

**Curriculum Vitae**  
**Jonathon R. Fowles, PhD**  
**CSEP-CEP, CSCS**  
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***Academic Qualifications***

Ph.D. Muscle Physiology (supervisor: Dr. Howard Green) Department of Kinesiology, University of Waterloo, Waterloo, Ontario	Oct 2001
M.Sc. Neuromuscular Physiology (supervisor: Dr. Digby Sale) Department of Kinesiology, McMaster University, Hamilton, Ontario	Feb 1997
B.Sc. (Honors, Co-op), Major Human Performance Department of Physical Education, University of Victoria, British Columbia	Aug 1992

***Academic Employment***

Director, Centre of Lifestyle Studies School of Kinesiology, Acadia University	Jul 12 - present
Professor School of Kinesiology, Acadia University	Jul 11 - present
Co-Director, Centre of Lifestyle Studies School of Kinesiology, Acadia University	Jul 06 – July 12
Associate Professor School of Recreation Management & Kinesiology, Acadia University	Jul 06 – July 11
Assistant Professor School of Recreation Management & Kinesiology, Acadia University	Jul 01 – July 06
Instructor / Teaching Assistant Department of Kinesiology, University of Waterloo, Waterloo, Ontario	Sep 98 – Jul 01
Instructor Department of Kinesiology, McMaster University, Hamilton, Ontario	Sep 96 - Apr 97
Teaching Assistant Department of Kinesiology, McMaster University, Hamilton, Ontario	Sep 95 - Apr 97

***Non-Academic Employment***

Sport Science Consultant, Canadian Sports Centre - Atlantic	July 02-present
Strength Training and Conditioning, Exercise Physiology Consultant Program design and one-one-one training, numerous organizations	Sep 94 - present

Strength Training and Conditioning Coordinator Department of Athletics, University of Waterloo, Waterloo, Ontario	Sep 96 – Jul 01
Strength Training and Conditioning Coordinator Department of Athletics, McMaster University, Hamilton, Ontario	Sep 94 - Jun 95
Medical Services Coordinator Victoria Commonwealth Games Society, Victoria, British Columbia	May 92 - Sep 94

### **Leaves & Delays**

Research Sabbatical, Acadia University – Exercise is Medicine	Jan. 1 2019 – June 30 2019
Research Sabbatical, Acadia University – Exercise is Medicine Canada	July 1 2015 – Dec 30 2015
Research Sabbatical, Acadia University – Canadian Diabetes Association	Jan.1 2012 – June 30 2012
Parental Leave, Acadia University, Wolfville, Nova Scotia	July 1 2011 – Oct.1 2011
Parental Leave, Acadia University, Wolfville, Nova Scotia	Jan.1 2009 - June 30 2009
Research Sabbatical, Acadia University, Wolfville, Nova Scotia	July 1 2007 – June 30 2008

### **Awards and Achievements**

Exercise is Medicine Global Leadership Award	ACSM	2022
Diabetes Research and Innovation Award	Research Canada	2021
Fellow – Canadian Society for Exercise Physiology- Honour	CSEP	2018
Clifford Shand Chair – Physical Education - Honour	Acadia University	2018-2023
60 <sup>th</sup> Anniversary Award of Excellence	Lawson Foundation	2017
Chair, Exercise is Medicine Canada - Appointment	CSEP	2016
Diabetes Care Program of NS Dedicated Leader Award	DCPNS	2016
CSEP Professional Standards Program Recognition Award	CSEP	2015
Research Excellence Award – Faculty of Professional Studies	Acadia University	2013
Presidents Recognition for Outstanding Performance- Honour	CSEP	Oct 2013
Clifford Shand Chair – Physical Education- Honour	Acadia University	July 2012-2017
Outstanding Teaching Award – Faculty Professional Studies	Acadia University	2010
Outstanding Research Project – Faculty Professional Studies	Acadia University	Mar 2008
Outstanding Research Project – Faculty Professional Studies	Acadia University	Mar 2006
Professor Appreciation Award – Kinesiology	Acadia University	Mar 2006
University of Waterloo Graduate Scholarship	University of Waterloo	Sep 00, Jan 01
Ontario Graduate Scholarship	University of Waterloo	Sep 99-Aug 00
NSERC Graduate Scholarship	University of Waterloo	Sep 97-Aug 99
University of Waterloo Graduate Scholarship	University of Waterloo	Sep 98, Jan 99
University of Waterloo Graduate Entrance Scholarship	University of Waterloo	Sep 97
McMaster Graduate Scholarship	McMaster University	Sep 96-Dec 96
Ontario Graduate Scholarship	McMaster University	May 96-Dec 96
McMaster Graduate Entrance Scholarship	McMaster University	Jan 95
President’s Award for Outstanding Performance	Commonwealth Games	Sep 93
Canadian Academy of Sports Medicine/Sport Science Undergraduate Student Outstanding Achievement	University of Victoria	May 92

## A. Summary of Scholarly Contributions\*

	Published/ In Press	Submitted	Not Published
Refereed Research Articles	54	4	
Invited and other Reviews (Refereed)	7		
Books & Manuals	4		
Book Chapters & Reviews	3		
Commissioned or Professional Works	21		
Patents/Trademarks and Commercial or License Agreements	2		4
Abstracts and Research Presentations	67		46
Invited Presentations			162
Literary & Artistic or Other Works	9		6

\*note: Acadia School of Kinesiology will begin a graduate program in Fall of 2023.

## Scholarly Activity

### Refereed Research Journal Publications

Submitted:

Sanders, T, T McIasaac, T Baker, K Beck, and JR Fowles. Student-led exercise testing and prescription has benefits for both students and their community volunteers. Submitted to *Advances in Physiological Education*. June 2022.

O'Brien, MW, L Pellerine, S Howitt, C deGraauw, JR Fowles. Characterization of Physical Activity Counselling and Exercise Prescription Practices of Chiropractors in Canada and Internationally Submitted to: *Journal of the Canadian Chiropractic Association*.

Smith S, J Raleigh, G Nelson, H Prapevissis, T Nagpal and J Fowles. Medical students' perspectives of physical activity in medical practice has been received by the editorial office of Medical Education. Submitted to *Medical Education*

Pellerine L, N Bray, J Fowles, J Furlano, A Morava, T Nagpal, M O'Brien. Increased Leisure Screen Time and Time to Fall Asleep are Associated with Worse Academic Performance in Canadian Undergraduates. Submitted to: *Health Education Journal*.

1. NW Bray, MW O'Brien, W Wong, W Sui, ML Voss, N Turnbull, TS Nagpal, and JR Fowles. The Importance of Collaboration Between Medical and Exercise Professionals in Addressing Patient Physical Inactivity. *Applied Physiology, Nutrition, and Metabolism*. Just-IN <https://doi.org/10.1139/apnm-2022-0312>
2. Pellerine, L.P.; Bray, N.W.; Fowles, J.R.; Furlano, J.A.; Morava, A.; Nagpal, T.S.; O'Brien, M.W. The Influence of Motivators and Barriers to Exercise on Attaining Physical Activity and Sedentary Time Guidelines among Canadian Undergraduate Students. *Int. J. Environ. Res. Public Health* 2022, 19, 12225. <https://doi.org/10.3390/ijerph191912225>
3. O'Brien, M.W.; Shivgulam, M.E.; Wojcik, W.R.; Barron, B.A.; Seaman, R.E.; Fowles, J.R. 30 Year Trends of Reduced Physical Fitness in Undergraduate Students Studying Human Movement. *Int. J. Environ. Res. Public Health* 2022, 19, 14099. <https://doi.org/10.3390/ijerph192114099>
4. Pellerine, LP, MW O'Brien, CS Shields, JS Crowell, R Strang, **JR Fowles**. Nova Scotia Health Care Providers' Perspectives on Promoting Physical Activity and Exercise in Health Care. *Int. J. Environmental*

- Research and Public Health*. 2022;19(15):9466. Published 2022 Aug 2. doi:10.3390/ijerph19159466
5. Oyeboode O, **JR Fowles**, D. Steeves, R. Orji. Machine Learning Techniques in Adaptive Systems for Health and Wellness. *Int. J. Human-Computer Interaction*. 2022 Jul 26:1-25. <https://doi.org/10.1080/10447318.2022.2089085>
  6. Pellerine. LP, DS Kimmerly, **JR. Fowles**, MW O'Brien. Calibrating the Physical Activity Vital Sign to Estimate Habitual Moderate-to-Vigorous Physical Activity More Accurately in Active Young Adults: A Cautionary Tale. *J Measurement Physical Behaviour*. 2022. 5(2): 103-110. DOI: <https://doi.org/10.1123/jmpb.2021-0055>
  7. AlSlaity A, B Suruliraj, O Oyeboode, **JR Fowles**, D Steeves, and R. Orji. Mobile applications for Health and wellness: A Systematic Review. *PACM on Human-Computer Interaction*, 2022. 6 (171): 29 pages. <https://doi.org/10.1145/3534525>
  8. Keats MR, Grandy SA, Blanchard C, **Fowles JR**, Neyedli HF, Weeks AC, MacNeil MV. The Impact of Resistance Exercise on Muscle Mass in Glioblastoma in Survivors (RESIST): Protocol for a Randomized Controlled Trial. *JMIR Res Protoc*. 2022;11(4):e37709. doi: 10.2196/37709
  9. Oduntan A, Oyeboode O, Beltran AH, **Fowles JR**, Orji, R. I Don't Let Depression and Anxiety Drown Me...": Identifying Factors Associated with Resilience Based on Journaling using Machine Learning and Thematic Analysis. *Journal of Biomedical and Health Informatics*. 2022; 26 (7): 3397-3408. doi: 10.1109/JBHI.2022.3149862.
  10. Capozzi, LC, V Lun, TS Nagpal, J Tomisone, **JR. Fowles**. Physical Activity Rx: Development and Implementation of Physical Activity Prescription Learning Objectives for Canadian Medical School Curriculum. *Can Med. Educ. Journal*. 2022. 6: 8 pages. <https://doi.org/10.36834/cmej.73767>.
  11. O'Brien. MW, Shields CA, Dunbar MJ, Crowell JS, **Fowles JR**. Physical Activity Counselling and Exercise Prescription Practices among Dietitians Across Nova Scotia. *Can J Diet Pract Res*. 2021 Sep 28;1-6. doi: 10.3148/cjdpr-2021-025.
  12. O'Brien MW, Wong M, Sui W, Voss L, Bray N, Turnbull N, Nagpal T, and **Fowles JR**. Education and Collaboration as Strategies to Promote Physical Activity by Primary Care Providers During and Beyond the COVID-19 Pandemic. *J. Med. Educ. Research*. 2021. 1(1): 25-33.
  13. **Fowles JR**, O'Brien MW, Comeau KG, Thurston B, Petrie HJ. Flattened Cola improves High-Intensity Interval Performance in Competitive Cyclists. *Eur J Appl Physiol*. 2021 Oct; 121(10):2859-2867. doi: 10.1007/s00421-021-04745-x.
  14. O'Brien MW, Wojcik WR, **Fowles JR**. Validity and Inter-Instrument Reliability of a Medical Grade Physical Activity Monitor in Older Adults. *J Measurement of Physical Behav*. 2021 4(1): 31-38. <https://doi.org/10.1123/jmpb.2019-0074>
  15. O'Brien. MW, Shields CA, Solmundson K, **Fowles JR**. Exercise is Medicine Canada workshop training improves physical activity practices of physicians across Canada, independent of initial confidence level. *Can. Med. Educ. J*. 2020. 11(5): e5-e15. <https://doi.org/10.36834/cmej.68376>.
  16. O'Brien MW, Johns J., Dorey T, Frayne R, **Fowles JR**, Mekary S, Kimmerly DS. Validity of the activPAL and Height-Adjusted Curvilinear Cadence-METs Equations in Healthy Adults. *Meas. Phys. Act. Exerc. Sci*. 2020. 24(2): 147-156, <https://doi.org/10.1080/1091367X.2020.1724112>

17. Macridis S, Cameron C, Chaput JP, Chulak-Bozzer T, Clark P, Davenport MH, Faulkner G, **Fowles JR, et al.** Results From the 2019 ParticipACTION Report Card on Physical Activity for Adults. *J Phys Act Health.* 2020 Sep 3;17(10):995-1002. doi: 10.1123/jpah.2019-0646. PMID: 32882682.
18. O'Brien MW, J Johns, T Dorey, R Frayne, **JR Fowles**, S Mekary, DS Kimmerly. Meeting International Aerobic Physical Activity Guidelines is Associated with Enhanced Cardiovascular Baroreflex Sensitivity in Healthy Older Adults. *Clin Auton Res* (2020) 30:139-148. <https://doi.org/10.1007/s10286-019-00641-9>
19. O'Brien. MW., C. Shields, L Campbell, S.J Crowell, **JR Fowles**. Perceptions and Practices of Providing Physical Activity Counselling and Exercise Prescriptions among Physiotherapists in Nova Scotia. *Phys. Can.* 2019. <https://doi.org/10.3138/ptc-2018-0098>
20. O'Brien MW, Robinson SA, Frayne R, Mekary S, **Fowles JR**, Kimmerly DS. Achieving Canadian physical activity guidelines is associated with better vascular function independent of aerobic fitness and sedentary time in older adults. *Applied Physiology, Nutrition, and Metabolism.* 2018 Apr 19;43(10):1003-9.
21. Steeves, D., M. Jordan, L. Thornley, M. Bawol, F. Jobin, J. Kruk, **JR Fowles.** A High-Performance approach to the strength and power training evolution in 200m Kayak/Canoe. *J. Australian. Str. Cond.* 2018. 26(7): 79-83.
22. O'Brien MW, Kivell MJ, Wojcik WR, D'Entremont GR, Kimmerly DS, **JR Fowles**. Influence of Anthropometrics on Step-Rate Thresholds for Moderate and Vigorous Physical Activity in Older Adults: Scientific Modeling Study. *JMIR Aging* 2018;1(2):e12363. DOI: 10.2196/12363
23. O'Brien. M.W., C. Shields, S. Crowell, O. Theou, P. McGrath, **JR Fowles**. The Effects of Previous Educational Training on Physical Activity Counselling and Exercise Prescription Practices Among Physicians Across Nova Scotia: A Cross-Sectional Study. *Can. Med. Educ. J.* 2018.12:9(4) e35-e45.
24. O'Brien MW, Kivell MJ, Wojcik WR, d'Entremont G, Kimmerly DS, **JR Fowles**. Step Rate Thresholds Associated with Moderate and Vigorous Physical Activity in Adults. *Int J Environ Res Public Health.* 2018 Nov 3;15(11). pii: E2454. doi: 10.3390/ijerph15112454.
25. Steeves D, Thornley LJ, Goreham JA, Jordan M, Landry SC, **J.R. Fowles**. Reliability and Validity of a Novel Trunk Strength Assessment For High Performance Sprint Flatwater Kayakers. *Int J Sports Physiol Perform.* 2018. Oct 9:1-27. doi: 10.1123/ijsspp.2018-0428. [Epub ahead of print]
26. O'Brien, M.W, W.R. Wojcik, **J.R. Fowles**. Medical Grade Physical Activity Monitoring for Measuring Step Counts and Moderate-Vigorous Physical Activity: Validity and Reliability Study. *JMIR. MHealth UHealth.* 2018. 5:6(9): e10706. doi:10.2196/10706.
27. O'Brien, M, S. Robinson, R. Frayne, S. Mekary, **J.R. Fowles**, D. D. Kimmerly. Achieving Canadian Physical Activity Guidelines is Associated with Better Vascular Function Independent of Aerobic Fitness and Sedentary Time in Older Adults. *Appl. Phys. Nutr. Metab,* 2018 Oct;43(10):1003-1009. doi: 10.1139/apnm-2018-0033. Epub 2018 Apr 19.
28. O'Brien, MW, W.R. Wojcik, L.D'Entremont and **JR Fowles**. Validation of the PiezoRx Step Count and Moderate to Vigorous Physical Activity Times in Free Living Conditions in Adults: A Pilot Study. *Intl. J. Exerc. Sci.* 11(7): 541-551, 2018. <https://digitalcommons.wku.edu/ijes/vol11/iss7/5>
29. **Fowles, J.R.**, M. W. O'Brien, K. Solmundson, P. I. Oh, C.A. Shields. Exercise is Medicine Canada Physical Activity Counselling and Exercise Prescription Training, Improves Counselling, Prescription and Referral Practices Among Physicians Across Canada. 2018. *Appl. Phys. Nutr. Metab,* May;43(5):535-539. doi:

