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Health, Leisure & Human Performance Research Institute  
University of Manitoba  
Winnipeg, MB, Canada  
R3T 2N2  

Tel 204-474-7087  Fax 204-261-4802
It is with great pleasure that I submit my report of the activities of the Health, Leisure and Human Performance Research Institute. I'm having some difficulty believing the calendar, however, when I realize that I've been Institute Director for six years. As a group, we continue with more energy than ever doing the things a research institute should do -- the HLHPRI does a great job obtaining research dollars, publishing, interacting with other scholars at conferences and in our Institute Seminar Series; we provide opportunities for graduate students interested in our various research areas, and we share our research expertise with the community in various significant ways.

Six years ago I noted that our Institute was one of a kind in North America. I am proud to say the Institute remains unique, while continuing to grow and renew. A major element of our current renewal is the appointment of Dr. Jane Watkinson as Dean of the Faculty of Kinesiology and Recreation Management in July 2007, bringing her new perspective to the course we will set for the next five years. I am pleased to provide other selected highlights of Institute happenings during the past two years, the nature of which ensure continued success:

The new Ph.D. in Applied Health Sciences has been an item in every Institute Annual Report since I arrived in 2002, as we piloted the proposals through to final approval. I am proud to say that our first full quota of eight students started the program in September 2007. Once we reach a full complement of students (20 by 2009), we project at least five of these students will work with researchers in the Institute, to complement our over-all research capacity. The program is currently being led and administered through the Institute, and in anticipation of the support these and our other graduate students will need, we have designated a new grad students’ study area in the Institute. Our Faculty graduate program (M.Sc. and M.A.), with the addition of some support funds and the dedication of a dynamic graduate program chair (Dr. Michelle Porter), shows signs of increased life which will mean more fresh minds contributing to our Institute dynamic.

The Institute’s involvement and leadership in the community has never been stronger. The ongoing involvement of several Institute Affiliates and Associates in the in motion initiative is a great example. In February 2007, the results of the in motion baseline survey of Manitobans garnered national attention, showing that nine out of 10 children and teens here do not get enough physical activity to meet the Physical Activity Guidelines. HLHPRI researchers Gardiner, Ready, Rodrigue and Butcher led the survey with colleagues from Family Medicine, the WRHA and the Province of Manitoba. In addition to the full report (available on the Institute website), the HLHPRI issued a four-page ‘knowledge translation’ document for each of the adult and children/teen results, with the goal of facilitating wide distribution of the results to the broader community.

The Institute’s research affiliates also continue to demonstrate a strong commitment to important and accessible scholarship, playing significant roles in diverse conferences between 2006 and 2008.

In October of 2007, the sixth annual Parks and Protected Areas Research Forum of Manitoba (PPARFM) took place with the theme Landscapes, Wildlife and People: The Great Balancing Act. The first forum was held in 2002 after HLHPRI research affiliates Kelly MacKay and Michael Campbell collaborated to forge a partnership between Parks Canada, the Parks Branch of Manitoba Conservation, City of Winnipeg Parks, the University of Manitoba, Brandon University, the University of Winnipeg, and the Nature Conservancy of Canada - Manitoba Region. The Forum’s purpose is to promote and facilitate park and protected area research. The Research Institute was pleased to again be a lead sponsor of this important event.

The next highlighted conference involved a group of 15 invited participants including Aboriginal female athletes, coaches and organizers from mainstream, Aboriginal and traditional sport settings. Entitled Moving Forward: A National Roundtable on Aboriginal Women in Sport, it was co-organized and
facilitated by Dr. Janice Forsyth. The main goal of the Roundtable was to discuss the importance of sport in the participants' lives and how to enhance Aboriginal female participation in sport.

Finally, the Canadian Federation of Biological Societies (CFBS) Scientific Conference, chaired by Dr. Phillip Gardiner, looked at The Biology of Aging – New Answers to Old Questions in June, 2008. Five other Institute members (Drs. Janice Butcher, Michelle Porter and Elizabeth Ready, and Janis McGonigle and Maureen Rodrigue) also sat on the organizing committee.

Our research affiliates, associates and staff are a hardworking, vibrant group of individuals who regularly distinguish themselves through their many accomplishments and awards. We are very pleased to list two individuals who were recognized in a special way this year. First is Dr. Phillip Gardiner, recipient of the 2007 Canadian Society for Exercise Physiology (CSEP) Honour Award, the organization’s highest form of recognition. The CSEP cited him as “an outstanding scientist and a pioneer and world leader in the studies of the adaptation of the neuromuscular system and spinal cord to physical activity and inactivity.” The second is Dr. Henry Janzen, who received The Reh-Fit Centre’s Healthy Living Award. This award is given annually to an individual who has made a difference in encouraging healthy, active living across Manitoba. The award recognized Dr. Janzen as a model and champion of healthy living for more than 50 years, in both his personal and professional life. Congratulations to you both!

The past two years has seen an abundance of great work and good news in the Institute, as the highlights above and throughout this report demonstrate. However, we have also been saddened to see the departure of several of our colleagues.

Two of them – Professor Jack Harper and Dr. Henry Janzen – are beginning their well-deserved retirements from the University. Jack Harper, who has been with the Faculty since 1983, retired on January 1 2007, but is kept busy balancing a consulting practice and more time at his vacation property near B.C.’s Powell River. Dr. Henry Janzen retired June 30, 2008, after serving the Faculty for over 40 years in a variety of roles, but most prominently as Dean of the Faculty for 19 years. He was the driving force in establishing the HLHPI and we thank him for being persistent in pursuing his dream of a research-intensive faculty. With their long-term commitment to the Faculty, Henry and Jack will certainly be missed.

And since renewal without expansion has its down side, other of our valued colleagues have moved on to pursue other opportunities. In 2007, Dr. Yoshi Iwasaki moved to Temple University and Dr. Greg Gannon moved to the Canadian Sport Centre in Toronto. At the end of June 2008, Drs. Janice Forsyth and Michael Heine left to accept appointments at other Universities, and Dr. Judy Chipperfield, while staying at the University of Manitoba, moved to the Department of Psychology. We thank all these individuals for their valuable contributions over the years and wish them the best in the future.

While it is difficult to say goodbye to our former colleagues, we look forward to welcoming new Faculty members and researchers to make a unique contribution to the HLHPI. The first to join our ranks in 2007 was Dr. Christine Van Winkle (nee Cauldwell), a former University of Manitoba undergrad and graduate student (M.A. Recreation - 2002). Dr. Van Winkle’s research interests in tourism focus on understanding cognitive aspects of visitors’ experiences at special events, cultural sites and parks. Also new as of July 1, 2008, is Dr. Jonathan McGavock. A graduate of our Bachelor of Physical Education program, Dr. McGavock’s research focuses on physical activity, childhood obesity and diabetes. Welcome Christine and Jon!

Our calendars will be very full this coming year with search committee meetings, interviews and presentations by other candidates interested in joining our ranks. Please stay tuned as we look forward to introducing and welcoming a new cohort of research affiliates to our long-standing endeavor.

