

## **Christopher Andrew Shields, PhD**

Professor  
School of Kinesiology  
Acadia University  
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### **ACADEMIC QUALIFICATIONS**

#### **EDUCATION HISTORY**

<b>P.D.F.</b>	<b>University of Saskatchewan</b> College of Kinesiology <i>Focus of Research:</i> Activity in Youth and Elderly Supervisor: Karen Chad, Ph.D.	<b>2004-2005</b>
<b>Ph.D.</b>	<b>University of Waterloo</b> Department of Kinesiology Faculty of Applied Health Sciences <i>Focus of Research:</i> Health & Exercise Psychology Supervisor: Lawrence Brawley, Ph.D.	<b>2000-2005</b>
<b>M.Sc.</b>	<b>University of Calgary</b> Faculty of Kinesiology <i>Focus of Study:</i> Sport & Exercise Psychology Supervisor: David Paskevich, Ph.D.	<b>1998-2000</b>
<b>B.Sc.</b> (with distinction)	<b>Dalhousie University</b> School of Health and Human Performance Faculty of Health Professions	<b>1994-1998</b>

#### **EMPLOYMENT HISTORY**

##### *Current Position*

<b>Professor</b>	<b>Acadia University</b> School of Recreation Management and Kinesiology	<b>July 2014-present</b>
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##### *Previous Positions*

<b>Associate Professor</b>	<b>Acadia University</b> School of Recreation Management and Kinesiology	<b>July 2009-June 2014</b>
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<b>Assistant Professor</b>	<b>Acadia University</b> School of Recreation Management And Kinesiology	<b>Aug. 2005 – June 2009</b>
<b>Postdoctoral Fellow</b>	<b>University of Saskatchewan</b> College of Kinesiology <i>Community Alliances for Health Research Grant</i> Primary Investigator: Karen Chad, Ph.D.	<b>Sept. 2004 – July 2005</b>
<b>Senior Lab Coordinator</b>	<b>University of Waterloo</b> Department of Kinesiology <i>Population Health Grant</i> Primary Investigator: Lawrence Brawley, Ph.D.	<b>Jan. 2003 – June 2004</b>
<b>Research Assistant</b>	<b>McMaster University</b> Department of Kinesiology <i>SSHRC Grant</i> Primary Investigator: Kathleen Martin Ginis, Ph.D.	<b>Sept. – Dec. 2001, 2002</b>
<b>Teaching Assistant</b>	<b>University of Waterloo</b> Department of Kinesiology <i>Social Psychology and Physical Activity</i> Instructor: Lawrence Brawley, Ph.D.	<b>Sept. – Dec. 2000-2002</b>
<b>Research Assistant</b>	<b>University of Waterloo</b> Department of Kinesiology <i>University of Waterloo Interdisciplinary Grant.</i> Primary Investigator: Nicole Culos-Reed, Ph.D.	<b>Sept. – Dec. 2001</b>
<b>Teaching Assistant</b>	<b>University of Waterloo</b> Department of Kinesiology <i>Statistical Techniques Applied to Kinesiology</i> Instructor: Ian Williams, Ph.D.	<b>Jan. – April 2001</b>
<b>Research Assistant</b>	<b>University of Waterloo</b> Department of Kinesiology <i>University of Waterloo Interdisciplinary Grant.</i> Primary Investigator: Lawrence Brawley, Ph.D.	<b>Jan. – Aug. 2001</b>
<b>Research Assistant</b>	<b>University of Calgary</b> Faculty of Kinesiology <i>University of Calgary Internal Research Grant.</i> Primary Investigator: Dave Paskevich, Ph.D.	<b>Jan. – April 2000</b>

**Sessional Instructor**

**University of Calgary**

**Jan. – April 2000**

Faculty of Kinesiology

*The Mind Sciences in Physical Activity, Sport & Health*

Original Instructor: Dave Paskevich, Ph.D.

**PERSONAL CONTINUING EDUCATION**

**Certificate in University Teaching**

**2004**

*University of Waterloo*

Multi-faceted program sponsored by the Teaching Resources and Continuing Education Office and the Dean of Graduate Studies to improve teaching at the university level

## TEACHING

### STATEMENT OF TEACHING PHILOSOPHY:

My approach to teaching reflects my desire to inspire students to better themselves through their time in university and has developed through my personal experiences as a student, mentor, researcher and teacher. Specifically, I see teaching as the opportunity to contribute to students' development of the skills necessary not only for work in their field of choice, but also for the lifelong process of learning. These skills include: (a) interpreting and integrating information, (b), effective communication of thoughts and opinions (c) problem solving, and (d) demonstrating a strong, committed work ethic. Further, as I teach I feel it is vital that students be given the opportunity to apply what they have learned, linking the theoretical with tangible skills and outcomes.

*Note:* My regular teaching load is 2 and 3. Supervision of graduate students, undergraduate honours students, independent study students, or online course delivery is all outside of this regular teaching load.

### TEACHING ACTIVITIES

#### *Current Classroom Teaching*

#### **KINE 1113 – Research Methods in Kinesiology**

*Undergraduate Core*  $\cong$  150 students

This course provides an overview of the role of research, research themes and methodologies in Kinesiology.

#### **KINE 2433 – Psychological Aspects of Physical Activity and Sport\***

*Undergraduate Core*  $\cong$  100 students

The material in this course examines the psychological processes by which sport and physical activity behaviour develop, as well as methods to promote behavioural change.

*\*Previously taught under course number KINE 3443 (2005-2009)*

#### **KINE 3163 – Applied Research Methods in Kinesiology**

*Undergraduate Elective*  $\cong$  10 students

This course is an upper year elective; however, it is a required course for those students pursuing honours degrees in Kinesiology. The objective of this course is to prepare students for conducting directed research by providing them with the skills required for review of literature, statistical analyses, apply for funding and ethics applications.

#### **KINE 3693 – Health Behaviour Change\***

*Undergraduate Elective*  $\cong$  35 students

This course aims to increase the depth and breadth of students' knowledge of issues in health promotion and offers students the opportunity to expand and apply the skills they have developed in the area of health promotion and wellness in practical settings.

*\*Previously taught as Seminar in Health Promotion and Wellness as well as under course numbers KINE 3493 – Health and Wellness Practicum (2005-2006) and KINE 4493 – Seminar in Health Promotion and Wellness (2007-2009)*

**KINE 4693 – Physical Activity Promotion for Chronic Disease Populations\***

*Undergraduate Elective ≅ 30 students*

The course examines the physiological, pharmacological and psychosocial considerations important to the promotion of physical activity among individuals suffering from chronic diseases (e.g., cardiac conditions, diabetes, arthritis, spinal cord injury). This is a required course for those wishing to complete the CSEP CEP program.

*\*Previously taught as KINE 4593 Special Topics in Kinesiology: Physical Activity Promotion for Chronic Disease Populations (2005-2008).*

**KINE 4593 - Promoting Physical Activity for Youth and Adolescents**

*Undergraduate Elective - Open Acadia Course with rolling enrollment*

This course introduces students to theoretical, research and applied issues relevant to physical activity promotion for youth and adolescents.

*Previous Teaching Assignments*

**Health Promotion and Wellness** 2005-2007

Acadia University – Instructor  
Undergraduate Elective

**Health Promotion and Wellness Practicum** 2006

Acadia University - Instructor  
Undergraduate Elective

**Social Psychology and Physical Activity** 2000-2002

University of Waterloo – Teaching Assistant  
Undergraduate Core

**Statistical Techniques Applied to Kinesiology** 2001

University of Waterloo – Teaching Assistant  
Undergraduate Core

**The Mind Sciences in Physical Activity, Sport & Health** 2000

University of Calgary – Sessional Instructor  
Undergraduate Elective

*Guest Lecturing*

**The Social Psychology of Sport and Motor Performance** 2003

University of Waterloo – Invited Guest Lecturer  
Graduate Elective

**Social Psychology and Physical Activity**  
University of Waterloo – Invited Guest Lecturer  
Undergraduate Core

2003

**TEACHING INNOVATIONS & DEVELOPMENT OF TEACHING AIDS**

**Interactive Online Case Studies** (implemented Fall 2007)  
KINE 3443 – Psychological Aspects of Physical Activity and Sport

**Examples of Theory-Based Physical Activity Messages** (implemented Winter 2007)  
KINE 2493 – Health Promotion and Wellness

**SUPERVISION OF GRADUATE AND HONOURS STUDENTS**

*Current Graduate Students*

\*M.Ed. Inter-professional Health (Acadia University) - Victoria Luong (expected Grad. 2019)  
*Introverts as surgeons: How they adapt and what they bring to the workplace.*  
\*Co-supervision with Dr. Allison Petrie

*Current Honours Students*

\*B.Sc. Psychology (Acadia University) – Kendra Beaton (expected grad. 2018)  
*Support and attachment processes in cardiac rehabilitation: An examination of relationship well-being and exercise behaviours*  
\*Co-supervision with Dr. Diane Holmberg

