



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

RESEARCH REPORT

2019-2021

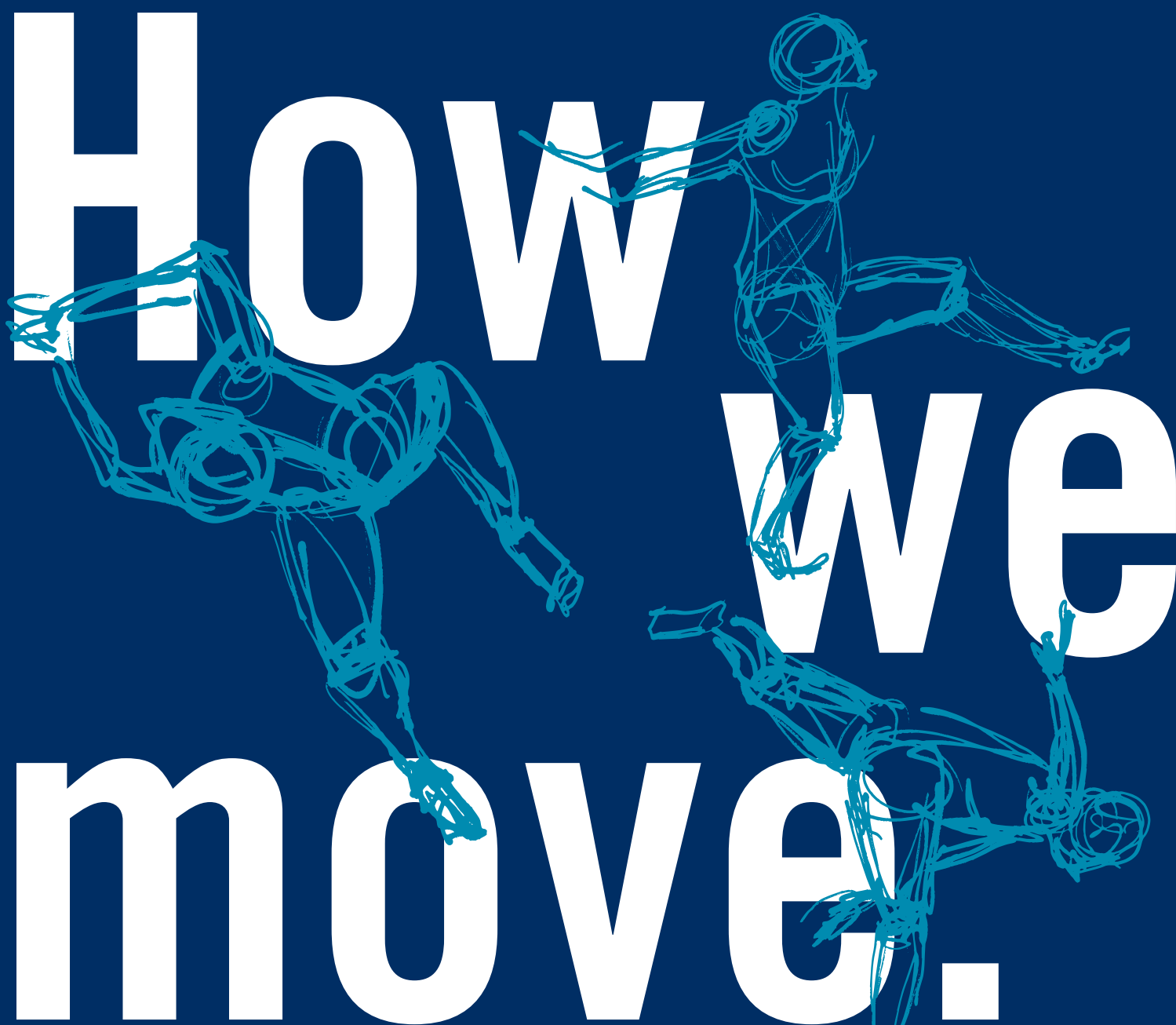


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How we move.





Dean Ira Jacobs

Faculty Publications

2019-2020

BOOKS	2
BOOK CHAPTERS	18
PEER-REVIEWED ARTICLES	156
HONORS AND AWARDS	5
GRANTS	33

2020-2021

BOOKS	1
BOOK CHAPTERS	20
PEER-REVIEWED ARTICLES	197
HONORS AND AWARDS	8
GRANTS	39

Welcome to the 2019-21 Research Report of the Faculty of Kinesiology and Physical Education.

The following pages offer an overview of the innovative and impactful research led by our faculty members across a wide variety of fields that comprise the academic discipline of kinesiology.

Despite an unprecedented time, our researchers continued to contribute to communities near and far – from developing mobile rehabilitation tools to help concussion patients manage their recovery to looking into ways of outpacing cancer with exercise.

They explored the impact of low-carb diets on endurance training and tested the effect of loose exercise clothing on performance. And, they continued to lend their expertise to close the gender gap and advance safe sport in Canada.

New faculty were brought on board to contribute to the study of race, Indigeneity and physical culture, sport for development and environmental sustainability, cardiovascular and cardiorespiratory exercise physiology, biomechanics and motor control.

Collectively, our faculty published more than 300 peer reviewed articles, three books and 38 book chapters over this period. They secured 60 independent research grants and contracts, garnering more than five and a half million dollars.

And, for the second year in a row, the QS World University Rankings placed the University of Toronto programs in kinesiology, physical education and sport and exercise sciences fifth in the world. This important recognition is indicative of the growing global relevance of the discipline of kinesiology, and serves as further incentive for our Faculty to continue the steady progress we are making against the research capacity and research excellence priorities set out in our Strategic Academic Plan.

We are proud of our research progress, and hope that you enjoy perusing this annual summary.

Ira Jacobs, dean

Luc Tremblay, associate dean of research



Faculty adds four new members to its ranks



Robert Bentley completed his PhD in cardiovascular physiology in the School of Kinesiology & Health Studies at Queen's University in 2016. His doctorate was followed by a postdoctoral position, during which he conducted research in the laboratories of KPE Professor Jack Goodman and Associate Professor Susanna Mak of the Faculty of Medicine at the University of Toronto.

“My interest in exercise physiology was sparked when I was a teenager. While playing highly competitive hockey, I suffered a severe facial injury and had my jaw wired shut for eight weeks. While recovering, I noticed a stark reduction in my fitness and performance. Without appreciating the underlying physiological changes at the time, I simply wanted to restore my fitness and performance as quickly as possible.”

The experience drove his initial education in exercise physiology, which over the years has grown into a passion for exploring oxygen delivery and the cardiovascular response to exercise.

“The overarching goal of my research is to inform strategies and interventions to improve exercise performance, exercise tolerance and quality of life across the health spectrum,” he says.