Fifteen years ago, in May 1983, the University of Manitoba Senate passed a name-change motion and the Sport and Exercise Science Research Institute became the Health, Leisure and Human Performance Research Institute. The new name reflected an expanded research focus that led to a strong multi-disciplinary research institute within the Faculty of Kinesiology and Recreation Management. As we move into our 16th year of operation, the state of the Institute is good, and it continues to reign and flourish as the only research unit of its kind in North America.
OVERVIEW

INTRODUCTION TO THE HLHPRI

The Health, Leisure and Human Performance Research Institute (HLHPRI) is among the most diverse institutes at the University of Manitoba. As a highly productive and multidisciplinary institute, we examine the physical, psychosocial and functional aspects of health.

In 1993, eight Research Affiliates worked out of HLHPRI. Today, four times that number of Research Affiliates, Research Associates and Professional Associates work here under the auspices of five different Research Groups, and out of eight different Laboratories and Offices. As research that focuses on health, leisure and human performance continues to gain significance in the lives of today’s Canadians, the Institute promises to remain a primary force making a difference.

Besides our extensive research endeavors, the HLHPRI promotes its mission further through teaching. A graduate program consisting of two thesis-based Master’s degrees as well as a Ph.D. program in Applied Health Sciences offer students the opportunity to be taught by and work with the Institute’s nationally and internationally recognized researchers.

The Institute’s laboratories and research offices are primarily located within 10,000 square feet of Max Bell Centre. The Institute is part of the Faculty of Kinesiology and Recreation Management. Dr. Phillip Gardiner, a Canada Research Chair, is the Director of the Institute.

OUR GOALS

The goals of the Health, Leisure and Human Performance Research Institute are:

- To create an environment that promotes and supports research in health, leisure behaviour and human performance.
- To conduct original scholarship and basic and applied research of the highest quality in the areas of human movement and leisure behaviour.
- To disseminate research findings through traditional academic means and a variety of other activities designed to serve the broader community.
- To provide opportunities for undergraduate and graduate students to participate in research activities related to health, leisure and human performance.
- To promote collaboration and interdisciplinary activity with other University faculties and departments, and with the external community.

MISSION STATEMENT

To facilitate, conduct, and disseminate research of the highest quality to advance our understanding of health, leisure and human performance.
outdoor recreation habitat modeling; ecotourism/cultural tourism campblm@cc.umanitoba.ca

Judy Chipperfield, Ph.D. (MB.) Professor Health and aging; psychology of successful aging chipper@cc.umanitoba.ca

Brian Cox, Ph.D. (York) Professor, Psychiatry Psychiatric epidemiology and population mental health; mood and anxiety disorders coxbj@cc.umanitoba.ca

Janice Forsyth, Ph.D. (Western ON.) Aboriginal Scholar/Assistant Professor Contemporary Aboriginal sport practices; social issues in sport; Canadian sport policy; qualitative methods forsyth@cc.umanitoba.ca

Gordon Geisbrecht, Ph.D. (MB.) Professor Exercise physiology; thermoregulation giesbrecc@cc.umanitoba.ca

Joannie Halas, Ph.'U. (Alberta) Associate Professor Quality physical education and cross-cultural pedagogy; culturally relevant physical education/activity for marginalized youth and aboriginal youth; qualitative (interpretive) research methods halasjm@cc.umanitoba.ca

Michael Heine, Ph.D. (Alberta) Assistant Professor Sport history; sport anthropology; coaching development for traditional Aboriginal sports heinem@cc.umanitoba.ca

Dennis W. Hrycaiko, Ph.D. (Alberta) Professor Psychology of sport hrycaiko@cc.umanitoba.ca

Henry Janzen, Ed.D. (Colorado) Professor Social psychology of physical education & sport; recreation; sport administration/management hjanzen@cc.umanitoba.ca

Robert Kerr, Ph.D. (Oregon) Professor, Vice-President (Academic) & Provost rob_kerr@umanitoba.ca

Dean Kriellaars, Ph.D. (MB) Associate Professor, Med. Rehab. Use of training & exercise for prevention & treatment of disease or injuries, neural control of motion knei@cc.umanitoba.ca

Zana Lutfiyah, Ph.D. (Syracuse) Professor, Associate Dean, Education Social acceptance and inclusion of people with disabilities; qualitative research lutfyy@cc.umanitoba.ca

Peter MacDonald, M.D. (MB) Professor, Surgery/Orthopedics Sport medicine; biomechanics pmacdon@panamclinic.com

Kelly J. MacKay, Ph.D. (Illinois) Professor Nature and resource-based tourism; heritage tourism; destination image; destination marketing mackay@cc.umanitoba.ca

Jennifer Mactavish, Ph.D. (Minn.) Professor Benefits of recreation and exercise for persons with intellectual disabilities; issues and constraints that affect those issues among individuals with intellectual disability (leisure, social integration, family recreation); quality of life jmactav@cc.umanitoba.ca

Michael J. Mahon Ph.D. (North Carolina at Chapel Hill) Dean (Faculty of Physical Education & Recreation, University of Alberta) Disability; health and aging mike.mahon@ualberta.ca

Michelle Porter, Ph.D. (Western ON.) Professor Aging neuromuscular physiology; driving; strength training; functional performance; global positioning system; sokinetic dynamometry portemm@cc.umanitoba.ca

Phillip Gardiner, Ph.D. (Alberta) Professor; Assoc. Dean, Research Exercise physiology; neural and neuromuscular adaptability gardine2@cc.umanitoba.ca

Assistant to the Director
Research Associate
Maureen Rodrigue, M.Sc. (MB.) Disability; lifespan; family rodrigue@cc.umanitoba.ca

Janis McGonigle janis_mcgonigle@umanitoba.ca

RESEARCH AFFILIATES (cont.)

Elizabeth Ready, Ph.D. (Alberta) Professor; Assoc. Dean, Academic Health benefits of physical activity in older adults; community-based physical activity interventions; role of physical activity in the prevention and management of Type 2 diabetes; physical activity as a healthy alternative during menopause readyae@cc.umanitoba.ca

Alexander Segall, Ph.D. (Toronto) Professor, Sociology Population health assessment; determinants of good health, self-health management segall@cc.umanitoba.ca

Malcolm Smith, Ph.D. (Oregon) Associate Professor, Marketing Consumer behaviour, memory, marketing and aging mcsmith@cc.umanitoba.ca

Christine Van Winkle, Ph.D. (Clemson) Assistant Professor Cultural tourism; event management; visitor experiences at special events, cultural sites and parks; learning from tourism experiences and free-choice learning environments vanwink@cc.umanitoba.ca

Jane Watkinson, Ph.D. (Michigan) Dean; Professor Children’s participation in physical activity; psycho-social and movement competence issues; recess; children with special needs; inclusion watkinsj@cc.umanitoba.ca

Loring Chuchmach, M.Sc. (MB.) Health and aging; population health chuchmac@cc.umanitoba.ca

Nicolle Dunn, M.A. (Georgia) Wellness Institute at Seven Oaks General Hospital Health; leisure; aging ndunn@sogh.mb.ca

Alan Steinman, M.D. (Stantord) U.S. Coast Guard (Retired) Thermoregulation asteinman@aol.com

RESEARCH EXCELLENCE

RESEARCHERS AND STAFF

We’re proud of our staff and researchers who help inform as they discover.
LABORATORIES AND RESEARCH OFFICES

The Institute occupies 10,000 square feet on the second and third floors of Max Bell Centre. Eight laboratories and research offices support our work.