- 10.1139/apnm-2017-0763. Epub 2018 Jan 9.
30. Gray, E., C.A. Shields, **J.R. Fowles**. Building Competency and Capacity for Effective Physical Activity Promotion in Diabetes Care in Canada. *Can. J. Diabetes*. 2017. 41, 491-498.  
dx.doi.org/10.1016/j.jcjd.2016.11.005.
  31. **Fowles**, J.R., M.W. O'Brien, W.R. Wojcik, L d'Entremont and C.A. Shields. A pilot study: Validity and reliability of the CSEP-PATH PASB-Q and a new leisure time physical activity questionnaire to assess physical activity and sedentary behaviours. *Appl. Phys. Nutr. Metab.* 2017. 42(6): 677-680.  
dx.doi.org/10.1139/apnm-2016-0412
  32. O'Brien, M., C.A. Shields, P.A. Oh, and **J.R. Fowles**. Health Care Provider Confidence and Exercise Prescription Practices of Exercise is Medicine Canada Workshop Attendees. *Appl. Phys. Nutr. Metab.* 2017. 42: 384-390. dx.doi.org/10.1139/apnm-2016-0413.
  33. Dogra, S. J.Roy, J.Clarke, **J.R. Fowles**. BMI- specific waist circumference is better than skinfolds for health risk determination in the general population. *Applied Phys. Nutr. Metab.* 2015. 40: 134-141.
  34. **Fowles J.R.**, Shields C.A, B. Barron, S. McQuaid, K.L. d'Entremont, P. Dunbar. Implementation of resources to support patient physical activity through Diabetes Centres in Atlantic Canada: the effectiveness of enhanced support for exercise participation. *Can. J. Diabetes*. 2014. 38(6): 423-431.
  35. **Fowles, J.R.**, Shields C.A, B. Barron, S. McQuaid, P. Dunbar. Implementation of resources to support patient physical activity through Diabetes Centres in Atlantic Canada: the effectiveness of the 'Toolkit' based physical activity counseling. *Can. J. Diabetes*. 2014. 38(6): 415-422.
  36. **Fowles, J.R.** J.Roy, J.Clarke, S.Dogra. Are the fittest Canadians also the healthiest? *Health Matters*. 2014, 25(5): 13-18.
  37. Shields C.A, **J.R. Fowles**, P. Dunbar, B. Barron, S. McQuaid, C.J. Dillman. Increasing Diabetes Educators' confidence in physical-activity and exercise counseling: The effectiveness of the 'Physical-activity and Exercise Toolkit' training intervention. *Can. J. Diabetes*. 2013. 37(6): 381-387.
  38. Dillman C., Shields, C., **J.R. Fowles**, Murphy, R., Fryia, S., Perry, A., Dunbar, P. Including Physical Activity and Exercise in Diabetes Management: Diabetes Educators Perceptions of their own Abilities and the Abilities of their Clients. *Can. J. Diabetes*. 2010. 34(3):218-226.
  39. Ross, H. and **J.R. Fowles**. Pilot Physical Fitness Testing Protocol for Outdoor Leaders. *Pathways: The Ontario Journal of Outdoor Education*. 2009. 22(1): 23-26.
  40. Farlinger, C. and **J.R. Fowles**. Effects of sequence of skating specific training on on-ice skating performance. *Int. J. Sports Physiol. Perf.* 2(3): 185-198, 2008.
  41. Farlinger, C., L.D. Kruisselbrink, and **J.R. Fowles**. Relationships to skating performance in competitive hockey players. *J. Strength Cond. Res.* 21(3): 915-922, 2007.
  42. Flouris, A.D., S.S. Cheung, **J.R. Fowles**, L.D. Kruisselbrink, D. A. Westwood, A.E. Carrillo and, R.J.L. Murphy. Influence of body heat content on hand function during prolonged cold exposures. *J. Appl. Physiol.* 101(3): 802-808, 2006.
  43. Kelley, M.D., G. Rousseau, S.N., **J.R. Fowles**, R.J.L. Murphy. Early Effects of Spinal Cord Transection on Skeletal Muscle Properties. *Appl. Physiol. Nutr. Metab.* 31(4), 398-406, 2006.

44. Kruisselbrink, L.D., K.L. Martin, M.M. Megeney, **J.R. Fowles** and R.J.L. Murphy. Physical and psychomotor functioning in females the morning after consuming low to moderate quantities of beer. *J. Studies. Alcohol.* 67(3): 416-420, 2006.
45. Green, H.J., D.J. Barr, **J.R. Fowles**, S.D. Sandiford, and J. Ouyang. Malleability of human skeletal muscle Na<sup>+</sup>-K<sup>+</sup>-ATPase pump with short-term training. *J. Appl. Physiol.*, 97: 143-148, 2004.
46. **Fowles, J.R.**, H.J. Green, and J. Ouyang. Na<sup>+</sup>-K<sup>+</sup>-ATPase in rat skeletal muscle: content, isoform and activity characteristics. *J. Appl. Physiol.*, 96: 316-326, 2004.
47. Schertzer, J.D., H.J. Green, **J.R. Fowles**, T.A. Duhamel, A.R. Tupling. Effects of prolonged exercise and recovery on sarcoplasmic reticulum Ca<sup>2+</sup> cycling properties in rat muscle homogenates. *Acta Physiol. Scand.* 180(2):195-208, 2004.
48. **Fowles, J.R.**, H.J. Green. Coexistence of potentiation and fatigue in human skeletal muscle. *Can. J. Physiol. Pharmacol.* 81:1092-1100, 2003.
49. **Fowles, J.R.**, H.J. Green, J.S. Shertzer, and R.Tupling. Reduced activity of muscle Na<sup>+</sup>-K<sup>+</sup>-ATPase after prolonged running in rats. *J. Appl. Physiol.* 93: 1703-1708, 2002.
50. **Fowles, J.R.**, H.J. Green, S. O'Brien, and B.D Roy. Human neuromuscular fatigue is associated with altered Na<sup>+</sup>-K<sup>+</sup>-ATPase activity following isometric exercise. *J. Appl. Physiol.* 92: 1585-1593, 2002.
51. **Fowles, J.R.**, D.G. Sale, and J.D. MacDougall. Reduced strength following passive stretch of the human plantarflexors. *J. Appl. Physiol.* 89(3): 1179-1188, 2000.
52. **Fowles, J.R.**, J.D. MacDougall, D.G. Sale, M.A.Tarnopolsky, B.D. Roy, and K.E. Yaresheski. The effect of passive stretch on muscle protein synthesis in humans. *Can. J. Appl. Physiol.* 25(3): 204-216, 2000.
53. Roy, B.D., **J.R. Fowles**, B.R. Hill, M.A. Tarnopolsky. Macronutrient intake and whole body protein metabolism following resistance exercise. *Med. Sci. Sports Exerc.* 32(8): 1412-1418, 2000.
54. Roy, B.D., M.A. Tarnopolsky, J.D. MacDougall, **J.R. Fowles**, and K.E. Yaresheski. The effect of glucose supplement timing on protein metabolism after resistance training. *J. Appl. Physiol.* 82(6): 1882-1888, 1997.

#### **Invited and Other Reviews (Refereed)**

1. O'Brien MW, Bray NW, Kivell MJ, **Fowles JR**. A Scoping Review of Exercise Referral Schemes Involving Qualified Exercise Professionals in Primary Health Care. *Appl Physiol Nutr Metab.* 2021 Sep; 46(9): 1007-1018. doi: 10.1139/apnm-2020-1070.
2. Thornton, J.S., P. Frémont, K. Khan, P. Poirier, **J.R. Fowles**, G.D. Wells, R.J. Frankovich. Physical Activity Prescription: A critical opportunity to address a modifiable risk factor for the prevention and management of chronic disease: A POSITION STATEMENT BY THE CANADIAN ACADEMY OF SPORTS AND EXERCISE MEDICINE. *British. J. Sports Med.* 50:1109–1114. 2016. doi:10.1136/bjsports-2016-096291
3. Thornton, J.S., P. Frémont, K. Khan, P. Poirier, **J.R. Fowles**, G.D. Wells, R.J. Frankovich. Physical Activity Prescription: A critical opportunity to address a modifiable risk factor for the prevention and management of chronic disease: A POSITION STATEMENT BY THE CANADIAN ACADEMY OF SPORTS AND EXERCISE MEDICINE. *Clin J Sport Med.* 2016 Jul;26(4):259-65. doi: 10.1097/JSM.0000000000000000.
4. Latimer-Cheung, A. J.L. Copeland, **J.R. Fowles**, M Duggan, M. Tremblay. The Canadian 24-Hour Movement Guidelines for Children and Youth: Implications for practitioners, professional and organizations

- and strategies for dissemination and implementation. *Appl. Physiol. Nutr. Metab.* 41: S328-S335, 2016.
5. MacIntosh, B., S Yungblut, R Frankovish, P. Oh, **J.R. Fowles**. Exercise is Medicine Canada: Engaging patients in physical activity dialogue — practical tools, CME workshops to assist physicians. *Ont. Med. Review.* 3: 30-33, 2016.
  6. **Fowles, J.R.** What I always wanted to know about instability training. *Appl. Physiol. Nutr. Metab.* 35: 1-2, 2010.
  7. **Fowles, J.R.** Technical Issues in quantifying low-frequency fatigue in athletes. *Int. J. Sports Physiol. Performance.* 1(2): 169-171, 2006.

### **Books & Manuals**

1. The Canadian Society for Exercise Physiology Physical Activity for Health Manual. **J.R. Fowles**, (Scientific Lead and Editor). *The Canadian Society for Exercise Physiology.* 2013. Ottawa, Ontario. 210 pages.
2. Building Competency in Diabetes Education: Physical Activity and Exercise. **J.R. Fowles**, C. Shields, R.J.L. Murphy, M Durant. *The Canadian Diabetes Association.* 2012. Toronto, Ontario. 137 pages.
3. Preparing to Win. The CIS Football Training Manual. **J.R. Fowles** (Editor). Football Canada. Ottawa, Ontario. 2005. 232 pages.
4. Etchberger, C., M. Nordie, and **J.R. Fowles**. Study Guide. *Principles of Human Physiology, 2<sup>nd</sup> Ed.* Pearson Benjamin Cummings Publishers. San Francisco, CA. 2005. 523 pgs.

### **Book or Manual Chapters**

1. **Fowles, J.R.** Physical Activity and Exercise Training for Performance-Related Fitness: The Canadian Society for Exercise Physiology, Physical Activity Training for Health Manual, Ottawa, Ont. 2013. 18 pages.
2. **Fowles, J.R.** Bigger, Stronger, Faster, Better: The Physiological Basis for Training in Football. *CIAU Football Training Manual.* B. Lacoé, (Ed.). University of Toronto, Toronto, Ont. Canadian Universities Football Coaches Association, 2000, 32-55.
3. **Fowles, J.R.**, L. Lavalee, and J. Sandison. If you are staying the same you are falling behind: Goal setting and testing. *CIAU Football Training Manual.* B. Lacoé, (Ed.). University of Toronto, Toronto, Ont. Canadian Universities Football Coaches Association, 2000, 10-31.

### **Commissioned Work, Technical Reports, Professional Publications**

1. Fowles JR. A Holistic Approach to Physical Activity and Exercise for Individuals with Type 2 Diabetes. *Diabetes Communicator.* Summer 2022. 12-14.
2. Moving Toward a Better Normal: 2021 ParticipACTION Report Card on Physical Activity for Adults. N Johnston, V Iancovich, JP Chaput, P Clark, M Davenport, G. Faulkner, **J. Fowles** et al. ParticipACTION. Nov 30, 2021. 80 pages.
3. Make Your Move at Work Toolkit: A resource to support Nova Scotia organizations to become more active. **J.R. Fowles**, J Koppernaes, Tania Embree and E Shelton. *Nova Scotia Dept. of Communities Culture and Heritage.* June 2021. Halifax Nova Scotia. 40 pages.

4. **Fowles, J.R.** Koppernaes, J. Embree T. Physical Activity in the Workplace Final Report: Summary of Findings and Recommendations for Implementing Workplace Physical Activity Interventions in Nova Scotia. Presented to *Nova Scotia Communities Culture and Heritage and Workers Compensation Board of Nova Scotia*. 95 pages. May 20, 2020.
5. Better with Age: 2019 ParticipACTION Report Card on Physical Activity for Adults. N Johnston, S Macridis, T. Chulak-Bozzer, C Cameron, JP Chaput, P Clark, M Davenport, G. Faulkner, J. Fowles et al. ParticipACTION. Nov 30, 2019. 28 pages.
6. MacIntosh, B.R. S. Boreski, R.J. Petrella, K. Dasgupta, and **J.R. Fowles**. Historical Perspective: Research Supporting Exercise is Medicine in Canada. *For the 50th Anniversary of CSEP*. Summer 2017.
7. M.A. Armstrong and **J.R. Fowles**. Cardiovascular Risk Screening and Exercise Participation for Individuals with Diabetes. *Diabetes Communicator*. Spring 2017.
8. Physical Activity Corner: Exercise is Medicine Canada. **J.R. Fowles**. *Diabetes Care in Nova Scotia*. 22 (3): 9. November, 2012.
9. Physical Activity Corner: Updates of Supervised Exercise in Diabetes Centres in Nova Scotia. S. McQuaid and **J.R. Fowles**. *Diabetes Care in Nova Scotia*. 22 (1): 10. March, 2012.
10. Taking the first steps: Strategies for regular promotion of physical activity as part of routine diabetes management. C. Shields and **J.R. Fowles**. *Diabetes Journal*. 24 (2): 3-6, 2011.
11. A Physical Activity and Exercise Toolkit for Diabetes Clinical Practice. **J.R. Fowles** and C. Shields. *Diabetes Communicator*. June 2011, pgs 16-18.
12. Physical Activity Corner: The Diabetes Physical Activity and Exercise Toolkit: Quality, Partnerships and Innovation. **J.R. Fowles** and B. Barron. *Diabetes Care in Nova Scotia*. 21 (1): 10. March, 2011.
13. How to treat Prediabetes with Exercise – effectively. M. Riddell & **J.R. Fowles**. *Diabetes Clinical Practice Guide. Medical Post*. Nov 2010.pg 10-20.
14. State of the Art: The Diabetes Physical Activity and Exercise Toolkit, 2<sup>nd</sup> Edition. **J.R. Fowles**. *Diabetes Care in Nova Scotia*. 20 (2): 1-3. July, 2010.
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### **Patents, Trademarks & Commercial or License Agreements**

1. Copyright Agreement: Canadian Diabetes Association, Acadia University and The Diabetes Care Program of Nova Scotia. Physical Activity and Exercise Professional Resource Manual. J.R. Fowles, C.A. Shields, R.J.L. Murphy and P. Dunbar. January 2012.
2. Trademark: SkateSIM™: Off-ice skating simulator device and methods to improve ice-skating performance and acceleration.  
Description: Design of a banked track which an athlete bounds side to side up the track against resistance. The design of the track and training program are covered under use of the trademark.  
Inventors: **J.R. Fowles**, M. Price, A. Simson, G. Ness.  
Date Awarded: January, 2006. Country of Issue: Canada No. 1251210
3. Inventors Agreement: Acadia University, Off-ice Skating Simulator, Fowles. J.R., G. Ness, M. Price. A. Simson. Sept. 2003.
4. License Agreement: Elite Sports Performance and Acadia University. Use of the "Off-ice Skating Simulator". OTTI, Sept. 16, 2003.
5. Commercialization Agreement: Elite Sports Performance and Acadia University. Use of the "Off-Ice Skating Simulator". Sept.16, 2003.
6. One-Year License Agreement – Elite Sports Performance and Acadia University. Use of the "Off-ice Skating Simulator". OTTI, Jan.20, 2005.