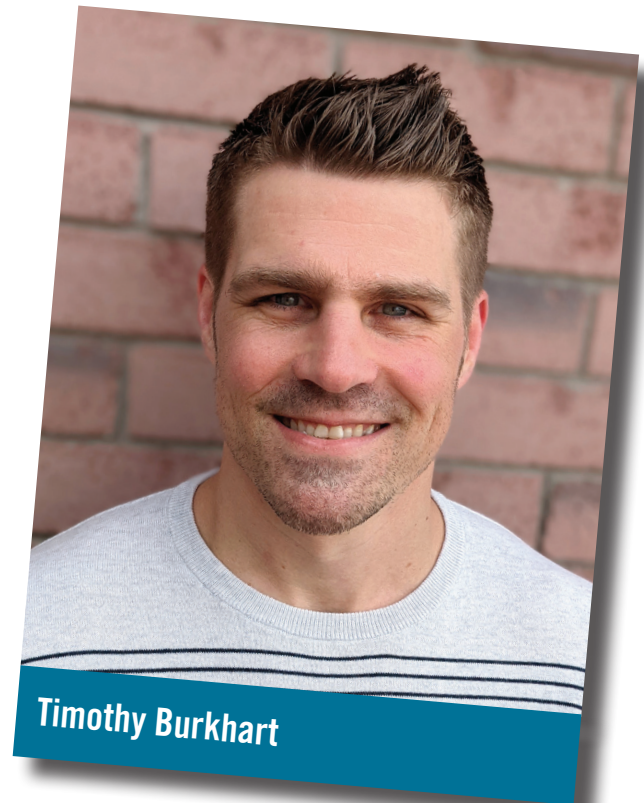
Amy Kirkham completed her PhD in rehabilitation sciences in 2016 on the topic of cardiac and exercise oncology in the Department of Physical Therapy in the Faculty of Medicine at the University of British Columbia. She completed her postdoctoral fellowship in the Department of Biomedical Engineering in the Faculty of Medicine and Dentistry at the University of Alberta, focusing on cardiovascular magnetic resonance imaging.

Her research applies cutting edge, non-invasive, imaging techniques to study lifestyle interventions to prevent and improve cardiovascular dysfunction and disease in women. A primary focus will be on cardiovascular disease in breast cancer survivors, the top cause of death of women in Canada.

Kirkham's personal and academic beginnings were in high performance sport. She competed at the provincial, national or international levels in the sports of cross country running, track & field, road cycling and triathlon.

“While I no longer compete seriously, I still ‘walk the talk’ as an exercise physiology researcher by commuting by bicycle year-round, even in -30 degrees Celsius weather, mountain biking, lifting weights and practicing yoga,” says Kirkham.

The Faculty welcomed on board four new assistant professors: Robert Bently, Amy Kirkham, Adam Ali and Timothy Burkhart.



Adam Ali accepted a two-year term appointment at the rank of assistant professor, teaching stream. He completed his PhD in the School of Kinesiology and Health Studies at Queen's University in 2019. His doctoral research examined the issue of sport as a tool of de-radicalization, examining connections between physical culture, race, terror and surveillance.

Ali did his post-doctoral fellowship at KPE under the mentorship of Associate Professor Simon Darnell, researching the history, policy and practice of sport for development and environmental sustainability, his second area of research interest.

"I am thrilled to join this illustrious faculty, many of whom I had the privilege to learn from throughout my undergraduate tenure," says Ali, who earned his Bachelor of Physical Health and Education from U of T.

"As a former student of the program, it is a privilege to be able to bestow the knowledge I have gained onto the next generation of national leaders in sport studies. In addition to teaching, I am also looking forward to assisting the faculty fulfill its anti-racist and justice-related objectives through my work on the Equity Sub-Committee."

Timothy Burkhart accepted an appointment to a tenure stream position at the rank of assistant professor in the area of biomechanics and motor control.

Burkhart completed his PhD in engineering with a focus on biomechanical engineering at the University of Windsor in 2012. His doctorate was followed by a postdoctoral fellowship in the Department of Mechanical and Materials Engineering at Western University. Prior to coming to KPE, he worked as a research scientist at the Lawson Health Research Institute at the London Health Sciences Centre.

Burkhart's research is within the field of lower extremity injury, orthopaedic and musculoskeletal biomechanics with a focus on sports medicine, orthopaedic surgery and bone fractures.

"The primary goal of my research is to advance the reduction, treatment and rehabilitation of lower extremity orthopaedic related issues in order to improve long-term health, performance and quality of life," says Burkhart.

Jelena Damjanovic. 26/06/2020. <https://kpe.utoronto.ca/faculty-news/faculty-kinesiology-and-physical-education-adds-four-new-faculty-members-its-ranks>



Fair Play

New research hub to study gender equity in Canadian sport

Professor Gretchen Kerr wants to close the gender equity gap in sport. She says sport has not kept pace with the advances in gender equity seen in other domains in Canada. Girls and women in sport have lower participation rates, report significantly higher experiences of violence than their male counterparts and the number of women in coaching positions is on the decline.

Now Kerr and her colleagues – Professors Guylaine Demers of Laval University and Ann Pegoraro from the University of Guelph – will have the opportunity to develop an internationally recognized research and innovation centre that will collect, generate and disseminate research on gender equity in sport. The researchers were awarded the national Gender Equity in Sport Research Hub by the Department of Canadian Heritage’s Sport Canada branch.

“Extensive survey data and qualitative analyses demonstrate that gender inequities in sport remain persistent and pervasive,” says Kerr. “The establishment of a research hub on gender equity in sport is a unique opportunity for the Canadian scientific community, along with key partners in the sport sector, to advance an egalitarian and equitable Canadian sport system.”

The proposed research hub will comprise a unique network of researchers from the academic community, representatives from the sport community, government and NGO bodies, as

well as gender equity experts from outside sport and universities. Together, they will seek to advance gender equity in sport with a special emphasis on participation and leadership.

“With respect to participation, we are referring to the engagement of girls and women as participants in all levels of sport – from recreational or local club levels, to provincial and national level sport,” says Kerr. “Leadership refers to women in positions such as coaching, officiating and sport administration at local, provincial and national levels of Canadian sport.”

“We have unmatched research support and infrastructure at the University of Toronto, Canada’s top research intensive university.”

The research hub will build databases of research associated with the two main themes of participation and leadership, and commission, deliver and support research projects that attempt to answer questions associated with these themes. Two other priorities –

inadequate media coverage and gender-based violence – will be examined as barriers under the two main themes.

“We have unparalleled support for this proposed hub, as evidenced by the expressed interest from researchers from 10 universities across Canada, as well as letters of support from six key organizations in the sport sector at national and international levels,” says Kerr. “We also have unmatched research support and infrastructure at the University of Toronto, Canada’s top research intensive university.”

by Jelena Damjanovic. 27/05/2020. <https://www.utoronto.ca/news/new-research-hub-based-u-tstudy-gender-equity-canadian-sport>



Tackling abuse in Canadian sport

KPE researchers call for independent complaint process

Tackling abuse in Canadian sports has long been a topic of discussion – one that gained even more momentum in the wake of the #MeToo movement and recent convictions related to sexual abuse in the sports world. But there is still a long way to go, according to a group of University of Toronto researchers.

“For example: where do formal complaints go? Who will conduct investigations and adjudications? Who will determine sanctions? Who will maintain a publicly accessible database of sanctioned individuals? Who will provide supports and resources for athletes who have experienced maltreatment? And who will conduct the necessary educational programs to change the dominant culture?” says Professor Gretchen Kerr, who specializes in research into athlete maltreatment.

Kerr co-authored a Centre for Sport Policy position paper on the topic with fellow KPE professors Bruce Kidd and Peter Donnelly titled *Advancing safe sport in Canada: A statement of independence*. According to them, an independent safe sport complaint process would involve four fundamental components:

1. Filing complaints to an independent body that is completely separate from the sport organization and Sport Canada. This independent body would determine whether the complaint should be directed to the police or child protection services, to an independent investigator or to another body if the complaint is not relevant to maltreatment.
2. Independent investigative processes that would allow any complaint that is identified as a potential violation of the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) to be directed by the independent body to an independent investigator to initiate an investigation.
3. Independent adjudication processes, meaning that no member of a hearing panel would have a relationship with the sport organization and the decision to impose sanctions for any breach of the UCCMS would occur without input or involvement from the sport organization.
4. Independent provision of supports and resources to anyone affected by experiences of maltreatment, including clear information about the expectations of the UCCMS and the process of reporting a complaint.