\*B.Sc. Psychology (Acadia University) – Merisha Lewis (expected grad. 2018)  
*Attachment, support processes, and efficacy dynamics within cardiac rehabilitation*  
\*Co-supervision with Dr. Diane Holmberg

\*B.Sc. Community Development (Acadia University) – Kaileigh Skinner (expected grad. 2019)  
*Parents conceptualization of youth social capital development through soccer*  
\*Co-supervision with Dr. Alan Warner

*Previous Graduate Students*

\*M.Sc. Psychology (Acadia University) - Shea O'Bertos (Graduate 2017)  
*Support processes in cardiac rehabilitation*  
\*Co-supervision with Dr. Diane Holmberg

\*M.Sc. Psychology (Acadia University) – Suzanne Farmer (Graduate 2013)  
*Potential differences in the perception and understanding of physical activity vs. exercise in public health promotion*  
Psychology nominee for CIHR Masters Award 2012 & Governor General's Award 2013  
Current position: Private practice  
\*Co-supervision with Dr. Mehta

*Previous Honours Students*

\*B.Sc. Psychology (Acadia University) – Renee Carew (Graduate 2017)  
*Testing a mediational model: The relationship between support styles, self-efficacy, relationship inferred self-efficacy and lifestyle changes in cardiac rehabilitation*  
\*Co-supervision with Dr. Diane Holmberg

B. Kin Honours (Acadia University) - Carolyn Woolridge (Graduate 2017)  
*Performance-enhancing substances: The attitudes and perceptions of male and female athletes in contact sports*

B. Kin Honours (Acadia University) - Paulina Brooks (Graduate 2017)  
*Parental pressures poisoning performance: Understanding how children's success and experience in youth sport is tied to their parents' moral worth*  
Received Honours Summer Research Award

\*B. Sc. Honours – Psychology (Acadia University) - Lauren Matheson (Graduate 2016)  
*Adult Attachment and Dyadic Coping in Cardiac Event Recovery*  
\*Co-supervision with Dr. Diane Holmberg

B. Kin Honours (Acadia University) - Cory Munroe (Graduate 2015)  
*Watching TV to Increase Exercise Motivation? An Experimental Examination of the Effects of Television Programming on Exercise-Related Cognitions.*  
Granted Acadia University Student Exchange to Arizona University (Fall 2013);  
Received Webster Undergraduate Research Award

B. Kin Honours (Acadia University) - Jenny Slauenwhite (Graduate 2015)  
*Exploring Equine Therapeutic Riding as a therapy in management of Paediatric Obesity*  
Current position: Candidate in Speech Language Therapy – Dalhousie University

B. Sc. Psych. Honours (Acadia University) - Emily Gray (Graduate 2014)  
*Implementation and Perceived Effectiveness of the Canadian Diabetes Association's Physical Activity Resources among Diabetes Care Providers across Canada*  
Received Honours Summer Research Award; Received Colville Award, Received ASU Leadership Award, Nominee for Canadian Psychological Association Honours Thesis Award, Nominee for the Association of Psychologists of Nova Scotia Gerald Gordon Memorial Prize for Undergraduate Achievement in Psychology

- B. Kin Honours (Acadia University) - Colin Deal (Graduate 2013)  
*The role of relational perceptions and psychological skills on rehabilitation adherence: Perspectives of the athletic trainer and the-injured athlete*  
 Webster Undergraduate Research Award, winner Best Undergraduate Presentation at the annual Atlantic Provinces Exercise Scientists meeting 2013  
 Current position: PhD candidate (Kinesiology) -University of Alberta
- B. Psych. Honours (Acadia University) - Rachel Weldrick (Graduate 2013)  
*Examining the determinants and consequences of self-prescribed and socially-prescribed perfectionism in sport: Where do relational perceptions and passion for sport fit?*  
 Current position: Masters candidate (Public Health) - McMaster University
- B. Psych. Honours (Acadia University) - Sarah Brown (Graduate 2013)  
*Behaviour Modification Education for a healthy life: The BeME program*  
 Current position: PhD Candidate (Psychology) - Scotland
- B. Kin., Honours (Acadia University) - Kathryn Curry (Graduate 2013)  
*Just doing it or just selling it? Exercise self-efficacy and self-presentational efficacy as predictors of physical activity in kinesiology students*  
 Current position: Occupational Therapy student – Queens University
- B. Kin, Honours (Acadia University) – Jessica Gourley (Graduate 2011)  
*Promoting exercise to avoid being fat, or promoting exercise to stay slim? An attempt to further understand factors affecting body image.* – Received Colville Award, Student of the Month 2010, Alex Wright Award.
- B. Kin, Honours (Acadia University) – Jessica Renshaw (Graduate, 2011)  
*Perceived teaching practices of PE teachers and the exercise related thoughts and behaviours of their students*  
 Current position: Runs her own travel agency in Vancouver, BC
- B. Kin, Honours (Acadia University) – Sophie Rayner (Graduate 2010)  
*Skip rope or skip a meal? A theory driven examination of the factors contributing to caloric restriction and exercise among university students* - received Honours Summer Research Award. Voted student of the month 2010.  
 Current position: Occupational therapy student – Dalhousie University
- B. Kin, Honours (Acadia University) – Ainsley Glassford (Graduate 2010)  
*Becoming a runner and all that goes with it: How perceptions of the social environment impact running identity and self-efficacy for continued participation.* – received Honours Summer Research Award.



- B. Kin, Honours (Acadia University) – Carrie Dillman (Graduate 2009)  
*Diabetes educators' confidence in exercise counseling: An examination of the effectiveness of the 'The Physical Activity and Exercise Tool-kit' as a key counseling resource* - received Honours Summer Research Award; Coville Award; Johnstone Award; Governor-General's Medal for Undergraduate Studies (Highest academic standing at university); Alex Wright Memorial Award; University Medal in Kinesiology; CDA doctoral Fellowship (McMaster University)  
 Current position: Registered physiotherapist
- B. Kin, Honours (Acadia University) – Kelli O'Reilly (Graduate 2009)  
*Impression formation: An examination of exercise attire and body weight* - received Webster Undergraduate Research Award; The Bishop Medal; The Haley Cup and Medal (female athletics and scholarship)  
 Current position: Medical Doctor
- B. Kin, Honours (Acadia University) – Carah Davis (Graduate 2009)  
*Examining the impact of exercise instructor delivery style on proxy-related social cognitions and exercise behaviour.* – winner Best Undergraduate Presentation at the annual Atlantic Provinces Exercise Scientists meeting 2009  
 Current position: Physiotherapist
- B. Kin, Honours (Acadia University) - Laura Graham (Graduate 2008)  
*The effectiveness of verbal distraction as a valuable pain relief method: A comparison of athletes and non-athletes* - received Alex Wright Award; Honours Summer Research Award  
 Current position: Assistant Professor - Physiotherapy – Western University
- B. Kin, Honours (Acadia University) - Shaina Partridge (Graduate 2007)  
*An investigation of the role of the spouse/common-law partner in promoting independent exercise among new cardiac rehabilitation participants.*  
 Current position: Physiotherapist

## ACADEMIC COUNSELING

### **External Member – Graduate**

#### Current

MSc/PhD, Physiotherapy (University of Western Ontario) – Sarah Janssen

Title: *Exploring the role of exercise and physiotherapy practices for the treatment of type 2 diabetes*

MSc, Physical Education (Nipissing University) – Jordan Sutcliff (expected graduation 2019)

Title: *Investigating the Relations Between Personal and Social Identity on Youth Sport Parent Behaviour*

MSc, Kinesiology (University of British Columbia) – Jodi Langley (expected graduation 2018)  
Title: *Reach and fitness effectiveness of a community-based diabetes prevention program: Small steps for big changes.*

### Previous

PhD, Physiotherapy (University of Western Ontario) - Laura Graham 2014  
Title: *Exploring the emerging role of physiotherapy in self-care chronic disease management and wellness promotion for older adults living at home: A beginning for programmatic research to foster physiotherapy expertise in chronic disease management.*

M.Sc. Kinesiology (University of British Columbia) – Jessica Bourne 2011  
Title: *Transformational Teaching and Relational Efficacy Among Adolescents: A Prospective Observational Study*

M.A. Recreation Management (Dalhousie University) – Krista Whittle 2011  
Title: *An exploratory study to examine the relationship between academic achievement and physical activity of girls in grades three to seven participating in a community-based physical activity program*

MSc. Kinesiology (McMaster University) – Elizabeth Gunn 2010  
Title: *Social Efficacy Beliefs and Exercise Behaviour in Cardiac Rehabilitation*

### **Chair of Thesis Defence**

M. A. English (Acadia University) – Karen Jackson 2010  
Title: *Reflections of Nature in the Mirror of Capitalism: The Commodification and Consumption of Nature in Pilgrim at Tinker Creek by Annie Dillard*

M.Sc. Psychology (Acadia University) – Jeffrey Bailey 2009  
Title: *Expanding the Social Communication Model of Pain: Do Adult Attachment Characteristics Influence Observers' Pain-related Evaluations?*

### **External Reader on Theses**

B.A. Hon. History (Acadia University) - Laura Oland 2017  
Title: *The Break from Rome: A Comparison Between Henry VIII and Gustav Vasa*

