% response rate indicate average scores for overall teaching effectiveness of 4.0 and usually higher for full-time academic staff. There continues to be consistently high quality of instruction in courses taught by full-time academic staff. Student comments are generally positive for all of our teaching staff including part-time staff, continuing on the trend of quality teaching in KPE.

Graduate programs

Our Department continues to maintain a healthy graduate program. In 2017, we had 28 students enrolled in the M.Sc., 14 in the M.A., and 19 in the ad hoc Ph.D., all slightly higher than in the previous year (27, 13 and 16, respectively). In 2017, we also had 9 post-doctoral fellows enrolled in KPE, also slightly higher than in previous years. Finally, in 2017, there were 23 Master's and 5 Ph.D. degrees granted to KPE students, also the highest numbers in all previous years on record. The large majority of our graduate students and post-doctoral fellows are funded by external fellowships and/or the many research grants owned by their supervisors. Given that tuition fees in the province of Quebec are comparatively lower than in other Canadian provinces, these average amounts compare favorably. Finally, the proportion of financial support in the form of fellowships (i.e. non-employment) has steadily increased over the last years (with the 2017 list of fellowship awardees provided on p.5), making it increasingly possible for students to focus on their research and graduate in timely and productive fashion. In December 2016, the Quebec Ministère de la Recherche et de l'Enseignement Supérieur advised all Quebec Universities that they were no longer allowed to accept new Ph.D. students through the Ad hoc options, which had been available for Programs without a formal doctoral program since the late 1990s, as was the case for KPE. Thus, our Department accelerated a process to request a formal Ph.D. program in Kinesiology Sciences. The proposal was approved by McGill in early 2017 and underwent a

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preliminary review by the Ministry's *Comité d'évaluation des programmes* in mid-2017 which was favorable enough for the proposal to progress to site review in early 2018. We hope to obtain a formal Ph.D. program in 2018, allowing us to accept Ph.D. applicants into our Department in 2019. Until then, KPE professors will continue to supervise Ph.D. students who had been admitted as KPE students prior to December 2016, and will be able to accept new Ph.D. students into other Departments to which they are cross-appointed and through inter-Faculty programs such as the Integrated Program in Neuroscience.

Involvement in the community

The department maintains close links with the Association of Physical Educators of Quebec (APEQ). Bloom and Harvey sit on its executive as McGill representatives. They also organize the annual Jennifer Wall Lecture event, which in 2017 featured former KPE Faculty member Dr. Dominique Banville (George Mason University) who delivered a lecture on Teacher Preparation and Development. Lee Schaefer also plays a leadership role on the Canadian Physical Education scene by serving as the President of Physical and Health Education Canada. He is actively involved in the American Education Research Association and serves on their Annual Conference Proposal review committee and on the Physical Health Education Research Forum organization and program committee. On the Kinesiology front, Celena Scheede-Bergdhal serves as KPE representative on the academic advisory committee of the Federation des Kinesiologues du Quebec, and Julie Cote, on behalf of KPE, has joined the membership of the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA). On the research leadership front, several faculty members continue to have important roles as panel members (Milner, Rassier, Côté) and/or reviewers (Bloom, Schaefer) for NIH, SSHRC, CIHR and NSERC. Prof. Bloom is on the executive council of the Canadian Sport Psychology Association. Ross Andersen is the president of the Mid-Atlantic chapter of the ACSM and is on the Board of Directors of the American Council of Exercise. In 2017, Julie Côté co-chaired the annual international conference of the Organization for the Study of Sex Differences, as well as a symposium on new technology to study mobility as part of the ACFAS meeting hosted by McGill. Several KPE Professors provide relevant community service such as consulting for the McGill Varsity community (Andersen, Bloom, Duncan), for the US Olympic Committee (Bloom) and for the National Sport Institute of Quebec (Pearsall, Bloom, Côté). Shane Sweet is actively involved in the community both at research and advocacy levels, through his work with Moelle Epiniere et Motricite Quebec, Spinal Cord Injury British Columbia, Spinal Cord Injury Alberta, Spinal Cord Injury Ontario, Ability New Brunswick and Viomax. He also led a workshop at the National Spinal Cord Injury Conference, co-lead a pre-course symposium of the American Congress for Rehabilitation Medicine, and led a workshop and organized a symposium as part of the Canadian Society for Psychomotor Learning and Sport Psychology. A number of faculty members have presented their work to the public media (Dr. Pearsall- Concussion research; Dr. Cote on issues related to ergonomics in the work place).