To ensure these components are adhered to, Kerr, Kidd and Donnelly recommend the creation of a single, pan-Canadian independent body that would: establish pools of trained people to triage, gather information and adjudicate in cases of maltreatment in sport; maintain a national, publicly accessible database of those criminally convicted or suspended by sport organizations; and provide referrals to independent support for complainants and provide education on safe sport.

“This is a sentiment echoed by Canadian athletes who have made repeated calls for an independent body to oversee safe sport in this country,” Kerr says.

By Jelena Damjanovic. 06/02/2020. <https://www.utoronto.ca/news/u-t-researchers-call-independent-complaint-processes-tackle-abuse-canadian-sport>

Photo: iStock



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The central debate according to Kerr, revolves around the extent to which the complaint and investigative processes should be independent from sport organizations.



Revealing sportswear may have negative impact on physical performance: KPE research

Wearing tight or revealing workout gear and sportswear may actually have a negative impact on your physical performance, according to a new study by University of Toronto researchers.

Professors Catherine Sabiston and Timothy Welsh wanted to see if existing research that suggests women who wear tight or revealing clothing perform more poorly on cognitive tasks – as compared to women wearing loose or more concealing clothing – could be applied to physical performance as well.

“It is thought that these differences may emerge because the tight clothing activates body image and objectification processes that may shift cognitive resources to the body and away from the task,” says Welsh, who is one of the authors of a study published in the *Psychonomic Bulletin and Review*.

Using a sample of 80 women, aged 18 to 35 years, the researchers randomly assigned tight and revealing athletic clothing to some women and loose and concealing athletic clothing to others. All participants completed the same visual-motor aiming task to assess measures of motor performance in time and space. In addition to the clothing, participants were primed to be conscious of their bodies via measurements of height, weight and waist circumference. Photographs were taken of the participants’ bodies and a mirror was placed in the testing chamber, among other things.

The study’s results revealed that the group of women who wore tight and revealing clothing, such as form-fitting tank tops and short shorts, were less consistent in achieving the visual-motor task and did not improve their performance over time compared to the group of women who wore loose and concealing clothing, including loose T-shirts and soccer shorts.

“These differences suggest that the style of clothing may influence motor performance in women by reallocating cognitive resources towards the body and away from the motor task at hand,” says Welsh. “The results may also suggest an interesting paradox wherein tight and revealing clothing designed for performance and comfort might actually hinder performance.”

In other words, there’s nothing wrong with exercising while wearing tight or revealing clothing, but just realize that it may not be improving your performance – despite the claims of manufacturers of athletic garments.

“Given the wide variety of athletic clothing available to women for sport and recreation, this study highlights the importance of considering the impact that the style of clothing has on performance. The findings demonstrate the possibility that awareness on the body is disruptive to motor performance in a similar way to cognitive performance” says Sabiston.

“These differences may emerge because the tight clothing activates body image and objectification processes that may shift cognitive resources away from the task,”

“To perform optimally in athletic activities, one must focus on the movements and skills required. When women’s focus is placed on their appearance, cognitive resources are likely divided between motor performance and their bodies. These negative performance and psychosocial responses may in turn prove demotivating for further athletic performance and learning.

“The key is to now expand our findings in real-world settings to investigate the potential impact of sport uniforms on performance, a relationship that may partially explain gender differences in some sport outcomes.”

The study was funded by grants from the Social Sciences and Humanities Research Council and Natural Sciences and Engineering Research Council.

By Jelena Damjanovic. 09/07/2020. <https://www.utoronto.ca/news/u-tstudy-finds-tight-revealing-workout-gear-can-negatively-impact-physical-performance>



KPE researcher develops app to help concussion patients manage their recovery

Individuals suffering from a concussion who lack the resources, time or knowledge to handle their condition expertly will soon have access to a low-cost path to recovery.

Assistant Professor Michael Hutchison has developed a mobile rehabilitation tool called RHEA, after the mother of Olympian gods and goddesses.

The mobile tool, developed with support from UTEST, a U of T program that helps to commercialize research, draws on Hutchison's clinical and research experience. He has found that starting graded aerobic exercise early following concussion can speed up recovery and improve functional outcomes – more than just resting.

“Despite such evidence, there still remains a lack of awareness and education regarding the initial medical management of concussion,” says Hutchison, who is director of the concussion program at the David L. MacIntosh Sport Medicine Clinic.

“The situation is further complicated by the fact that appointments with physicians and specialists occur approximately every one to two weeks, leaving patients at times to navigate and manage their symptoms without having the required knowledge or skills to do so.”

He believes mobile health technologies or apps have the potential to help fill this void, as they are well-suited to serve as platforms for the self-management of various health conditions.

“They are ubiquitous, have great computational capabilities and are commonly carried on the person. RHEA will utilize these benefits through novel machine learning algorithms that will leverage user-reported feedback, as well as data acquired from the wearable technology, to provide users with recommended, personalized exercise programs over a three- to five-day period to assist with the rehabilitation process.”

What is unique about RHEA is that it is not a static system, another implication found in its name, which etymologists say means to ground and flow, much like what patients are required to do when navigating the road to recovery.

“As the community of people using the app grows, we will leverage that feedback to fine-tune the exercise prescriptions for a wide variety of people and profiles.”

“Although RHEA's starting point is grounded in well-established empirical evidence and clinical guidelines, moving forward RHEA will benefit from the environment of Big Data,” says Hutchison, “and as the community of people using the app grows, we will leverage that feedback to fine-tune the exercise prescriptions for a wide variety of people and profiles.”

Hutchison is looking forward to having the app available on both Apple and Android devices in the New Year, following beta testing that is currently underway. Down the road, the plan is for RHEA to be tailored to health conditions beyond concussion, including post-traumatic stress disorder, depression and anxiety.

“The benefit of structured and individualized exercise is a very promising, low-risk and cost-effective intervention,” says Hutchison.

Janelle Joseph to break down barriers

For a long time, Janelle Joseph didn't consider becoming a professor because she didn't see many racialized people who were faculty members at Canadian universities.

"I hadn't really considered that before because there were almost no racialized professors in my entire undergraduate career," she says. "I didn't see myself represented in the professoriate."

Fast forward to today and Joseph has taken on a new role as an assistant professor at the University of Toronto's Faculty of Kinesiology & Physical Education. She teaches a class on race, Indigeneity and physical culture, and aims to break down barriers for her students.

"One of the fundamental questions that drives me forward is: How do we open doors, how do we allow all people to see themselves represented in leadership, in the professoriate, in the community?"

"Many of my students have never had a Black professor before, so being at the front of the classroom has really been a privilege, knowing that I am changing perspectives and lives with my research and my presence and leadership."

Joseph traces her interest in the sociology of sport to her childhood. Her father was an elite cricket player in his native Antigua, and her brother, Jamaal, signed with the Florida Marlins (now the Miami Marlins).

Her fascination with gender, race and movement cultures grew as an undergraduate studying kinesiology at Western University. On an exchange to Victoria University in Melbourne, she met Chris Hallinan, a scholar of Indigenous studies and sport. He encouraged her to consider becoming a professor – and to study with some of the leading experts in sport sociology, including U of T's Bruce Kidd and Peter Donnelly.

She did just that. She obtained a master's in exercise science at KPE, working under Donnelly's supervision on a project about

cultural authenticity in martial arts. (She took an interest in the Brazilian martial art capoeira while in Australia.)

"It was a really rich opportunity to be able to have conversations with people like Bruce Kidd, who was the dean at the time and had such a wealth of not only scholarly knowledge, but of personal connections and experiences," she says. "You'd show up in his office and he'd pull out a book and say, 'Here, read this.'"

She also worked closely with Associate Professors Margaret MacNeill and Caroline Fusco.

She found the experience so enriching, she decided to pursue a PhD in exercise science in the same department and with the same supervisor. This time she worked on a transnational project involving cricket and the Caribbean diaspora. She published a book on the subject in 2017.