### **Published (Refereed) Abstracts & Proceedings**

1. V.G Nasr, K. Maroun, B. Leadbetter, K.D. Kendall, J.R. Fowles Improved fitness from community exercise programs led by a Certified Exercise Physiologist. *Appl. Phys. Nutr. Metab.* 46 (10 Suppl); S---, 2022
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8. O'Brien, Myles W.; Shields, Chris A.; Oh, Paul. JR. Fowles. Effectiveness of the Exercise is Medicine Canada Training Workshops on Physician Counselling and Prescription Practice. *Medicine & Science in Sports & Exercise.* 49(5S):298, May 2017.
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### **Conference presentations**

1. Koppernaes J, CS Shields, J Zahavich, T Embree, S Johnson, DJ Steeves, JR Fowles Capturing the impact of a program designed to improve student well-being: Development and refinement of a scale assessing thriving in university. Canadian Society for Psychomotor Learning and Sport Psychology. Oct 2021.
2. O'Brien MW, Shields CA, Crowell SA, **Fowles JR**. Nova Scotia HealthCare Providers' perspectives on promoting and sustaining physical activity and exercise in healthcare. Primary Healthcare Research Day. Halifax, Nova Scotia, Canada, 06/2019.
3. Koppernaes, J. & **J.R. Fowles**. Supporting patient physical activity through interventions in Primary Health Care Practice: A Pilot Study. *Atlantic Provinces Exercise Science Conference*. Acadia University, Wolfville NS. Canada, 03/2019.
4. Koppernaes, J. & **J.R. Fowles**. Supporting patient physical activity through interventions in Primary Health Care Practice: A Pilot Study. *CrossRoads Health Conference*. Dalhousie University, Halifax NS. Canada, 03/2019.
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11. Thornley, L, D Steeves, J Goreham, S Landry and **J.R. Fowles**. 2016. Reliability of a novel CORE strength assessment for high performance sprint Kayakers. *SPIN summit*. Calgary, AB.
12. O'Brien, M., **J.R. Fowles**, Shields, S.A., Oh, P., and Yungblut, S. Implementation and perceived effectiveness of the Exercise is Medicine Canada workshops in primary care providers across Canada. Oral Presentation. *Atlantic Provinces Exercise Scientists and Socio-Culturalists*, Antigonish, Canada. March 20th,

2016

13. O'Brien, M., **J.R. Fowles**, Shields, S.A., Oh, P., and Yungblut, S. Implementation and perceived effectiveness of the Exercise is Medicine Canada workshops in primary care providers across Canada. Oral Presentation. *Crossroads Interdisciplinary Health Research Conference*, Halifax, Canada. March 12th, 2016
14. Shields, C.S, **J.R. Fowles**, M O'Brien, S. Yungblut, M.Fortier, P. Oh. Exercise is Medicine Canada; Early but important signs of the effectiveness of this national initiative. paper presented to the *annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology*, Edmonton, AB Oct. 2015 Society for Psychomotor Behaviour.
15. Shields, C. A. & **Fowles, J.** From coast to coast to coast: Describing a national initiative to enhance the promotion of physical-activity and exercise in diabetes management in Canada. Paper submitted as part of a symposium entitled "Exercise is medicine: Canadian interventions that aim to make exercise a key piece of chronic disease prevention and management" to the *annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology*, London, ON. Oct. 2014
16. MacDonald, S.C. and **J.R. Fowles**. The acute metabolic and glycemic response of resistance exercise in individuals with type 2 diabetes. *Atlantic Provinces Exercise Science Meetings*. Fredericton, New Brunswick. Mar. 2013.
17. D'Entremont, L. **J.R. Fowles**, C.A Shields, S.M. McQuaid, P. Dunbar. The effect of supplemental physical activity and exercise resources provided to Diabetes Centers in Nova Scotia on activity levels. *Atlantic Provinces Exercise Science Meetings*. Fredericton, New Brunswick. Mar. 2013.
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24. H. Ross and **J.R. Fowles**. Development of Physical Fitness testing standards for Outdoor Leadership. *Nova Scotia Outdoor Leadership Development Program Conference*. Antigonish, Nova Scotia. May, 2009.
25. Shields, C.A., Dillman, C., **Fowles, J.**, Murphy, R., Dunbar, P., Perry, A., & Fryia, S. Diabetes educators' self-efficacy and other efficacy for physical activity: Does experience or training matter? Presented at the

- annual meeting of the *Society of Behavioral Medicine*, Montreal, PQ. April, 2009.
26. Dillman, C., Shields, C.A., Fowles, J., Murphy, R., Perry, A., & Dunbar, P. Time is the issue: physical activity and exercise counseling within the practical context of diabetes education. Paper presented at the annual *Atlantic Provinces Exercise Scientists Meeting*, Fredericton, NB. March 2009.
  27. Dillman, C.J., **Fowles, J. R.**, Shields, C.A., Murphy, R.J.L., Fryia, S., Perry, A., Dunbar, P. Diabetes Educators' Perceptions and Practices Around Physical Activity and Exercise Prescription. Presented at the annual meeting of the *Canadian Diabetes Association*, Montreal, PQ. October 2008.
  28. Read, E. and **J.R. Fowles**. Development of practical field tests as a measure of low-frequency fatigue in athletes. *Atlantic Provinces Exercise Science Meetings*. Wolfville, Nova Scotia. Mar. 2008.
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  30. Manzon, M. and **J.R. Fowles**. Practical field assessments of fatigue in varsity soccer players. *Atlantic Provinces Exercise Science Meetings*. Antigonish, Nova Scotia. Mar. 2007.
  31. A. D. Flouris, S.S. Cheung, **J.R. Fowles**, R. J. Murphy, D. A. Westwood, L. D. Kruisselbrink (2006). A pre-heating approach to preserve manual dexterity and neuromuscular function of the hands during cold exposures. *NASA Habitation 2006 Conference*. February 6-8, Orlando, Florida, USA, Conference Proceedings, p. 8.
  32. **Fowles, J.R.**, E.L.E. Freeman, and R.J.L. Murphy. The early changing in rat skeletal muscle Na,K-ATPase in response to spinal cord transection. *The international symposium on the Na,K,Cl homeostasis and Na,K-pumps of muscle and heart in exercise and disease*. Sandbjerg Estate, Denmark. June 2005.
  33. Miles, S, **J.R. Fowles**, and R.J.L. Murphy. A kinesiologist-directed supervised exercise program for people with type 2 diabetes. *Diabetes Care Program of Nova Scotia*. Halifax, Nova Scotia. May. 2005.
  34. Farlinger, C. and **J.R. Fowles**. Enhanced skating performance in amateur hockey players from 16 weeks of 'Super-specific' periodized training. *Atlantic Provinces Exercise Science Meetings*. Fredricton, New Brunswick. Mar. 2005.
  35. Brockerville, M, **J.R. Fowles**, K. Strokan, B. Harris, S. Miles, J. Lowe, K Martin-Ginis, and R.J.L. Murphy. Benefits of exercise and nutrition counseling for people with type 2 diabetes. *Atlantic Provinces Exercise Science Meetings*. Fredricton, New Brunswick. Mar. 2005.
  36. Kelley, M.D., S. Nim, G. Rousseau, **J.R. Fowles**, and R.J.L. Murphy. Early adaptations following spinal cord transection and motor driven cycling exercise training in rats. *Atlantic Provinces Exercise Science Meetings*. Wolfville, Nova Scotia. Mar. 2004
  37. Freeman, E.L.E., **J.R. Fowles**, and R.J.L. Murphy. Early changes in rat skeletal muscle Na,K-ATPase activity and content with and without exercise post spinal cord injury. *Atlantic Provinces Exercise Science Meetings*. Wolfville, Nova Scotia. Mar. 2004.
  38. Dipenta, J.M. J. Green-Johnson, **J.R. Fowles**, D. Clace and R.J.L. Murphy. Long-Term resistance training improves natural killer cell activity and lipid profile in older adults. *Atlantic Provinces Exercise Science Meetings*. Wolfville, Nova Scotia. Mar. 2004.
  39. Day, X., **J.R. Fowles**, L.D. Kruisselbrink and R.J.L. Murphy. Long-Term moderate intensity home-based strength training for retired individuals with and without arthritis. *Atlantic Provinces Exercise Science*

*Meetings.* Wolfville, Nova Scotia. Mar. 2004.

40. **Fowles, J.R.**, D. Barr, T. Duhamel, S. Sandiford, J. Schertzer, and H.J. Green. Prolonged exercise and the Na<sup>+</sup>-K<sup>+</sup>-ATPase in rat skeletal muscle. (Abstract). *Ontario Exercise Physiology meetings*. Barrie, Ontario, Feb, 2001.
41. **Fowles, J.R.**, D. Barr, T. Duhamel, S. Sandiford, J. Schertzer, and H.J. Green. Prolonged exercise and the Na<sup>+</sup>-K<sup>+</sup>-ATPase in rat skeletal muscle. (Abstract). *Ontario Exercise Physiology meetings*. 2001. Barrie, Ontario.
42. **Fowles, J.R.** Coexistence of potentiation and fatigue in voluntary exercising skeletal muscle. *Inter-university symposium on muscle fatigue*. 1999. University of Waterloo, Ontario.
43. **Fowles, J.R.** Methodological issues in determination of Na<sup>+</sup>-K<sup>+</sup> -ATPase activity in skeletal muscle. *Inter-university symposium on muscle fatigue*. 1998. Guelph, Ontario.
44. **Fowles, J.R.**, J.D. MacDougall, D.G. Sale, M.A. Tarnopolsky, B.D. Roy, and K.E. Yareskeski. Passive Stretch does not stimulate muscle protein synthesis in humans. (Abstract). *Canadian Society for Exercise Physiology Annual Meeting*. 1998. Toronto, Ontario.
45. **Fowles, J.R.** and D.G. Sale. Reduced strength following passive stretch of the human plantarflexors. (Abstract). *Ontario Exercise Physiology meetings*. 1996. London, Ontario.
46. **Fowles, J.R.**, R.D. Backus, and G. Van Gyn. A retrospective survey of injuries and injury prevention measures in university music students. (Abstract). *Canadian Academy of Sports Medicine Annual Symposium*. 1993. Banff, Alberta.

### **Invited Presentations**

1. The State of Community Health in Atlantic Canada and the Role of Exercise and the YMCA. *Virtual presentation for the YMCA Atlantic CEO Network.* July 13, 2022.
2. A Holistic Approach to Physical Activity and Exercise. *Virtual Webinar for Diabetes Canada Frontline Forum.* April 14, 2022.
3. Exercise in Medicine. Spring Education Event. *Virtual Webinar for Can. Family Practice Nurses Association Canada.* April 11, 2022.
4. Integrating EIM into Health Care. Canadian Perspectives: A Provincial Research and Innovation Pilot to Integrate EIM into Health Systems *Virtual presentation for American College of Sports Medicine 68th Annual Conference and World Expo for Exercise is Medicine.* June 2, 2021.
5. Integrating EIM into Health Care. Canadian Perspectives. Symposium Chair and Introduction. *Virtual Symposium presentation for American College of Sports Medicine 68th Annual Conference and World Expo for Exercise is Medicine.* June 2, 2021.
6. Adapting a Varsity Strength and Conditioning program in the COVID environment: Challenges and Opportunities. Presented with 2 others for *Canadian Strength and Conditioning Association Virtual Conference.* May 1<sup>st</sup> 2021.
7. Exercise is Medicine Canada Success Stories: Integrating EIM into Health Care. *Virtual Webinar for EIM Canada.* April 21, 2021.
8. Canada's New 24-Hour Movement Guidelines: Evidence and Practical Strategies to Achieve them. *Virtual Presentation for the Annapolis Valley Pain Network.* Nova Scotia. April 14, 2021.
9. Canada's New 24-Hour Movement Guidelines: Evidence and Practical Strategies to Achieve them. *Reh-Fit Centre, 'Fit-Talks' Webinar Series.* Reh-Fit Centre, Winnipeg, Manitoba. April 13, 2021.
10. The Diabetes Physical Activity and Exercise Toolkit. *Parliamentary Research presentation Celebrating the 100<sup>th</sup> Anniversary of Insulin: Diabetes Research and Innovation in the Making.* Feb 25, 2021. Virtual Panel Presentation to Parliamentarians in Ottawa. One of 20 presentations selected nationally.
11. Moving More in the Workplace. *Virtual Presentation to the Healthy Tomorrow Foundation and Doctors Nova Scotia.* January 13, 2021.
12. Moving More in the Workplace. *Virtual Presentation to the Workers Compensation Board of Nova Scotia.* January 6, 2021.
13. Why is Exercise Medicine? *Reh-Fit Centre, 'Fit-Talks' Webinar Series.* Reh-Fit Centre, Winnipeg, Manitoba. Nov 26, 2020.
14. Fostering Your Well-being to Optimize Academic Performance. Tips to Maximize your Mental, Physical and Emotional Health. *Acadia 101 Welcome Week.* Webinar. September 9, 2020. Acadia University.
15. Exercise is Medicine – A Prescription to Get Active. Presentation and Panel Discussion. *World Fitness Expo.* Virtual Conference, Aug 14, 2020.
16. Managing your Mental, Spiritual and Physical Health during a crisis. *Acadia Alumni Panel Event.* Webinar. May 11, 2020. Nova Scotia. Panel presentation with 4 others.

17. The Slippery Slope of Sleep. *Acadia Ideas Lecture Series*. Port Gastropub and Bistro. Port Williams, NS, Dec 5, 2019.
18. Lessons learned on a path to Academia. (**Highlighted Presentation**) *Canadian Society for Exercise Physiology Graduate Student Mentorship Symposium*. CSEP annual Meeting, Kelowna BC, Nov 7, 2019.
19. Exercise is Medicine for Health and Vitality (**Keynote Presentation**). *Atlantic Vitality Expo*. Rath Eastlink Community Centre, Truro, NS. September 26, 2019.
20. Healthy Campus Life Skills. *Acadia Welcome Week*. Acadia University, Wolfville NS, September 5, 2019.
21. Exercise is Medicine – A Prescription to Get Active. Presentation and Panel Discussion. *World Fitness Expo*. Toronto, Ontario, Aug 15, 2019.
22. Exercise Management in the Context of Primary Health Care Delivery. *Nova Scotia Health Authority Primary Care Directors Meeting*. Halifax Nova Scotia, June 25, 2019.
23. Exercise is Medicine for the Management of Low Back Pain and Overall Health of Patients. *Canadian Memorial Chiropractic College Symposium at Homecoming*. Toronto, Ontario May 31, 2019.
24. Exercise is ‘Emergency’ Medicine. *Canadian Association of Emergency Physicians Annual Conference. Wellness Track Symposium*. Halifax, Nova Scotia, May 25, 2019.
25. Integrating Exercise into Health Care: Innovative Strategies to Engage Practitioners and Patients. *Exercise is Medicine Global Webinar*. American College of Sports Medicine. April 16, 2019.
26. Lifestyle Prescription in Primary Care. *Dalhousie Medicine Annual Spring Refresher*. Halifax Convention Centre, Halifax, Nova Scotia. April 10, 2019.
27. Integrating Exercise into Health Care: Innovative Strategies to Engage Practitioners and Patients. *Nova Scotia Health Authority Research Innovation Rounds*. March 7, 2019.
28. Movement is Medicine. *Dalhousie Medicine Grand Rounds*. Spryfield Wellness Centre, Spryfield Nova Scotia. January 10, 2019.
29. Movement Medicine: Bridging the Gap from Health Care to Communities. *Provincial Physical Activity Practitioners Exchange*. Truro, Nova Scotia, Nov 30, 2018.
30. Keep it Moving – Physical Activity and Exercise in Diabetes: Diabetes Update. *Diabetes Canada Nova West Chapter*. New Minas, Nova Scotia, Nov 7, 2018.
31. Exercise is Medicine Referral Schemes: Physical Activity Counseling and Exercise Initiatives supporting Family Physicians in Rural Communities: *Canadian Society for Exercise Physiology Annual Conference*. Niagara Falls, Ontario, Nov 2, 2018.
32. Diabetes Update: What’s New with Type 2 – Physical Activity and Exercise. *Diabetes Canada Annual Conference*. Halifax, Nova Scotia, Oct 13, 2018.
33. Exercise is Medicine. Presentation and Panel Discussion. *World Fitness Expo*. Toronto, Ontario, Aug 14, 2018.
34. Physical Activity and Health and Wellness of University Students. Pre-Conference symposium with the *Canadian Association of College & University Student Services (CACUSS) conference*. Charlottetown, PEI.

June 14, 2018.

