

Julia Koppernaes

HONOURS RESEARCH



Research Focus:

Julia's honours research focuses on exercise referral programs in the Valley. Her pilot study will help to shine light on the efficacy of exercise intervention prescribed from general practitioners, one-on-one exercise counselling, and community exercise programs. The main objective is to describe the effect of an allied network of health care professionals on exercise adherence, and physical activity levels. Using accelerometers and questionnaires, her study will pair objective and subjective measures of exercise/physical activity levels pre and post exercise intervention, and will compare each intervention type. In-depth discussion and intervention regarding physical activity and exercise is largely vacant in conversation between patients and general practitioners. As physical activity and exercise are proven to prevent and manage many co-morbidities, it is critical that this gap be filled by other health care professionals. Ideally, this research will help to pave the way in solidifying the role of exercise professionals in an allied health care world.

About Julia:

Julia Koppernaes is a Kinesiology student from Ottawa, Ontario. Throughout her first three years, Julia was involved as a(n) SMILE volunteer, Acadia Aquatics Lifeguard, Teaching Assistant, Cardiac Rehab volunteer, House Council President, Residence Assistant, and Axe Yearbook Coordinator. In her fourth year, Julia is a volunteer with Acadia Peer Support Line, as well as a tutor at the Acadia Writing Centre and a CEP practicum student. Through practicum, Julia is involved with several programs such as Active for Life, strength and conditioning (with the swim team), and AWAKE.



Julia has always been intrigued by the medical field, particularly the wholistic medicine approach. Her research interests are fueled by her passion for medicine, and her appreciation of the role of exercise in disease prevention and treatment.

Supervisor: Dr. Jonathon Fowles