



Health, Leisure & Human Performance RESEARCH INSTITUTE



UNIVERSITY
OF MANITOBA

MESSAGE FROM THE DIRECTOR

As you will see in the following pages, the Health, Leisure & Human Performance Institute has been a place of change and renewal, as well as many successes. I would like to congratulate Dr. Phillip Gardiner, Director of the Institute, on being appointed the Interim Scientific Director of the Institute for Musculoskeletal Health and Arthritis (IMHA) of the Canadian Institutes of Health Research (CIHR). Dr. Gardiner will be busy flying across the country taking part in a range of activities related to musculoskeletal, arthritis, skin, and oral health issues. For more information, see the IMHA Newsletter: www.cihr-irsc.gc.ca/e/44188.html.

I am very pleased to serve as the Institute's Acting Director in the interim. On behalf of everyone here, I wish to thank Dr. Giesbrecht for his time as Acting Director from January to June of this year.

Michelle M. Porter, PhD
Acting Director
Health, Leisure & Human Performance Research Institute



(From left): Géraldine Underdown, Executive Director, National Search & Rescue Secretariat (NSS); Dr. Gordon Giesbrecht, Health, Leisure & Human Performance Research Institute; Ted Rankine, Playsafe Productions; and Anne-Marie Pelletier, NSS,

Dr. Gordon Giesbrecht and his colleague Ted Rankine (of Playsafe Productions) recently received an Award of Excellence for Education and Training from the National Search & Rescue Secretariat of Canada.

The award recognizes their outstanding contributions to Search and Rescue response and prevention in Canada, in particular their work on a two-part educational program (Cold Water Boot Camp and its follow-up, Beyond Cold Water Boot Camp) which is available on DVD of from www.coldwaterbootcamp.com.

The program provides cold water immersion information that is relevant to the public and to professionals – as potential victims, first responders, educators and policy-makers. To date, 20,000 DVDs have been distributed across North America.

On the Horizon



- See Page 10 for info on our Fall & Winter Seminar Series.

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ARRIVALS



Dr. Danielle Bouchard

Assistant Professor
Faculty of Kinesiology and
Recreation Management

Dr. Danielle Bouchard joined the Faculty of Kinesiology and Recreation Management in July 2011. Her current research interests are:

- How obesity duration affects several physical health outcomes;
- How to improve both weight loss and weight loss maintenance in older adults;
- How to help the general population understand what exercise intensity means.

Before joining the University of Manitoba, Dr. Bouchard earned her doctoral degree at *Université de Sherbrooke* and had two different post-doc experiences in Epidemiology and Endocrinology. She has received several honors in the field of aging (among them, an Age-Plus prize from the Canadian Institute of Health Research, and a Scientist-in-Training Research Award from the American Geriatrics Society). She has also been actively involved in the Canadian Obesity Network, and recently partnered with a colleague on a French-language blog exploring topics related to obesity.



Dr. Shaelyn Strachan

Assistant Professor
Faculty of Kinesiology and
Recreation Management

Dr. Shaelyn Strachan joins us from the University of Ottawa's School of Human Kinetics. Her research program takes a social psychological approach to understanding how

individuals regulate their health behaviour and what factors influence this regulation. Her research to date has been theoretically driven by Social Cognitive Theory and Identity Theory, and seeks to understand the role of social cognitions and health identities in the adherence and maintenance of health behaviours. Dr. Strachan is currently the lead investigator on a Social Sciences and Humanities Research Council of Canada (SSHRC) new-investigator research project that examines the role of exercise identities in understanding exercise behaviour. Dr. Strachan is a member of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), the North American Society for Psychology of Sport and Physical Activity (NASPSA), the Society of Behavioural Medicine (SBM) and the International Society for Behavioral Nutrition and Physical Activity (ISBNPA).

DEPARTURES



Dr. Janice Butcher

Associate Professor
Faculty of Kinesiology and
Recreation Management

Earlier this year, friends, colleagues and former students gathered to pay tribute to Dr. Janice Butcher, who retired from the Faculty of Kinesiology and Management effective July 1, 2011.