35. Movement is Medicine for an Active Vibrant Workplace. *Presentation to the Executive Council of the Nova Scotia Workers Compensation Board*. Halifax, Nova Scotia. May 8, 2018.
36. Physical Activity for Health and Wellness: Simple Strategies to help your patients get Active. (**Keynote**). *Loblaws National Health and Wellness Conference*. Toronto International Congress Centre. Toronto Ontario, April 27, 2018.
37. Movement is Medicine. *Dalhousie Medicine Spring Refresher*. Halifax Conference Centre, Halifax Nova Scotia. April 6, 2018
38. Exercise is Medicine in Health Care (**Keynote – Sam York Lecture**). *Dalhousie University Department of Medicine Grand Rounds*. Halifax Infirmiry, Halifax Nova Scotia, March 27, 2018.
39. Perspectives on Obesity in Nova Scotia. *Canadian Obesity Network Panel Presentation*. Mount Saint Vincent University. Halifax Nova Scotia, March 16, 2018.
40. Movement is Medicine for an Active, Vibrant Nova Scotia. (**Highlighted presentation**). Nova Scotia Physical Activity Stakeholder Symposium, hosted by the Ministry of Community Cultures and Heritage. Brightwood Golf and Country Club. Dartmouth Nova Scotia. March 6, 2018.
41. What is with this Exercise thing? *Wolfville and Area Newcomers Club*. Wolfville Nova Scotia, Jan 9, 2018
42. Exercise for Type 2 Diabetes. *Diabetes Canada Diabetes Education Section Western Region Nova Scotia Fall Workshop*. Wolfville, Nova Scotia, Sep 27, 2017.
43. Exercise Physiology Professional Practice in Canada (**Keynote**). *European Exercise is Medicine Symposium*, Portuguese Ministry of Health, Lisbon Portugal. Sep 14, 2017.
44. Exercise for Physical and Mental Health: Life Lessons 1001. *Acadia Welcome Week*. Wolfville Nova Scotia, Sep. 6, 2017.
45. Exercise is Medicine in Health Care. *Aberdeen Hospital Medical Grand Rounds*. New Glasgow, Nova Scotia, June 29, 2017.
46. Breast Cancer and Exercise is Medicine Canada. *Public Presentation. Faculty of Kinesiology*. University of Calgary. June 20, 2017.
47. Lessons Learned from a National Initiative in Diabetes for Exercise Prescription in Cancer Care. *Faculty of Kinesiology*, University of Calgary. Calgary Alberta. June 19, 2017.
48. Interactions of Sleep and Nutrition with Training on Performance. *Canadian Sport Centre Atlantic Sport Science and Strength Summit*. Halifax, Nova Scotia, June 9, 2017.
49. Cycling for Life: Getting your 150 for Canada's 150. *Acadia University Centre of Lifestyle Studies Community Lecture in partnership with LifeCycle and Exercise is Medicine Nova Scotia*. Wolfville, Nova Scotia. June 3, 2017.
50. Lifestyle Prescription in Primary Care (**Featured Address**). *Primary Medicine Conference*, University of Toronto. Toronto, Ontario. May 10, 2017.

51. Exercise is Medicine Canada. (**Keynote**). *Canadian Association of Health Sciences Deans Annual Conference*. Niagara-on-the-Lake, May 8, 2017.
52. Getting your 150 for Canada's 150: How to meet Canada's Physical Activity Guidelines for better management of your Diabetes. (**Keynote**). *Diabetes Canada Expo*. Wellness Institute, Winnipeg, Manitoba. April 19, 2017.
53. Exercise is Medicine. *Annapolis Valley Emergency Medicine Continuing Education*. Port Williams, NS, April 7, 2017.
54. What is with this Exercise Thing? *Acadia Ideas: Community lecture*. Port Williams, NS, February 23, 2017.
55. Exercise is Medicine for Arthritis (**Keynote**). *Canadian Rheumatology Association Annual Conference*. Ottawa, Ontario. Feb. 8 2017.
56. Using Physical Activity to Impact Chronic Disease Prevention. (**Keynote**). *Aboriginal Diabetes Initiative Chronic Disease Prevention Management Education Workshop*. Halifax, NS. Feb 1, 2017.
57. Exercise Medicine: Lessons Learned from a National Dissemination in Diabetes. *Exercise is Medicine on Campus, University of Toronto*. Toronto, Ont. Nov 26, 2016.
58. Exercise is Medicine. *Nova Scotia Alliance for Healthy Eating and Physical Activity*. Halifax NS, Nov 17, 2016.
59. Exercise is Medicine in Health Care. *Colchester East Hants Health Team*. Truro, NS, Nov 4, 2017
60. Health Care Professionals' practices and perceptions for exercise prescription in Primary Care. *Canadian Society for Exercise Physiology Annual Conference*. Victoria BC, Oct 15, 2016.
61. Exercise is Medicine in Health Care. *Eastern Kings Memorial Health Foundation*. Wolfville, Nova Scotia, May 14, 2016.
62. Exercise Prescription in Primary Care (**Featured Address**). *Primary Medicine Conference, University of Toronto*. Toronto, Ontario. May 5, 2016.
63. Periodized training and dietary interactions. *High Performance Nutrition Think Tank, Canadian Sport Institute*. Toronto, Ontario. May 3, 2016.
64. Interactions of Sleep, Sedentary Behaviour, and Physical Activity: Taking a new comprehensive approach to lifestyle behavior change. (presented with C. Shields). *Diabetes Care Program of Nova Scotia Symposium, Changing Times Changing Practice*. Halifax Nova Scotia. April 21, 2016.
65. National Dissemination of Exercise is Medicine Canada – an initiative to promote the prescription of physical activity and exercise through primary practice. *11<sup>th</sup> Lawson Diabetes Workshop*. Toronto, Ontario, April 14, 2016.
66. Exercise is Medicine in Health Care (**Keynote**). *Acadia Kinesiology Society Bi-annual Conference*. Wolfville, Nova Scotia, April 1, 2016.
67. Building Complete Communities: The role of physical activity in developing healthy communities. *Creating Complete Communities; Vibrant, healthy, Safe & Sustainable Community Showcase and Panel Presentation, Acadia University*. Wolfville Nova Scotia. Feb 29, 2016.

68. Taking Steps in the Right direction: How Physical Activity can help you and your Diabetes. *Canadian Diabetes Association National Webinar Series*. December 8, 2015.
69. Exercise Prescription in Primary Care (**Keynote**). Presented with Dr. Victor Lun. *Family Practice Review Conference, University of Calgary*. Calgary Alberta, Nov 20, 2015.
70. Exercise is Medicine Canada. *CSEP Professional Development Day – Atlantic Region*. Halifax Nova Scotia, Nov 7, 2015.
71. Prescribing Exercise in Primary Care. *Dalhousie Continuing Medical Education Series*. Webinar. Halifax, Nova Scotia, Nov 4, 2015.
72. Is Exercise the Best Medicine? *Nova Scotia Health 2<sup>nd</sup> Annual Research and Innovation in Health Care Forum*. Halifax, Nova Scotia, Oct 26, 2015.
73. Evidence for Exercise as Medicine: Diabetes prevention and management. *Canadian Society for Exercise Physiology Annual Conference*. Hamilton, Ontario, Oct 17, 2015.
74. Is Sedentary Behaviour the New Smoking? Physical activity for Wellness in the Workplace (**Keynote**). *The Saskatchewan workplace Health Symposium*. Regina, Saskatchewan, Sep 23, 2015.
75. Exercise Prescription in Primary Care: What does it mean for Physiotherapy? *Canadian Physiotherapy Association Annual Conference*. Halifax, Nova Scotia, June 17, 2015.
76. Exercise Prescription in Primary Care. *New Brunswick College of Family Physicians Annual Conference*. Moncton, New Brunswick, June 6, 2015.
77. Exercise Prescription in Primary Care: Where do you draw the Line? *Dietitians of Canada National Conference*. Quebec City, June 5, 2015.
78. Exercise is Medicine Canada: The crisis of obesity in Canada: Causes, Consequences and the way forward. *Senate Standing Committee on Social Affairs, Science and Technology*. Ottawa, Ontario, May 28, 2015.
79. Exercise is Medicine Canada: Exercise for the Prevention and Management of Chronic Disease in Primary Care. *Lakeridge Health Network Research Rounds Clinical Symposium*. Toronto, Ontario, May 27, 2015.
80. Exercise is Medicine in Primary Care. What does it mean for Kinesiology? (**Keynote lecture**). *Saskatchewan Kinesiology Association Annual Scientific Conference*. Regina, Saskatchewan, May 2, 2015.
81. Physical Activity & Exercise promotion in a culture of time constraints, technology and trouble with motivation. (presented with Dr. Chris Shields). *Diabetes Care Program of Nova Scotia Spring Conference*. Halifax, Nova Scotia, April 10, 2015.
82. Action Research in Action: Exercise in Diabetes Care. *University of Lethbridge Visiting Lecturer Seminar Series*. Lethbridge, Alberta. January 28, 2015.
83. Is your Brain wired for Technology? *Jodrey School of Computer Science Speaker Series*. Acadia University, Wolfville, Nova Scotia. January 8, 2015.
84. The use of Pedometers for prescription of Exercise in Primary Care. *Exercise is Medicine Meeting*, Ottawa Ontario, Dec 8 2014.

85. Action Research in Action: Exercise in Diabetes Care. (**Keynote lecture**). *New Brunswick Kinesiology Association Annual meeting*. Moncton, New Brunswick. Nov, 15 2014.
86. Exercise is Medicine Canada: Exercise for the Prevention and Management of Chronic Disease in Primary Care. (**Keynote lecture**). *Canadian Association of Physician Assistants Annual Conference*. Halifax Nova Scotia. Oct 26, 2014.
87. Exercise is Medicine Canada: Promoting Exercise in the workplace. *Conference Board of Canada Annual Meeting*. Toronto, Ontario. Oct 24, 2014.
88. Exercise is Medicine Canada: Promotion of Exercise Assessment and Prescription in Primary Care. *Canadian Society for Exercise Physiology Annual Meeting*. St. John's, Newfoundland. Oct 24, 2014.
89. Action Research in Action: Lessons learned from a National dissemination. *University of Manitoba Graduate Symposium*. Winnipeg, Manitoba. April 24, 2014.
90. Taking Steps in the Right Direction: Physical Activity for Diabetes Management. *Reh-Fit Centre Community Symposium*. Winnipeg, Manitoba. April 22, 2014.
91. Action Research in Action: Lessons learned from a National dissemination. *Lawson Foundation Meeting of the Executive Board*. Toronto, Ontario. Feb 28, 2014.
92. Let's Move: Exercise in Diabetes. *LEADER trial National Study Coordinator Conference 2*. Rome, Italy. Jan 16, 2014.
93. Enhancing Exercise Prescription for Health, Performance, and in Chronic Disease. *Canadian Society for Exercise Physiology Annual Meeting*. Toronto, Ontario. Oct 19, 2013.
94. The Canadian Society for Exercise Physiology Physical Activity and Training for Health Manual Overview. *Canadian Society for Exercise Physiology Annual Meeting*. Toronto, Ontario. Oct 19, 2013.
95. Exercise is Medicine-Canada: Tools and Resources for the primary care practitioner. *Canadian Diabetes Association Joint Vascular Conference*. Montreal, Quebec. October 18, 2013.
96. Action Research in Action: Lessons learned from a National dissemination. *Lawson Foundation Annual Meeting*. Montreal, Quebec. Oct 15, 2013.
97. Let's Move! Being Active with Diabetes: *New Brunswick Heart Centre Cardiovascular Symposium*. St. John, New Brunswick. September 17, 2013.
98. Prescription Pads and other resources to promote exercise in Primary Care: lessons learned from a national dissemination project. *Canadian Society for Exercise Physiology Exercise is Medicine Task Force Meeting*. Ottawa, Ontario. May 10, 2013.
99. Neuromuscular Physiology and Applied Strategies for Training. *National Sports Science, Medicine and Conditioning National Meeting*. Toronto, Ontario, April 5, 2013.
100. Taking Steps in the Right direction: How Physical Activity can help you and your Diabetes. *Canadian Diabetes Association Live Well Expo*. Greenwich, Nova Scotia. March 26, 2013.
101. Exercise Prescription in Primary Care. *Dalhousie Family Medicine*. Halifax, Nova Scotia. Feb 27, 2013

102. Physical Activity and Exercise for Cardiovascular Risk Reduction. *Redesigning and Evaluating to Achieve Comprehensive Health For All (REACH) Atlantic Conference*. Moncton New Brunswick. June 1, 2012.
103. Exercise Prescription in Primary Care. *Canadian Society for Exercise Physiology Exercise is Medicine Task Force Meeting*. Victoria, British Columbia. May 11, 2012.
104. Let's Get Physical: Understanding and Implementing the new CDA Physical Activity and Exercise Toolkit. *The South Saskatchewan CDA-DES Chapter Meeting*. Regina, Saskatchewan. May 4, 2012.
105. Physical Activity and Exercise Counseling in Diabetes. *Aboriginal Diabetes Initiative - Atlantic Conference*. Millbrook, Nova Scotia. March 1, 2012.
106. Physical Activity and Exercise as Standard Practice of Quality Diabetes Care. *Aboriginal Diabetes Initiative – National Webinar*. Wolfville, Nova Scotia. February 21, 2012.
107. A Critical Dose of Lifestyle Intervention for the Prevention of Diabetes. *Public Health Agency of Canada, CANRISK workshop*. Toronto, Ontario. February 16, 2012.
108. A Physical Activity and Exercise Toolkit for individuals with Diabetes. *The Canadian Diabetes Association, National Conference*. Toronto, Ontario. Oct 28, 2011.
109. Exercise as Medicine for Individuals with Cardiovascular Disease. *The Canadian Association of Cardiovascular Pharmacists, Atlantic Conference*. Halifax, Nova Scotia. Sept 29, 2011.
110. Physical Activity Counseling and Exercise Prescription for Individuals with Diabetes. *The Canadian Centre for Activity and Aging, Knowledge Mobilization Webinar*. June 16, 2011.
111. Physical Activity in Diabetes: Taking Steps in the Right Direction. *Canadian Diabetes Association, Living Well with Diabetes Expo*. Ottawa, Ontario. May 9, 2011.
112. Physical Activity Counseling and Exercise Prescription in Diabetes Clinical Practice. *Canadian Diabetes Association, Living Well with Diabetes Expo*. Ottawa, Ontario. May 9, 2011.
113. Physical Activity Counseling and Exercise Prescription in Diabetes Clinical Practice. *Toronto Diabetes Association Annual Meeting and Scientific Conference*. Toronto, Ontario. May 7, 2011.
114. Management of Overweight and Obesity in Diabetes: Physical Activity and Exercise. *Diabetes Care Program of Nova Scotia Provincial Conference*. Halifax, Nova Scotia. April 29, 2011.
115. Physical Activity Counseling and Exercise Prescription in Diabetes Clinical Practice. *Capital Health Diabetes Education Conference*. Dartmouth, Nova Scotia. April 2, 2011.
116. Counseling on Exercise in Diabetes Clinical Practice. *The Canadian Centre for Activity and Aging*. National Webinar presentation. Jan 12, 2011.
117. Practical Strategies for Physical Activity and Exercise in Diabetes. *Canadian Diabetes Association Annual Meeting*. Edmonton, Alberta. October 22, 2010.
118. Exercise, Exercise, Exercise. *The Atlantic Chronic Disease Congress*. Moncton, New Brunswick. May 14, 2010.

- 119.Changing the Diabetes Story: Self-Management of Exercise in Clinical Diabetes Practice. *Canadian Association of Drugs, Technology and Health Annual Conference*. Halifax, Nova Scotia, April 20, 2010.
- 120.An Update of the Physical Activity and Exercise Toolkit. *The Diabetes Care Program of Nova Scotia Diabetes Educators Provincial Conference and Meeting*. Halifax, Nova Scotia, April 15, 2010.
- 121.The Physical Activity and Exercise Toolkit. *The New Brunswick Provincial Diabetes Educators Conference and Meeting*. Fredericton, New Brunswick, March 25, 2010.
- 122.Diabetes and Exercise. *New Brunswick Kinesiology Association, Annual Meeting*. Moncton, New Brunswick, Dec 5, 2009.
- 123.State of the ‘Heart’ Physical Activity Recommendations in Diabetes. *Canadian Diabetes Association - NB Chapter Professional Development Meeting*. Moncton, New Brunswick, Dec. 5, 2009.
- 124.Marketing the CSEP Brand. Annual General Meeting Business Luncheon. *Canadian Society for Exercise Physiology*. Vancouver, BC, Nov 14, 2009.
- 125.Practical Strategies for Physical Activity and Exercise for Individuals with Diabetes. *Canadian Society for Exercise Physiology*. Vancouver, BC, Nov 13, 2009.
- 126.Knowledge Translation: Making sure your research means something. Graduate Student Symposium. *Canadian Society for Exercise Physiology*. Vancouver, BC, Nov 11, 2009.
- 127.The Physical Activity and Exercise Tool-kit Update with Resistance Exercise Instruction video. *Diabetes Care Program of Nova Scotia, Provincial Meeting*. Halifax, Nova Scotia, April 24, 2009.
- 128.State-of-the Art Physical Activity Recommendations for children and adults with Type 1 and Type 2 diabetes. *Chronic Disease Education Network (CDEN)* on behalf of the Chronic Disease Branch of Manitoba Health and Healthy Living. Winnipeg, Manitoba, Feb 19, 2009.
- 129.The Canadian Society for Exercise Physiology Position Stand on Resistance Training in Children and Adolescents. *East-West Bowl, National Coaches Clinic for Football*. Hamilton, Ontario, May 9, 2008.
- 130.Preparing to Win. The CIS Football Training Manual by Football Canada. *East-West Bowl, National Coaches Clinic for Football*. Hamilton, Ontario, May 9, 2008.
- 131.The DCPNS Physical Activity and Exercise Tool-kit. *Diabetes Care Program of Nova Scotia, Provincial Meeting*. Halifax, Nova Scotia, April 10, 2008.
- 132.What makes fast skaters fast? *Kinesiology Research Seminar*. Brock University, St. Catherines Ontario. Feb 27, 2008.
- 133.What makes fast skaters fast? *Acadia University, Science Café*. Wolfville, Nova Scotia, Jan 21, 2008.
- 134.Physical Activity and Exercise in Type 2 Diabetes: The Big Picture. *Dalhousie University Kinesiology Research Seminar*. Halifax, Nova Scotia, November 22, 2007.
- 135.Neuromuscular aspects of Low-frequency Fatigue and its effects on task performance. *Dalhousie University Kinesiology Research Seminar*. Halifax, Nova Scotia, October 24, 2007.