- Exercise and Environmental Medicine Laboratory
- Exercise Physiology Laboratory
- Leisure and Tourism Laboratory
- Biomechanics, Sport and Human Performance Laboratory
- Lifespan and Disability Research Office
- Laboratory for Aging and Health Research
- Neuromuscular Performance and Aging Laboratory
- Spinal and Neuromuscular Plasticity Laboratory

These laboratories provide space and equipment for the research activities of the Institute. Many of the student research assistants who work for the Institute have workspace within the offices and labs.

RESEARCH GROUPS

Currently, five active research groups work out of the HLHPRI.

- Health and Wellness
- Disability, Culture and Diversity
- Exercise and Environmental Medicine
- Leisure and Tourism
- Sport and Human Performance

The purpose of the research groups is to promote and facilitate communication and collaboration among group members, and to establish the legitimacy of the groups inside and outside the University.

Since 1992 the HLHPRI has developed partnerships with other units at the University of Manitoba and with community-based partners including all levels of government, non-profit organizations, hospitals and private corporations. These research groups represent an association of scholars sharing research interests and engaging in collaborative, closely-related research activities.

As a result of such partnerships, the Institute attracts faculty members from other units on campus who desire a more formal affiliation with us in order to pursue research related to the HLHPRI mission.
PROFESSIONAL CONTRIBUTIONS: EDITORIAL BOARDS & REVIEW PANELS

Our researchers are known for their input in many ways besides their own innovative work.

SCIENTIFIC DIRECTOR
Canadian Institutes of Health Research, Mobility in Aging (2007)

EDITORIAL BOARDS
Applied Physiology, Nutrition and Metabolism
AVANTE
Canadian Journal of Applied Physiology
Canadian Journal of Physiology & Pharmacology
International Journal of Coaching Science
Journal of Aging and Health
Leisure/Loisir: The Journal of the Canadian Association of Leisure Studies
Manitoba Health Research Council Social/Population Health Review Board
Olympika: The International Journal of Olympic Studies
Physical and Health Education Journal
Science and Sport
Science et Motricité
Therapeutic Recreation Journal

REVIEWER - JOURNAL ARTICLES (contd.)
Canadian Medical Association Journal
Event Management
Experimental Neurology
First Nations Perspectives: The Journal of the Manitoba First Nations Education Resource Centre
Gerontological Society of America 2007 Annual Meeting
Health Promotion Practice
Human Dimensions of Wildlife
Journal of Aging and Health
Journal of Aging and Physical Activity
Journal of Applied Physiology
Journal of Applied Physiology, Nutrition, and Metabolism
Journal of Gerontology
Journal of Gerontology: Medical Science
Journal of Intellectual Disability Research (IASSID)
Journal of Neurophysiology
Journal of Policy and Practice in Intellectual Disabilities
Journal of Physiology
Journal of Sport History
Journal of Tourism Management
Journal of Travel Research
Leisure/Loisir: The Journal of the Canadian Association of Leisure Studies
Muscle & Nerve
Olympika: The International Journal of Olympic Studies
Physical and Health Education Journal
Pimatisiwin: A Journal of Aboriginal and Indigenous Community Health
Psychology and Aging
Psychological Sciences
Research on Aging
Social Dimensions in Aging
The Gerontologist
Therapeutic Recreation Journal

REVIEWER - ABSTRACTS AND CONFERENCE PAPERS
Gerontological Society of America 2007 Annual Meeting Abstracts
Travel and Tourism Research Association (TTRA) International 2008 Conference Best Research Paper Competition
Travel and Tourism Research Association (TTRA) Canada 2008 Conference Refereed Paper Submissions

REVIEWER - RESEARCH GRANTS
Canadian Institutes of Health Research (CIHR) Japan-Canada Joint Health Research Program
Canadian Institutes of Health Research (CIHR) RCT Program
Centre on Aging Research Fellowship Adjudication Committee (2007)
Canadian Institutes of Health Research (CIHR) – Institutes of Nutrition, Metabolism & Diabetes
Canadian Institutes of Health Research (CIHR): RFA entitled: ‘Operating Grant: Intervention Research (Healthy Living and Chronic Disease Prevention) launched by the Institutes of Nutrition, Metabolism & Diabetes (INMD); Population and People’s Health (IPPH); and Aboriginal People’s Health (IAPH) (2007)
Natural Sciences and Engineering Research Council (NSERC)
Social Sciences and Humanities Research Council (SSHRC)
University of Manitoba Internal Grants (2007)
University of Manitoba Large Grant Development Fund Competition (2007)
University of Manitoba Major Outreach Grant Program
University of Manitoba Research Grant Program
ZonMw Prevention Programme (Netherlands)
Dr. Joannie Halas’ research program involves a series of interconnected studies that, as a whole, address issues of access to quality physical education and physical activity opportunities for young people who are marginalized due to class, race or gender.

A former physical education teacher at Chief Peguis Middle Years School in Winnipeg’s River East neighborhood, Halas has long been concerned about youth who are not actively engaging in physical activity. Further, Halas is also interested in addressing the lack of young people from racial minority and Aboriginal backgrounds who are choosing to study physical education (and related professions) at university. In sum, at the Health, Leisure and Human Performance Research Institute, Halas addresses: culturally relevant physical education; cross cultural pedagogy; physical activity for disengaged youth; race and diversity within the profession of physical education; and “play” as a means to overcome oppression.

A key component of her research examines the cultural relevance of physical education for Aboriginal students in Manitoba. With gaps persisting between the educational opportunities and health of Canada’s Aboriginal population compared to other Canadians, Halas recognizes the need to identify better physical education models (including after school programming) for Aboriginal kids.

In one study, Halas conducted interviews with Aboriginal youth about their experiences in high school phys ed. She also prepared case studies of physical education programs at four schools – two cross-cultural and two Aboriginal. Using Gloria Ladson-Billings’ theory of culturally relevant education, the research findings focused on the quality of the student-teacher relationship, the effects of teacher practices on student identity and subjectivities (e.g., how are students’ cultural identities affirmed through their school experiences?), curricular content, quality of resources and extra curricular opportunities.

In a more recent Participatory Action Research study, University of Manitoba student mentors (mostly Aboriginal graduate and undergraduate students) worked with Aboriginal high school youth to develop and deliver after school physical programming related to activity, nutrition and education for children from an early years schools in their neighbourhood.

This multi-layered mentoring program, dubbed Rec and Read at one school and ONE GOAL (Operation North End: Great Opportunities for Aboriginal Leadership) at another, has produced multiple outcomes: increased physical activity opportunities for urban children and youth, strong affirmation of the leadership and service capabilities of Aboriginal youth, and the provision of meaningful and relevant educational experiences for university students. There are, of course, other outcomes.

“One goal of this is to get more Aboriginal students enrolled in Kinesiology and Recreation Management,” says Halas, seeing the ongoing work as a key to also extending the Faculty’s relevance to the community and putting a focus on community-level leadership in physical education.