A former FKRM grad (Bachelor of Physical Education, 1970), Dr. Butcher was a Faculty member for 32 years, during which time she encouraged over 4,000 students to reach for the highest levels of success as physical educators, coaches and sports administrators. She has also served as a role model in each of those areas, in her capacities as a Phys. Ed. teacher, professor, and past president of the Manitoba Women's Field Hockey Association – a post she held for 16 years.

Dr. Butcher leaves behind an important legacy, having inspired countless girls and young women to support each other while working to address and eliminate barriers to equal participation in sport and physical activity. Through her passion and dedication, FKRM achieved gender parity – in both enrolment and Faculty representation – long before many other universities.

We thank Dr. Butcher (shown below, with family and friends) for her decades of passion and dedication to both the Faculty and the Institute, and wish her all the best in the coming years.



Valerie Myers

Office Assistant
Health, Leisure & Human Performance
Research Institute

Valerie Myers, who joined our staff in Spring 2011, has since moved on to a new position with the U of M's Faculty of Political Studies.

We wish her all the best!

PRESENTATIONS

Field, R. (2011, May). "To Save a Park:" Environmentalism, public protest, and the failed Calgary/Banff bid for the 1972 Winter Olympics. *The Annual Conference of the North American Society for Sport History*, Austin, TX.

Halas, J., & Kentel, J. (2011, June). What is culturally relevant physical education? An inter-active journey. *International Association of Physical Education in Higher Education AIESEP International Conference*, Ireland.

Halas, J. (2011, June). PHETE Sharing Circle: A roundtable response to emerging pedagogical issues and ideas in physical and health education. Roundtable presentation at the *Canadian Society for the Study of Education*, Fredericton, NB.

Hnatiuk, J. A., **Duhamel, T. A.**, Katz, A., & **Ready, A.E.** (2011, June). Physical activity support in the health care system as measured by the physical activity support questionnaire. *International Society of Behavioral Nutrition and Physical Activity Conference*, Melbourne, Australia.

Kehler, D.S., Horne, D., Hiebert, B., Kaoukis, G., Garcia, E., Babiak, I., Arora, R. C., & **Duhamel, T. A.** (2011). Impact of physical activity on depression after cardiac surgery (IPAD-CS): Preliminary results. Conference proceedings of the *Canadian Association of Cardiac Rehabilitation*.

Teetzel, S. (2011, September). Collective responsibility applied to doping in sport. Presented at the *39th Annual Meeting of International Association for the Philosophy of Sport*, Rochester, NY.

Teetzel, S. (2011, June). The uses and abuses of animals in sport. Presented at *Sport and the Environment: Philosophical Dimensions*, St Francis Xavier University, Antigonish, NS.

Van Winkle, C. M., & Comer, A. (2011). Festivals and information technology: Stages of diffusion of innovation. *13th Canadian Congress on Leisure Research*; St. Catherines, ON.

To have your research profiled in the HLHPRI newsletter, contact Nicole Dunn, Associate Director (Administration), at nicole_dunn@umanitoba.ca or 204-474-7451.

PUBLICATIONS

Bates, C. G., & **Teetzel, S.** (2011). Technology. In S. Riess (Ed.), *Sports in America, Volume III* (pp. 880-887). Boston: M.E. Sharpe.

Bates, C. G., & **Teetzel, S.** (2011). Violence. In S. Riess (Ed.), *Sports in America, Volume III* (pp. 930-935). Boston: M.E. Sharpe.

Carpenter, A., & **Halas, J.** (2011). Rec and Read Mentor Programs: Building on the strengths, energy and talents of Aboriginal youth. *Reclaiming Children and Youth*, *20(1)*, 20-24.

Douglas, D., & **Halas, J.** (2011). The wages of whiteness: Confronting the nature of ivory tower racism and the implications for physical education. *Sport, Education and Society*, DOI:10.1080/13573322.2011.602395.

Green, H. J., **Duhamel, T. A.**, Smith, I. C., Rich, S. M., Thomas, M. M., Ouyang, J., & Yau, J. E. (2011). Muscle fatigue and excitation-contraction coupling responses following a session of prolonged cycling. *Acta Physiology (Oxf)*. doi: 10.1111/j.1748-1716.2011.02335.x. [Epub ahead of print]. PMID: 21707930.