136. An Exercise Tool-kit for Diabetes Educators. *Diabetes Care Program of Nova Scotia, Provincial Meeting*. Halifax, Nova Scotia, April 28, 2007.
137. Plenary session on “Global Health Risk Reduction”. Physical Activity to prevent and manage Chronic Disease. Valley Spring Refresher. *Annapolis Valley Health*, Wolfville, Nova Scotia, May 20, 2006.
138. Moving in the Right Direction. *Canadian Diabetes Association LiveSmart Expo*. Halifax, Nova Scotia. April 29<sup>th</sup>, 2006. Completed with Dr. Rene Murphy.
139. Weaknesses in Strength and Conditioning in Canada. *Canadian Society for Exercise Physiology National Conference*. Hull, Quebec. Nov. 12, 2005.
140. A multi-year analysis of physiological testing for a university hockey team: Implications for training and preparation. *Canadian Hockey Association: Team Atlantic Training Camp*. Acadia University, Wolfville, Nova Scotia. July 19, 2005.
141. Specificity of Adaptations in Strength and Power Training. *Canadian Society for Exercise Physiology National Conference*. Saskatoon, Saskatchewan. Oct 18, 2004.
142. A potential role for the Na,K-ATPase in the early adaptive response of muscle to stress. *A symposium in honour of H. J. Green*. University of Waterloo, Waterloo, Ont, Sept. 24, 2004.
143. Specifying Training to Improve Skating for Hockey and Speed Skating: The Acadia “Off-ice Skating Simulator”. *National Sport Centre – Calgary*, Calgary, Alberta, July 10, 2004.
144. Practical Nutritional Strategies to Maximize Performance at all levels of Hockey. *National Skating Conference*. Mar 22, 2004. Fredericton, New Brunswick.
145. Training Trends, Tips and Tools for the Total Athlete. *National Skating Conference*. Mar 22, 2004. Fredericton, New Brunswick
146. Muscles in Motion. *Atlantic Provinces Exercise Scientists Meeting*. St. FX University, Antigonish, Nova Scotia. March 15, 2003.
147. Complex Training: Physiology, Practice and Performance. *NSCA Sport Specific Conference for Football*. Atlanta, Georgia. Jan 7, 2001.
148. Beyond Core Stability. *Canada Games Swim Development Camp coaches clinic*. Waterloo, Ontario. December 9, 2000.
149. Advanced Training and Recuperative Techniques. *NSCA regional coaches clinic*. November 11, 2000. Buffalo, New York.
150. Conditioning of Injured and Non-injured Muscle and Connective Tissue: Principles and Parameters. *Canadian Athletic Therapy Association Conference: Pursuing Peak Performance*. May 12, 2000. Niagara Falls, Ontario.
151. Peak Performance Nutrition. *National Paralympic Swim Team Training Camp*. March 28, 2000. St. Catharines, Ontario.
152. Back and Shoulder Stability Training for Swimming. *Swim Ontario Elite Training Camp*. December 18, 1999. Waterloo, Ontario.

153. Peak Performance Nutrition for Swimming. *Swim Ontario Elite Training Camp*. December 19, 2000. Waterloo, Ontario.
154. Neurophysiology of Resistance Training. *NSCA regional coaches Clinic*. November 13, 1999 Buffalo, New York.
155. Strength Training and Plyometrics for Swimming. *Swim Ontario Elite Training Camp*. April, 1999. Waterloo, Ontario.
156. The New Principles of Strength Training and Conditioning. *University of Manitoba -National Sport Centre*. February, 1999. Winnipeg, Manitoba.
157. Strength Training and Conditioning for Field Hockey. *Jr. National Field Hockey Development Camp*. Jul 1998. Waterloo, Ontario.
158. Eating for Performance; presented with Linda Barton, R.D. *University of Waterloo*. Jul 1998. Waterloo, Ontario.
159. Peak Performance Nutrition; presented with Linda Barton, R.D. *Milton Leisure Center*. Feb 1998. Milton, Ontario.
160. Eating for Performance; presented with Linda Barton, R.D. *University of Guelph*. Jan 1998. Guelph, Ontario.
161. Conditioning Young Athletes for Alpine Skiing: A Growth and Maturation Perspective. *Skiing Ontario Development Camp*. Oct 1997. Collingwood, Ontario.
162. Strength Training and Conditioning for Figure Skating. Mike Richards Figure Skating Club. Oct 1996. Hamilton, Ontario.

### ***Invited Radio and Television Interviews***

1. **Fowles, J.R.** Maintaining your physical activity during a pandemic. *The Sheldon McLeod Show*. Radio 95.7 Interview. May 8, 2020.
2. **Fowles, J.R.** Physical Activity and your immune system. *The Sheldon McLeod Show*. Radio 95.7 Interview. Feb 12, 2020.
3. **Fowles, J.R.** Physical Activity and your immune system. *CBC Mainstreet*. Interview. Feb 7, 2020.
4. **Fowles, J.R.** Getting going with your new years resolution. *CBC Mainstreet*. Interview. Jan 3, 2020.
5. **Fowles, J.R.** Adult Report Card on Physical Activity – How are Nova Scotians Doing. *CBC Mainstreet*. Interview. Nov 2, 2019.
6. **Fowles, J.R.** Adult Report Card on Physical Activity – How are Nova Scotians Doing. *The Sheldon McLeod Show*. Radio 95.7 Interview. Oct 29, 2019.

### **Literary and Artistic Works**

1. V. Lun, **Fowles, J.R.**, and L. Stathokoskas. Pre-Activity Screening. Health Care and Exercise Professional resource. *Exercise is Medicine Canada in partnership with the Canadian Society for Exercise Physiology*. Published Feb 14, 2022.
2. **Fowles, J.R.**, V. Lun and L. Stathokoskas. Physical Activity for Older Adults: Promoting Physical Activity for Canadian Older Adults (65Y+) – A Resource for Practitioners. *Exercise is Medicine Canada in partnership with the Canadian Society for Exercise Physiology*. Published October 25, 2021.
3. Stathokoskas, L. **Fowles, J.R.**, and Duggan M. Physical Activity for Older Adults. Patient and Health Care provider handout resources. *Exercise is Medicine Canada in partnership with the Canadian Society for Exercise Physiology*. Published October 25, 2021.
4. **Fowles, J.R.** MA Armstrong, R. Sigal, and CS Shields. An app for Assessing and recommending physical activity in Diabetes. For Health Care Providers. Diabetes Canada. 2017
5. **Fowles, J.R.** MA Armstrong, R. Sigal, and CS Shields. An app for Assessing and recommending physical activity in Diabetes. For Health Care Providers. Diabetes Canada. 2017
6. **Fowles, J.R.**, Shields C, R.J.L. Murphy, S. D. Sheehan. Resistance Exercise for Diabetes. (French Version Video). *Canadian Diabetes Association and Acadia University*. 2013.
7. **Fowles, J.R.** Shields, C., R.J.L. Murphy, P. Dunbar. Diabetes Physical Activity and Exercise Toolkit Brochures. 2<sup>nd</sup> Edition. *Diabetes Care Program of Nova Scotia*. 2010
8. **Fowles, J.R.**, Shields C, R.J.L. Murphy, S. Fryia, P Dunbar, D. Sheehan. Resistance Exercise for Diabetes. (Video). *Diabetes Care Program of Nova Scotia and Acadia University*. 2009.
9. **Fowles, J.R.** Shields, C., R.J.L. Murphy, P. Dunbar. Diabetes Physical Activity and Exercise Toolkit Brochures. *Diabetes Care Program of Nova Scotia*. 2008

### Obtained Research Grants and Funding

Lifetime funding as a **Primary Investigator:** \$ **1,666,337**      Funding as co-investigator: \$ 2,546,106  
 Total Funding : \$ 4,212,443      Pending Funding: ~\$ 2,500,000

1. Canada-Nova Scotia Home and Community Care and Mental Health (2022-2023) –P.I. \$ **136,000**  
 - Community Clinical Exercise Physiologists
2. CIHR Catalyst Grant: Minority Communities (2022-2023) – Co-Investigator (S. Mekary PI) \$ 97,530  
 - Evidence-Based community Physical Activity program to Minorities in NB
3. CIHR Research Team LOI: (2022-2023)- Co-Applicant (w 8 others, L. Giangregario PI) \$ 24,987  
 - IDEAS Healthy Cities
4. Canadian Cancer Society: Atlantic Research Grant – Co-Investigator (5 others M Keats PI \$ 201,066  
 - The impact of Resistance Exercise on muscle mass in Glioblastoma survivors (RESIST).
5. Mitacs Accelerate Cluster Grant. (2021-2022). PI with 3 co-investigators \$ **151,667**  
 - Development of novel Growth Management System (GMS) and Machine Learning approaches to Support Lifestyle Wellness Behaviour Change
6. Canada-Nova Scotia Home and Community Care and Mental Health (2021-2022) –P.I. \$ **136,000**  
 - Community Clinical Exercise Physiologists pilot
7. Q-Life 2.0 Resilience Program Acadia. RBC Foundation 2020-2021 – PI. With D. Steeves \$ **100,000**  
 - Student mental Health and wellness program at Acadia
8. Communities Culture & Heritage (2020-21) – P.I. \$ **50,000**  
 - Workplace PA Initiative: Lets Get Moving
9. Canada Summer Jobs Grant (2020) - P.I. COLS \$ **3,514**  
 - Recreation Programmer
10. Canada-Nova Scotia Home and Community Care and Mental Health (2020-2021) –P.I. \$ **136,000**  
 - Community Clinical Exercise Physiologists pilot
11. Acadia AUFA 25-55 (2020-2021) –P.I. \$ **5,000**  
 - Novel Resistance Training Strategies in Diabetes
12. Q-Life Resilience Program. RBC Foundation 2019-2020 – PI. With D. Steeves \$ **100,000**  
 - Student mental Health and wellness program at Acadia
13. Valley Cardiac Rehab Society (2019-2020) –P.I. \$ **2,500**  
 - Community Exercise Programs for 2ndary prevention of chronic disease
14. Workers Compensation Board/Communities Culture & Heritage (2019-20) – P.I. \$ **34,500**  
 - Workplace PA Research evaluation and Resource toolkit
15. Department of Health & Wellness and Long Term Care (2019) –P.I. \$ **18,065**  
 - Community Exercise Programs for Seniors
16. TEAM work Collaborative Career Link Wage Subsidy (2019) - P.I. COLS \$ **18,750**  
 Research Coordinator for Workplace PA Initiative
17. True North Medical – Seed Grant (2019) - P.I. COLS \$ **5,000**  
 - Research Assistant
18. Canada Summer Jobs Grant (2019) - P.I. COLS \$ **1,618**  
 - Active Lifestyle Programmer
19. MITACS Accelerate (2019) – D. Kimmerly PI. Co-supervising Myles O’Brien Intern, \$ 7,500  
 - An evaluation of Exercise Referral Schemes in Health Care
20. Valley Cardiac Rehab Society (2018-2019) –P.I. \$ **5,000**  
 - Community Exercise Programs for 2ndary prevention of chronic disease
21. Acadia AUFA 25-55 (2018-2019) –P.I. \$ **4,676**  
 - Exercise is Medicine in Primary Care evaluation
22. Acadia Research Fund – 2018 \$ **9,000**  
 - Centre of Lifestyle Studies (COLS)
23. Canada Summer Jobs Grant (2018) - P.I. COLS \$ **1,618**  
 - Active Lifestyle Programmer
24. Eastern Kings Memorial Health Foundation (2017-2018) \$ **12,242**  
 - Kinesiologist support for Primary Care referral

25. CIHR Bridge Funding – 2017 – Co-Investigator (K. Dasgupta PI, 7 Co-Is) - ACTIVE PATIENT for cardiometabolic disease support	\$ 100,000
26. Nova Scotia Health Authority Chronic Disease Innovation Fund (2017-2018) - ‘Active for Life’ implementation and evaluation in the Annapolis Valley	\$ 22,500
27. Lawson Foundation – 2017-2019 – Co-Investigator (K. Dasgupta P.I., 7 CoIs) - ACTIVE PATIENT – Gestational Diabetes	\$ 400,000
28. Eastern Kings Memorial Health Foundation (2016-2017) - Kinesiologist support for Primary Care referral	\$ 8,000
29. Nova Scotia Health Authority (2015-2017) (in-kind) - Exercise is Medicine Pilot Implementation and Evaluation	\$ 25,000
30. Acadia Research Fund – 2017 - Centre of Lifestyle Studies (COLS)	\$ 12,000
31. Lawson Foundation – 2017 – 60 <sup>th</sup> Anniversary Award of Excellence - Exercise in Diabetes and Medicine	\$ 100,000
32. Lawson Foundation – 2014-2017 – P.I. extended - Exercise is Medicine Canada National workshop dissemination	\$ 115,000
33. Acadia Research Fund (May 2016) –P.I. - Centre of Lifestyle Studies	\$ 15,000
34. Acadia AUFA 25-55 (March 2015) –P.I. - Exercise is Medicine Pilot Implementation and evaluation in Nova Scotia	\$ 4,780
35. Productivity and Innovation Voucher Program (Aug 2015-Feb 2016, with Kinduct) \$ - Development of Predictive Performance Analytics	15,000
36. Acadia Research Fund (May 2015) –P.I. - Centre of Lifestyle Studies	\$ 15,000
37. Lawson Foundation (May 2015-May 2017) (Co-investigator. R. Sigal P.I.) - Evaluation of an Improved Home-based Alternative to Traditional Weight Training in People with Type 2 Diabetes	\$ 200,000
38. Strategies for Patient Oriented Research LOI (SPOR-CIHR) (Apr 2015-Oct 2015) - ACTIVE PATIENT large multi-centre, multi-investigator grant K Dasgupta P.I.	\$ 50,000
39. Own the Podium – 2014-2016- Co-investigator (L Thornley P.I.) - Investigation of core stabilization in canoe/kayak performance	\$ 60,000
40. Acadia AUFA 25-55 (March 2015) –P.I. - Electronic Intake for PA management in Clinical Practice	\$ 3,955
41. Productivity & Innovation Voucher Program (Nov 2014-Feb 2015, with Kinduct ) - Electronic Patient Intake for PA in Diabetes Management	\$ 15,000
42. Own the Podium – 2014-2016- Co-investigator (L Thornley P.I.) - Investigation of core stabilization in canoe/kayak performance	\$ 65,000
43. Acadia AUFA 25-55 (March 2014) –P.I. - Vibration Training for Diabetes patients and Athlete performance	\$ 4,000
44. NRC Industrial Research Assistance Program (Jan 2014) with KinDuct technologies - Development of electronic medical records in diabetes	\$ 4,000
45. Acadia AUFA 25-55 (March 2013) –P.I. - Validation of a new pedometer in Clinical populations	\$ 3,000
46. CIHR Regional Partnership Program – Operating Grant – 2012-2015 – Co-I - Lifestyle activity correlates For diabEtics (LIFE).	\$ 384,679
47. Steps Count/Diabeters Inc. (June 2012) - P.I. - Validation of a new Pedometer for use in clinical populations	\$ 16,885
48. Lawson Foundation (March 2012) (P.I. *with the Canadian Diabetes Association) - Fowles, Shields: Dissemination of Exercise manual across Canada	\$ 72,000
49. Acadia AUFA 25-55 (March 2012) –P.I. - Comparison of resistance exercise modes in diabetes	\$ 3,500
50. Acadia AUFA 25-55 (March 2011) – P.I. - Validation of Physical Activity and Fitness Questionnaires for Clinical Practice	\$ 3,000