The results of the overall research program have provided information about the “process” of building partnerships between the university and public school systems as a means to develop further collaboration in support of Aboriginal youth in physical education, sport and recreation. Using the results of her research, Halas also recently developed a new Experiential Learning Course called ‘Diverse Populations Mentorship’ to help sustain the mentoring projects into the future.

“We learned from the Aboriginal youth how to make this work,” says Halas. “The program belongs to everyone involved, and our university students guide the youth in creating safe, inclusive learning climates.”

Everyone should play: Project addresses culturally relevant physical education and activity.
As the average age of our population gets older, researchers are responding to a growing concern over the effects that aging has on a person’s driving skill. Dr. Michelle Porter’s work at the Health, Leisure and Human Performance Research Institute and through other groups aims to help determine what makes a safe older driver.

Her research interests centre on neuromuscular adaptations with aging. Outside the lab, Porter talks about her work as being about “aging and mobility.” Her other research interests include strength training related to age and mobility, and the functional changes with aging and training. At the moment, she’s most interested in driving and aging.

“I happened to be with an older driver on a car trip,” says Porter, explaining her initial interest in the subject. “It was a very long trip,” she adds.

Porter says a growing body of research related to aging and driving first got a boost in Canada with the 1999 establishment of the Canadian Driving Research Initiative for Vehicular Safety in the Elderly (CanDRIVE). CanDRIVE is a collection of research programs aimed at improving the safety of older drivers.

“I’m looking at changes to the subjects and how that affects driving,” Porter explains, describing one of her recent CanDRIVE projects. In it, Porter looked at the effects of physical training on the dorsiflexor and plantar flexor muscles that help us pivot our ankle – we all use these muscles to ease off a gas pedal or to quickly step down on a brake pedal.

Porter’s research team instructed a group of women over age 70 to work for 12 weeks at resistance training of their dorsiflexors and plantar flexor muscles, and saw that the work produced positive results for the subjects. Another of Porter’s projects includes an evaluation of the Canada Safety Council’s 55 Alive Driving Program with an added video road-test feedback component.

Porter says one of the main goals of CanDRIVE is to help establish standards by which to judge driving skill. She notes, for example, that medical doctors have an obligation to make a report when they suspect a driver’s skill suffers because of age-related conditions. But she also notes that doctors have no standard criteria with which to judge a patient’s driving skills. “CanDRIVE is trying to find a way to allow physicians to get involved,” says Porter.

She points to programs that already attempt to establish criteria, such as the American Automobile Association CD-ROM self-assessment called Roadwise Review. The assessment allows seniors to measure, on their own, eight functional abilities shown to be the strongest predictors of crash risk among older drivers, including leg strength, and head and neck flexibility.

But with a push to ensure safe driving among the elderly already underway – Ontario requires a visual and knowledge test for driver’s license renewals after age 80 – Porter wants to ensure criteria are fair and realistic.

“A lot of people wonder why they need driver training when they’ve been driving for years,” says Porter. But she adds that the reality of modern driving can exceed what drivers were taught “or not taught” decades ago. She describes her work as a specific part of the growing efforts to keep safe drivers driving as long as possible.

“A drivers license equals freedom,” says Porter, adding that inadequate public transportation also adds to the necessity of driving skills among the elderly.
OUR RESEARCH SEMINAR SERIES

The HLHPRI began the Seminar Series in 1992, joined by the Graduate Program as a cosponsor in 1996. Two sets of series per year provide a forum for the recent findings of our Research Affiliates and Visiting Scholars from other faculties and universities.

FALL 2006

Dr. Gordon Giesbrecht, HLHP Research Institute. Keep cool . . . but don’t freeze! Confessions after 20 years of cold research.

Dr. Kathleen Martin-Ginis, Dept. of Kinesiology - McMaster University. The curse of inactivity: Environmental and psychosocial challenges to increasing physical activity in sedentary women.

Dr. Donna Goodwin, Faculty of Physical Education & Recreation - University of Alberta. Disability identity development: Are we helping or hindering?

WINTER 2007

Dr. Carolyn Patten, Orthopaedic Surgery - Stanford University. Body weight-supported treadmill training (BWSTT) for locomotor recovery post-stroke.


Dr. Walter Herzog, Faculty of Kinesiology - University of Calgary. Presentation 1: Highlights of current research at the Human Performance Laboratory - University of Calgary. Presentation 2: Force enhancement in skeletal muscles and implications for the mechanisms of contraction.

FALL 2007

Dr. Delia Douglas & Dr. Joannie Halas, HLHP Research Institute. The ‘White’ that Whites produced: White reconstruction in Canadian Universities and the implications for physical education.

Dr. Dean Kriellaars, Medical Rehab – University of Manitoba. Is daily physical education indicated for the prevention and treatment of obesity?

Dr. Jeanne Adele Kentel, Health & Physical Education - Brock University. Exploring the commodity of the female body in sport and physical education: Towards a critical media pedagogy.

Dr. Phil Chilibeck, College of Kinesiology - University of Saskatchewan. Strategies for increasing muscle mass and strength in the elderly.

WINTER 2008

Dr. Verena Menec, Centre on Aging – University of Manitoba. Active Aging: What does it have to do with age-friendly communities?

Dr. Michelle Porter & Sandra Webber, HLHP Research Institute. Interventions for mobility in older adults: Education, technology and exercise training.

Dr. Vicky Paraschak, Dept. of Kinesiology - University of Windsor. Constructing a ‘healthy’ legacy: Managing acute and public health risks at the Whitehorse Canada Winter Games.

MEDIA COVERAGE

MEDIA COVERAGE IN 2008

Halas, J. (May 12) Featured in The Times: Your Community Newspaper story, ‘Learning a two-way street with mentorship program’.

Porter, M.M. (March 3) Interviewed on CBC Radio 990’s show Up to Speed; Winnipeg, Manitoba.


MEDIA COVERAGE IN 2007

Butcher, J. (February 6) Featured on CJOB Radio to discuss the baseline results of the in motion physical activity survey.


Campbell, J.M. (October 13) Covered in the Winnipeg Free Press story ‘Use and preservation of Manitoba parks topic of forum.’


SSHRC Aboriginal research mentor team (working with J. Halas). (2007, June). Featured in the article ‘After-school program big hit with elementary students’, for the Winnipeg Schol Division’s community paper Our Schools.
Among our objectives, the Institute aims to disseminate research findings through traditional academic means and through a variety of other activities designed to serve the broader community. High-quality, peer-reviewed titles choose our research for publication. In addition, Institute researchers disseminate findings through other professional publications and conferences, as well as through creative avenues such as the development of videos, workbooks and manuals.

### BOOKS AND CHAPTERS IN BOOKS

#### IN PRESS


#### 2007


#### 2006


Orchard, T., Stark, J., & Halas, J. (2006). Minimizing the Maxim model? Interpreting the sexual body rhetoric of teenage moms through physical education. In Fuller, Linda K., Sport, Rhettone,
and Gender: Historical Perspectives and Media Representations. New York: Palgrave/Macmillan, Global Publishing at St. Martin’s Press, 131-142.