Green, H. J., **Duhamel, T. A.**, Smith, I. C., Rich, S. M., Thomas, M. M., Ouyang, J., & Yau, J. E. (2011). Muscle metabolic, enzymatic and transporter responses to a session of prolonged cycling. *European Journal of Applied Physiology*, *111(5)*, 827-37.

Halas, J. (2011). Aboriginal youth and their experiences in physical education: "This is what you've taught me". *PHENex Journal*, *(3)*, 2, 1-22.

HLHPRI Annual Report 2010-11

If you haven't already, be sure to check out the Health, Leisure & Human Performance Research Institute's 2010-11 Annual Report.

To view the report online, simply click on the image at right.



SPOTLIGHT ON RESEARCHERS

Dr. Cheryl Glazebrook

Assistant Professor
Faculty of Kinesiology and
Recreation Management

Research Affiliations

- Health, Leisure & Human Performance Research Institute, University of Manitoba



Motor control and learning: It's a topic many take for granted, if they give it any thought at all.

But for motor control expert Dr. Cheryl Glazebrook, one of the most recent additions to the Health, Leisure & Human Performance Research Institute, the subject of how the nervous system controls movement is one that's proven fascinating since childhood.

"I was a dancer, so I spent a lot of my early years having to learn how to control my movements," says Glazebrook, who joined the U of M's Faculty of Kinesiology and Recreation Management in January 2011.

"I also spent a lot of time asking my high school science teachers how the nervous system controls movement ... They kept telling me I'd provide them with the answers some day!"

Glazebrook took her teachers at their word, earning both her undergraduate and graduate degrees in kinesiology from McMaster University, where she studied with Dr. Digby Elliott, a former Canada Research Chair in Motor Control and Special Populations. Her studies focused on goal directed behaviours — movements that require coordination between multiple parts of the body — and for her thesis, she explored an area of particular interest: motor planning and control in individuals with autism.

Glazebrook's research seeks to provide a better understanding of the disorder, and to identify means by which to improve communication skills within autism populations.

"The estimates nowadays are that one in 120 people will fall somewhere on the (autism) spectrum," she says. "What we're aiming to do is find ways to help those people create lives that allow them to make the most of their talents."

Traditionally, autism has been identified by a delay in language skills — a valuable metric, given the importance of early intensive intervention. But since language delay is difficult to identify before the age of three, researchers have

now begun to focus on early motor milestones, genetic links and differences in joint attention behaviours among siblings.

"The kids we see with some of those unidentified reasons for developmental delays, we need to track them better to find out what happens as they get older," says Glazebrook. "Winnipeg is a great place to be for that, because the groups here already work together."

Since moving to Winnipeg last year, Glazebrook has become involved in a number of multi-disciplinary research initiatives, including one led by the HLHPRI's Dr. Todd Duhamel, exploring the impacts of a new children's after-school program that balances nutrition, physical activity and motor skills.

Her current role in the project is to assess the children's baseline motor skills. In May, they'll be re-evaluated to see whether the after-school program has had any effect.

"One of the exciting things is that we can start to make some links with the other new researchers in our Faculty and our Institute," Glazebrook says of the project, which also involves recent HLHPRI arrivals Dr. LeAnne Petherick and Dr. Moss Norman.

"We can start to make some connections between the children's thoughts and beliefs about the after-school program. Is that related to their motor skill abilities? And is that related to how physically active they are?"

The project is a perfect fit with Glazebrook's other area of interest: the relationship between perception and action, in which she seeks to better understand the impact of sensory stimulation on how we prepare and perform our motor skills.

"I measure how you get from A to B," she explains, "so if you reach out and grab your coffee cup, how did you actually get there? And how fast was your movement, and how many corrections did you make to your movement?"

"What about if you're in an environment where you have a lot going on — flying a plane or even driving a car? What is the impact of all those extra lights and sounds?"

The research informs our understanding of how the brain controls movement and has a wide range of practical applications, much of it having to do with helping teachers and therapists create situations in which learners can perform more efficiently and consistently.