B.A.Hon. Sociology (Acadia University) - Suleiman Semalulu 2015  
Title: *Student Athletes' Attitudes towards the use of Performance Enhancing Drugs*

B.A.Hon. English (Acadia University) – Shilo Pearle 2014  
Title: *In a hole in the ground there lived a novel of not so little consequence*

- B.Sc.Hon. Psychology (Acadia University) – Ryan Sawler 2014  
 Title: *Examining the relationship among the components of behavioural and experimental self-regulation, goal proximity, and psychological well-being.*
- B.Sc. Hon. Psychology (Acadia University) – Jillian Glasgow 2013  
 Title: *When You Need a Hand: A Model of Attachment and Support Seeking in Romantic Relationships.*
- B.Sc.Hon. Biology (Acadia University) – Carly MacDonald 2011  
 Title: *Ciprofloxacin, nitrofurantoin, fosfomycin, and trimethoprim-sulfamethoxazole resistance screening o urinary isolates and the pharmacodynamics modeling of fosfomycin*
- B.A. Hon. Sociology (Acadia University) – Nicole Hattie 2010  
 Title: *Columbia: The Political Economy of Fascist Development*
- B.Sc.Hon. Biology (Acadia University) – Jesse Saroli 2009  
 Title: *Habitat Use and Movement of the Eastern Ribbonsnake (Thamnophis Sauritus) at Meso-Scales*
- B.Sc. Hon. Psychology (Acadia University)– Christina Weston 2008  
 Title: *The Influence of Kinaesthetic Factors on Visual Word Form Memory: Comparing the Effects of Handwriting and Typing*
- M.Sc. Kinesiology (Dalhousie University) - Danielle Poulos 2007  
 Title: *Exercise in Individual vs. Social Context: Impact on Negative Affect in Young Adult Females*
- B.Sc. Hon. Math (Acadia University) - Duncan MacDonald 2006  
 Title: *Visual Tracking of White and Yellow Balls in Experienced Softball Batters*

### **Second Reader – Honours Thesis**

- B. Kin, Honours (Acadia University) – Janet Aucoin 2018
- B. Sc., Honours (Acadia University) – Renee Carew 2017
- B. Kin, Honours (Acadia University) – Danielle Cruickshank 2017
- B. Kin, Honours (Acadia University) – Melanie Killen 2016
- B. Kin, Honours (Acadia University) – Myles O’Brien 2016
- B. Sc, Honours (Acadia University) – Lauren Matheson 2016
- B. Kin, Honours (Acadia University) – Hanna Price 2015
- B. Kin, Honours (Acadia University) – Elizabeth Skuriat 2015
- B. Kin, Honours (Acadia University) – Kiara Clory 2014
- B. Kin, Honours (Acadia University) – Jacqueline Yeldon 2014
- B. Kin, Honours (Acadia University) – Hilary Cullen 2013
- B. Kin, Honours (Acadia University) – Lisette D’Entremeont 2013
- B. Kin, Honours (Acadia University) – Andy West 2012

B. Kin, Honours (Acadia University) – Natalie D’Entremont	2012
B. Kin, Honours (Acadia University) – Ashley Fry	2011
B. Kin, Honours (Acadia University) – Tim Gravelle	2010
B. Kin, Honours (Acadia University) – Ryan McKeough	2010
B. Kin, Honours (Acadia University) - Monica Bondre	2009
B. Kin, Honours (Acadia University) - Katie Aucoin	2009
B. Kin, Honours (Acadia University) - Clare Armstrong	2008
B. Kin, Honours (Acadia University) - Anna Smallwood	2006

### **Directed Readings and Independent Studies – Graduate**

M.Ed. (Acadia University) - Kate Lovett*	Fall 2009
M. RMCD (Acadia University) - Kelly Whitney-Squire*	Fall 2009

\*acted as co-supervisor

### **Directed Readings and Independent Studies – Undergraduate**

B.Code (Acadia University) – Kaileigh Skinner	Winter 2018
B. Kin. (Acadia University) – Judith Gee	Fall 2017
B.Sc. Psych. (Acadia University) – Ashlee Jansen	Fall 2017
B. Kin. Honours (Acadia University) – Carolyn Woolridge	Winter 2016
B. Kin. Honours (Acadia University) – Paulina Brooks	Winter 2016
B.Kin. (Acadia University) – Jodi Langley	Winter 2016
B.Kin. (Acadia University) – Jill Burton	Winter 2016
B.Kin. (Acadia University) – Liam Heelis	Winter 2015
B.Kin. (Acadia University) – Liam Heelis	Fall 2014
B.Kin. (Acadia University) – Lillie Coolen	Fall 2014
B.Kin., Honours (Acadia University) – Jenny Slauenwhite	Winter 2014
B.Kin. Honours (Acadia University) – Cory Munroe	Winter 2014
B.Sc. Psych. (Acadia University) – Emily Gray	Winter 2013
B.Sc. Psych. (Acadia University) – Rachel Weldrick	Winter 2012
B.Sc. Psych. (Acadia University) – Sarah Brown	Winter 2012
B.Kin.(Acadia University) – Colin Deal	Fall 2011
B.Kin. (Acadia University) – Kathryn Curry	Winter 2011
B.Kin, Honours (Acadia University) – Heather McQueen	Fall 2010
B. Kin, (Acadia University) – Heather McQueen	Winter 2009
B. Kin, Honours (Acadia University) – Jessica Gourley	Fall 2009
B. Kin, Honours (Acadia University) – Jessica Renshaw	Fall 2009
B. Kin, Honours (Acadia University) - Sophie Rayner	Winter 2009
B. Kin, Honours (Acadia University) - Ainsley Glassford	Winter 2009
B. Kin. (Acadia University) - D’Arcy Stonehouse	Winter 2009
B. Kin, Honours (Acadia University) - Carah Davis	Fall 2008
B. Kin, Honours (Acadia University) - Kelli O’Reilly	Winter 2008
B. Kin. (Acadia University) - Onica Sprokkreef	Winter 2007

## Undergraduate Practicum Supervisions

<i>2006</i>	<i>2007</i>	<i>2009</i>	<i>2010</i>	<i>2012</i>
Leanne Chirkoff (Nutrition)	Natalie Boudreau (Kine. + Bio)	Ainsley Glassford (Kine)	Laura Tremaine (Kinesiology)	Kathryn Curry (Kinesiology)
Onica Sprokkreeff (Kine. )	Kyla Gaudet (Kine. + Nutr.)	Allison Fulton (Kinesiology)	Peter Manzo (Kinesiology)	Allisyn Howard (Kinesiology)
Jennifer Thompson (Kinesiology)	Katie McClelland (Kinesiology)	Maeghan Hill (Kinesiology)	Ryan MacDonald (Kinesiology)	Natalie D'Entremont (Kinesiology)
Alicia Barry (Kinesiology)	Emily Read (Kinesiology)	Colleen Kuhlman (Kinesiology)	Ross Hussey (Kinesiology)	Marki Wong (Kinesiology)
Andrea Burk (Kinesiology)	Sam Syrotiuk (Kinesiology)	Danny MacKinnon (Kinesiology)	Sherri-lee Castello (Kinesiology)	
Elissa Cohen (Kinesiology)		Katie Butler (Kinesiology)		
Shanna Nickerson (Rec. Man.)		Nicola Lannan (Kinesiology)		
Michelle Ross (Kinesiology)				

## SCHOLARLY ACTIVITY

### DESCRIPTION OF PROGRAM OF RESEARCH:

My research examines psychosocial determinants and consequences of physical (in)activity, with my primary area of expertise focusing on how the health care professional-client interaction may influence adherence among symptomatic (e.g., the elderly, cardiac rehabilitation patients, diabetes patients) and asymptomatic populations. The primary focus of my scholarly work is not only the creation of a better understanding of these processes, but the application of this understanding to change behaviours, and improve practice in health and exercise settings.