REFEREE PUBLICATIONS

IN PRESS


2008


**2007**


2006


2008


ABSTRACTS AND REFEREEED PRESENTATIONS

IN PRESS


Campbell, J.M. (2007, May 21-26). Are trail use behaviours changing: Results of a photo monitoring study in Riding Mountain National Park. Ecosystem Based Management: Beyond Boundaries. 6th International Conference on Science and the Management of Protected Areas (SAMPA VI), Acadia University, Wolfville, NS.


Johnson, L., MacLeod Schroeder, N., & Porter, M.M. (2007, May 4-5). The ability of a visual-motor (Frostig) worksheet to predict the on-road performance of older drivers as evaluated by video and GPS. 7th National Workshop for Driver Rehab Specialists, Ottawa, ON.


2006


McKay, K., & McVetty, D. (2006, October 26). Identifying web-based information users: Relationships to visitor behaviour at Canada’s four mountain national parks. 5th Annual Parks and Protected Areas Research Forum of Manitoba, Winnipeg, MB.


PUBLICATIONS AND PRESENTATIONS LIST (contd.)

PROFESSIONAL PUBLICATIONS

2008


2007


PROFESSIONAL PRESENTATIONS/WORKSHOPS/SEMINARS

2008


Alexander, M.J.L., Parsons, J., Toffan, A., & Gerbrandt, B. (2008, April 26). An analysis of the skills of the Manitoba provincial figure skating team. Presentation to coaches and athletes, Brandon, MB.


PUBLICATIONS AND PRESENTATIONS LIST (contd.)


Campbell, J.M. (2007, March 13). Outdoor recreation. Guest Lecture to PERS 1200 Physical Activity, Health and Wellness class, Faculty of Physical Education & Recreation Studies, University of Manitoba, Winnipeg, MB.


Forsyth, J. (2007, June 6). Effects of altered activity levels on alpha motoneurones. Invited presentation at the Department of Physiological Sciences, UCLA, Los Angeles, CA.

Forsyth, J. (2007, March 22). Guest lecture in REC 1400 Concepts of Recreation and Leisure class, Faculty of Physical Education and Recreation Studies, University of Manitoba, Winnipeg, MB.


Forsyth, J. (2007, March 6 & 8). Guest lecture in PHED 3390 Adapted Physical Education class, Faculty of Physical Education and Recreation Studies, University of Manitoba, Winnipeg, MB.


Gardiner, P. (2007, November 2). Are there “sedentary” and “endurancetrained” spinal cords, how do they differ, and can they change? Invited presentation at the Faculty of Kinesiology, University of Windsor, Windsor, ON.

Gardiner, P. (2007, March 2). Effects of altered activity levels on alpha motoneurones. Invited presentation at the Department of Physiological Sciences, UCLA, Los Angeles, CA.


Heine, M. (2007, January 17). Traditional Aboriginal sport coaching resources. Native Studies Lecture Series, *Department of Native Studies, University of Manitoba, Winnipeg, MB.*

Halas, J. (2007, May 23). Getting started with action research. *University Teaching Services (UTS) Spring Workshop, University of Manitoba, Winnipeg, MB.*


Porter, M.M. (2007). Interventions to improve mobility – Effects of education, screening, technology and exercise training. Invited speaker at the *Centre on Aging Research Showcase (opening keynote), University of Victoria, Victoria, BC.*


2006


Alexander, M.J.L. (2006, November 15). Chaired two sessions at the Super Seminar for Coaches: Kari Schneider on Flexibility training for elite athletes; and Run Jump Throw session with RJT Coordinator.


Campbell, J.M. (2006). Perceived constraints in participating in walking or hiking along the trans-Canada trail. Manitoba Recreational Trails Association (MRTA) Board, Winnipeg, MB.


Forsyth, J. (2006, October 26). Guest lecture in REC 1400, Concepts of Recreation and Leisure class, Faculty of Physical Education and Recreation Studies, University of Manitoba, Winnipeg, MB.

Forsyth, J. (2006, October 19 & 26). Guest lecture in REC 3060 Recreation and Special Populations class, Faculty of Physical Education and Recreation Studies, University of Manitoba, Winnipeg, MB.


Halas, J. (2006, September 25). Quality and cultural relevance of physical education for Aboriginal youth. Physical Education Curriculum Methods class, University of Alberta, Edmonton, AB.


Ready, A.E., & Chad, K. (2006, August). Keynote lecture. in motion National Physical Activity Summer Institute, Saskatoon, SK.

**PUBLICATIONS AND PRESENTATIONS LIST (contd.)**


**TECHNICAL REPORTS**

**2008**


**2007**


**2006**


MacKay, K. (2006). Results of pre-testing survey of visitors to the Forks National Historic Site of Canada. Health, Leisure and Human Performance Research Institute, University of Manitoba, Winnipeg, MB.


TOMORROW’S GRADUATES

GRADUATE PROGRAM UPDATE
Our graduate program focuses on participation and collaboration.

December 31, 2007 saw Dr. Phillip Gardiner’s three-and-a-half-year term as Graduate Program Chair come to an end, and Dr. Michelle Porter’s appointment as new Graduate Program Chair started January 1, 2008. Janis McGonigle continued to provide administrative support for the graduate program.

Thirty-seven students were registered in the 2006/2007 academic year: 22 in the M.Sc. degree program, 14 in the M.A. degree program, and one pre-master’s student. In the same year, five students successfully defended their theses (two M.Sc. students and three M.A. students), and 10 students presented thesis proposals (eight M.Sc. students and two M.A. students).

In 2007/2008, 31 students were registered: 19 in the M.Sc. degree program, 10 in the M.A. degree program, and two pre-master’s students. In the same year, six students successfully defended their theses (five M.Sc. students and one M.A. student), and five students presented thesis proposals (four M.Sc. students and one M.A. student).

As part of The University of Manitoba’s periodic review of graduate programs, a Graduate Program Review took place during the 2006-2007 academic year.

GRADUATE STUDENTS AT WORK
The HLHPRI works with students and researchers from a variety of units within the University. Asterisks below show students from outside the Faculty of Kinesiology and Recreation Management.

Graduate students supervised by HLHPRI Faculty 2006-08

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Mentor(s)</th>
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<tbody>
<tr>
<td>Baert, Helena</td>
<td>Hayes, Tara*</td>
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<td>Bissell, Laura</td>
<td>Hammond, Tom</td>
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<td>Burns, James*</td>
<td>Hurrie, Daryl</td>
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<td>Chopek, Jeremy</td>
<td>Lawrence, Rachelle</td>
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<td>Craig, Shaun</td>
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<td>Dahl, Lindsey</td>
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<td>De Melo, Lucelia Luna</td>
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<td>Gagnon, Dominique</td>
<td>McGarry, Katherine</td>
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<td>Gard, Kyla</td>
<td>McArae, Heather*</td>
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<td>Gerbrandt, Brad</td>
<td>Miller, Bruce</td>
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<td>Moffatt, Krista</td>
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<td>Newell, Nancy*</td>
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<td>Ogborn, Daniel</td>
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<td>Orr, Athalie</td>
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<td>Paddock, Natasha*</td>
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<td>Parsons, Joanne</td>
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<td>Perrett, Cheryl</td>
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<td>Rashedi, Iran*</td>
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<td>Robin, Christian</td>
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<td>Schneider, Kari</td>
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<td>Sirant, Mike</td>
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<td>Sun, Miao</td>
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<td>Verret, Claudia*</td>
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<td>Webber, Sandra*</td>
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Graduate students employed on research projects 2006-08

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<th>Student Name</th>
<th>Project Mentor(s)</th>
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<tr>
<td>Baert, Helena</td>
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Undergraduate students employed on research projects 2006-08

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<td>Chin, Sopear*</td>
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<td>Hildebrandt, Adam</td>
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<td>Tamadong, Mirasol</td>
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<td>Woitowicz, Len*</td>
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<td>Woodrow, Lindsey</td>
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2008
Shackel, B. A biomechanical comparison of starting technique in speed skating and hockey. Master of Science Advisor: M. Alexander.