Near the end of her PhD studies, Joseph noticed a gap in the undergraduate curriculum – one that she might be able to fill.

"We had a course on adapted physical activity, we had a course on gender and health, but there was nothing on multiculturalism, race, diaspora, globalization, transnationalism, cultural authenticity... all the subjects that I was so passionate about," she says.

Many students in the classes where she was a teaching assistant appeared interested in these ideas as well, she recalls. Those familiar with her research would ask her questions about these subjects after class. "For the most part, those were racialized students in our faculty and it was important for them to be represented in the curriculum and learn about critical race theory," she says.

"But I think it's important for all students, regardless of their family history or personal experience, to have a deeper understanding of these issues."

She developed a course called Race and Sport in Canadian Society, which explored critical race theory and multiculturalism.



She later took a break from teaching to complete two post-docs, one at New Zealand's University of Otago, researching multiculturalism and capoeira, and the other at the Ontario Tech University, exploring Afro-centric physical education. But she ultimately returned to Toronto to be closer to her family and resumed teaching at KPE.

At the same time, Joseph became a learning strategist at U of T's Student Life and later its director of academic success. In 2017, she became assistant director of U of T's Transitional Year Program (TYP), a bridging program for adults to acquire qualifications for university.

"I had an academic understanding of access and equity, but being at TYP really deepened my understanding of all the barriers that exist at universities that make it so difficult for some students to achieve success," Joseph says.

She believes those jobs helped her understand students' needs and how she can contribute to physical cultural studies.

The significance of Joseph's course was reinforced by the findings of KPE's task force on race and Indigeneity, which was inspired by the Truth and Reconciliation Commission. The expert panel's recommendations included developing a course on "Indigenous issues/history, colonial history, equity, racialization and racism in the context of sport and physical activity" – one based on or complementing Joseph's work.

Joseph, then a sessional instructor, successfully applied for a full-time tenure-track position.

Her current course focuses on representation and exposure of racialized and Indigenous athletes, who are an often-neglected part of the Canadian sporting story. Another aspect of the course looks at the barriers and discrimination these athletes face.

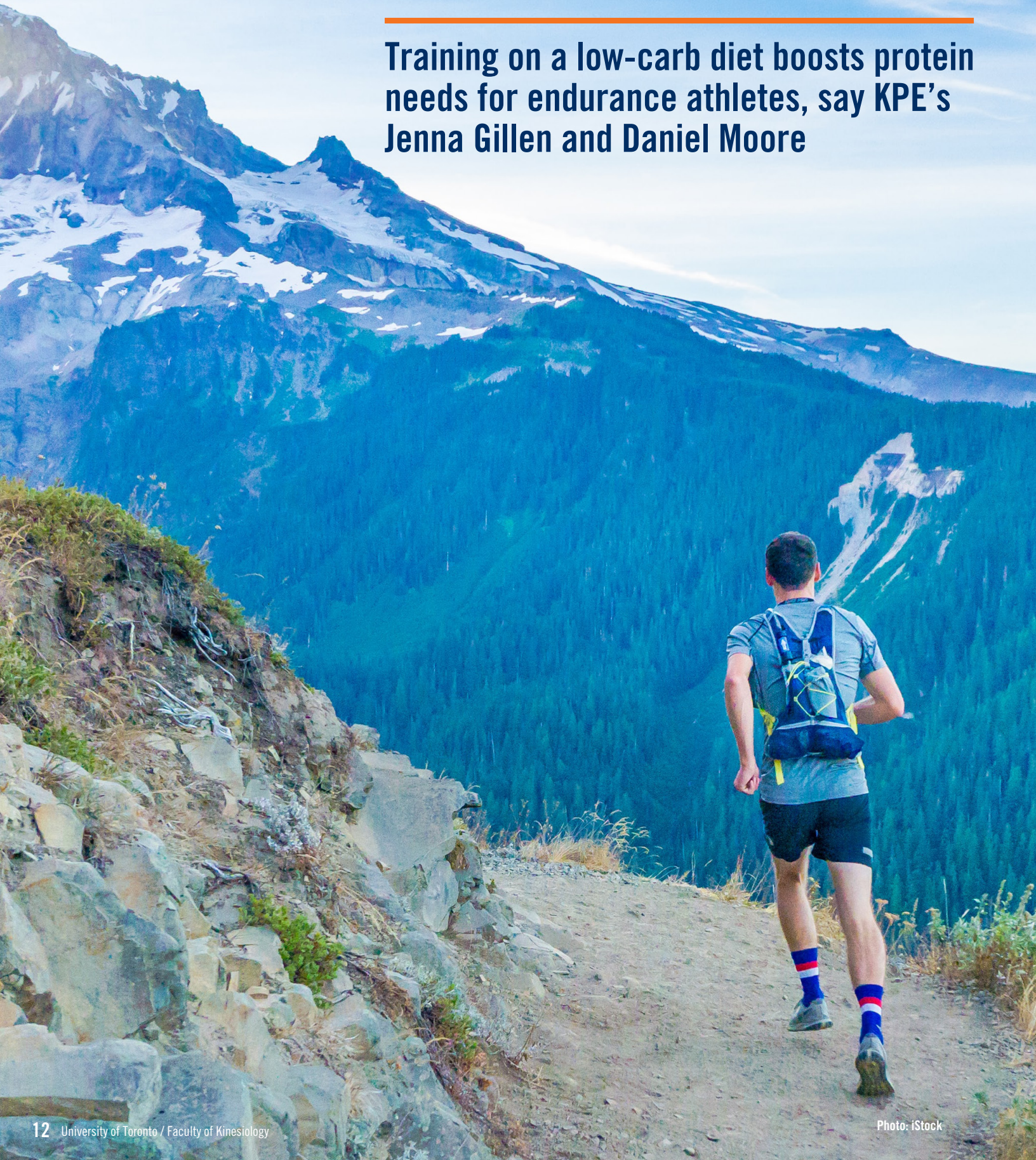
Joseph says she wants all her students – no matter their ambitions after university – to learn about the inequities facing people of different backgrounds.

"Regardless of what field they're in, they all deserve to understand where people of different backgrounds are coming from and have an awareness of how they might contribute to changing the structures that are preventing full participation right now."

by Jelena Damjanovic. 10/07/2019. <https://www.utoronto.ca/news/janelle-joseph-break-down-barriers-students-u-t-faculty-kinesiology-physical-education>

Does training on a low carb diet work?

Training on a low-carb diet boosts protein needs for endurance athletes, say KPE's Jenna Gillen and Daniel Moore



Endurance training while consuming a diet low in carbohydrates has garnered much interest lately. But is this the right approach for everyone and how does it impact protein requirements and performance?

Assistant Professor Jenna Gillen and Associate Professor Daniel Moore wrote an article for the Sports Medicine Bulletin of the American College of Sports Medicine in which they discussed the findings of their research study, published in the November 2019 issue of the journal *Medicine & Science in Sports & Exercise*, that investigated the relationship between training on a low-carb diet and the dietary protein requirements of endurance athletes. *How would you define a low-carb/high-fat diet vs. a high-carb/low-fat diet?*

Gillen: A high-carb/low-fat diet typically involves consuming 50 to 65 per cent or more of daily calorie intake as carbohydrates and 20 to 35 per cent as fat. Alternatively, a low-carb/high-fat diet consists of less than 25 per cent of your daily calorie needs from carbohydrates and greater than 60 per cent coming from fat. Protein intake isn't specifically increased or decreased with either approach, and is generally similar with both dietary strategies.

What are the advantages and disadvantages of following a low-carb/high-fat diet for endurance athletes? How does it influence performance?