51.	CIHR - Public Health Systems Improvement (Sept 2010) Co-Investigator	\$ 14,315
	- Evaluation of Expanded Chronic Care Model Hutchinson, Dunbar, Talbot, Fowles and 3 others	
52.	Public Health Agency of Canada (May 2010) Co-Investigator	\$ 52,000
	Integrated community health program; Miles, Talbot, Dunbar, Fowles 3 others	
53.	Thera-Band Academy research equipment grant (June 2010)	\$ 4,000
	- Fowles, Shields: Diabetes Toolkit resistance exercise program	
54.	Lawson Foundation (March 2010)	\$ 150,000
	- Fowles, Shields, Durant, Murphy: Diabetes Exercise Tool-kit for Atlantic Canada	
55.	Acadia AUFA 25-55 (March 2010)	\$ 2,500
	- Resistance exercise in Diabetes	
56.	Public Health Agency of Canada (January 2010)	\$ 55,000
	- Miles, Talbot, Dunbar, Fowles 3 others – Integrated community health program	
57.	Acadia AUFA 25-55 (March 2009)	\$ 3,000
	- Does chocolate milk enhance recovery from high-intensity exercise?	
58.	Lawson Foundation (December 2008)	\$ 5,000
	- Fowles, Shields & Murphy: Exercise Tool-kit for diabetes educators	
59.	Diabetes Care Program of Nova Scotia (December 2008)	\$ 4,000
	- Fowles, Shields & Murphy: Exercise Toolkit video for diabetes educators	
60.	Thera-Band Academy research equipment grant (2008)	\$ 6,000
	- Fowles, Murphy, Shields: Diabetes Toolkit resistance exercise program	
61.	Lawson Foundation (March 2008)	\$ 146,000
	- Fowles, Shields & Murphy: Exercise Tool-kit for diabetes educators	
62.	Acadia AUFA 25-55 (2008)	\$ 2,000
	- Diabetes Educator self-efficacy in physical activity counselling	
63.	Diabetes Care Program of Nova Scotia (2007)	\$ 5,000
	- Fowles, Shields & Murphy: Exercise Toolkit for diabetes educators	
64.	Acadia AUFA 25-55 (2007)	\$ 2,500
	- Validation of practical field tests to monitor low-frequency fatigue	
65.	Acadia AUFA 25-55 (2006)	\$ 2,500
	- Development of Field tests to monitor low-frequency fatigue	
66.	Nova Scotia Technology Transfer & Innovation Proof of Concept Grant (2005)	\$ 10,000
	- And G. Sleivert. Development of a new technology 'Sprint Profiler'	
67.	Acadia Office of Technology Transfer Development Grant (2005)	\$ 5,000
	- For development of a new SkateSIM™ prototype	
68.	Thera-Band Academy research equipment grant (2004)	\$ 2,000
	- Miles, Fowles and 3 others: Diabetes training program	
69.	NSERC Equipment Grant (2004)	\$ 37,000
	Murphy, Fowles and 2 others: A cryostat	
70.	Eastern Kings Memorial Health Foundation (2004)	\$ 14,790
	- Miles, Fowles and 3 others: Exercise program for Diabetes patients	
71.	Acadia AUFA 25-55 (2004)	\$ 2,500
	- Off-ice skating simulator training study	
72.	NSHRF Community Health Research Project grant	\$ 150,000
	- Murphy, Fowles and 7 others: Physician prescribed exercise	
73.	NSERC Equipment Grant (2003)	\$ 84,728
	- Murphy, Fowles and Wilson: An in situ/ in vitro recording station	
74.	Acadia AUFA 25-55 (2002)	\$ 2,500
	- Early effects of spinal cord injury on the Na,K-ATPase	
75.	Nova Scotia Health Research Foundation Development Grant (2002)	\$ 5,947
	- Ion regulatory capacity in spinal cord injured muscle	
76.	Canadian Foundation for Innovation Equipment grant (2001)	\$ 159,162
	- Murphy, Fowles and Krusselbrink	
77.	AUFA 25-55 (2001)	\$ 2,500

*Curriculum vitae for Jonathon Fowles*

- Effects of creatine on Na,K-ATPase in rat skeletal muscle
- 78. Thera-Band corporation equipment grant (2001-2002) \$ 3,222 US
  - Murphy & Fowles: Exercise training program.
- 79. Eastern Kings Memorial Health Foundation (2001-2002) \$ 14,162
  - designed resistance program prescription for elderly individuals

## B. Supervision of Highly Qualified Personnel and Scholarly Disseminations.

### Summary of Activities

	In program	Co-Supervised	Out of Program
Courses Taught	61		
Honours Thesis Students Supervised	21	1	2
Graduate Students Supervised*	0	2	2
Directed Readings Supervisor	19	1	3
Independent Study Supervisor	11		
Certification Program Students	282	20	46
Delivery of Workshops, Seminars, Colloq.			148

\* Acadia Kinesiology does not have a graduate program.

### Supervision of Masters Students:

2021-22	Julia Koppernaes Co-supervised with Jeff Zahavich	<i>Effects of the Covid environment on engagement and outcomes with a Healthy Lifestyle experience.</i>
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### Honours thesis advisor, Acadia University

2021-23	Olivia Stevenson	<i>Factors in engagement with a student resilience application <b>Mitacs Undergraduate Student Internship Award</b> <b>Winner Scotia Scholar Award, Outstanding Honours Student NS</b> <b>Winner 3M National Undergraduate Student Award</b></i>
2020-21	Cristina Forcione	<i>Novel strategies for resistance exercise in Type 2 Diabetes <b>Winner of Colville Award, Outstanding honours student FPS</b> <b>Winner of the Scotia Scholar Award, Outstanding honours student NS</b></i>
2018-19	Julia Koppernaes	<i>Supporting Patient Physical Activity through interventions in Primary Health Care Practice: A Pilot Study. Complete.</i>
2017-18	Nicholas Tibert	<i>Acute testosterone changes to different time under tension protocols in resistance training older adults. Complete.</i>
2015-16	Myles O'Brien	<i>Implementation and Perceived effectiveness of Exercise is Medicine Resources in health care practitioners across Canada. <b>Winner of the CCUPEKA undergraduate professional award.</b></i>
2015-16	William Wojcik	<i>Validation of step count and intensity measures of physical activity in several physical activity monitoring devices.</i>
2014-15	Meaghan McNeil	<i>Vibration training to enhance athletic performance</i>
2014-15	Allison Moses	<i>Vibration training for acute glycemic management for individuals with Type 2 diabetes</i>
2013-14	Jared Ferguson	<i>Nutritional practices and supplement use in male and female varsity athletes.</i>
2012-13	Sean McDonald	<i>Resistance exercise for the prevention and management of Type 2 Diabetes</i>
2012-13	Lisette d'entremont	<i>The effect of providing supplemental physical activity and exercise resources in diabetes centres on physical activity and exercise levels of patients with diabetes</i>
2011-12	Natalie d'entremont	<i>Validation of a Physical Activity Questionnaire for use in Diabetes Clinical practice</i>
2009-10	Brittany Barron	<i>Chocolate milk as a recovery aid from high intensity exercise <b>Winner of Alex Wright Award, Outstanding Graduate Kinesiology</b></i>

		<b>Winner of Colville Award, Outstanding honours student FPS</b> <b>Winner Best Undergrad presentation APES conference</b>
2008-09	Carrie-Dillman Co-supervised with Chris Shields	<i>Diabetes Educators self-efficacy toward prescribing physical activity and exercise and use of the Physical Activity and Exercise Toolkit</i> <b>Winner of the Colville Award, Outstanding honours student FPS</b> <b>Governor Generals University Medal</b>
2007-08	Emily Read	<i>Development of methods to assess low-frequency fatigue in athletes</i>
2006-07	Chelsea Pelletier	<i>A multi-disciplinary, community-based intervention program for hypertensive patients of EKM Health Centre</i> <b>Winner Best Undergrad presentation APES conference</b>
2006-07	Maria Manzon	<i>Assessment of low-frequency fatigue in athletes using practical methods</i>
2005-06	Kate Trussler (Nutrition Student)	<i>Ingestion of caffeine for the enhancement of interval cycling performance (co-supervised with Dr. E. Johnson, H Petrie)</i> <b>Winner 2<sup>nd</sup> place Best Undergrad presentation APES conference</b>
2004-05	Chris Farlinger	<i>'Super' specific training enhances sport specific performance in a periodized training program</i> <b>Winner of Colville Award, Outstanding honours student FPS</b>
2003-04	Erinn Freeman (Biology student)	<i>Early responses of the skeletal muscle Na,K-ATPase to spinal cord injury</i>
2003-04	Melissa MacNeil	<i>Movement specific adaptations to training on a lower body sprint simulator in female varsity athletes</i> (co-supervised with Dr. Rene Murphy)
2002-03	Matt Price	<i>The use of an off-ice hockey skating simulator to improve leg power and skating performance</i>
2002-03	Grace Boutilier	<i>Cold-water immersion following intense interval running improves subsequent running performance</i>

**Directed readings supervisor, Acadia University**

2021	Jared Evans	<i>Neurological Injuries in Upper extremity Athletes</i>
2020	Cristina Forcione	<i>Novel methods of resistance exercise in Type 2 Diabetes</i>
2020	Maddie Gould	<i>Effectiveness of Physician Prescribed Exercise</i>
2015	William Wojcik	<i>Use of Physical Activity Monitoring devices to promote physical activity</i>
2014	Myles O'Brien	<i>Exercise prescription in primary care</i>
2013	Meaghan McNeil	<i>The use of vibration training to enhance muscular strength and power in athletes</i>
2013	Allison Moses	<i>Vibration training in type 2 diabetes</i>
2013	James Young	<i>Physiologic performance variables and their application to collegiate sport: A review</i>
2012	Jared Ferguson	<i>Muscle protein synthesis response to resistance training and protein supplementation</i>
2012	Sean McDonald	<i>Resistance exercise for the prevention and management of Type 2 Diabetes</i>
2012	Lisette d'entremont	<i>Translating exercise research into Diabetes Clinical Practice</i>
2011	Natalie d'entremont	<i>Physical Activity monitoring tools</i>
2009-10	Kate Lovett (Masters Education)	<i>Exercise and Self-esteem in Children (Co-supervised with Chris Shields)</i>

2005-06	Maria Manzon	<i>Monitoring fatigue and performance in athletes</i>
2005-06	Emily Read	<i>Coexistence of potentiation and fatigue in human skeletal muscle</i>
2004-05	Lyndsay Wareham	<i>Nutrition and exercise for type 2 diabetes patients</i>
2003-04	Chris Farlinger	<i>Advanced periodization principles in athletic training</i>
2002-03	Erinn Freeman (Biology)	<i>Adaptations of skeletal muscle to spinal cord injury</i>
2002-03	Stephanie O'Brien (Nutrition)	<i>Advanced recovery techniques used in athletics</i>
2001-02	Matt Price	<i>Advanced power training techniques to enhance sport performance</i>
2001-02	Grace Boutilier	<i>Use of cryotherapy in sport and rehabilitation</i>

**Independent study supervisor, Acadia University**

2016	Will Wojcik	<i>Validation of Piezo Pedometer step counts in older adults</i>
2015	Myles O'Brien	<i>Fitness testing of Kinesiology students</i>
2014	Bretton Thurston	<i>The effect of Low-dose caffeine on High intensity cycling performance</i>
2013	James Young	<i>A descriptive analysis of the physical performance characteristics of Acadia University varsity athletes</i>
2011	Stephanie McQuaid	<i>Validation of Physical Activity and Fitness Questionnaires for use in Clinical Practice</i>
2010	Jane McKillop	<i>Resistance exercise in older adults with type 2 diabetes</i>
2009	Heather Ross	<i>Development of Fitness tests for outdoor leadership</i> <b>Nominee for CSEP certified practitioner research award</b>
2008	Blair Jarrett	<i>Validation of practical field tests of low-frequency fatigue</i>
2005-06	Eric Neilsen	<i>Use of the Sprint Profiler to assess sprint acceleration and velocity in football players</i>
2001-02	Todd Row	<i>The use of cold tub therapy to enhance recovery in elite varsity hockey players</i>

**Mentoring and testing of Professional Certification Candidates**

	CSEP-Certified Personal Trainer (CPT)*		CSEP-Certified Exercise Physiologist (CEP)*	
	<i>In curriculum</i>	<i>Out-of-curriculum</i>	<i>In curriculum</i>	<i>Out-of-curriculum</i>
<b>TOTALS</b>	<b>201</b>	<b>25</b>	<b>95</b>	<b>21</b>
2021-22			8	
2020-21	6		6	
2019-20	5		5	
2018-19	0		6	
2017-18	2		8	
2016-17	4		7	
2015-16	4		8	
2014-15	4		8	1
2013-14	12		8	2
2012-13	20		5	3
2010-11	20		4	2
2009-10	12	12	3	

*Curriculum vitae for Jonathon Fowles*

2008-09	21	1	2	3
2007-08	On sabbatical	On sabbatical	CEP upgrade course	Upgrade course 30
2006-07	12	1	6	1
2006	14	5		
	<b>Certified Fitness Consultant (CFC)</b>		<b>Professional Fitness &amp; Lifestyle Consultant</b>	
2005-06*	29	6	7	3
2004-05*	15		3	5
2003-04*	15		5	1
2002-03*	13		4	

***Delivery of Seminars, Workshops, and Colloquia***

1. Exercise is Medicine in Health Care. Pier 4 Medical Education. *Dalhousie University Department of Medicine*. Halifax. April 5, 2022.
2. Exercise is Medicine in Health Care. *Dalhousie Family Medicine Residency Program*. Valley Regional Hospital, Kentville NS. April 5, 2022.
3. Make Your Move at Work. Workplace Physical Activity Session Virtual Workshop for Physical Activity Practitioner Exchange. *NS Communities Culture and Heritage*. Oct 6, 2021.
4. Exercise is Medicine in the Battle against Physician Burnout. Interprofessional Development Short-Course. Dalhousie Department of Interprofessional Education. October 5, 2021.
5. Prescribing Exercise as Medicine In Health Care. Interprofessional Education Short-Course. *Dalhousie Department of Interprofessional Education*. October 1, 2021.
6. Prescribing Exercise as Medicine In Health Care. Interprofessional Education Short-Course. Dalhousie Department of Interprofessional Education. Sep 23, 2021.
7. Make Your Move at Work Toolkit. Virtual Workshop for Workers Compensation Board of Nova Scotia. June 2, 2021.
8. Exercise is Medicine In Health Care. Pier 4 Family Medicine. *Dalhousie Medical School*. March 29, 2021.
9. Change for Good Health Panel: Exercise as a Societal right following the COVID-19 pandemic. Virtual Panel organized by Health Impakt and GoodLife Fitness. Feb 23, 2021.
10. Prescribing Exercise as Medicine In Health Care. Interprofessional Education Short-Course. *Dalhousie Department of Interprofessional Education*. October 15, 2020.
11. Exercise is Medicine in the Battle against Physician Burnout. Interprofessional Development Short-Course. *Dalhousie Department of Interprofessional Education*. September 29, 2020.
12. Exercise is Medicine In Health Care. Medical Resident Education Series. Eastern Kings Memorial Health Centre, Wolfville, NS. *Dalhousie Department of Medicine*. Dec 17, 2019.
13. Building Physician Wellness: Caring for ourselves as we care for others. Weekend Workshop presented with Dr. R. Wilson and Dr. M Sherman. Canadian Medical Association. Whistler BC, Nov 8-10, 2019.
14. Exercise is Medicine in the Battle against Physician Burnout. Interprofessional Development Short-Course. *Dalhousie Department of Interprofessional Education*. September 30, 2019.
15. Exercise is Medicine In Health Care. Interprofessional Education Short-Course. *Dalhousie Department of Interprofessional Education*. October 17, 2019.
16. Physical Activity Counseling and Exercise Prescription for Management of Low Back Pain. *Canadian Memorial Chiropractic College Symposium at Homecoming*. Toronto, Ontario May 31, 2019.
17. Exercise is Medicine In Health Care. Pier 4 Family Medicine. *Dalhousie Medical School*. March 27, 2019.
18. Exercise is Medicine In Health Care. Medical Resident Education Series. Eastern Kings Memorial Health Centre, Wolfville, NS. *Dalhousie Department of Medicine*. Dec 15, 2018.