"That's the biggest challenge," she says, noting the same knowledge can also be applied to general neurological populations. "We're good at helping people learn skills, but we're not so good at helping them maintain those skills in the real world."

To learn more about Dr. Glazebrook's research, see her [profile on the HLHPRI website](#).

SPOTLIGHT ON RESEARCHERS

Dr. Marion Alexander

Professor
Faculty of Kinesiology and
Recreation Management

Research Affiliations

- Director, Biomechanics, Sport and Human Performance Laboratory
- Head of HLHPRI's Sport and Human Performance Research Group



In the earliest days of Dr. Marion Alexander's biomechanics lab, footage was shot using a bulky 16-millimetre movie camera. Film cost hundreds of dollars per roll to buy and develop, and eventually became obsolete – so it had to be shipped outside the province for processing.

The tradeoff was the ability to analyze athletes' movements on a frame-by-frame basis at high filming speed – and Alexander's lab was soon positioned as one of the top sites in the country for analysis of elite athletes using sport biomechanics analysis techniques. Three decades later, digital video technology has brought the process full circle, allowing Alexander and her graduate students to continue their research work on a broader scale and to analyze an ever-increasing number of athletes.

"Many of the newer video cameras — and even the smaller digital still cameras — all have slow motion video settings, so we can take this beautiful slow-motion video of our athletes at 100 frames a second," says Alexander, a Victoria native who's been with the Faculty since 1967. "It's like we're right back where we started with high speed analysis, but of course now film access is instant, because we just have to film the athlete, and we can record the video directly into the computer for analysis."

Alexander first became interested in sport biomechanics in the mid-1960s, when it became the subject of an emerging field of research. Her Master's advisor at University of Washington was Dr. Marion Brower, one of the first researchers to publish a book about biomechanical analysis of skills.

"Basically, we try to improve athletes' performance by making their movements more efficient, and making them more coordinated and faster," she says. "We're really trying to enhance their techniques by applying some of these basic mechanical principles that we've borrowed from physics and mechanics."

Though there are other biomechanics labs in Canada, Alexander's is the only one in which researchers work

with athletes at both the national and provincial levels .

In recent years, she's analyzed skills for Athletics Canada, Softball Canada, Diving Canada, Water Polo Canada, and the Coaching Association of Canada. The lab has also been active in the analysis of elite provincial athletes – including the Canada Summer Games softball, volleyball, basketball, field hockey, soccer, and track teams – and of course, with Bison athletes, including players on the hockey, basketball and track teams.

"It's amazing the number of athletes who have never seen a really good, close-up, frame-by-frame analysis of their skills," says Alexander. "We're sitting them down with the film and saying, 'Here's your stop – this foot is too far out to the side,' or 'Here's your shot – your arm is too far from the midline, and you're losing accuracy.' And just showing them that is a breakthrough for a lot of them, because they think their shots are perfect – because they've never seen them frame by frame."

Much of the work in Alexander's lab is conducted using Dartfish computer software, widely considered the leading technology for use in the biomechanical analysis of athletes. She and her students frequently partner with the Pan Am Sport Medicine Centre's Biomechanics Research Lab, where they have access to an even greater array of analysis systems and equipment.

But Alexander's research isn't limited exclusively to sport. Her lab is currently working with the Winnipeg Police Service to explore the most efficient techniques for battering down a door, and in the past she's been called to serve as an expert witness in court cases requiring analysis of human movement.

Similarly, her ties to the sporting world aren't limited to the lab. She also serves as a member of the selection committee for Sport Manitoba's Women to Watch grant program, as a member of Coaching Manitoba's Learning Facilitator Committee, and as a National Master Learning Facilitator and a Manitoba Master Course Conductor for the National Coaching Certification Program's Theory Program.

The athlete analysis still consumes the bulk of her time, however, even as technological advancements make it easier for coaches and athletes to shoot their own amateur footage.

"You'd think it would be easy for a coach to take a camera out, take some video, and take it home to look at it frame-by-frame," she says, "But very few actually do – I think they just don't have the time."

"But I always get a couple of calls a week from parents saying, 'Will you analyze my young athlete's skills?' So I think it's becoming more popular, and it's definitely of greater interest to parents."