### PAPERS IN REFEREED JOURNALS AND PROCEEDINGS

#### *Refereed Journals Under Review, Accepted or In Press*

*\*trainees including graduate and undergraduate honours students under my supervision in italics*

1. Fisher, K. L., Reeder, B. A., Harrison, E. L., Bruner, B. G., Ashworth, N. L. Phawa, P., Sari, N., Sheppard, M. S., **Shields, C. A.**, Chad, K. E. (online ahead of print). Comparing class-based and home-based exercise for older adults with chronic health conditions: 12-month follow-up of a randomized clinical trial. *Journal of Aging and Physical Activity*. <https://doi.org/10.1123/japa.2016-0285>
2. Gray, E., **Shields, C.**, & Fowles, J.R. (2017). Building Competency and Capacity for Effective Physical Activity Promotion in Diabetes Care in Canada. *Canadian Journal of Diabetes*, 41, 491-498. ®
3. O'Brien, M. W., Shields, C., Oh, P., & Fowles, J. (2017). Health Care Provider Confidence and Exercise Prescription Practices of Exercise is Medicine Canada Workshop Attendees. *Applied Physiology, Nutrition and Metabolism*, 42, 384-390 ®
4. Fowles, J., O'Brien, M. W., Wojcik, W. R., d'Entremont, L., & Shields, C. (2017) 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 Behaviors. *Applied Physiology, Nutrition and Metabolism*, 42, 677-680. ®
5. Bruner, M.W., Balish, S, Forrest, C., Brown, S., Webber, K., Gray, E., McGuckin, M., Keats, M.R., Rehman, L., & **Shields, C.** (2017). Ties that Bond: Youth Sport as a Vehicle for Social Identity and Positive Youth Development. *Research Quarterly for Exercise and Sport*. DOI: 10.1080/02701367.2017.1296100®
6. Deal, C. J., & **Shields, C. A.** (2015). Importance of the Student Therapist/Athlete Relationship and Goal-Setting in Injury Rehabilitation. *The Qualitative Report*, 20(11), 1859. ®

7. Bourne, J., Liu, Y., **Shields, C.**, Jackson, B., Zumbo, B. D., & Beauchamp, M.R. (2015). The Relationship Between Transformational Teaching and Adolescent Physical Activity: The Mediating Roles of Personal and Relational Efficacy Beliefs. *Journal of Health Psychology, 20*, 132-143. ®
8. Fowles, J. R., **Shields, C.**, Barron, B., McQuaid, S., & Dunbar, P. (2014). Implementing resources to support patient physical activity through Diabetes Centres in Atlantic Canada: the effectiveness of 'Toolkit' based physical activity counseling. *Canadian Journal of Diabetes, 38*, 415-22 ®
9. Fowles, J.R., **Shields, C.**, d'entremont, L., McQuaid, S., Barron, B., & Dunbar, P. (2014) Implementing resources to support patient physical activity through Diabetes Centres in Nova Scotia: the effectiveness of enhanced support for exercise participation. *Canadian Journal of Diabetes, 38*, 423-31 ®
10. Berry, T. R. & **Shields, C.** (2014). Source attribution and credibility of health and appearance exercise advertisements: Relationship with implicit and explicit attitudes and intentions. *Journal of Health Psychology, 19*, 242-252. doi: 10.1177/1359105312468190®
11. **Shields, C.A.**, Fowles, J.R., Dunbar, P., Barron, B., McQuaid, S., & Dillman, C.J. (2013). Increasing Diabetes Educators' confidence in exercise counseling: The effectiveness of the 'Physical Activity and Exercise Tool-kit'. *Canadian Journal of Diabetes.* ®
12. Shearer, C., Blanchard, C., Kirk, S., Lyons, R., Drummer, T., Pitter, R., Rainham, D., Rehman, L., **Shields, C.**, Sim, M. (2012) Physical activity and nutrition among youth in rural, suburban, and urban neighbourhoods. *Canadian Journal of Public Health, 103*, eS55-eS60 ®
13. Strachan, S.M., **Shields, C.A.**, Glassford, A., & Beatty, J. (2012). Is it who I am or who I'm with that counts?: The associations between role and group exercise identity with adjustment to running group disbandment. *Psychology of Sport and Exercise, 13*, 436-443. ®
14. Bray, S. R., Beauchamp, M. R., Latimer, A. E., Hoar, S. D., **Shields, C. A.**, & Bruner, M. W. (2011). Effects of a print-mediated intervention on physical activity during transition to the first year of university. *Behavioral Medicine, 37*(2), 60-69. ®
15. Dillman, C.J., **Shields, C.A.**, Fowles, J.R., Perry, A., Murphy, R.J.L., & Dunbar, P. (2010) Including physical activity and exercise in diabetes management: Diabetes Educators' perceptions of their own abilities and the abilities of their clients. *Canadian Journal of Diabetes, 34*, 218-226. ® \*\*  
 \*\* Winner of the Canadian Diabetes Association - Diabetes Educator Section 2011 Brian Dufton Memorial Manuscript Award

16. **Shields, C.A.**, Spink, K.S., Chad, K.E., & Odnokon, P. (2008) The confidence to get going: The moderating effects of depressive symptoms on the self-efficacy – activity relationship among youth and adolescents. *Psychology and Health, 1-11*. ®
17. **Shields, C.A.**, Spink, K.S., Chad, K., Muhajarine, N., Humbert, L., & Odnokon, P. (2008). Youth and Adolescent Physical Activity Lapsers: Examining Self-Efficacy as a Mediator of the Relationship Between Social Influence and Physical Activity. *Journal of Health Psychology, 13*, 121-130. ®
18. Woodgate, J., Brawley, L.R., & **Shields, C.A.** (2007). Social support in cardiac rehabilitation: Associations with self-efficacy and health-related quality of life. *Journal of Applied Social Psychology, 37*, 1041-1059. ®
19. **Shields, C.A.**, Brawley, L.R., & Martin Ginis, K.A. (2007). Who are men really impressing? Interactive effects of exercise status and gender on the impressions formed of men. *Sex Roles: A Journal of Research, 56*, 231-237. ®
20. **Shields, C.A.**, & Brawley, L.R. (2007) Limiting Exercise Options: Depending on a Proxy may Inhibit Exercise Self-Management. *Journal of Health Psychology, 12(4)*, 663-671. ®
21. **Shields, C.A.**, Lindover, T.I., & Brawley, L.R. (2006). Self-Efficacy as a Mediator of the Relationship Between Causal Attributions and Exercise Behavior. *Journal of Applied Social Psychology, 36*, 2785-2802. ®
22. **Shields, C.A.**, & Brawley, L.R. (2006). Preferring Proxy Agency: Impact on Self-Efficacy for Exercise. *Journal of Health Psychology, 11(6)*, 906-917. ®
23. Martin Ginis, K.A., Jung, M.E., Brawley, L.R., Latimer, A.E., Hicks, A.L., **Shields, C.A.**, & McCartney, N. (2006) The effects of physical activity enjoyment on sedentary older adults' physical activity attitudes and intentions. *Journal of Applied Biobehavioral Research, 11 (1)*, 29-43. ®
24. Spink, K. S., **Shields, C. A.**, Chad, K. E., Humbert, M. L., Muhajarine, N., & Odnokon, P. (2006). Correlates of Structured and Unstructured Activity among Sufficiently Active Youth: A New Approach to Understanding Youth and Adolescents' Physical Activity Participation *Pediatric Exercise Science, 17*, 203-215. ®
25. **Shields, C.A.**, Brawley, L.R., & Lindover, T.I. (2005). Where perception and reality differ: Dropping out is not the same as failure. *Journal of Behavioral Medicine, 28*, 481-491. ®
26. Culos-Reed, S.N., **Shields, C.A.**, & Brawley, L.R. (2005). Breast cancer survivors involved in vigorous team physical activity: Psychosocial correlates of maintenance participation. *Psycho-oncology, 14*, 594-605. ®



27. **Shields, C.A.**, & Paskevich, D.M., & Brawley, L.R. (2003). Self-handicapping in exercise: Towards a measurable construct. *Journal of Sport and Exercise Psychology*, 25(3),267-283. ®
28. **Shields, C.A.**, Paskevich, D.M. (2001). Examination of the Self-Handicapping Scale and its extension for use in exercise. *AVANTE*, 7(3), 1- 10. ®

*Refereed Abstracts in Published Journals*

1. O'Brien, M., Shields, C., Yungblut, S., Fowles, J. (2016). Opposition and opportunity: Reported challenges and changes to practice within the context of the Exercise is Medicine Canada initiative. *Journal of Exercise, Movement, and Sport*, 47(1).
2. Fowles, J.R, M.W O'Brien, S Yungblut, P. Oh, and CS. Shields. Implementation and perceived effectiveness of the Exercise is Medicine Canada workshops in primary care providers across Canada. *Appl. Phys. Nutr. Metab.* 41 (9); S357, 2016.
3. O'Brien MW, Fowles, J.R, S Yungblut, P. Oh, and CS. Shields Short term effectiveness of the Exercise is Medicine Canada exercise prescription resources among physicians across Canada. *Appl. Phys. Nutr. Metab.* 41 (9): S378, 2016.
4. **Shields, C.**, Fowles, J., O'Brien, M., Yungblut, S., Fortier, M. S., & Oh, P. (2015). Exercise is Medicine Canada: early but important signs of the effectiveness of this national initiative. *Journal of Exercise, Movement, and Sport*, 47(1)
5. Fowles, J.R, O'Brien, M., Yungblut, S., Oh, P., & **Shields, C.A.** (2015). Implementation and perceived effectiveness of the Exercise is Medicine Canada workshops in primary care providers across Canada. *Applied Physiology, Nutrition and Metabolism*, 40, S23. ®
6. Blanchard, C.M., Shearer, C., Rainham, D., Kirk, S., **Shields, C.**, Pitter, R., Drummer, T., & Lyons, R. (2012) Physical activity in adolescents: The role of the built environment from a GPS perspective *Journal of Sport and Exercise Psychology* ®
7. *Gourley, J.*, & **Shields, C.A.** (2011). Does what I hear become what I see and what I do? The influence of appearance and function related commentary on body image and exercise. *Journal of Sport and Exercise Psychology*, 33 (Suppl), S151. ®
8. **Shields, C. A.**, Brawley, L., Glazebrook, K., Anderson, T., Flora, P. (2010). Establishing determinants of future efficacy: Initial proxy-efficacy as a predictor of post-program self-regulatory efficacy. *Journal of Sport and Exercise Psychology*, 32 (Suppl), S220. ®