19. Exercise is Medicine In Health Care. Interprofessional Education Short-Course. *Dalhousie Department of Interprofessional Education*. October 25, 2018
20. Exercise is Medicine Canada: PA Counseling and Exercise Prescription in Health Care Workshop. *Clare Regional Health Centre*. Clare, Nova Scotia. (presented with Dr. Alain Blinn). Sep 21, 2018.
21. Exercise for Type 2 Diabetes Update. *Canadian Society for Exercise Physiology Advanced Module Webinar*. Aug 29, 2018.
22. Exercise for Type 2 Diabetes. *Diabetes Education Workshop*. Hosted by The Diabetes Care Program of Nova Scotia. Halifax, Nova Scotia, June 14, 2018.
23. Exercise is Medicine Canada: PA Counseling and Exercise Prescription in Health Care Train-the-Trainer Workshop. *Pre-conference workshop in association with the Canadian Academy of Sport and Exercise Medicine annual conference*. Halifax, Nova Scotia. June 6, 2018.
24. Exercise is Medicine Canada: PA Counseling and Exercise Prescription in Health Care Workshop. *Pre-conference workshop in association with the Canadian Academy of Sport and Exercise Medicine annual conference*. Halifax, Nova Scotia. (presented with Dr. Victor Lun). June 6, 2018.
25. Exercise is Medicine Canada: PA Counseling and Exercise Prescription in Health Care Workshop. *Western NSHA Health Region*. Wolfville, Nova Scotia. (presented with Dr. Marion Cornish). May 10, 2018.
26. Exercise is Medicine in Health Care Workshop. *Canadian Chiropractic Association, Annual Conference*, Calgary, Alberta (presented with Dr. Scott Howitt). April 28, 2018.
27. Exercise is Medicine In Health Care. Endocrinology Residents Grand Rounds. *Dalhousie Medical School*. March 27, 2018
28. Exercise is Medicine In Health Care. Pier 4 Family Medicine. *Dalhousie Medical School*. March 27, 2018
29. Exercise is Medicine Canada: Physical Activity Counseling in Health Care Workshop. *Alberta College of Family Physicians, Annual Conference, Pre-Conference workshop*. Rimrock Hotel, Banff, Alberta (presented with Dr. Victor Lun). Mar. 2, 2018.
30. Exercise is Medicine. *Berwick Health Team, Continuing Education*. Western Kings Memorial Health Centre, NS, Feb 14, 2018.
31. Exercise is Medicine. *Annapolis Valley Family Medical Residents Continuing Education*. Eastern Kings Memorial Health Centre, NS, Feb 13, 2018.
32. Exercise is Medicine Canada: Exercise Prescription in Health Care Workshop. *Western NSHA Health Region*. Port Williams, Nova Scotia. (presented with Dr. Marion Cornish). Dec 8, 2017.
33. Exercise is Medicine Canada: Exercise Prescription in Health Care Workshop. *Western NSHA Health Region*. Port Williams, Nova Scotia. (presented with Dr. Marion Cornish). Dec 8, 2017.
34. Exercise is Medicine Canada: Physical Activity Counseling in Health Care Workshop. *Dalhousie Medicine Fall Refresher, Pre-Conference workshop*. World Trade and Convention Centre, Halifax, Nova Scotia. (presented with Dr. John Ross). Nov 29, 2017.

35. Physical Activity for Psychological development. *Guest Lecture in Developmental Psychology Psych 2153*. Acadia University. Wolfville Nova Scotia. Nov 20, 2017.
36. Exercise is Medicine Canada: Physical Activity Counseling and Exercise Prescription in Health Care Workshop. *NSHA Central Health Region*. QEII Health Sciences Centre, Halifax, Nova Scotia. (presented with Dr. John Ross). Nov 14, 2017.
37. Exercise is Medicine Canada: Physical Activity Counselling in Health Care Workshop. *Aberdeen Health Region*. New Glasgow, Nova Scotia. (presented with Dr. Brad MacDougall). Nov 8, 2017.
38. Think Tank for Exercise Prescription and Referral across the continuum from Health Care to Community. *Exercise is Medicine Canada National Meetings*. Winnipeg, Man, Oct 24, 2017.
39. Exercise is Medicine Canada: Exercise Prescription in Health Care Workshop. *Cape Breton Health Region*. YMCA, Sydney, Nova Scotia. (presented with Dr. Stephen MacDougall). August 14, 2017.
40. Exercise is Medicine Canada: Exercise Prescription in Health Care Workshop. *Colchester East Hants Health Region*. RATH Community Centre, Truro, Nova Scotia. (presented with Dr. Stephen Ellis). April 26, 2017.
41. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *South Winnipeg DES Chapter*. The Wellness Institute, Winnipeg, Man. April 21, 2017.
42. Exercise is Medicine In Health Care. Pier 4 Family Medicine. *Dalhousie Medical School*. April 5, 2017
43. Physical Activity Counseling and Exercise prescription in Arthritis – Workshop. *Canadian Rheumatology Association National Conference*. Ottawa, Ontario. Feb 8, 2017.
44. Physical Activity and Exercise Prescription for Chronic Disease Prevention & Management in Primary Care. Webinar. *University of Toronto Physician Assistant Program*. July 22, 2016.
45. Exercise is Medicine Canada: Exercise Prescription in Primary Care Workshop. *Primary Medicine Conference*. Toronto, Ontario. (presented with Dr. Paul Oh). May 6, 2016.
46. Exercise is Medicine Canada: Exercise Prescription in Clinical Practice Workshop. *Family Practice Review Conference*. Calgary, Alberta. (presented with Dr. Kelly Brett). Nov. 20, 2015.
47. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Durham region CDA-DES Chapter*. Hamilton, Ont. Nov 26, 2015.
48. Exercise is Medicine Canada: Exercise Prescription in Primary Care Workshop. *Valley Family Physicians Society*. Wolfville, NS. (presented with Dr. Howard Wightman). Oct 23, 2015.
49. Exercise is Medicine Canada: Exercise Prescription in Primary Care Workshop. *Canadian Society for Exercise Physiology Annual Conference*. Hamilton, Ont. (presented with Dr. Paul Oh). Oct 17, 2015.
50. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Hamilton region CDA-DES Chapter*. Hamilton, Ont. Oct 16, 2015.
51. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Mississauga region CDA-DES Chapter*. Mississauga, ON. Oct 15, 2015.

52. Exercise is Medicine Canada: Exercise Prescription in Primary Care Workshop. *Fortius Sport & Health in Conjunction with Sports Medicine BC*. Burnaby, BC. (presented with Dr. Kara Solmundson). Sep 26, 2015.
53. Exercise is Medicine Canada: Exercise Prescription in Primary Care Workshop. *Saskatchewan College of Family Physicians*. Regina, Saskatchewan. (presented with Dr. Patrick Ling). Sept 24, 2015.
54. Detailing the Training Plan: Debriefing the Planning Process - Workshops. *National Coaching Institute – Atlantic*. Halifax, Nova Scotia. May 24, 2015.
55. Detailing the Training Plan: Developing the Taper and Recovery Plan : –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia. May 11, 2015.
56. Exercise is Medicine – Canada: Exercise Prescription in Primary Care Workshop. *Valley Spring Refresher Family Practice Session*. Wolfville, Nova Scotia. (presented with Dr. Howard Wightman). May 9, 2015.
57. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Southern Saskatchewan region CDA-DES Chapter*. Regina, Saskatchewan. May 1, 2015.
58. Detailing the Training Plan: Debriefing the Physiological Impacts of the Plan : –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia. April 27, 2015.
59. Exercise is Medicine – Canada: Workshop. *Manitoba College of Family Physicians*. Winnipeg, Manitoba (presented with Dr. Paul Oh). April 18, 2015.
60. Is Sedentary the new Smoking: Tailored Physical Activity Recommendations for the Certified Exercise Physiologist. *The Wellness Centre at Seven Oaks Hospital- Professional Workshop*. Winnipeg, Manitoba, April 17, 2015.
61. Is Sedentary the new Smoking: Tailored Physical Activity Recommendations for the Certified Exercise Physiologist. *REh-Fit Centre Professional Workshop*. Winnipeg, Manitoba, April 16, 2015.
62. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Southern Manitoba region CDA-DES Chapter*. Winnipeg, Manitoba. April 15, 2015.
63. Exercise is Medicine – Canada: Workshop. *Canadian Academy of Sport and Exercise Medicine*. Ottawa, Ontario. (presented with Dr. Renata Frankovich). Feb 9, 2015.
64. Exercise is Medicine – Canada: Workshop. *Palliser Health Network*. Medicine Hat, Alberta. (presented with Dr. Paul Oh). Jan 30, 2015.
65. Exercise is Medicine – Canada: Workshop. *Lethbridge Health Network*. Lethbridge Alberta. Jan 28, 2015.
66. Exercise in Diabetes: Advanced Module for the CSEP-Certified Exercise Physiologist. *Online Webinar – Exercise and Type 2 Diabetes*. Nov 24, 2014
67. Exercise in Diabetes: Advanced Module for the CSEP-Certified Exercise Physiologist. *Online Webinar – Diabetes Background*. Nov 6, 2014
68. Exercise is Medicine – Canada: Workshop. *Newfoundland Health Network*. St.John’s, NFLD. (presented with Dr. Rob Petrella). Oct 23, 2014.

69. Physical Activity and Exercise for Chronic Disease Prevention and Management in Primary Care; Exercise is Medicine – Canada: Workshop. *Health PEI Diabetes Working Group*. Charlottetown, PEI. Aug 25, 2014.
70. Exercise is Medicine – Canada: Workshop. *Northern Ontario Health Science Group*. Dryden, Ontario. (presented with Dr. Paul Oh). April 25, 2014.
71. Exercise in Diabetes: Advanced Module for the CSEP-Certified Exercise Physiologist. *REh-Fit Centre Professional Workshop*. Winnipeg, Manitoba, April 23, 2014.
72. Taking Steps in the Right Direction: Planning Physical Activity to improve your health. *West Kings District Regional Health Symposium*. Kingston, NS, Feb 16, 2014.
73. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Aboriginal Diabetes Initiative and First Nations and Inuit Branch*. Montreal, Quebec. Oct 21, 2013.
74. Taking Steps in the Right Direction: Planning PA to improve your health. *Acadia Lifestyle Showcase, Wolfville Farmers Market*. Wolfville NS, Oct 2, 2013.
75. Taking Steps in the Right Direction: Planning PA to improve your health. *Acadia Life Long Learning Series*. Acadia University, Wolfville NS, Sep 26, 2013.
76. Detailing the Training Plan: Debriefing the Planning Process - Workshops. *National Coaching Institute – Atlantic*. Halifax, Nova Scotia. April 27, 2013.
77. Building Competency in Diabetes Education: Physical Activity and Exercise – Advanced Workshop. *Diabetes Care Program of Nova Scotia pre-conference workshop*. Halifax, NS. April 12, 2013.
78. Preparing for Competition: Environmental Factors –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia. March 18, 2013.
79. Detailing the Training Plan: Developing the Taper and Recovery Plan : –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia. Feb 25, 2013.
80. Detailing the Training Plan: Debriefing the Physiological Impacts of the Plan : –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia. Feb 18, 2013.
81. Detailing the Training Plan: Detailing the Conditioning Program: –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia. Feb 4, 2013.
82. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Southern Alberta-Edmonton region CDA-DES Chapter*. Edmonton, Alberta. Jan 24, 2013.
83. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Aboriginal Diabetes Initiative and First Nations and Inuit Branch*. Montreal, Quebec. Dec 6, 2012.
84. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Southern Manitoba region CDA-DES Chapter*. Winnipeg, Manitoba. Nov 10, 2012.
85. Understanding and Implementing the new CDA Physical Activity and Exercise Toolkit-Pre-Conference Train-the-Trainer Workshop. *Canadian Diabetes Association Annual Meeting*. Vancouver, British Columbia. Oct 12, 2012.

86. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *Hamilton region CDA-DES Chapter*. Milton, Ontario. September 22, 2012.
87. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *South BC region CDA-DES Chapter*. Vancouver, British Columbia. June 16, 2012.
88. Building Competency in Diabetes Education: Physical Activity and Exercise - Workshop. *South central Interior region CDA-DES Chapter*. Kelowna, British Columbia. June 14, 2012.
89. Physical Activity and Exercise Prescription in Diabetes Care. *Redesigning and Evaluating to Achieve Comprehensive Health For All (REACH) Atlantic Conference. Pre-conference Workshop*. Moncton, New Brunswick. May 31, 2012.
90. Developing Integrated Training Plans: Planning Conditioning for the Real World –Workshop. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia, May 18, 21, 2012.
91. Developing Integrated Training Plans: Planning testing and Monitoring –Workshop. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia, May 18, 2012.
92. Developing Integrated Training Plans: Creating the Mesocycle and Microcycle Plan –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia, May 16, 2012.
93. Physical Activity and Exercise in Diabetes Update. *The Nova Scotia CDA-DES Chapter Workshop*. Wolfville, Nova Scotia, April 27, 2012.
94. Developing Integrated Training Plans: Developing Conditioning Plans –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia, April 18, 2012.
95. Developing Integrated Training Plans: Creating the Yearly Plan –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia, April 4, 2012.
96. Developing Integrated Training Plans: Preparing for Prehabilitation –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia, March 21, 2012.
97. Developing Integrated Training Plans: Planning Conditioning Programs –Webinar. *National Coaching Institute – Atlantic*. Acadia University, Wolfville, Nova Scotia, February 22, 2012.
98. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Durham Region Diabetes Education Program*. Oshawa, Ontario. Jan. 24, 2012.
99. Recovery and Regeneration. *National Coaching Institute – Atlantic*. Webinars completed Feb 9, 16. Acadia University, Wolfville, Nova Scotia, 2011.
100. Testing and Training for Peak Power. *Canadian Sport Centre – Atlantic Podium Performance Series*. Delivered with Leo Thornley. Acadia University, Wolfville, Nova Scotia, January 18, 2011.
101. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Ross Memorial Hospital Diabetes Education Program*. Oshawa, Ontario. Sept. 10, 2010.
102. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Scarborough Community Diabetes Education Program*. Westhill Community Centre, Scarborough, Ontario, Sept. 2, 2010.

103. Instructor Appraisal and Practical Evaluation. *Certified Personal Trainer Workshop, Canadian Society for Exercise Physiology*. Acadia University, Aug 20-22, 2010.
104. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Moncton Hospital Diabetes Education Centre*. Moncton, New Brunswick, July 16, 2010.
105. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Eastern Newfoundland Regional Diabetes Education Program*. St. Johns, Newfoundland, June 18, 2010.
106. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Central Newfoundland Regional Diabetes Education Program*. Gander, Newfoundland, June 17, 2010.
107. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Western Newfoundland Regional Diabetes Education Program*. Steadybrook, Newfoundland, June 16, 2010.
108. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Provincial Diabetes Education Program*. Charlottetown, Prince Edward Island, June 11, 2010.
109. The Diabetes Physical Activity and Exercise Toolkit Workshop. *Provincial Diabetes Education Program*. Charlottetown, Prince Edward Island, June 10, 2010.
110. Training for Peak Performance. *Canadian Sport Centre – Atlantic Podium Performance Series*. Wolfville, Nova Scotia, April 7, 2010.
111. Instructor Appraisal and Practical Evaluation. *Certified Personal Trainer Workshop, Canadian Society for Exercise Physiology*. Acadia University, Jan 30, 2010.
112. Instructor Appraisal and Practical Evaluation. *Certified Personal Trainer Workshop, Canadian Society for Exercise Physiology*. Acadia University, Jan 23, 2010.
113. Certified Personal Trainer Instructor and Master Examiner Workshop. *Canadian Society for Exercise Physiology*. Acadia University, Aug 21-23, 2010.
114. Certified Exercise Physiologist Theory and Practical Examinations. *Canadian Society for Exercise Physiology*. Acadia University, April 17, 22, 2010.
115. Marketing the CSEP Brand. Health and Fitness Workshop. *Canadian Society for Exercise Physiology*. Vancouver, BC, Nov 14, 2009.
116. Certified Exercise Physiologist Theory and Practical Examinations. *Canadian Society for Exercise Physiology*. Acadia University, Aug 20, 2009
117. Certified Exercise Physiologist Preparatory Workshop. *Canadian Society for Exercise Physiology*. Acadia University, November, 2008.
118. The DCPNS Physical Activity and Exercise Toolkit Workshop. *Annapolis Valley Health Diabetes Education Program*. Kentville, Nova Scotia, July 14, 2008.
119. The DCPNS Physical Activity and Exercise Toolkit Workshop. *Capital Health District Diabetes Education Program*. East Hants Resource Centre Truro, Nova Scotia, June 25, 2008.