To learn more about Dr. Alexander's research, see her [profile on the HLHPRI website](#).

Dr. Malcolm Smith

Professor & Department Head
Department of Marketing
I.H. Asper School of Business
University of Manitoba

Research Affiliations

- Centre on Aging,
University of Manitoba



He's twice paired with HLHPRI member Dr. Kelly MacKay on research projects that challenge the prevalent "deficit theory" in cognitive gerontology – namely, that as people get older, they're more likely to suffer memory loss. In both projects, subjects were given photos and text related to tourist destinations, then asked to recall the images and words, and to provide elaborations based on what they remembered.

"Based on the deficit theory, we would expect the younger adults to do much better, but what we found was there was no difference across the board," he says. "The older adults remembered just as much as the younger adults."

Smith's research supports an opposing cognitive memory theory, one that suggests it's not so much that adults remember *less* as they get older, but instead, that they remember things *differently*.

In his experience, older adults tend to remember things at a higher, more abstract level – a finding that has significant practical applications in advertising and marketing.

"The few reviews that have been done tend to look only at the deficit viewpoint, so they recommend that if you're going to advertise to an older adult audience, you need to keep it simple and keep it slow, so these poor old people will remember your ad," he says. "My research indicates that's not necessarily true. It all comes down to how you define memory."

It's a familiar sentiment on T-shirts and motivational posters: You're only as old as you feel.

But as Institute affiliate Dr. Malcolm Smith explains, there may be more to the phrase than just wishful thinking.

"I know some 22 year olds who think like an 80 year old, and I know some 80 year olds who think like a 22 year old," says Smith, Head of Marketing at the U of M's Asper School of Business.

"It's interesting to ask people not only their physical age, but their psychological age, as well ... Typically, people see themselves as 10 to 15 years younger than they really are."

For 20 years now, Smith has been studying the link between aging and memory, especially as it relates to advertising and tourist marketing.

Dr. Melanie Gregg

Associate Professor
Department of Kinesiology
and Applied Health
University of Winnipeg

Research Affiliations

- Health, Leisure & Human
Performance Research
Institute



only want to imagine positive things. We're saying you should imagine those problems that will come up, but also imagine yourself being successful."

Last year, Gregg and Dr. Dennis Hrycaiko served as co-advisors on a graduate thesis exploring imagery's impact on performance and self-efficacy among Bisons golfers. She's currently working with Dr. Leisha Strachan on a similar study involving youth athletes aged seven to 16 years old.

Another component of Gregg's research involves sport psychology among athletes with intellectual disabilities — getting a better understanding of which skills are used, how they're learned, and whether (and how) they can be applied in life outside competition.

A related project finds Gregg working with Dr. Jennifer Mactavish in preparation for the 2012 Paralympic Summer Games in London. Now that athletes with intellectual disabilities have been re-instated in competition (following a landmark reversal of their nine-year ban) Gregg has taken the lead on developing a classification protocol for the athletics category, which includes long jump, shot put and 1,500-metre.

"We have to come up with a classification that tells us whether an athlete fits the profile, whether they should be in the competition, and then the impact of the disability on sport participation," she says.

In sport psychology, as in life, there's proven power in positive thinking.

Just ask Dr. Melanie Gregg, an Institute affiliate who for years has been studying the impact of mental imagery in sport — in particular, the process of mentally preparing for any less-than-ideal circumstances that might arise during competition.

"Athletes will imagine themselves in a challenging situation, and then see themselves overcoming that challenge," says Gregg, an FCRM grad who's now an associate professor in the University of Winnipeg's Department of Kinesiology and Applied Health.

"It's a different approach, because a lot of people say you

RESEARCH UPDATES

Cardiovascular Health & Cardiac Rehabilitation

Cardiac rehab is a secondary prevention strategy for patients who've experienced a heart attack or had heart surgery. However, less than 40% of eligible patients currently attend cardiac rehab in Manitoba.

Factors that may be hindering enrollment include program start dates and patient readiness.

For this reason, Dr. Todd Duhamel's research program is working with the Reh-Fit Centre to determine if a "continuous entry" program – where patients can join cardiac rehab soon after referral – is more effective than the traditional entry model for enhancing the amount of daily physical activity participants accumulate over a year.