9. **Shields, C. A., Dillman, C., Fowles, J., Murphy, R.J.L., Dunbar, P., Perry, A.** (2010) Diabetes Educators' physical activity and exercise-related perceptions and practices 12 months after receiving the Physical Activity and Exercise Toolkit. *Annals of Behavioral Medicine, 39 (Suppl.)*, S83. ®
10. Murphy, R.J.L., Bondre, M.B., & **Shields, C.A.** (2009). Are Wii Fit and active? Reproducibility of measured physical activity during different activities. *Medicine and Science in Sports and Exercise, 41(5)*, S10. ®
11. *O'Reilly, K., & Shields, C. A.* (2009). Looking the part: The effect of exercise attire on the overweight stereotype. *Annals of Behavioral Medicine, 37 (Supp.)*, S223 ®
12. **Shields, C.A., Dillman, C., Fowles, J., Murphy, R., Dunbar, P., Perry, A., & Fryia, S.** (2009). Diabetes educators' self-efficacy and other efficacy for physical activity: Does experience or training matter? *Annals of Behavioral Medicine, 37 (Suppl.)*, S57. ®
13. *Dillman, C.J., Fowles, J. R., Shields, C.A., Murphy, R.J.L., Fryia, S., Perry, A., Dunbar, P.* (2008). Diabetes Educators' Perceptions and Practices Around Physical Activity and Exercise Prescription. *Canadian Journal of Diabetes, Supplement*. ®
14. Bray, S. R., Beauchamp, M. R., Latimer, A. E., Hoar, S. D., **Shields, C. A.**, Bruner, M. W., Morton, K, Clayton, C. S. & Kwan, M. Y. W. (2008). Guiding physical activity during transition to university. *Journal of Sport and Exercise Psychology, 13 (Supplement)*, S154. ®
15. **Shields, C.A., Jung, M., & Brawley, L.R.** (2007) Do Personal Trainers Help Clients Take Responsibility for their Exercise? *Journal of Sport and Exercise Psychology, 29 (Supplement)*, S203. ®
16. **Shields, C.A., Jung, M., & Brawley, L.R.** (2006). Is my exercise leader confident in my abilities to self-manage exercise? Relational efficacy beliefs as predictors of self-regulatory efficacy. *Journal of Sport and Exercise Psychology, 28 (Supplement)*, S166. ®
17. Spink, K.S., Chad, K. E., **Shields, C. A.**, Humbert, M. L., Muhajarine, N., & Odnokon, P. (2005) Youth Physical Activity: An Analysis of Intrapersonal, Social and Environmental Correlates. *Journal of Sport and Exercise Psychology, 27 (Supplement)*, S147. ®
18. **Shields, C. A., & Brawley, L. R.** (2005). Limiting exercise options: Depending on a proxy may inhibit exercise self-management. *Annals of Behavioral Medicine, 29 (Supplement)*, S79. ®

19. Woodgate, J., Latimer, A. E., Jung, M. E., **Shields, C. A.**, Strachan, S. M., & Elston, T. (2004). Image Isn't Everything: Impression Motivation Moderates the Social Physique Anxiety - Exercise Relationship. *Journal of Sport and Exercise Psychology, 26 (Supplement)*, S201. ®
20. **Shields, C.A.**, Latimer, A. E., Strachan, S. M., Woodgate, J., Jung, M. E., & Elston, T. (2004). Presentation is everything: Links between self-presentational success and physical activity cognition, affect and behavior. *Journal of Sport and Exercise Psychology, 26 (Supplement)*, S169. ®
21. **Shields, C.A.**, & Brawley, L.R. (2004). Is preference for proxy-contact linked to less self-efficacy and greater proxy dependence? The dilemma of relying on the exercise instructor. *Journal of Sport and Exercise Psychology, 26 (Supplement)*, S168. ®
22. Angove-Woodgate, J., Jung, M.E., Latimer, A.E., Strachan, S.M., **Shields, C.A.**, & Elston, T. (2004). How do I look? Self-presentation cognitions and frequency of exercise attendance. *Annals of Behavioral Medicine, 27(Supplement)*, S93. ®
23. Latimer, A.E., **Shields, C.A.**, Jung, M.E., Angove-Woodgate, J., Stachan, S.M., & Lin, C. (2004). Self-presentational efficacy in exercise: Attributional and affective determinants. *Annals of Behavioral Medicine, 27(Supplement)*, S93. ®
24. **Shields, C.A.**, & Brawley, L.R. (2004). The dilemma of structured exercise: Balancing proxy-efficacy, reliance and self-regulatory efficacy. *Annals of Behavioral Medicine 27(supplement)*, S93. ®
25. Martin Ginis, K.A., Brawley, L.R., Jung, M.E., **Shields, C.A.**, Latimer, A.E., Hicks, A.L., McCartney, N. (2003). A single bout of exercise can improve activity-related thoughts and behaviors among very sedentary older adults. *Journal of Sport and Exercise Psychology, 25(supplement)*, S96. ®
26. **Shields, C.A.**, Brawley, L.R., & Lindover, T.I. (2002). Where perception and reality differ: Dropping out is not the same as failure. *Journal of Sport and Exercise Psychology, 24(supplement)*, S113. ®
27. **Shields, C.A.**, Culos-Reed, S.N., Angove, J., & Brawley, L.R. (2002). The association between dragonboat participation and psychosocial variables: A positive physical activity experience for breast cancer survivors. *Journal of Sport and Exercise Psychology, 24(supplement)*, S113. ®
28. **Shields, C.A.**, Lindover, T.I., & Brawley, L.R. (2002). Social-cognitive mediators of exercise adherence: A prospective examination. *Annals of Behavioural Medicine, 24(supplement)*, S40. ®

### *Invited Articles – Professional Publications*

29. **Shields, C.A.**, & Fowles, J. (2011). Taking the first steps: Strategies for regular promotion of physical activity as part of routine diabetes management. *Canadian Diabetes*, 24, 2, 3-6.
30. Fowles, J., & **Shields, C.A.** (2011, Summer). A Diabetes physical activity and exercise tool kit for clinical practice. *The Diabetes Communicator*, 16 – 18.

### **BOOK CHAPTERS**

1. Gyurcsik, N. **Shields, C.** Cary, M. A., & Brawley, L. R. (in press). Physical Activity for Arthritis and Diabetes: Psychological Aspects of Self-Management Behavior for People with Chronic Disease. In A. Smith & T. Horn (Eds). *Advances in Sport and Exercise Psychology 4<sup>th</sup> ed.*
2. Bray, S.R., Shields, C.A., Jackson, B., & Saville, P.D. (2014). Proxy & Relational Agency in Physical Activity. In M. Eys & M. Beauchamp (Eds). *Group Dynamics Advances in Sport and Exercise Psychology: Contemporary Themes 2nd ed.* Routledge. pp. 91-109.
3. Bray, S. R., & **Shields, C.A.** Proxy agency in physical activity. (2007). In M. Beauchamp & M. Eys (Eds.), *Group Dynamics Advances in Sport and Exercise Psychology: Contemporary Themes.* Routledge. pp. 79-96.

### **PRESENTATIONS DELIVERED AT PROFESSIONAL MEETINGS AND ACADEMIC CONFERENCES**

#### *Invited Keynote or Symposium Presentations*

1. **Shields, C. A.**, Fowles, J., O'Brien, M., Yungblut, S., Fortier, M., & Oh, P. (Oct., 2015). *Exercise is Medicine Canada: Early but important signs of the effectiveness of this national initiative.* Paper presented as part of a symposium entitled “The face of emerging physical activity promotion initiatives across the country: something for everyone, everywhere.” to the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Edmonton, AB. Other presenters include K. Arbour-Nicotopolous (University of Toronto), M. Jung (University of British Columbia), S. Johnson (Athabasca University), L. Frank (Leduc Beaumont Devon Primary Care Network).
2. **Shields, C. A.** & Fowles, J. (Oct, 2014). *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 presented 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. Other presenters include M.

Fortier (University of Ottawa), J. Tomasone (McMaster University), G. Faulkner (University of Toronto), Bob Petrella (Western University).