2007
Lawrence, R. Sport retirement: A qualitative exploration of female competitive gymnasts. Master of Science Advisor: J. Butcher.
Orr, A. Differences between workplace physical activity facility participants and non-participants. Master of Science Advisor: J. Butcher.
Taylor, C. A biomechanical comparison of the rotational shot put technique used by males and females. Master of Science Advisor: M. Alexander.

2006
Champagne, L. Physical education teachers as allies to Aboriginal students: Dimensions of social consciousness. Master of Science Advisor: J. Halas.

GRADUATE STUDENT RECOGNITIONS OF EXCELLENCE 2006-08

Manitoba Graduate Scholarships (2006-08)
Lucelia Luna de Melo (MSc) – Advisor A.E. Ready
Steven Macdonald (MSc) – Advisor M. Heine
Katherine McGarry (MSc) – Advisor A.E. Ready
Cheryl Perrett (MA) – Advisor J. M. Campbell

Asper Scholarship in Physical Education (2006-07)
Athalie Orr (MSc) – Advisor J. Butcher

Asper Scholarship in Physical Education (2007-08)
Lucelia Luna de Melo (MSc) – Advisor A.E. Ready

Coca Cola Bottling Scholarship (2006-07)
Darolyn Trembath (MSc) – Advisor P. Gardiner

Coca Cola Bottling Scholarship (2007-08)
Brian Shackel (MSc) – Advisor M. Alexander

Manitoba Health Research Council (2007-08)
Lucelia Luna de Melo (MSc) - Advisor A.E. Ready
Joanne Parsons (MSc) - Advisor M. Alexander

FGS/FPERS Graduate Student Research Assistantship (2006-07)
Laura Bissell (MA) – Advisor K. MacKay
Athalie Orr (MSc) – Advisor J. Butcher

FGS/FPERS Assistantship (contd.)
Darolyn Trembath (MSc) – Advisor P. Gardiner
Hai Dong Liang (MA) – Advisor K. MacKay
Brian Shackel (MSc) – Advisor M. Alexander

FGS/FKIN Graduate Student Research Assistantship (2007-08)
Laura Bissell (MA) – Advisor K. MacKay
Helena Baert (MSc) – Advisor J. Halas
Michael Chizewski (MSc) – Advisor M. Alexander
Jeremy Chopek (MSc) – Advisor P. Gardiner
Darolyn Trembath (MSc) – Advisor P. Gardiner

HLHP Research Institute Student Travel Awards
Farrell Cahill (MSc) – Advisor G. Giesbrecht
Daniel Ogborn (MSc) – Advisor P. Gardiner
Thea Pretorius (Ph.D.) – Advisor G. Giesbrecht

FKRM Deans Award (2007-08)
Laura Bissell (MA) – Advisor K. MacKay
Michael Chizewski (MSc) – Advisor M. Alexander
Helena Baert (MSc) – Advisor J. Halas
Bradley Gerbrandt (MSc) – Advisor M. Alexander
Miao Sun (MA) – Advisor J. Forsyth
Dominique Gagnon (MSc) – Advisor G. Giesbrecht
Adam Toffan (MSc) Advisor – M. Alexander
SUPPORT FOR RESEARCH

Funding for the activities of the Institute comes from a number of different sources, including baseline funding, an endowment fund income and a modest amount in the form of donations to the Faculty/Institute. The bread and butter of any research institute are the funds received from external granting agencies and foundations to support research. A challenge for all units at the University of Manitoba, and in particular research centres and institutes with very limited budgets, is to develop a critical mass of researchers and to attract and retain graduate students. Shrinking baselines within faculties have placed great strain on the research enterprise.

ENDOWMENT INCOME AND UNIVERSITY SUPPORT

The Institute has an endowment fund of approximately $1.5 million. The University manages the fund, and a portion of the annual revenues from the investment is used for operating costs. The remaining funds are reinvested by the University to ensure some continued growth in the fund. The positions of the Institute Director and one Research Affiliate position are funded from University baseline dollars. All other positions within the Institute, with the exception of Research Affiliate positions connected to various academic units, are funded from research grants and contracts.

FINANCIAL STABILITY

The Health, Leisure and Human Performance Research Institute is reasonably stable financially, so long as endowment income does not drop dramatically and we have good external grant support. However, a major deficiency with the HLHPRI is the lack of baseline funding to assist in its operation and to ensure that the efforts of faculty members are used optimally. With the growth of the Institute comes the requirement of core support services to sustain commitments from our community partners, to retain our outstanding young faculty members, and to demonstrate the level of research and productivity expected.

RESEARCH AFFILIATE TRAVEL AWARDS

The purpose of this award is to assist Research Affiliates in meeting the mission of the Research Institute regarding dissemination of knowledge in the general areas of health, leisure and human performance by presenting the results of their research at national and international conferences. The recipient for 2005-2006 was: Michael Campbell, Ph.D. 3rd International Monitoring and Management Visitor Flows in Recreational and Protected Areas Conference, Switzerland, September, 2006.
<table>
<thead>
<tr>
<th>RESEARCHER(S)</th>
<th>FUNDING AGENCY</th>
<th>PROJECT TITLE</th>
<th>AMOUNT</th>
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</thead>
<tbody>
<tr>
<td>ALEXANDER</td>
<td>Bison Women’s Basketball Program and Faculty of Kinesiology (2007)</td>
<td>Technique analysis of University of Manitoba women’s basketball team (13)</td>
<td>1,200.00</td>
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<tr>
<td>ALEXANDER</td>
<td>Bison Women’s Hockey and Faculty of Kines &amp; Rec Mngmnt (2007-08)</td>
<td>Technique analysis of University of Manitoba women’s hockey team (22)</td>
<td>1,800.00</td>
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<td>ALEXANDER</td>
<td>Coaching Manitoba and Manitoba Ringette Association (2007-2008)</td>
<td>Technique analysis of an elite ringette team (11)</td>
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<td>ALEXANDER</td>
<td>Coaching Association of Canada (2008)</td>
<td>Development of mechanical principles for coaching, incl. video and text for instruction</td>
<td>4,000.00</td>
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<td>ALEXANDER</td>
<td>U of M Major Outreach Award (2008)</td>
<td>Technique analysis of elite Junior Manitoba Athletes</td>
<td>7,000.00</td>
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<tr>
<td>ALEXANDER</td>
<td>Canadian Sport Centre Manitoba (2008)</td>
<td>Development of instructional videos of stroke analysis for swim coaches</td>
<td>1,200.00</td>
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<tr>
<td>ALEXANDER</td>
<td>Canadian Sport Centre Manitoba (2007-08)</td>
<td>Technique analysis of elite triathletes in swimming</td>
<td>400.00</td>
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<td>ALEXANDER</td>
<td>Canadian Sport Centre Manitoba (2008)</td>
<td>Technique analysis of an elite Manitoba 10-pin bowler</td>
<td>300.00</td>
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<td>ALEXANDER</td>
<td>Canadian Sport Centre Manitoba (2007-08)</td>
<td>Technique analysis of an elite national racquetball player</td>
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<td>ALEXANDER</td>
<td>Skate Canada-Manitoba (2008)</td>
<td>Technique analysis of Manitoba provincial figure skaters (16)</td>
<td>760.00</td>
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<td>ALEXANDER</td>
<td>Soccer Manitoba (2008)</td>
<td>Technique analysis of elite Manitoba soccer players</td>
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<td>ALEXANDER</td>
<td>Bowling Manitoba and University of Manitoba Outreach Award (2006)</td>
<td>Technique analysis of elite Manitoba 10-pin bowlers</td>
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### Grants and Contracts Held by Researchers (Contd.)