So far, 57 participants have been enrolled in the study, with data collection due to be completed by December 2012.

The data collected will provide new information describing the long-lasting effect of cardiac rehab, and will inform the development of future physical activity initiatives.



SCORE!

In April 2011, Dr. Leisha Strachan, with colleagues Dr. Dany MacDonald (University of Prince Edward Island) and Dr. Jean Côté (Queen's University) received funding from the Social Sciences and Humanities Research Council (SSHRC) for a project entitled "**SCORE! Using Technology to Design and Deliver Positive Youth Sport Programs**".

The SCORE (Sport Connect and Respect) project is a program of 10 lessons designed to provide a deliberate approach to youth development and sport participation. The program aims to develop four main areas of sport development: confidence, competence, connection, and character. SCORE is grounded in research in both sport psychology and positive youth development. With assistance from Sport PEI, Sport Medicine and Science Council of Manitoba, Sport Manitoba, and Coaching Manitoba, coaches of athletes aged 12-17 from a variety of team sports are currently being recruited for the pilot study. Coaches will be asked for feedback about the project and focus groups will be conducted about the lessons delivered by the coaches.

To date, Dr. MacDonald has travelled to Winnipeg to meet with Dr. Strachan and 6P Marketing, the group responsible for the design and deliver of the technology component of the program. The website, www.projectscore.ca, is almost ready to go and a mobile version of the website has also been developed so that coaches can access information on their smart phones, as well.

Additional funding has been secured from SSHRC through the Sport Canada Research Initiative for 2013-2015. Funding will support graduate student involvement in the project as the next phase plans to include quantitative measures (i.e., youth experiences) as well as qualitative methodologies.

After the School Bell Rings: A Manitoba After School Recreation Project

There's a growing recognition of the need for quality recreation/physical activity-focused after school programs, as well as safe, active travel for youth throughout Manitoba communities.

To address this issue, Recreation Manitoba and the Green Action Centre have invited a team of HLHPRI researchers (including Dr. Todd Duhamel, Dr. Cheryl Glazebrook, Dr. LeAnne Petherick, Dr. Gordon Giesbrecht, Dr. Moss Norman, Dr. Leisha Strachan, Ms. Nicole Dunn, Mr. Gerren McDonald and Mr. Eric Garcia) to evaluate a project designed to enhance and support the delivery of quality after-school recreation programs and safe and active travel planning for children and youth aged six to 12 years.

The project is funded by the Public Health Agency of Canada through the Canada Healthy Living Fund. Seven after-school programs, in locations throughout the province, were selected to participate in the one-year observational study. The information gained by this project may help children access better after-school programs in Manitoba.



The ENCOURAGE Project: Enhancing primary care counseling and referrals to community-based physical activity opportunities for sustained lifestyle change

There is widespread recognition that physical activity has a primary role in the prevention of chronic disease. However, many health care providers frequently report limitations in their capacity to counsel patients about physical activity.

These limitations include a lack of experience prescribing exercise for patients, a lack of time to counsel patients, a need for more physical activity resources, and safety concerns as weaknesses that limit the effectiveness of physical activity counseling in primary care. Many of these limitations can be addressed through the use of multidisciplinary team approaches that include exercise specialists, such as kinesiologists.



With this in mind, a team of researchers from the HLHP Research Institute (including Dr. Todd Duhamel, Dr. Shaelyn Strachan, Dr. Danielle Bouchard, Dr. Elizabeth Ready, and Dr. Moss Norman) have partnered with the Winnipeg Regional Health Authority (WRHA) and Winnipeg *in motion* to explore innovative ways to enhance the prescription of physical activity as a health intervention by building linkages between primary care and culturally diverse community-based physical activity opportunities.

The novel aspect of this project will integrate a kinesiologist into an existing WRHA primary care team in order to enhance the prescription of physical activity as a health intervention. The kinesiologist's role within the team will be to: 1) support and educate the primary care team about the link between physical activity and patient care; 2) educate patients about the broad health benefits of physical activity using a one-on-one approach; and, 3) develop patient-centered referral processes that will enable patients to access community-based physical activity programs or unstructured physical activity opportunities within their own neighbourhoods.