Gillen: The rationale for athletes following a low-carb/high-fat diet is that it can increase our muscles' ability to use fat as an energy source during exercise, which is a fuel source that we have an abundant supply of compared to our more limited reserves of carbohydrate. However, this adaptation comes at a cost as there is also a decrease in muscles' ability to use carbohydrates during exercise. From a performance standpoint, this isn't optimal because carbohydrates are a more efficient energy source than fat – they produce more energy per litre of oxygen consumed – and we rely almost exclusively on carbohydrate to support high-intensity exercise. As a result, eating a low-carb/high-fat diet can actually compromise an athlete's overall performance and ability to perform high-intensity exercise during a race or sporting event.

Are there other ways that carbohydrate availability can be manipulated to improve endurance performance?

Gillen: Instead of following a low-carb/high-fat diet, athletes may choose to perform some of their endurance training sessions under conditions of low-carbohydrate availability. With this approach, athletes still consume high amounts of carbohydrate daily, for example 50 to 65 per cent of energy needs, or six to 10 grams of carbohydrate per kilogram body weight, but perform select training sessions at times when liver and muscle carbohydrate stores (glycogen) are lower. Examples would be performing exercise following an overnight fast and/or in close proximity to an earlier high-intensity exercise session. This type of "carbohydrate periodization" throughout training has been shown to increase energy-producing mitochondria in muscle and improve endurance performance.

What are the current recommendations for daily carbs, fat and protein intake among endurance athletes?

Moore: Recommended carbohydrates vary depending on the volume of training an athlete is doing. However, if they want to make sure their training is high quality, which would be fueled by carbohydrates because they are a "faster," more efficient energy source, then they'd likely be in the range of six to 10 g/kg/d. We speculate that protein requirements scale with training volume, but if they're running more than 50 kilometres per week, that requirement would be around 1.6 to 1.8 g/kg/d and perhaps more with higher volumes. However, provided they are meeting their energy requirements, most endurance athletes consume sufficient protein. Fat generally just makes up the balance of the energy unless athletes are specifically eating low-carbohydrate diets. This is not suggested if their goal is to train or compete as fast as they can, as fat can't provide energy as "quickly" as carbohydrates.

Does following a low-carb diet increase dietary protein requirements of endurance athletes? How much more?

Moore: Our research would suggest requirements may indeed be elevated, at least during the initial adaptation to a low-carb diet. This is because amino acids provide a greater percentage of energy when exercise is performed with low-carbohydrate availability, such as before a meal and with low muscle and liver glycogen (the body's carbohydrate stores). However, as mentioned, this is not recommended if their goal is to train or compete at a high intensity or perform a personal best. As for how much more protein is required, research has not addressed this question yet. Our study did suggest that just periodizing carbohydrate intake so that exercise is performed with low liver or muscle glycogen may increase protein requirements by about 10 per cent with only a "short" 10-kilometre run.

Why is it important to make that adjustment in protein intake (if on a low carb diet) and how best to do it?

Moore: It is important to increase your protein intake if you are training with low-carbohydrate availability as the extra amino acids that are used as energy must be replaced through the diet. This can be accomplished by modestly increasing the protein content of your post-workout meal or including an extra protein-containing snack throughout the day.



Outpacing cancer with exercise: Interview with KPE's Linda Trinh

The American College of Sports Medicine, the American Cancer Society and 15 other international organizations issued new exercise guidelines that focus on how exercise affects cancer outcomes. The key message: Even a little exercise may help people avoid and survive many types of cancer.

Assistant Professor Linda Trinh specializes in exercise and cancer survivorship. She spoke to us about the new guidelines.

We know that cancer treatments, while often effective, can leave people feeling ill, anxious, exhausted and frail. How can exercise help?

The evidence supporting the use of exercise for cancer prevention and survivorship has grown tremendously in the past decade. Exercise is beneficial at all phases of the cancer care trajectory, including prevention, treatment, recovery and improved survival. There is strong evidence that exercising during and after cancer treatment improves fatigue, anxiety, depression, physical function and quality of life, and does not exacerbate lymphedema, a swelling of the arms or legs most commonly caused by the removal or damage to lymph nodes as part of cancer treatment.

Exercise is a safe and helpful way for individuals living with and beyond cancer to lessen the impact of cancer treatment on their physical and mental health. Cancer survivors should be moving throughout their cancer therapy and survivorship as tolerated.

Can exercise change the trajectory of cancer once it begins?

In addition to addressing a number of cancer-related health outcomes, exercise can prevent recurrence and improve survival outcomes. In terms of prevention, there is now strong evidence that physical activity lowers risk of seven types of cancer, including colon, breast, kidney, endometrium, bladder, stomach cancer and esophageal adenocarcinoma.

After a cancer diagnosis, exercise is associated with improved survival outcomes in patients with breast, colon and prostate cancer. Specifically, post-diagnosis physical activity seems to have a greater effect on cancer outcomes compared with pre-diagnosis physical activity.

“We know that when cancer survivors adopt an exercise program, they can achieve long-term health benefits, but that only happens when exercise is maintained.”



“Exercise is beneficial at all phases of the cancer care trajectory, including prevention, treatment, recovery and improved survival.”

What stands in the way of more people with cancer exercising?

The barriers to physical activity participation are multi-faceted. Research shows that the most common barriers include lack of time, fatigue, treatment-related side effects and knowledge regarding exercise and its benefits during cancer treatment. This highlights a gap in what we know in research and how we can integrate exercise into the standard of care for cancer.

Part of the new guidelines suggest a ‘call to action’ for oncology clinicians to assess, advise and refer patients to appropriate exercise programs – clinical, community or self-directed.

What are some tried and tested methods of motivating cancer patients to exercise?

Research has employed a variety of methods to motivate cancer patients to exercise – highly supervised exercise programs, home-based programs, a combination of supervised and home-based programs, community-based physical activity programming, hospital-based physical activity programs, print-based physical activity materials, oncologist referrals to exercise, [as well as] technology-delivered physical activity programming such as tailored websites, apps and activity trackers.

We know that when cancer survivors adopt an exercise program, they can achieve long-term health benefits, but that only happens when exercise is maintained. As a behavioural researcher in exercise psychology, my research focuses on how we can design interventions that promote regular physical activity in cancer survivors. In addition to providing an exercise prescription tailored to the needs and preferences of the individual, it is important to incorporate behaviour-change strategies needed for maintenance. We set the cancer survivor up for success, which includes identifying the survivors’ personal benefits for participating in exercise, how to

anticipate and overcome barriers to exercise, creating concrete action plans for exercise, how to self-monitor exercise, and goal setting as examples. We work with cancer survivors to make exercise a part of their regular lifestyle.

According to the new guidelines, how much and what types of exercise may be the most needed, helpful and tolerable for anyone facing a cancer diagnosis?

Experts now recommend that cancer patients and survivors perform aerobic and resistance training for approximately 30 minutes per session, three times a week, to achieve health benefits.

Examples of moderate activity exercise include brisk walking, light biking, water exercise and dancing. You can exercise for any length of time to build up to 30 minutes a day. For strength training, you can lift dumbbells, use elastic bands, or do body weight exercises such as chair sit-to-stands to build strength.

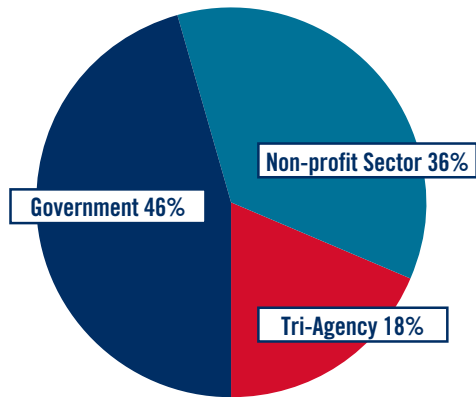
How are these recommendations different from the recommendations on exercise and cancer first published by the American College of Sports Medicine in 2010?