120. The DCPNS Physical Activity and Exercise Toolkit Workshop. *Capital Health District 7 Diabetes Education Program*. Port Hawksbury, Nova Scotia, June 6, 2008.
121. Performance Nutrition: Simple Strategies to improve playing potential in football. *East-West Bowl, National Coaches Clinic for Football*. Hamilton, Ontario, May 10, 2008.
122. Training the Energy Systems. *Level IV/V Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. May 29, 2008.
123. Periodization and Planning of High Performance Athletes. *Level IV/V Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. May 27, 2008.
124. Periodized Strength Training. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. Feb. 2, 2008.
125. Advanced Strength Training. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. Feb. 3, 2008.
126. Exercise Considerations for people with Metabolic Disease. *Certified Exercise Physiologist Update Workshop*. Halifax, Nova Scotia, Oct 27, 2007.
127. Physical Preparation and Energy Systems. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. Oct. 10, 2007.
128. Periodized Strength Training. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. Oct. 12, 2007.
129. Periodization of Energy System and Strength Training in High Performance Sport. . *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Charlettetown, PEI. May 19, 2007.
130. Advanced Strength Training. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Charlettetown, PEI. May 20, 2007.
131. Periodized Strength Training. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. Mar. 6, 2007.
132. Advanced Strength Training. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. Mar. 7, 2007.
133. Certified Personal Trainer Workshop. *Canadian Society for Exercise Physiology*. Acadia University, Aug, 2006.
134. Resistance Training Exercise. Under Pressure: Lifestyle education for Individuals with Hypertension. *Annapolis Valley District Health Authority*. Acadia University, Nova Scotia, May 27, 2006.
135. Exercise Motivation and Adherence. Under Pressure: Lifestyle education for Individuals with Hypertension. *Annapolis Valley District Health Authority*. Wolfville, Nova Scotia, May 2, 2006.
136. Certified Personal Trainer Workshop. *Canadian Society for Exercise Physiology*. Acadia University, Jan 24,25, 2006.

137. Training tips, tools, and techniques for the total Hockey Player. *Canadian Hockey Association: Team Atlantic Training Camp*. Acadia University, Wolfville, Nova, Scotia. July 22, 2005.
138. Resistance Training Exercise. Under Pressure: Lifestyle education for Individuals with Hypertension. *Annapolis Valley District Health Authority*. Acadia University, Nova Scotia, June 21, 2005.
139. Exercise Motivation and Adherence. Under Pressure: Lifestyle education for Individuals with Hypertension. *Annapolis Valley District Health Authority*. Wolfville, Nova Scotia, May 26, 2005.
140. High Performance Training for Sport. A Coaching Podium Performance Workshop: A professional look at high performance coaching. *Canadian Sport Centre Atlantic in conjunction with Sport Nova Scotia*. Acadia University, Wolfville, Nova, Scotia. Nov. 24, 2004.
141. Periodized Strength Training for Sport. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. February 15, 16, 2004.
142. Facilitating Behavior Change through the Seven Steps: lessons learned from the physical activity model. *Valley Regional Hospital Dietitians Continuing Education Workshop*. June 5, 2003. Kentville, Nova Scotia. June 5, 2003.
143. Periodized Strength Training for Sport. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. November 15, 16, 2003.
144. Periodized Strength Training. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. November 15, 16, 2002.
145. Advanced Strength Training. *Level IV Coaching Workshop. National Coaching Institute – Atlantic*. Halifax, Nova Scotia. Dec 11, 2001.
146. 3 Sets of 10 is in Question. What are the Answers? Exercise Workshop. *Canadian Athletic Therapy Association Conference: Pursuing Peak Performance*. Niagara Falls, Ontario. May 14, 2000.
147. Training and Conditioning the Warrior Athlete. *University of Waterloo Coaches Clinic*. University of Waterloo, Waterloo, Ontario. April 1, 2000.
148. Strength Training for Sport. *Personal Trainers Workshop. McMaster University*. Hamilton, Ontario. June 1997.

**Other Scholarly Activity - National/International level**

- Scientific Committee – ParticipACTION Adult and Older Adult PA Report Card, 2019 - present
- Common Vision National PA Framework Evaluation Working Group, Centre for Active Living, 2019-20
- Public Health Agency of Canada Technical Committee on Fitness of Canadians, 2019-present
- Lead Faculty – Exercise is Medicine Canada, 2012- present
- Scientific Lead – CSEP Physical Activity and Training for Health Manual, 2013.
- Editorial Board – International Journal of Sports Physiology and Performance, 2005-2019
- Academic Reviewer for the following Scholarly Journals
  - Advances in Physiology Education, 2021 (1)
  - Applied Physiology, Nutrition & Metabolism, 2021 (2), 2020 (2), 2019 (1), 2018 (2), 2017, (3), 2016 (2), 2015 (1), 2014 (2), 2013 (1), 2012 (2), 2011 (1) 2010 (1), 2009(2), 2008 (1), 2007 (1), 2006(1)
  - Archives of Community Medicine and Public Health, 2015 (1),
  - Biomed Research International, 2015 (1), 2013 (1)
  - British Medical Journal Open, 2019 (1), 2018 (1), 2017 (1)
  - BMC Family Practice, 2019
  - Canadian Journal of Diabetes, 2022 (1), 2021 (1), 2020 (2), 2019 (1), 2018 (1), 2017 (2), 2016 (3), 2015 (3), 2014 (2), 2013 (2)
  - Canadian Journal of Applied Physiology, 2000 (1), 2002 (1), 2003 (2), 2004 (1), 2005 (1)
  - Chronic Illness, 2014 (1)
  - Clinical Interventions in Aging, 2021 (1).
  - European Journal of Applied Physiology, 2020 (1), 2019 (1), 2007 (2), 2006 (2), 2005 (2)
  - Family Practice, 2019
  - Health Education and Behaviour, 2021 (1),
  - Health Education Journal, 2021 (1)
  - International Journal of Sports Nutrition and Exercise Metabolism 2017, (1), 2009, (1)
  - International Journal of Sports Medicine, 2014 (1), 2005 (1), 2004 (1)
  - International Journal of Sports Physiology and Performance, 2018 (1), 2017 (1), 2014 (1), 2011 (1), 2008 (1) 2007 (3), 2006 (2), 2005 (1)
  - Journal of Aging and Physical Activity, 2016 (2), 2015 (1), 2006 (1), 2005 (1)
  - Journal of Applied Physiology, 2010 (1), 2008 (1), 2007 (1), 2006 (1), 2004 (1), 2003 (1)
  - Journal of Biomechanics, 2005 (1), 2006 (1)
  - Journal of the Canadian Chiropractic Association, 2021 (1)
  - Journal of Chronic Disease, 2014 (1)
  - Journal of Clinical Physiology and Functional Imaging, 2008 (1)
  - Journal of Multi-Disciplinary Healthcare, 2021 (1)
  - Journal of Neurophysiology, 2007 (1)
  - Journal of Physical Activity and Public Health, 2022 (1),
  - Journal of Science and Medicine in Sport, 2020 (1), 2018 (1), 2017 (1), 2015 (1),
  - Journal of Sport Science and Medicine, 2015 (1)
  - Journal of Sport Sciences, 2016 (1), 2009 (1), 2006 (1), 2002 (1)
  - Medicine and Science in Sports in Exercise, 2008(2), 2004 (1), 2003 (1), 1999 (1)
  - Muscle & Nerve, 2006 (1)
  - Preventive Medicine Reports, 2018(1), 2016, (1), 2014 (1)
  - PLoS One, 2019 (1)
  - Sports Medicine, 2010 (1), 2008 (1)
  - Teaching and Learning in Medicine, 2020 (1),
- External Reviewer –Promotion to Full Professor – UNB, 2021
- External Reviewer – Tenure Application and Promotion – Memorial University, 2015
- External Reviewer – Tenure application and Promotion – UBC Okanagan, 2015

- Grant Reviewer – Manitoba Medical Service Foundation, 2014
- External Examiner – PhD Thesis, University of Toronto, (P. Yang), 2010
- External Examiner – PhD Thesis, RMIT University, Bundoora Australia (S. LaVita), 2007.
- Advisor, CSEP Certified Exercise Physiologist Technical Committee, 2006- present
- Text Reviewer – Benjamin Cummings, Human Physiology, 2003-2004
- Canadian Society for Exercise Physiology Health and Fitness program consultant, 2002-present
- Canadian Society for Exercise Physiology Health and Fitness Task Force Chair and editor, updated of the Canadian Physical Activity, Fitness and Lifestyle Manual, 2012-present
- Health and Science Consultant – Canadian Press, 2002-current
- Health and Science Contributing author – Men’s Health Magazine, 1999 - 2001
- Health and Science Contributing author - Runners World Magazine, 1998-2001
- Contributing author - CIAU Peak Performance Training Manual for Football, 1998-1999

### **Other Scholarly Activity – Regional**

- \* Scientific Lead - Physical Activity in the Workplace. Communities Culture and Heritage, 2019-present
- \* Scientific Lead - Exercise is Medicine in Health Care –Nova Scotia Health Authority, 2015-present
- \* Physical Preparation Task Leader, National Coaching Institute, Atlantic, 2001-present
- \* Strength Training and Physiology Consultant, Canadian Sport Centre, Atlantic, 2001 – present
- \* External Examiner – PhD Thesis, University of Toronto (P. Yang), 2010.
- \* External Examiner – Masters Thesis, University of New Brunswick (Ken Seaman), 2006.
- \* External Examiner – Masters Thesis, Dalhousie University (Darren Steeves), 2005.
- \* External Examiner – Masters Thesis, Dalhousie University (Melissa Thomas), 2005
- \* External Examiner – Masters Thesis, University of New Brunswick (P.J. Bourque), 2004
- \* External Examiner – Masters Thesis, Dalhousie University (Leo Thornley), 2003
- \* External Examiner – Masters Thesis, University of New Brunswick (Dale Seliger), 2003
- \* Executive Director Advisory Council – Nova Scotia Health Research Foundation, 2004
- \* Grant Reviewer – Manitoba Health Research Foundation, 2014
- \* Grant Reviewer - Nova Scotia Health Research Foundation, 2003, 2004
- \* Strength Training and Physiology Consultant National Sport Centre, Ontario, 1999 – 2001
- \* Strength Training and Physiology Consultant, St. John Sea Dogs CHL hockey, 2007-2009
- \* Strength Training and Physiology Consultant, various NHL hockey teams, 2005-present
- \* Strength Training and Physiology Consultant, Valley Wildcats Hockey Club, 2004-2009
- \* Strength Training and Physiology Consultant, Jr. Axemen Bantam AAA Hockey, 2004-2008
- \* Strength Training and Physiology Consultant, Kitchener-Waterloo Track Club, 1998-2001.
- \* Strength Training and Physiology Consultant, Kitchener Rangers Hockey Club, 1999-2001
- \* Strength Training and Physiology Consultant, Sheffield Steelers Hockey Club, 1998-1999

### **Other Scholarly Activity – University**

- \* Strength and Conditioning Coach/Exercise Physiology consultant, Acadia Athletics, 2001-present
- \* Campus Programs/Acadia Athletics – Facility Management Committee – 2002-2006
- \* SRMK Health Promotion and Wellness Committee member – 2002 – 2012
- \* External Reader on Honours thesis – 2002-07, 2009-12, 2014-2016

## **C. SERVICE**

### **National/International Administrative**

- \* Chair – Exercise is Medicine Canada, National Advisory Council, 2016- present
- \* Board Member - Heart and Stroke Foundation Council on Mission: Priorities, Advice, Science and Strategy (CoMPASS), 2016-2019
- \* Diabetes Canada Guidelines Implementation Committee, 2016-2019
- \* Chair – Exercise is Medicine Canada CSEP Liaison SubCommittee, 2014- 2015
- \* Member – Working Group Exercise is Medicine Canada, 2012-2014

- \* Member – Canadian Diabetes Association, Physical Activity Guidelines working group, 2011- 2018
- \* Chair– Canadian Society for Exercise Physiology (CSEP) Health and Fitness Program, 2009-2011
- \* Member – CSEP Board of Directors, 2006- 2012
- \* Member – CSEP Health and Fitness Program Executive council, 2006-2012
- \* Member – CSEP Financial Committee, 2008-2012
- \* Member – CSEP Graduate Student Awards Committee, 2007-2011
- \* Member – CSEP Health and Fitness Program Awards Committee, 2007-2011
- \* Member – CSEP Marketing Committee, 2007 - 2011
- \* Member – CSEP AGM Program Committee, 2006-2011
- \* Member – Canadian Diabetes Association, PA Guidelines Implementation Working Group, 2010
- \* Member Organizing Committee, AGM Edmonton – Canadian Diabetes Association, 2009-2010
- \* Chair Elect– CSEP Health and Fitness Program, 2008-2009
- \* Associate Member-at-Large – CSEP Health and Fitness Program Executive, 2006 – 2008
- \* Co-Chair Organizing Committee – Canadian Society for Exercise Physiology National Conference, Building Bridges, Halifax, 2006

### **Regional Administrative**

- \* Conference Chair, Atlantic Provinces Exercise Scientists Meeting, Wolfville, NS – 2004
- \* Organizing Committee Co-Chair, Atlantic Provinces Exercise Science Meeting, 2003, 2005

### **University Administrative**

- \* Department Review Committee - SRMK, 2006-2007, 2009-2010, 2014-2015, 2017-present
- \* University Senate, Faculty of Professional Studies Representative, 2021-present
- \* AUFA 25.55 Adjudication Committee, 2020-2022
- \* Critical Health Studies Advisory Committee, 2020-present
- \* School Committee for development of a Masters program – SRMK, 2006, 2016, 2017 - present
- \* Academic Integrity Committee – Acadia University, 2016- 2020
- \* Position Selection Committee – Manager of Sports Performance, Acadia Athletics, 2021
- \* Canada Research Chair Selection Committee- Health Inclusive Communities, 2019.
- \* Masters Thesis Defence Chair – Acadia University, 2017
- \* AUFA 25.55 Review Committee – Acadia University, 2014
- \* Faculty Development Committee – Acadia University, 2013-2015
- \* Position Selection committee (#30301) – SRMK, 2009, 2014, 2016,
- \* Intellectual Property Committee – Acadia Faculty Association; 2011-2012
- \* Research Ethics Committee – Acadia University, 2005-2007
- \* Animal Care Committee – Acadia University, 2005-2007
- \* Department Ethics Committee – SRMK, 2005-2006
- \* Radiation Safety Committee – Acadia University, 2003-2007
- \* Position Selection Committee (Men’s Basketball Coach) – Acadia Athletics, 2005
- \* Position Selection Committee (#30322) – SRMK, 2004
- \* Position Selection Committee (#30302) – SRMK, 2003
- \* Departmental Ethics Committee – SRMK, 2003-2005
- \* Acadia University Honorary Degrees Committee – Acadia University, 2001-2004
- \* Faculty and Faculty Executive Committee member - University of Waterloo, 1999 –2001
- \* Chair – research symposium in honor of Dr. Dirk Pette – University of Waterloo, 2000
- \* Organizing Committee member, Ontario Exercise Physiology meetings, University of Waterloo, 1998
- \* Committee member to select Department Chair - McMaster University, 1996

### **Community**

- \* Life Cycle – Annapolis Valley, 2014, 2016, 2017, 2019
- \* Big Brother – Big Brothers and Big Sisters of Annapolis Valley, 2001-2010
- \* Volunteer - Christian Blind Mission International. Uganda, Africa. 1997.

## **PROFESSIONAL AFFILIATIONS**

### **Memberships**

- \* Canadian Society for Exercise Physiology (CSEP)
- \* Exercise is Medicine Canada - Network (EIMC)
- \* Diabetes Canada (DC)
- \* American College of Sports Medicine (ACSM)
- \* National Strength and Conditioning Association (NSCA)

### **Certifications and Qualifications**

- \* Certified Exercise Physiologist and Certified Personal Trainer Master Examiner (CSEP, 2006-present)
- \* Get Fit for Active Living, Seniors Exercise Instructor, Cdn Centre Activity & Aging (2010-2015)
- \* PFLC and CFC Master Examiner (CSEP, 2004)
- \* PFLC and CFC Course Conductor (CSEP, 2002)
- \* Radiation Safety Training, 2000
- \* Animal Care Training, 1999
- \* Professional Fitness and Lifestyle Consultant (PFLC) - CSEP, 1999
- \* Certified Strength and Conditioning Specialist (CSCS) - NSCA, 1998-present
- \* Certified Sports Injuries First Aid Level I and Level II
- \* CPR “C” Certification, Bronze Medallion, Lifesaving Level II Certification
- \* Coaching Level I (Volleyball) and Level I & II – (flatwater canoe)
- \* Attendance at the American College of Sports Medicine (ACSM) annual meetings (1995-2004, 2010, 2012, 2016, 2017, 2019) Canadian Society for Exercise Physiology (CSEP) annual conference (1996-2019), National Strength and Conditioning (NSCA) annual conferences (2006, 2005, 1998, 1997), the NSCA Strength Training conference for football (1997, 2001), and

## **ACADEMIC and PROFESSIONAL INTERESTS**

- \* Exercise to promote health and well-being of healthy individuals and those with chronic disease
- \* Neuromuscular aspects of athletic performance and fatigue
- \* Development, design, and evaluation of athlete training programs
- \* Advanced Physiological Assessment of health and human performance
- \* Nutritional strategies to improve performance and health