This project is being funded by the Manitoba Heart and Stroke Foundation Primary Prevention Challenge grant program. The key outcome will be the development of a model for physical activity promotion within primary care that will enable and support people to adopt and sustain a more physically active lifestyle.



Enhancing Rural Livelihoods in Uganda through Sustainable Community Tourism

Since 2005, Dr. Michael Campbell has been working with Makerere University and other wildlife and tourism partners in Uganda, to create a Master's degree in tourism and to establish community tourism initiatives around the national parks in Uganda.

Now in its final year, his CIDA-funded project can be considered a success on both counts.

“The Master's degree is up and running and successful, and we have our first graduates coming out this year,” says Campbell. “We now have three PhD students – two of whom are close to completion, and one of whom is coming to Winnipeg in February for six months to continue his research on a Canadian Commonwealth Scholarship.”

Campbell's project, which recently won a Sustainable Development in Tourism Award (see next page), has also helped Ugandan residents establish gorilla tourist camps, trained them to work as interpreters and guides, and opened up new tourism opportunities such as cave explorations, bird-watching expeditions and beekeeping.

“They're already expanding the tourist camp we helped build, and the number of people staying there has gone up a thousand per cent since we opened,” says Campbell. “It's to the point now where it's self-sustaining. They're making improvement all the time, but the next steps are self-contained.”

“What's an even bigger success is that the students coming out of that are working in other training institutions in Uganda,” he says, “so the knowledge really is being mobilized country-wide.”

ANNOUNCEMENTS

Funding

- Congratulations to **Dr. Christine Van Winkle**, on the receipt of \$37,000 in funding from the Keystone Agricultural Producers through the Manitoba Rural Adaptation Council's Canadian Agricultural Program and the Faculty of Agriculture. Dr. Van Winkle's project, entitled "Strategies to improve communication with the general public regarding key agricultural issues," will involve research into public interpretation programs at the Faculty of Agriculture's new Farm and Food Discovery Centre.
- Congratulations also go out to **Dr. Todd Duhamel** and his team on the receipt of a Challenge Grant award of \$80,000 over two years from the Heart and Stroke Foundation of Manitoba. This project will place a kinesiologist within a primary care clinic to develop a physical activity promotion and prescription model for Manitoba. See Page 8 for more information on The ENCOURAGE Project.
- Finally, congratulations go out to **Dr. Cheryl Glazebrook**, who was awarded a Manitoba Health Research Centre Establishment Grant worth \$99,997 over three years. The grant will fund a project entitled "Two are better than one: multisensory-motor integration," which aims to develop principles that therapists can use to maximize the efficiency of motor skill learning and re-learning, in particular among those affected by neurological disease or brain injury. See Page 4 for more information on Dr. Glazebrook's research.

Events, Awards & Appointments

Basketball star Steve Nash paid a visit to **Dr. Todd Duhamel's** labs at the St. Boniface Hospital Research Centre in September, while in Winnipeg to receive the St. Boniface Hospital Foundation's International Award. A two-time NBA MVP, Nash learned more about the important medical research taking place in Manitoba during a tour of the hospital's Research Centre. He also conducted a workshop with young athletes at the University of Manitoba, before accepting his award at a gala dinner at the MTS Centre.

Nash (shown, with Dr. Duhamel) received the award in recognition of his ongoing commitment to improving circumstances and creating opportunities for children living in poverty, or with illness, abuse or neglect.



Congratulations to **Dr. Phillip Gardiner**, Director of the HLHPRI, on his appointment as Interim Scientific Director of the Canadian Institute for Health Research's (CIHR) Institute of Musculoskeletal Health & Arthritis (IMHA). Dr. Gardiner joined the IMHA team effective July 1, 2011.

In other personnel news, **Dr. Kelly MacKay** and **Dr. Jennifer Mactavish** have both left the University of Manitoba for positions at Ryerson University in Toronto. Both Dr. MacKay and Dr. Mactavish will remain Research Affiliates of the HLHPRI.