In the past, the precise type and amount of exercise to treat the many different cancer treatment related health outcomes were not clear. In the absence of this information, cancer survivors were recommended to achieve the general public health guidelines of 150 minutes of moderate-to-vigorous physical activity.

Over time it was acknowledged that these guidelines were unachievable for cancer survivors with physical limitations. It was recognized that benefits may come from less exercise and experts in the field set out to develop more refined exercise prescriptions for distinct cancer-related health outcomes resulting in the updated guidelines.

Research Funding by Year

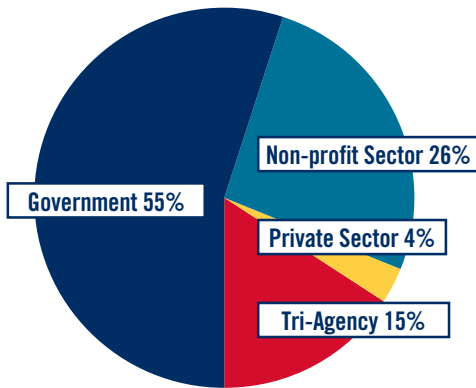
2019-2020



Research Funding by Sponsor

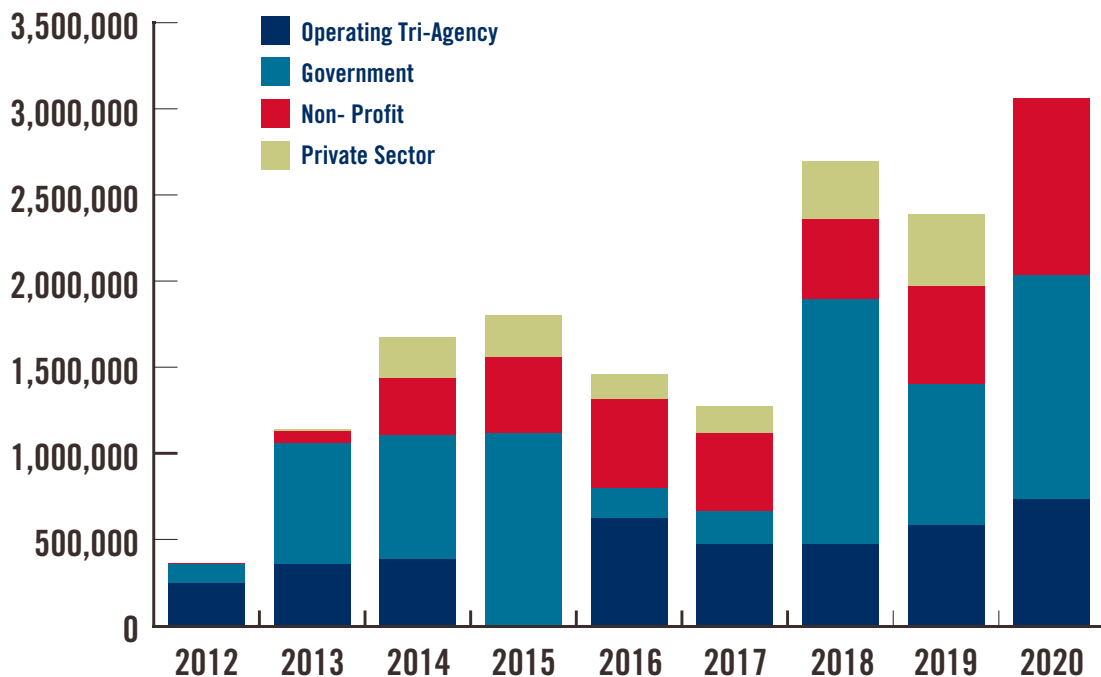
Government	\$1,301,657
Non-profit Sector	\$1,022,328
Tri-Agency	\$526,624
TOTAL	\$2,850,610

2020-2021



Research Funding by Sponsor

Government	\$1,558,448
Non-profit Sector	\$743,965
Private Sector	\$88,608
Tri-Agency	\$440,508
TOTAL	\$2,831,530



KPE Research Funding 2019-2020

Primary Investigator	Sponsor	Research Project Title	Funding Type	Amount
Gretchen Kerr	Canadian Heritage	Proposal for Gender Equity in Sport Research Hub	Government, Other	\$1,100,000
John Cairney	City of Ottawa	Healthy Eating and Active Living in Early Childcare Settings	Government, Other	\$8,562
John Cairney	Children and Youth Services	Developmental Surveillance Initiative - Year 3	Government, Other	\$175,124
Katherine Tamminen	Research and Innovation	Improving Emotion Regulation and Coping Among Youth Sport and Competitive Athletes	Government, Other	\$17,970
Catherine Sabiston	Canadian Breast Cancer Foundation	Improving Physical Activity and Reducing Sedentary Behaviour Among Breast Cancer Survivors: MOVING Research to Practice	Not-for-Profit Sector	\$59,080
Catherine Sabiston	Canadian Cancer Society	Connecting Breast Cancer Survivors for Exercise: Extending the impact of ActiveMatch	Not-for-Profit Sector	\$114,681
Catherine Sabiston	MITACS	Evaluating Team Unbreakable: A Learn-to-Run Program for Adolescent Mental Health	Not-for-Profit Sector	\$15,000
Daniel Moore	MITACS	Investigating the Effect of Novel Nutritional Compounds on Skeletal Muscle Protein Synthesis and Growth in Vivo	Not-for-Profit Sector	\$90,000
Gretchen Kerr	Coaching Association of Canada	Addressing & Preventing Gender-Based Violence Through Sport	Not-for-Profit Sector	\$110,015
Janelle Joseph	Connaught Fund	Black Physical Literacies: Anti-Racism Movements and Education	Not-for-Profit Sector	\$19,000
Jenna Gillen	American College of Sports Medicine	Practical Approaches for Interrupting Prolonged Sitting to Improve Postprandial Glucose and Protein Metabolism	Not-for-Profit Sector	\$13,102
John Cairney	Start2Finish	Impact of Participation in an Afterschool Reading and Running Club	Not-for-Profit Sector	\$2,559
Joyce Chen	Sunnybrook Health Sciences Centre	Towards a Personalized Approach to Stroke Motor Recovery With Transcranial Direct Current Stimulation	Not-for-Profit Sector	\$23,000
Katherine Tamminen	MITACS	High-Performance Sport Structures in the United Kingdom and their Impact on Athlete Development	Not-for-Profit Sector	\$6,000
Katherine Tamminen	Sport Information Resource Centre	Exploring Social Media and Teammate Relationships in Adolescent Girls' Soccer	Not-for-Profit Sector	\$2,500
Kelly Arbour	University of British Columbia	The National Physical Activity Measurement Project for Children and Youth with Disabilities	Not-for-Profit Sector	\$73,250
Kelly Arbour	Canadian Tire Corporation	Play Finds a Way Through Inclusive Playgrounds	Not-for-Profit Sector	\$72,100
Jenna Gillen	NSERC	Regulation of Human Skeletal Muscle Glucose Metabolism in Response to Exercise	Operating	\$33,000
Michael Hutchison	Queen's University	Understanding Concussion: From Injury to Return-to-Action	Not-for-Profit Sector	\$378,039
Michael Hutchison	Connaught Fund	RHEA: An Interactive, Personalized Approach to Exercise Rehabilitation for Concussion	Not-for-Profit Sector	\$49,999