3. **Shields, C.A.** (June, 2014). *Talking in Circles to Walking Around the Block: Patient Engagement, Physical-Activity and Chronic Disease Management*. Invited talk to be presented to the annual REACH conference, Moncton, NB.
4. **Shields, C.A.** (March, 2014). *Leveling the body-image playing field: Dissatisfaction for all*. Invited talk presented to the bi-annual Acadia Kinesiology Society conference, Wolfville, NS.
5. Fowles, J., & **Shields, C.A.** (October, 2013). *Physical Activity and Exercise Toolkit – Knowledge Translation*. Invited talk presented as part of the 9<sup>th</sup> annual Lawson Foundation Diabetes Workshop, Montreal, PQ.
6. **Shields, C.A.** (October, 2011). *Every Patient, Every Time: Strategies for Promoting Physical Activity and Exercise in Diabetes Care*. Invited talk presented as part of a symposium on physical activity promotion for those with diabetes at the annual meeting of the Canadian Diabetes Association, Toronto, ON. Other presenter J. Fowles (Acadia University).
7. **Shields, C.A.** (2011). *“Is sick and tired who I have to be? How physical activity can promote psychological wellbeing”* Invited keynote presentation at the Atlantic Chronic Disease Congress, Moncton, NB.
8. **Shields, C. A.** (October, 2010). *Practical Strategies for Physical Activity and Exercise in Diabetes*. Invited talk presented as part of a symposium at the annual meeting of the Canadian Diabetes Association, Edmonton, AB. Other presenters include R. Sigal (University of Calgary), J. McGavock (University of Manitoba), P. Oh (Toronto Rehabilitation Institute)
9. **Shields, C.A.** (October, 2010). *Understanding relational perceptions in cardiac rehabilitation: Early findings and possible implications*. Paper presented as part of a symposium entitled Exercise Psychology in Cardiac Rehabilitation at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Ottawa, ON. Other presenters include M. Fortier, S. Sweet (University of Ottawa), S. Bray (McMaster University), & L. Brawley (University of Saskatchewan).
10. **Shields, C.A., Partridge, S., Dewar, C., & Wightman, H.** (2008, April). *A preliminary investigation of relational-efficacies and self-regulation in cardiac rehabilitation*. Presented as part of the symposium entitled “Self-regulation and volitional engagement in physical activity” at the annual meeting of the British Psychological Society, Dublin, Ireland
11. **Shields, C.A.** (Symposium Chair), Chad, K.E., Campagna, P., Fortier, M. (2006, November). *Health Research in Motion: Integrated Programs of Community-Based*

*Physical Activity*. Presented at Building Bridges 2006, the annual meetings of the Canadian Society for Psychomotor Learning and Sport Psychology and the Canadian Society , Halifax, NS.

*Papers delivered at Professional meetings and Academic conferences\**

\*When not published in an academic journal, abstracts accompanying presented were published in conference proceedings either in hardcopy or on CD.

*During 2018*

1. O'Brien, M., **Shields, C.**, Crowell, S., Theou, O., McGrath, P., & Fowles, J. (June 2018). *Nova Scotia physician perspectives on promoting and sustaining physical activity and exercise in healthcare*. Accepted for presentation at Dalhousie's Primary Healthcare Research Day
2. Sutcliffe, J., **Shields, C.**, Cruwys, T., Haslam, A., & Bruner, M.W. (March, 2018). *Investigating the relations between personal and social identity on youth sport parent behaviour*. Paper presented at the Eastern Canada Sport and Exercise Psychology Symposium, Montreal, QC.

*During 2017*

3. Brooks, P., **Shields, C.**, & Pitter, R. (Nov. 2017). *Kids in sport-a moral responsibility? Examining parents' support and expectations*. Paper presented at the annual meeting of the North American Society for Sociology in Sport. Windsor, ON.
4. O'Brien, M., **Shields, C.**, & Fowles, J. (Nov. 2017). *'Stepping-Up' to the Challenge: Diabetes Care Professionals Promoting Physical Activity*. Paper presented at the annual meeting of Diabetes Canada. Edmonton, AB: Nov, 2017.
5. Carew, R., O'Bertos, S., Matheson, L., Holmberg, D., & **Shields, C.** (Oct. 2017). *Testing a mediational model: The relationship between support styles, relationship-inferred self-efficacy, self-efficacy, and exercise in cardiac rehabilitation*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. St. John's NL.
6. Woolridge, C., & **Shields, C.** (Oct. 2017). *"Hard work, sacrifice and focus will never show up in tests": Varsity and club athletes' attitudes towards performance enhancing drugs and nutritional supplements - Do gender and sport type make a difference?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. St. John's NL
7. Brooks, P., **Shields, C.**, & Pitter, R. (Oct. 2017). *Who I am depends on what you do: Parents' form athletic-identities through their child's sport participation which have consequences for perceptions and behaviour*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. St. John's NL:

8. Matheson, L., O'Bertos, S., Carew, R., Holmberg, D., & **Shields, C.** (June, 2017). *Support and coping in cardiac rehabilitation: An examination of protective buffering, overprotection and active engagement.* Poster presented at the meeting of the Canadian Psychological Association, Toronto, ON
9. Forbes, C., C., Rainham, D., Giacomantonio, N., Vallis, M., Plotnikoff, R., Rhodes, R., **Shields, C.**, Fowles, J., Blanchard, C., (June, 2017). *Examining physical activity and sedentary behaviour in adults with type 2 diabetes over a 6-month period.* Paper presented at the annual meeting of the International Society of Behavioural Nutrition and Physical Activity. Victoria BC
10. O'Brien, M., **Shields, C. A.**, Oh, P., & Fowles, J. (June, 2017). *Effectiveness of the Exercise is Medicine Canada Training Workshops on Physician Counselling and Prescription Practice.* Paper presented at the annual meeting of the American College of Sports Medicine.
11. Rehman, L., Balish, S., Bruner, M., Keats, M., & **Shields, C.** (May, 2017). *Engaging Community Recreation and Sport Professionals: Inclusive Recreational Sports or Exclusive?* Paper presented at the Canadian Congress on Leisure Research. Waterloo, ON.
12. Woolridge, C. & Shields, C.A. (March, 2017). *Examining athletes' attitudes towards performance-enhancing drugs and nutritional supplements.* Paper presented at the annual meeting of the Atlantic Provinces Exercise Scientists, Prince Edward Island.
13. O'Brien MW, **Shields CA**, Crowell S, Theo O, McGrath P, Fowles JR. (April, 2017). *Physical Activity Counselling and Exercise Prescription Practices of Nova Scotian Physicians.* Primary Health Care Research Day. Halifax, Nova Scotia.
14. Theo O, O'Brien MW, **Shields CA**, Crowell S, McGrath P, Fowles JR. (April, 2017). *Physical Activity Counselling and Exercise Prescription Practices of Nova Scotian Physicians.* Poster Presented at Department of Medicine Research Day. Halifax, Nova Scotia.
15. O'Brien MW, **Shields CA**, Crowell S, McGrath P, Fowles JR. (March, 2017). *Practices and Perceptions of Physical Activity Counselling and Exercise Prescription among Nova Scotian Health Care Providers.* Paper presented at the annual meeting of the Atlantic Provinces Exercise Scientists, Prince Edward Island

#### *During 2016*

1. **Shields, C.**, Pitter, R., & Dithurbide, L. (October, 2016). TSN – The Social Network: Parents' perspectives on youth sport in an era of specialized sport opportunities. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology and the Canadian Society, Kitchener, ON

2. O'Brien, M., **Shields, C.**, Yungblut, S., & Fowles, J. (October, 2016). Opposition and opportunity: Reported challenges and changes to practice within the context of the Exercise is Medicine Canada initiative. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology and the Canadian Society, Kitchener, ON
3. Fowles, J. R., O'Brien, M. W., Wojcik, W. R., D'Entremont, L., & **Shields, C. A.** (October, 2016). CSEP Validity and Reliability of the CSEP-PATH PASB-Q and MLT-Q to Assess Physical Activity and Sedentary Behaviors: A Pilot Study. Paper presented at the annual meeting of the Canadian Society for Exercise Physiology, Victoria, BC.
4. O'Brien, M. W., **Shields, C. A.**, Oh, P., Yungblut, S., & Fowles, J. R. (October, 2016). Short Term Effectiveness of the Exercise is Medicine Canada Exercise Prescription Resources Among Physicians Across Canada Paper presented at the annual meeting of the Canadian Society for Exercise Physiology, Victoria, BC.
5. O'Brien, M., Fowles, J.R, **Shields, C.A.**, Oh, P., & Yungblut, S. (March 2016). Implementation and perceived effectiveness of the Exercise is Medicine Canada workshops in primary care providers across Canada. Paper presented at the annual conference of the Atlantic Provinces Exercise Scientists and Socio-Culturalists, Antigonish: NS.
6. O'Brien, M., Fowles, J., **Shields, C.**, Oh, P., & Yungblut, S. (March 2016). Implementation and perceived effectiveness of the Exercise is Medicine Canada exercise prescription resources among health care providers across Canada. Paper presented at the annual Crossroads Health Research conference, Halifax: NS.

*During 2015*

7. *Munroe, C.* & Shields, C. (Oct, 2015). Just going to do it: An experimental examination of the effects of sports-related television content on exercise-related cognitions. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology: Edmonton, AB.
8. *Heelis, L.* & Shields, C. (Oct, 2015). The burden of the balance: Action-research examining the stress experienced by student-athletes at Acadia. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology: Edmonton, AB.
9. *Slauenwhite, J.* & Shields, C. (Oct. 2015). Exploring horseback riding as a means to build physical competence among adolescent girls. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology: Edmonton, AB.
10. Fowles, J., O'Brien, M., Yungblut, S., Oh, P., & **Shields, C.** (Oct. 2015). Implementation and perceived effectiveness of the Exercise is Medicine Canada workshops in primary care providers across Canada. Paper presented at the annual meeting of the Canadian Society for Exercise Physiology, Hamilton: ON.