Milestones

New hires

Professor Koch began his term in KPE in August 2017 and will lead a research program on Physical and Health Education among Aboriginal and Indigenous communities and in marginalized Youths. We hired two new tenure-track assistant professors who arrived in late 2017 and took their position in January 2018: Dr. Tyler Churward-Venne who will lead a program in muscle physiology and nutrition, and Dr. Charlotte Usselman who will lead a program in Exercise Physiology and women's health. In addition, two new searches were initiated 2017, one in the area of Motor Development and the other Interdisciplinary Health in Kinesiology Sciences. Both new hires accepted contracts and will begin their employment with us in Fall 2018. Finally, a search is under way to hire a second Full-time Faculty lecturer in the area of Physical Activity Pedagogy, for Fall 2018 start date. Thus, in September 2018, we will have increased our full-time Faculty complement to 19, from 13 in January 2017.

Promotions

Two of our Professors were promoted in 2017. Gordon Bloom was promoted to the rank of Full Professor, and Dennis Jensen was granted Tenure and promoted to the rank of Associate Professor. Congratulations to both.

Retirement

Ms. Eileen Leduc, our Administrative and Graduate Program Coordinator for over 20 years, retired from McGill in December 2017. We wish her well and thank them for advancing our Department during her term in KPE.

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Honours, awards and prizes

In 2017, two KPE Professors particularly shone by receiving new research awards. Lindsay Duncan was the new recipient of a William-Dawson, and Dennis Jensen was a new Canada Research Chair Tier 2.

The following graduates received special awards:

- Sara Abdallah (Ph.D.), CIHR-Banting, Tomlinson, Montgomery (supervisor: Jensen)
- Christopher Bailey (Ph.D.), Bloomberg-Manulife, NSERC, REPAR travel (supervisor: Côté)
- Jason Bouffard (post-doc), CIHR, FRQ-S (supervisor: Cote)
- Susanna Cere (M.A.), SSHRC, FRQ-SC (supervisor: Harvey)
- Keryn Chemtob (M.A.), CRIR (supervisor: Sweet)
- Nathan Chiarlitti (M.Sc.), CIHR, Guy-Lafleur Award (supervisor: Andersen)
- David Conradsson (Post-doc), FRQ-S, Fernstrom Karolinska Institute (supervisor: Paquette)
- Patrick Delisle-Houle (M.Sc.), Montgomery, Dick Pound Award (supervisor: Andersen)
- William Falcao (Ph.D.), Wyng, Marsh (supervisor: Bloom)
- Vanessa Ferreira (M.Sc.), Montgomery, FRQ-S (supervisor: Scheede)
- Laura Hallward (M.A.), SSHRC, FRQ-S, Wilkinson, Marisi, Annual meeting of the Canadian Association for Psychosocial Oncology best student poster award (supervisor: Duncan)
- Laura Henning (M.A.), SSHRC (supervisor: Schaefer)
- Shannon Herrick (M.A.), SSHRC, 3-Minute thesis McGill finalist, SSHRC storyteller (supervisor: Duncan)
- Dorelle Hinton (Ph.D.), NSERC, McGill HBHL, CIHR travel award (supervisor: Paquette)
- Eric Hutt (M.A.) SSHRC (supervisor: Duncan)
- Francois Jarry (M.A.), Wilkinson (supervisor: Sweet)
- Pierre Lepage (M.A.), McGill International Research Master's Award (supervisor: Bloom)
- Emilie Michalovic (M.A.), FRQ-S, SSHRC, Marisi (supervisor: Sweet)
- Kayla Miguez (M.Sc.), CIHR (supervisor: Jensen)
- Trina Mitchell (M.Sc.), NSERC AG-Bell, CIHR travel, Quebec Bio-Imaging (supervisor: Paquette)
- Jamie Rebner (M.A.), SSHRC (supervisor: Duncan)
- Rebecca Steins (M.A.), Cooke, McGill International Research Master's Award (supervisor: Bloom)
- Samantha Taran (M.A.), FRQ-S (supervisor: Sweet)
- Derek Wasyliw (M.A.), SSHRC (supervisor: Schaefer)
- Maxana Weiss (M.Sc.), McGill International Research Master's Award (supervisor: Cote)
- Chen Yang (Ph.D.), Bloomberg-Manulife, Canadian Bone & Joint Network (supervisor: Côté)

The following undergraduates received special awards:

- Melodie Daoust, Phyllis Shapiro Teaching Award
- Marie-Eve Dorion, Teaching & Leadership Award
- Stanley Li: John Chomay Award
- Jenna Masciotra, Gold Medal
- Thierry Lefrancois-Daignault, Benjamin Dubuc, Hamza Ahmad: NSERC USRA
- Alex Cui, Michelle Moore, Francis Niro, Andrew Yoon: Tassone Award
- C. Courtemanche, M. Moore, C. Qiao Liang, A. Labenek, M. Michaud, M. Daoust: A.S. Lamb Scholarships
- Dana Raffoul, Arianne Antonitti, Emily Karolidis: Arthur & Lorna Henry Prize
- Jessica Barreiro, Cody Roundtree, Michelle Blair, Mathieu Michaud: Strathcona Trust Plaque