KPE Research Funding 2019-2020

Primary Investigator	Sponsor	Research Project Title	Funding Type	Amount
Caroline Fusco	SSHRC	Sports Should not Cost the Earth: Towards an Interspecies Equity-Based Sustainability	Tri-Agency	\$38,758
Catherine Sabiston	CRC - CIHR	Canada Research Chair (Tier II) in Physical Activity and Mental Health	Tri-Agency	\$150,000
Daniel Moore	NSERC	Mechanisms of Human Skeletal Muscle Remodeling with Exercise	Tri-Agency	\$29,000
Jenna Gillen	NSERC	Regulation of Human Skeletal Muscle Glucose Metabolism in Response to Exercise	Tri-Agency	\$12,500
Katherine Tamminen	SSHRC	Developing Best Practices for Open Qualitative Research in Sport and Exercise Psychology	Tri-Agency	\$7,569
Katherine Tamminen	SSHRC	Forward Momentum: Exploring the Experiences and Careers of Competitive Athletes	Tri-Agency	\$1,460
Kelly Arbour	SSHRC	Movement Behaviors and Quality Participation of Children and Youth with Disabilities: Impact of COVID-19 Outbreak	Tri-Agency	\$1,572
Luc Tremblay	NSERC	Modulation in the Use of Multisensory Information During Voluntary Action	Tri-Agency	\$28,000
Michael Hutchison	CIHR	Post-Acute Structured Exercise Following Sport Concussion: a Randomized Controlled Study	Tri-Agency	\$112,200
Simon Darnell	SSHRC	Sport and Sustainable Development: History, Policy and Practice	Tri-Agency	\$12,861
Timothy Burkhart	NSERC	Contributions of Lower Extremity Musculature to Hip and Knee Joint Coordination, Stability, and Regional Tissue Mechanics	Tri-Agency	\$32,000
Timothy Welsh	NSERC	The Processing of Nonhuman Animal Bodies and Point of Gaze	Tri-Agency	\$28,000
Timothy Welsh	SSHRC	Are Two Better than One? Assessing the Learning and Motivational Benefits of Practicing in Pairs	Tri-Agency	\$37,004
Timothy Welsh	SSHRC	The Impact of Body and Clothing Type of the Model on Choice of Partner and Imitation	Tri-Agency	\$2,700

Research Funding 2020 - 21

Primary Investigator	Sponsor	Research Project Title	Funding Type	Amount
Gretchen Kerr	Canadian Heritage	Proposal for a Gender Equity in Sport Research Hub	Government, Other	\$550,000
Gretchen Kerr	Canadian Heritage	'What Works' in Gender Equity For Women and Girls in Sport	Government, Other	\$25,000
Joyce Chen	Canada Foundation for Innovation	Optimizing Motor Learning Through Music-Based Interventions	Government, Other	\$213,793
Joyce Chen	Research and Innovation Fund: Ministry of Ontario	Optimizing Motor Learning Through Music-Based Interventions	Government, Other	\$213,793
Joyce Chen	Canada Foundation for Innovation	Optimizing Motor Learning Through Music-Based Interventions	Government, Other	\$64,138
Linda Trinh	Canada Foundation for Innovation	Centre for Cognitive and Brain Health in Exercise Oncology	Government, Other	\$213,793
Linda Trinh	Research and Innovation Fund: Ministry of Ontario	Centre for Cognitive and Brain Health in Exercise Oncology	Government, Other	\$213,793
Linda Trinh	Canada Foundation for Innovation	Centre for Cognitive and Brain Health in Exercise Oncology	Government, Other	\$64,138
Catherine Sabiston	Canadian Cancer Society	Connecting Breast Cancer Survivors for Exercise: Extending the Impact of ActiveMatch	Not-for-Profit Sector	\$150,000
Daniel Santa Mina	University of Calgary	EXCEL: Exercise for Cancer to Enhance Living Well	Not-for-Profit Sector	\$35,000
Gretchen Kerr	Coaching Association of Canada	Addressing & Preventing Gender-Based Violence through Sport	Not-for-Profit Sector	\$74,640
Gretchen Kerr	Silver Gummy Foundation	Gender-Based Violence in Sport	Not-for-Profit Sector	\$78,283
Gretchen Kerr	Canadian Centre for Ethics in Sport	What Can Sport Do: The True Sport Report	Not-for-Profit Sector	\$25,000
Gretchen Kerr	Canadian Centre for Ethics in Sport	Trans Inclusion in Sport Literature Review	Not-for-Profit Sector	\$20,000
Gretchen Kerr	Canadian Women & Sport	Gender Equity in Sport	Not-for-Profit Sector	\$35,200
Kelly Arbour	Canadian Tire Corporation	Play Finds a Way Through Inclusive Playgrounds	Not-for-Profit Sector	\$66,350
Luc Tremblay	Sport Information Resource Centre	Using the Kinetic Profile of Vertical Jumping Tasks to Identify if Differences Exist Between Age Cohorts Within Field Hockey Canada's Female High- Performance Development Pathway Athletes (Awarded To Malinda Hapuarachichi, Phd)	Not-for-Profit Sector	\$2,500
Lynda Mainwaring	Sport Information Resource Centre	"That's a Blue for You": Referee Experiences Managing Concussion Injury Risk in Canadian Amateur Rugby	Not-for-Profit Sector	\$2,500
Michael Hutchison	Queen's University	Understanding Concussion: from Injury to Return-to-Action	Not-for-Profit Sector	\$133,768
Michael Hutchison	MITACS	The Evaluation of Blood Biomarkers in Sport Concussion Research: a Multiplatform Comparison	Not-for-Profit Sector	\$18,333

Research Funding 2020 - 21

Primary Investigator	Sponsor	Research Project Title	Funding Type	Amount
Simon Darnell	MITACS	Ontario Back to Play Research Project	Not-for-Profit Sector	\$10,000
Daniel Moore	Dairy Management Inc.	Anabolic Potential of Dairy and Dairy Proteins for Active Children and Adolescents	Private Sector	\$63,608
Daniel Moore	European Society for Clinical Nutrition	Can Home-Based 'Exercise Snacks' Ameliorate the Early Effects of Step Reduction on Dietary Protein Utilization and Glycemic Control in Older Adults?	Not-for-Profit Sector	\$62,390
Janelle Joseph	Ontario University Athletics	Ontario University Athletics Anti-Racism Project	Private Sector	\$25,000
Caroline Fusco	SSHRC	Sports Should not Cost the Earth: Towards an Interspecies Equity-Based Sustainability	Tri-Agency	\$28,707
Catherine Sabiston	CRC - CIHR	Canada Research Chair (Tier II) in Physical Activity and Mental Health	Tri-Agency	\$100,000
Catherine Sabiston	SSHRC	Engaging Girls in Sport: Creating Outreach with an Animated Series	Tri-Agency	\$22,520
Catherine Sabiston	SSHRC	Body Surveillance and Body-Related Self-Conscious Emotions, and Deficits In Cognitive and Motor Performance	Tri-Agency	\$38,200
Catherine Sabiston	SSHRC	The Influence of Clothing and Body Image Variables on Motor Adaptation and Learning	Tri-Agency	\$3,016
Daniel Moore	NSERC	Mechanisms of Human Skeletal Muscle Remodeling with Exercise	Tri-Agency	\$29,000
Jenna Gillen	NSERC	Regulation of Human Skeletal Muscle Glucose Metabolism in Response to Exercise	Tri-Agency	\$33,000
Katherine Tamminen	SSHRC	Interpersonal Emotion Regulation in Sport	Tri-Agency	\$27,670
Katherine Tamminen	SSHRC	Mental Health Challenges and Social Norms Around Help-Seeking Among Special Olympics Athletes	Tri-Agency	\$3,016
Linda Trinh	CIHR	RiseTx: A Mhealth Intervention for Reducing Sedentary Behaviour Among Prostate Cancer Survivors	Tri-Agency	\$23,000
Luc Tremblay	NSERC	Modulation in the Use of Multisensory Information During Voluntary Action	Tri-Agency	\$28,000
Timothy Burkhart	NSERC	Contributions of Lower Extremity Musculature to Hip and Knee Joint Coordination, Stability, and Regional Tissue Mechanics	Tri-Agency	\$32,000
Timothy Burkhart	NSERC	Contributions of Lower Extremity Musculature to Hip and Knee Joint Coordination, Stability, and Regional Tissue Mechanics	Tri-Agency	\$4,071
Timothy Welsh	NSERC	The Processing of Nonhuman Animal Bodies and Point of Gaze	Tri-Agency	\$28,000
Timothy Welsh	SSHRC	Are Two Better than One? Assessing the Learning and Motivational Benefits of Practicing in Pairs	Tri-Agency	\$40,307