*During 2014*

11. Bruner, M.W., Balish, S., Forrest, C., *Brown, S.*, Webber, K., *Gray, E.*, McGuckin, M., Keats, M. \*, Rehman, L. \*, **Shields, C.\*** (Oct, 2014). Social identity and positive youth development in recreational sport. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology: London, ON.  
\* = These authors are listed alphabetically
12. **Shields, C**, Balish, S, *Brown, S*, Forrest, C, Webber, K, *Gray, E*, Bruner, M. W\*., Keats, M\*, Rehman, L\* (Oct., 2014). My parents think I can play...kind of: Relationships between RISE, self-efficacy and parent other-efficacy within youth sport. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology: London, ON.  
\* = These authors are listed alphabetically
13. Webber, K.L., Rehman, L., Balish, S. M., *Brown, S.*, Forrest, C., *Gray, E.*, McGuckin, M., Bruner, M.W\*., Keats, M\*., **Shields, C\*** (Sept. 2014). Is it the end of spontaneity? Exploring supports and challenges to providing successful experiences for overweight children in sport. Paper presented at the World Leisure Congress: Mobile: Alabama.  
\* = These authors are listed alphabetically
14. *Gray, E.*, **Shields, C.**, & Fowles, J. (Oct. 2014). *Changing the Landscape of Physical-Activity Promotion in Diabetes Care in Canada: Follow-Up Analyses of a National Initiative*. Paper presented at the annual meeting of the Canadian Diabetes Association: Winnipeg, MB.\*  
\*Awarded Highlighted poster status
15. *Gray, E.*, **Shields, C.**, Fowles, J., Gall Casey, C., Oh, P., & Bloomer, I. (March, 2014). *Changes in Practice and Ongoing Challenges in Physical Activity Promotion in Diabetes Care: An Implementation Evaluation of the Canadian Diabetes Association's Physical Activity Resources*. Paper presented at the Dalhousie Crossroads Health Research conference, Halifax, NS. ®
16. Webber, K, Rehman, L, Balish, S.M., *Brown, S\**, Bruner, M.W\*, Forrest, C\*, Keats, M\*, **Shields, C\*** (April, 2014). *Successful Experiences of Overweight Children in Sport: A Mixed Methods Study*. Paper presented at the Mobilizing Our Communities: Taking Health Promotion to the Streets conference, Halifax, NS.  
\* = These authors are listed alphabetically ®

*During 2013*

17. Balish, S. M., Webber, K., *Brown, S.*, Forrest, C., Bruner, M. W. \*, Keats, M\*., Rehman, L\*., **Shields, C\*** (October, 2013). *Perceptions shaping the youth sport experience: Examining self-efficacy, parental other-efficacy, and perceptions of overweight children in sport*. Paper presented at the annual meeting of the Canadian Society for Psychomotor

Learning and Sport Psychology, Kelowna, BC.

\* = These authors are listed alphabetically ®

18. Curry, K., & **Shields, C.** (October, 2013) *Just doing it or just selling it? Examining exercise self-efficacy, self-presentational concerns and body-image perceptions in Kinesiology and non-Kinesiology students.* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Kelowna, BC. ®
19. Farmer, S., & **Shields, C.** (October, 2013). *Does it matter what we say? Examining the understanding of the terms 'physical-activity' and 'exercise'* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Kelowna, BC. ®
20. Webber, K., Balish, S., Rehman, L., Brown, S., Forrest, C., Bruner, M.\*, Keats, M.\*, & **Shields, C.\*** (October, 2013). *Exploring the successful experiences of overweight children in sport: The challenges of mixed methods research with at risk populations.* Paper presented at the Qualitative Health Research Conference, Halifax, NS.  
\* These authors are listed alphabetically ®
21. Fowles, J.R., D'Entremont, K.L., **Shields, C.A.**, McQuaid, S.L., & Dunbar, P. (October, 2013). *Effect of providing supplemental Physical Activity & Exercise resources in Diabetes Centres on Physical Activity levels of Patients.* Paper presented at the annual meeting of the Canadian Diabetes Association, Montreal, PQ.\* ®  
\*Awarded Highlighted poster status
22. Gray, E., **Shields, C.A.**, Fowles, J. R., Gall-Casey, C., & Oh, P. (October, 2013). *Building Competency in Physical Activity and Exercise in Diabetes Education: Insight from a National Initiative.* Paper presented at the annual meeting of the Canadian Diabetes Association, Montreal, PQ.\* ®  
\*Awarded Highlighted poster status
23. Deal, C., & **Shields, C.** (March, 2013). *Psychological Skill Use, Adherence, & Relationships in Injury Rehabilitation: Perspectives from Student Therapists and Varsity Athletes.* Paper presented at annual Atlantic Provinces Exercise Scientists conference. Fredericton, NB.\*  
\*Winner of best undergraduate research presentation
24. Weldrick, R., & **Shields, C.** (March 2013 - Accepted but withdrawn). *Passion and perfection: A preliminary analysis of the relationships between perfectionism, passion, confidence and burnout among varsity athletes.* Accepted for presentation at the annual Atlantic Provinces Exercise Scientists conference. Fredericton, NB but withdrawn due to personal circumstances

25. Brown, S., **Shields, C.**, & the BeME Team (March, 2013). *Exploring the Discrepancies and Relationship between Parent/Guardian and Child Perceptions in the Context of an Intervention for Childhood Obesity*. Paper presented at the annual Crossroads Research Conference, Halifax, NS. ®
26. Bourne, J.E., Lu, Y., **Shields, C.A.**, Jackson, B., Zumbo, B.D., Beauchamp, M. R. (March, 2013). *The Relationship Between Transformational Teaching and Adolescent Physical Activity: The Mediating Role of Personal and Relational Efficacy Beliefs*. Paper presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. ®

*During 2012*

27. **Shields, C.** & Gourley, J. (November, 2012). What you say cuts different ways: *Differences across BMI in the body-related commentary experienced by young women and the associations with body-related perceptions and behaviours*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. Halifax, NS. ®
28. Bruner, M., **Shields, C.**, Balish, S., Brown, S., Forrest, C., Keats, M., & Rehman, L.A. (October, 2012). *Understanding Supportive and Satisfying Sport Experiences of Overweight Children*. Paper presented as part of the SSHRC Sport Canada Research Initiative Grant-holders Forum. Ottawa, ON.
29. Herggett, S., Bolivar, P., Godley, A., Veinotte, S., **Shields, C.**, Riggs, K., Fernie, A., Miles, S., Murphy, R. (October, 2012). *A pilot test of the Behaviour Modification Education (BeME) for a healthy life program: Changes in parent and child perceptions*. Paper presented at the 4th Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity Halifax, NS. ®
30. Fowles, J., **Shields, C.**, Barron, B., McQuaid, S., & Dunbar, P. (October, 2012). *An uphill climb: Self-reported physical activity and exercise of those with T2DM in Atlantic Canada*. Paper presented at the annual meeting of the Canadian Diabetes Association, Vancouver, BC. ®
31. Berry, T., & **Shields, C.** (August, 2012). *Source attribution and credibility of health and appearance exercise advertisements: relationship with attitudes and intentions*. Paper presented at the annual meeting of the European Health Psychology society, Prague, Czech Republic. ®
32. Blanchard, C.M., Shearer, C., Rainham, D., Kirk, S., **Shields, C.**, Pitter, R., Drummer, T., & Lyons, R. (June, 2012) *Physical activity in adolescents: The role of the built environment from a GPS perspective*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity in Hawaii. ®

33. **Shields, C.,** & Kapoor, H. (April, 2012). *Physical activity promotion by physicians: Does skin color and accent familiarity impact source credibility?* Paper presented at the annual meeting of the Society of Behavioral Medicine. New Orleans, LA. ®

*During 2011*

34. Gourley, J., & **Shields, C.A.** (June, 2011). *Does what I hear become what I see and what I do? The influence of appearance and function related commentary on body image and exercise.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Burlington, VT. ®