Congratulations to **Dr. Michael Campbell** (he's the tall one), winner of a 2011 Sustainable Development in Tourism Award for his community tourism work in Uganda. The award was presented by Skål International's Association of Travel and Tourism Professionals, during the 72nd Skål World Congress in Turku, Finland, on Sept. 19, 2011.

And lastly, congratulations to all the HLHPRI Research Affiliates involved in organizing **SCAPPS – the Canadian Society for Psychomotor Learning and Sport Psychology** conference, held in Winnipeg from Oct. 13-15, 2011.

SEMINAR SERIES: FALL & WINTER 2011 - 2012

Oct. 28, 2011

Dr. Gordon Giesbrecht, PhD

University of Manitoba

“You’re as cold as ice: Confessions after 25 years of freezing people.”

Nov. 3, 2011

Dr. Lucie Pelland, PhD

Queen’s University

“What can reaching movements tell us about brain development?”

Jan. 27, 2012 (133 Frank Kennedy Centre)

Bruce Kidd, PhD

University of Toronto

“The struggle for human rights in sports.”

Feb. 10, 2012

Dr. Genevieve Rail, PhD

Concordia University

“Postcards from the obesity factory: Impact on young women’s constructions of health.”

March 2, 2012

Dr. Russell Field, PhD

University of Manitoba

“When the world gathers: International sporting events as sites of protest and resistance”

March 16, 2012

Amy Latimer, PhD

Queen’s University

“Messages that move you: Evidence-based strategies for constructing effective physical activity messages.”

March 23, 2012 (at 2:00 p.m.)

Carla Santos, PhD

Illinois University at Urbana-Champaign

“Representing, managing and experiencing tourism.”

March 30, 2012

Christine Van Winkle, PhD

University of Manitoba

“Exploring the visitor’s experience.”

Except where noted, all seminars will be held at 2:30 p.m., in Investors Group Athletic Centre, Room 238 (Conference Room A).

MEDIA MENTIONS

Dr. Moss Norman:

[Boys don’t want to be ‘buff’](#)

Toronto Star – Oct. 3, 2011

[Boys want average builds, not six-pack abs](#)

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Dr. Leisha Strachan

Speech on Behalf of FCRM

Government of Manitoba Health E-Plan Web

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ADVISORY BOARD SPOTLIGHT

Mr. Mark Robertson

Director, Healthy Living and Populations
Manitoba Healthy Living, Seniors & Youth



Having worked for years as a speech pathologist, healthy living advocate Mark Robertson knows only too well the potential impacts of a sedentary lifestyle.

“A lot of my previous work was with people who had speech, language, swallowing and hearing problems as a consequence of lifestyle,” says Robertson, a member of the HLHPRI’s advisory board. “That’s people with diabetes, or people who’ve had strokes, or people who have laryngeal cancer as a result of smoking. I’ve seen the outcomes of not leading a healthy lifestyle, so for me, it’s very exciting to work in an area where I can prevent that.”

As Director of Healthy Living & Populations for Manitoba Healthy Living, Youth & Seniors, Robertson is responsible for creating conditions and encouraging behaviour that supports health and well being for all Manitobans.

His department promotes physical activity, healthy eating, and injury and chronic disease prevention in a range of populations, via such initiatives as *in motion*, the provincial physical activity strategy.

“It’s all about having people commit to being more active,” Robertson explains. “For schools, it’s having students committed to being active for 30 minutes a day. For workplaces, it’s a commitment to increase physical activity. We look at the different settings where people work, learn and play, and then look at how we can make those settings as optimal as possible for promoting healthier lifestyles.”

Robertson’s department has partnered with the Institute on a number of *in motion* initiatives over the years, as well as countless other collaborations with researchers. Such partnerships are integral to the success of larger-scale prevention strategies, since they allow for widespread dissemination of new research on topics such as tobacco use, childhood obesity, and the links between inactivity and chronic disease.

Robertson’s branch recently rolled out a province-wide Role Model campaign, encouraging parents to take a lead-by-example approach to physical activity. A proud role model for his own kids, Robertson says he’s pleased to see prevention recognized as a key component of recent national strategies.

“It’s all about encouraging people to make those small steps,” he says, “because those small changes can have a big impact on your health and well-being.”

Contact Us

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