2020 - 2021 Faculty Publications

PEER-REVIEWED ARTICLES

- Arbour-Nicitopoulos, Kelly Weissman S, Perinpanayagam R, Wright FV, **Arbour-Nicitopoulos KP**. (accepted). Application of the behaviour change technique taxonomy (BCTTv1) to an inclusive physical literacy-based sport program for children and youth. *International Journal of Sport Sciences and Coaching*.
- Brown D, Ross T, Leo J, Buliung R, Shirazipour C, Latimer-Cheung AE, **Arbour-Nicitopoulos KP**. (in press). A scoping review of evidence-informed recommendations for designing inclusive playgrounds. *Frontiers of Rehabilitation Sciences*, 2:664595. <https://doi.org/10.3389/fresc.2021.664595>.
- Orr K, Evans MB, **Tamminen K, Arbour-Nicitopoulos KP**. (in press). Social influences in recreational sport programs for emerging adults with disabilities: A mixed methods approach. *European Journal of Adapted Physical Activity*.
- Santino N, **Arbour-Nicitopoulos KP**, Graham J, Sharma R, Bassett-Gunter RL. (in press). Physical activity and loneliness among adolescents with disabilities: Exploring quality physical activity experiences as a possible moderator. *Disability and Health*. Pre-proof available online (Jan. 9th, 2021), <https://doi.org/10.1016/j.dhjo.2021.101060>.
- Sharma R, Latimer-Cheung AE, Cairney J, **Arbour-Nicitopoulos KP**. (2021). An online physical activity intervention for youth with physical disabilities: A pilot study. *Frontiers of Rehabilitation Sciences*, 2:651688. <https://doi.org/10.3389/fresc.2021.651688>
- Watterworth JC, Korsiak J, Keya FK, **Arbour-Nicitopoulos KP**, Mahmud AA, Tam V, Roth DE. (2021). Physical activity and the home environment in preschool-aged children in urban Bangladesh. *International Journal of Environmental Research and Public Health*. <https://www.mdpi.com/1660-4601/18/7/3362/pdf>
- Brown D, Kwan MY, **Arbour-Nicitopoulos KP**, Cairney J. (2021). Identifying patterns of movement behaviours in relation to depressive symptoms during adolescence: A latent profile analysis approach. *Preventive Medicine*, 143, 106352. doi.org/10.1016/j.ypmed.2020.106352.
- Arbour-Nicitopoulos KP**, Bassett-Gunter RL, Leo J, *Sharma R, Olds T, Latimer-Cheung AE, Martin Ginis KA. (2021). A cross-sectional examination of the 24-hour movement behaviors in Canadian youth with physical disabilities. *Disability and Health*, 14(1), 100980. <https://doi.org/10.1016/j.ypmed.2020.106352>.
- Song J, Catizzone M, **Arbour-Nicitopoulos KP**, Bayley M, Munce S. (2020). Physical performance outcome measures used in exercise interventions for adults with childhood-onset disabilities: A scoping review. *NeuroRehabilitation*, 47(10), 1-22.
- Levy B, Song JZ, Luong D, Perrier L, Bayley MT, Andrew, **Arbour-Nicitopoulos KP**, Munce SEP. (2020). Transitional care interventions for youth with disabilities: a systematic review. *Pediatrics*, 146(5), e20200187. <https://doi.org/10.1542/peds.2020-0187>
- Bassett-Gunter R, Tanna S, **Arbour-Nicitopoulos K**, Rhodes RE, Leo J. (2020). Understanding parent support for physical activity among parents of children and youth with disabilities: A behaviour change theory perspective. *European Journal of Adapted Physical Activity*, 13(2):11.
- Towns M, Lindsay S, **Arbour-Nicitopoulos K**, Mansfield A, Wright FV. (2020). Balance confidence and physical activity participation of independent ambulatory youth with cerebral palsy: An exploration of youths' and parents' perspectives. *Disability and Rehabilitation*. <https://doi.org/10.1080/09638288.2020.1830191>.
- Orr K, Smith B, **Arbour-Nicitopoulos KP**, Wright V. (2020). The café talk: An example of how to develop a creative non-fiction. *Qualitative Research in Sport, Exercise and Health*.
- Brown DM, **Arbour-Nicitopoulos KP**, Martin Ginis KA, Latimer-Cheung AE, Bassett-Gunter RL. (2020). Examining the relationship between parent physical activity support behaviour and physical activity among children and youth with autism spectrum disorder. *Autism*, 24(7), 1783-1794. <https://doi.org/10.1177/2F1362361320922658>.
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- Jeske S, Brawley LR, **Arbour-Nicitopoulos KP**. (2020). Videoconference-delivered physical activity self-regulation support for adults with spinal cord injury: A feasibility study. *Adapted Physical Activity Quarterly*, 37(3), 270-288. doi: 10.1123/apaq.2019-0103.
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- Tamminen**, K., Bundon, A., Smith, B., McDonough, M., Poucher, Z., and **Atkinson, M.** (2021). Considerations for Making Informed Choices About Engaging in Open Qualitative Research. *Qualitative Research in Sport, Exercise and Health*. <https://doi.org/10.1080/2159676X.2021.1901138> [A/W - responsible for 15% of the written paper]
- Girdharry NR, **Bentley RF**, Valle FH, Karvasarski E, Mak S. Body Habitus Considerations During Right Heart Catheterization. (2021). *CJC Open*. Epub ahead of print. Published: April 2021.
- Valle FH, Mohammed B, Wright SP, **Bentley RF**, Fam NP, Mak S. Exercise Right Heart Catheterisation in Cardiovascular Diseases: A Guide to Interpretation and Considerations in the Management of Valvular Heart Disease. (2021). *Interv Cardiol* 16:e01. Published: February 2021.
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- Blokker A. M., *Getgood A., Nguyen, D., Holdsworth, D. W., **Burkhardt T. A.** (2021) Insertion of small diameter radiopaque tracking beads into the anterior cruciate ligament results in repeatable strain measurement without affecting the material properties *Annals of Biomedical Engineering*, 49, 98-105 <https://doi.org/10.1007/s10439-020-02511-2>
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- Chen JL**, Schipani A, Pedrini Schuch C, Lam H, Swardfager W, Thiel A, Edwards JD. Does cathodal versus sham tdc over contralesional motor cortex enhance upper limb motor recovery post-stroke? A systematic review and meta-analysis. *Frontiers in Neurology* 2021; 12:626021
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- Dao, M. and **Darnell, S.C.** (2021) "Exploring Vietnamese Sport-for-Development through the Capabilities Approach: A Descriptive Analysis." *Sport in Society*.
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- Gillen J.B.**, Estafanos S., Williamson E., Hodson N., Maloway J.M., Kumbhare D.A., **Moore, D.R.** (January 2021) Interrupting prolonged sitting with repeated chair stands or short walks reduces postprandial insulinemia in healthy adults. *J Appl Physiol*, 130(1): 104-113.
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