<table>
<thead>
<tr>
<th>Researcher(s)</th>
<th>Funding Agency</th>
<th>Project Title</th>
<th>Amount</th>
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<tbody>
<tr>
<td>ALEXANDER</td>
<td>Canadian Sport Centre – Manitoba (2006)</td>
<td>Laboratory support for lab technology, Dartfish upgrades, lab supplies, external hard drives and other lab equipment</td>
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<td>ALEXANDER</td>
<td>Coaching Association of Canada (2007)</td>
<td>Development of mechanical principles for coaching: materials including video and text for instruction</td>
<td>10,000.00</td>
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<td>ALEXANDER</td>
<td>Synchro Swim Manitoba (2006-2007)</td>
<td>Technique analysis of elite synchronized swimmers performing reverse scull and underwater spin.</td>
<td>850.00</td>
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<td>ALEXANDER</td>
<td>Coaching MB, Canadian Sport Centre Mb and Speed Skating Mb (2006-07)</td>
<td>Technique analysis of elite Manitoba speed skaters (16)</td>
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<td>ALEXANDER</td>
<td>Canadian Sport Centre MB (2007)</td>
<td>Technique analysis of an elite wheelchair racer</td>
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<td>ALEXANDER</td>
<td>Coaching MB and Manta Swim Club (2007)</td>
<td>Technique analysis of Team Manitoba swimmers (16)</td>
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<td>ALEXANDER</td>
<td>Bison Men’s Basketball program (2007)</td>
<td>Technique analysis of University of Manitoba men’s basketball team (12)</td>
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<td>Technique analysis of male soccer players of Western Canada Games Soccer Team (16)</td>
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<td>Coaching Manitoba and Hockey Manitoba (2006-2007)</td>
<td>Technique analysis of elite female hockey players of Manitoba Under 19 team</td>
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<td>Manitoba Shooting Association (2006)</td>
<td>Technique analysis of elite Manitoba skeet shooters</td>
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<td>Canadian Sport Centre – MB (2006)</td>
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<td>RESEARCHER(S)</td>
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<td>ALEXANDER</td>
<td>University of Manitoba Bison Sports (2006)</td>
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<td>Technique analysis of elite Manitoba weightlifters performing Olympic lifts</td>
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<td>Coaching MB and Speed Skating MB (2006)</td>
<td>Technique analysis of elite Manitoba speed skaters</td>
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<td>Renewal of development of mechanical principles materials</td>
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<td>Coaching MB, Cdn Sport Centre MB and MB Gymnastics ASSn (2007-08)</td>
<td>Technique analysis of elite rhythmic gymnastics athletes</td>
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<td>Technique analysis of an elite wheelchair curler</td>
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<td>CAMPBELL &amp; DERKSEN</td>
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<td>Students for development internship</td>
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<td>CAMPBELL</td>
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<td>Enhancing bear smart behaviour: Research and education</td>
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<td>Canadian International Devel Agcy (CIDA) AUCC Tier 2 Project (2006-12)</td>
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<td>Parks Canada (2006-2007)</td>
<td>Backcountry day use patterns and impacts</td>
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<td>CHIPPERFIELD</td>
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<td>Psychological and behavioural determinants of healthy aging</td>
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<td>CHIPPERFIELD, PAYNE, MENEC, PERRY &amp; RUTHING</td>
<td>Canadian Institutes of Health Research (CIHR) (2007-2011)</td>
<td>Health, well-being and vitality in very late life: The role of everyday physical activity and personal control</td>
<td>260,000.00</td>
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<td>CHIPPERFIELD, PERRY, HAVENS &amp; MENEC</td>
<td>Canadian Institutes of Health Research (CIHR) (2003-2007)</td>
<td>Activity level and health in later life</td>
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<td>FORSYTH, HALAS &amp; HEINE</td>
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<td>A cultural approach to Aboriginal youth sport and recreation.</td>
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<td>Understanding Aboriginal female experiences in Canadian sport.</td>
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<td>FORSYTH &amp; PALASCHUK</td>
<td>Sport Canada, Sport Support Program (2007-2008)</td>
<td>Moving forward: National roundtable on Aboriginal women in sport</td>
<td>24,920.00</td>
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<td>GARDINER</td>
<td>University of Manitoba, Office of the President &amp; VP Research (2008)</td>
<td>Canadian Federation of Biological Societies Annual Conference: Biology of Aging - New answers to old questions.</td>
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<td>GARDINER</td>
<td>Cdn Insts of Health Research (CIHR) Mtgs, Plng &amp; Dissem Grant (2008)</td>
<td>Canadian Federation of Biological Societies Annual Conference: Biology of Aging - New answers to old questions.</td>
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<td>MB Health &amp; Healthy Living (2008)</td>
<td>Manitoba in motion awareness study</td>
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<td>GARDINER</td>
<td>Canadian Institutes of Health Research (CIHR) (2004-07)</td>
<td>Activity-related adaptations in gene expression and functnl proptiess of rat hindlimb alpha-motoneurones</td>
<td>226,688.00</td>
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<td>GARDINER</td>
<td>Canadian Institutes of Health Research (CIHR) (2007-12)</td>
<td>Activity-related adaptations in neuronal gene expression and functnl properties in rat spinal cord</td>
<td>606,065.00</td>
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<td>Physical activity and health studies</td>
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<td>GARDINER</td>
<td>Canadian Institutes of Health Research (CIHR) (2006-10)</td>
<td>Aging of alpha-motoneurones; Electrophysiology, gene expression, and caloric restriction</td>
<td>426,970.00</td>
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<td>GARDINER</td>
<td>Natural Science and Engineering Rsch Council (NSERC) (2007-12)</td>
<td>Responses of dorsal root ganglion cells to increased and decreased neuromuscular activity</td>
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<td>Multi-sensor system for improved quality of life</td>
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<td>GIESBRECHT</td>
<td>Govt of Manitoba Department of Transpt and Govt Services (2005-07)</td>
<td>Operation alive: Escape from submersed vehicles</td>
<td>33,805.00</td>
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<td>Heat transfer through the head, and cold-induced muscle failure</td>
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<td>HALAS</td>
<td>University of Manitoba Research Leave Grant (2007)</td>
<td>An analysis of the representation of race and diversity within faculty of phys ed websites in Canada</td>
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<td>HALAS</td>
<td>University of Manitoba Employment Equity Incentive Fund (2007-2008)</td>
<td>Diverse populations mentorship project: Bridging the gap</td>
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<td>Manitoba Health Research Council (MHRRC) (2003-06)</td>
<td>Engaging the disengaged: The quality of phys ed for children and youth, including aboriginal youth</td>
<td>79,517.00</td>
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<td>HALAS</td>
<td>Soc Sciences and Humanities Rsch Cnd of Can (SSHRC) Rsch Grants Pgm (2006-09)</td>
<td>Investigating the absence of race and diversity in physical education: Toward an anti-racist praxis</td>
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<td>Historical documentation of Teet’lit Gwich’onal history</td>
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<td>LUTFIVYA, MACTAVISH &amp; SIENSTRA</td>
<td>Prov of Manitoba, Dept of Family Services and Housing (2005-07)</td>
<td>Examination of the admin and impact of the &quot;Vulnerable Persons Living with a Mental Disability Act&quot;</td>
<td>100,000.00</td>
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<td>MACKAY &amp; VOGT</td>
<td>Social Sciences and Humanities Research Council (SSHRC) (2005-08)</td>
<td>Technology and tourism: Understanding the impact of information tech on the vacation experience</td>
<td>85,972.00</td>
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<td>MACTAVISH, BAHMBHANI et al.</td>
<td>Social Sciences and Humanities Research Council (SSHRC) World Anti-Doping Agency (2006-07)</td>
<td>Boosting in athletes with high spinal cord injury: Awareness, knowledge &amp; attitudes of athletes, coaches, and trainers</td>
<td>17,400.00</td>
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<td>MACTAVISH, MAHON, LUTFIVYA, MACKAY, IWASAKI, RODRIGUE &amp; MANWARING</td>
<td>Social Sciences and Humanities Research Council (SSHRC) (2003-2007).</td>
<td>Individuals with intellectual disability and family perspectives on quality of life: An interdisciplinary grounded theory approach to extending understanding.</td>
<td>119,719.00</td>
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<td>MALCOLM, PORTER, et al.</td>
<td>Canadian Institutes of Health Research Institute of Aging - New Emerging Team Program (2002-07)</td>
<td>The Canadian Driving Research Initiative for Vehicular Safety in the Elderly (CanDRIVE)</td>
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<td>MENAC, READY, KUO, CHIPPERFIELD, EVERITT, HALLMAN, HAMILTON, MILGROM, PAYNE, PLOUFFE, RACHER, SEGALL &amp; TAYLOR</td>
<td>Social Sciences and Humanities Research Council of Canada (SSHRC) Community University Research Alliance (CURA) (2006-2007)</td>
<td>Building age-friendly communities: Promoting active aging</td>
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<td>MENAC, READY, KUO, CHIPPERFIELD, EVERITT, HALLMAN, HAMILTON, MILGROM, PAYNE, PLOUFFE, RACHER, SEGALL &amp; TAYLOR</td>
<td>Social Sciences and Humanities Research Council of Canada (SSHRC) Community University Research Alliance (CURA) (2007-12)</td>
<td>Age-friendly communities: Active aging research alliance</td>
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<td>PAYNE, CHIPPERFIELD, TAIT, MENEC &amp; HAVENS</td>
<td>Social Sciences and Humanities Cnci of Can (SSHRC) (2005-08)</td>
<td>A study of successful aging in Manitoba</td>
<td>148,882.00</td>
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### GRANTS AND CONTRACTS HELD BY RESEARCHERS (contd.)

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<th>RESEARCHER(S)</th>
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<td>PAYNE, CHIPPERFIELD, TAIT, MENEC &amp; HAVENS</td>
<td>Canadian Institutes of Health Research (CIHR) (2005-2007)</td>
<td>The epidemiology of persistent good health in older adults</td>
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<td>PERRY, CLIFTON &amp; CHIPPERFIELD</td>
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<td>A longitudinal analysis of psychosocial determinants of academic development in college students</td>
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<td>POLGAR, BEDARD, CALLAGHAN, HAGLER, BUCKOLTZ, SALMONI, PORTER, MARSHALL &amp; DURKIN</td>
<td>AUTO 21 (2005-2007)</td>
<td>Safe transportation for seniors: Determinants and strategies to promote safety in a vehicle</td>
<td>253,340.00</td>
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<td>PORTER, BEDARD, MEYERS &amp; TUOKKO</td>
<td>Canadian Institutes of Health Research (CIHR), Institute of Aging (2006-07)</td>
<td>Quantifying mobility in older adults: A mixed modality approach</td>
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<td>PORTER</td>
<td>The Canadian Driving Research Initiative for Vehicular Safety in the Elderly – CanDRIVE (2007)</td>
<td>Exercise for mobility and function in older women with mobility impairments (summer studentship)</td>
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<td>PORTER</td>
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<td>Driving, aging and neuromuscular function</td>
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<td>PORTER, MAN-SON-HING &amp; MARSHALL</td>
<td>Canadian Institutes of Health Research (CIHR) (2008-13)</td>
<td>Canadian Institutes of Health Research Team on older person driving (CanDRIVE-II)</td>
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<td>PORTER, POLGAR &amp; BEDARD</td>
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<td>RANKIN &amp; GIESBRECHT</td>
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<td>SHEN, GARDINER, BRUCE, DEAN, MORRIS &amp; MURRAY</td>
<td>Canadian Institute of Health Research (CIHR)</td>
<td>Prevention of obesity and diabetes in women and children in first nation communities</td>
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<td>SHEN, LUDWIG &amp; GAR-DINER</td>
<td>Lawson Foundation (2006-07)</td>
<td>Impact of an urban community-based obesity and diabetes prevention program in socio-economically disadvantaged women</td>
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<td>WOODGATE, HALAS &amp; SCHULTZ</td>
<td>Canadian Institutes of Health Research (CIHR) Operating Grant Manitoba Regional Partnership Program (RPP) Grant (2008-11)</td>
<td>An ethnographic study of adolescents’ conceptualization of cancer and cancer prevention: Framing cancer and cancer prevention within life-situations of adolescents</td>
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<td>VAN WINKLE</td>
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<td>Learning transfer from tourism experiences: Understanding the visitor’s perspective.</td>
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<td>VAN WINKLE</td>
<td>Social Sciences and Humanities Research Council (SSHRC) (2008-2009)</td>
<td>Designing interpretive guided, audio and audio-video tours: The use of advance organizers to enhance meaningful learning transfer</td>
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ANNUAL REPORT 2006-2008

of the Health, Leisure and Human Performance Research Institute,
Faculty of Kinesiology and Recreation Management,
University of Manitoba