*During 2010*

35. Pitter, R., **Shields, C.,** Chircop, A., Rainham, D., Shearer, C., Rehman, L., Blanchard, C., & Flannery, M. (November, 2010). *I think my neighbourhood is safe, so why is safety a barrier to physical activity?* Paper presented at the annual meeting of the North American Society of Sociology of Sport, San Diego, CA. ®
36. **Shields, C.A.,** Bray, S. R., & Graham, J. (October, 2010). *Do you think what I think? Differences in client and trainer perceptions across personal trainers with different interaction styles.* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Ottawa, ON. ®
37. **Shields, C.A.,** Bray, S.R., & Graham, J. (October, 2010). *Personal trainers and their clients: Preliminary evidence of the role of relational efficacies in predicting self-efficacy and intention to return.* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Ottawa, ON. ®
38. **Shields, C.A.,** Fowles, J., Dunbar, P., Murphy, R., & Perry, A. (October, 2010). *Using the Stages of Change to understand differences in exercise and health-related perceptions of those with diabetes.* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology and the Canadian Society, Ottawa, ON. ®
39. Shearer, C.L., Grant, J., Lyons, R., Arthur, M., Blanchard, C., Chircop, A., Dummer, T., Kirk, S., Manuel, P., Parker, L., Pitter, R., Rainham, D., Rehman, L., & **Shields, C.** (July, 2010). *Environmentally linked disparities in youth physical activity and nutrition: Findings from the Environment, Nutrition, and Activity (ENACT) project.* Paper presented at the biennial meeting of the International Union for Health Promotion and Education, Geneva, Switzerland. ®
40. **Shields, C.A.,** Brawley, L., Glazebrook, K., Anderson, T., & Flora, P. (June, 2010). *Establishing determinants of future efficacy: Initial proxy-efficacy as a predictor of post-*

*program self-regulatory efficacy*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ. ®

41. **Shields, C. A., Dillman, C., Fowles, J., Murphy, R.J.L., Dunbar, P., Perry, A.** (April, 2010) *Diabetes Educators' physical activity and exercise-related perceptions and practices 12 months after receiving the Physical Activity and Exercise Toolkit*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA. ®

42. **Rayner, S., & Shields, C.A.** (April, 2010). *Why skip rope? Why skip a meal? A theory driven examination of the factors that predict exercise and dietary restraint intentions among female university students*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA: April, 2010. ®

*During 2009*

43. **Shields, C.A., Strachan, S., Beatty, J., & Glassford, A.** (November, 2009). *Factors Leading to Self-Efficacy and Reliance: An Examination of the Roles of RISE beliefs and Other Efficacy*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Toronto, ON. ®

44. **Glassford, A., Shields, C.A., Strachan, S., & Beatty, J.** (November, 2009). *Is it who I am or who I'm with that counts? The association between runner and group identity on adjustment to running group disbandment*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology and the Canadian Society, Toronto, ON. ®

45. **Shields, C.A., Strachan, S., Glassford, A., & Beatty, J.** (November, 2009) *Identity Formation in Exercise Contexts: Are Reliance and RISE beliefs Predictors of Runner and Group Identity?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology and the Canadian Society, Toronto, ON. ®

46. **Anderson, T, Shields, C.A., Glazebrook, K., Flora, P., & Brawley, L.** (November, 2009). *Does Proxy Delivery Style Affect Efficacy Beliefs? Experimental Effects of Proxy Preference and Style*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology and the Canadian Society, Toronto, ON. ®

47. **Shields, C.A., Dillman, C.J., Fowles, J., Perry, A., Murphy, R.J.L., & Dunbar, P.** (October, 2009) *The Physical Activity and Exercise Tool-Kit: Effectiveness of a New Resource for Diabetes Educators*. Paper presented at the World Diabetes Congress, Montreal, PQ, October, 2009. ®

48. Rehman, L., Lyons, R., Manuel, P., Pitter, R., Shearer, C., & **Shields, C.** (2009, October) "*Kids don't go outside anymore for whatever reason*": Exploring perceptions of youth safety as a constraint to play. Oral presentation at the Recreation Nova Scotia Annual Conference and Trade Show, Oak Island, NS. ®
49. Murphy, R.J.L., Bondre, M.B., & **Shields, C.A.** (June, 2009). *Are Wii Fit and active? Reproducibility of measured physical activity during different activities*. Paper presented at the annual meeting of the American College of Sports Medicine, Seattle, WA. ®
50. Grant, J., Lyons, R., Arthur, M., Blanchard, C., Chircop, A., Dummer, T. Kirk, S., Manuel, P., McHugh, T., Parker, L., Pitter, R., Rainham, D., Rehman, L., Shearer, C., & **Shields, C.** (June, 2009). *Optimizing investments in the built environment to reduce youth obesity: Methodological approaches and dilemmas*. Paper presented at the 7th International Conference on Diet and Activity Methods, Washington, DC ®
51. O'Reilly, K., & **Shields, C. A.** (April, 2009). *Looking the part: The effect of exercise attire on the overweight stereotype*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Montreal, PQ. ®
52. **Shields, C.A.**, Dillman, C., Fowles, J., Murphy, R., Dunbar, P., Perry, A., & Fryia, S. (April, 2009). *Diabetes educators' self-efficacy and other efficacy for physical activity: Does experience or training matter?* Paper presented at the annual meeting of the Society of Behavioral Medicine, Montreal, PQ. ®
53. O' Reilly, K., & **Shields, C.A.** (March, 2009). *Practice what you present: the impact of inactivity on the impressions formed of those in exercise attire*. Paper presented at the annual Atlantic Provinces Exercise Scientists Meeting, Fredericton, NB.
54. Dillman, C., **Shields, C.A.**, Fowles, J., Murphy, R., Perry, A., & Dunbar, P. (March, 2009). *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.
55. Davis, C., & **Shields, C.A.** (March, 2009). *Collaborate or dictate? The impact of instructor delivery style on the social-cognitions of exercise class participants*. Paper presented at the annual Atlantic Provinces Exercise Scientists Meeting, Fredericton, NB.\*\*  
\*\*Awarded best undergraduate presentation at the 2009 Atlantic Provinces Exercise Scientists meeting
56. Glassford, A., & **Shields, C.A.** (March, 2009). *The examination of efficacy and identity in structured running groups*. Paper presented at the annual Atlantic Provinces Exercise Scientists Meeting, Fredericton, NB.

*During 2008*

57. McHugh, T., Shearer, C., Grant, J., Lyons, R., Arthur, M., Blanchard, C., Chircop, A., Dummer, T., Kirk, S., Manuel, P., Parker, L., Pitter, R., Rainham, D., Rehman, L., & **Shields, C.** (October, 2008). *Optimizing investments in the built environment to reduce youth obesity*. Paper presented at the Childhood and Adolescent Obesity 2008 conference, Vancouver, BC. ®
58. *Dillman, C.J.*, Fowles, J. R., **Shields, C.A.**, Murphy, R.J.L., Fryia, S., Perry, A., Dunbar, P. (October, 2008). *Diabetes Educators' Perceptions and Practices Around Physical Activity and Exercise Prescription*. Presented at the annual meeting of the Canadian Diabetes Association, Montreal, PQ. ®
59. Bray, S. R., Beauchamp, M. R., Latimer, A. E., Hoar, S. D., **Shields, C. A.**, Bruner, M. W., Morton, K, Clayton, C. S. & Kwan, M. Y. W. (2008, June). *Guiding physical activity during transition to university*. Presented at the annual Meeting of the North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, ON. ®
60. **Shields, C.A.**, Latimer, A., Salovey, P. (2008, May). *Medical Doctors and Certified Fitness Consultants as Sources of Physical Activity Information: Examining Perceptions of Credibility and Proxy Efficacy*. Presented at the Annual meeting of the International Society of Behavioural Nutrition and Physical Activity, Banff, AB. ®
61. *Graham, L.*, & **Shields, C.A.** (2008, March). *Proxy influences on the exercise participation of older adults: Preliminary evidence*. Presented at the annual meeting of the Atlantic Provinces Exercise Scientists, Wolfville, NS. ®
62. *Graham, L.*, & **Shields, C.A.** (2008, March). *The effectiveness of verbal distraction as an acute pain-relief method for athletes and non-athletes*. Presented at the annual meeting of the Atlantic Provinces Exercise Scientists, Wolfville, NS. ®

*During 2007*

63. **Shields, C.A.**, Jung, M., & Brawley, L.R. (2007, June) *Do Personal Trainers Help Clients Take Responsibility for their Exercise?* Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, California. ®

*During 2006*

64. **Shields, C.A.**, Jung, M., & Brawley, L.R. (2006, June). *Is my exercise leader confident in my abilities to self-manage exercise? Relational efficacy beliefs as predictors of self-regulatory efficacy*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, Colorado. ®

*During 2005*

65. **Shields, C.A.**, Bruner, M.W., Spink, K.S., Chad, K.E., & Odnokon, P. (2005, November). *Physical activity participation of youth and adolescents who have lapsed: An examination of self-efficacy as a mediator of the relationship between social influence and physical activity*. Presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, St. Catherines, ON. ®
66. **Shields, C.A.**, Spink, K.S., Odnokon, P., & Chad, K.E. (2005, November). *Understanding youth and adolescents' physical activity participation: Examining correlates of structured and unstructured activity using sufficiently active youth as active agents*. Presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, St. Catherines, ON. ®

*Prior to date of appointment*

67. Spink, K.S., Chad, K. E., **Shields, C. A.**, Humbert, M. L., Muhajarine, N., & Odnokon, P. (2005, June) *Youth Physical Activity: An Analysis of Intrapersonal, Social and Environmental Correlates*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Petersburg, FA. ®
68. **Shields, C. A.**, & Brawley, L. R. (2005, April). *Limiting exercise options: Depending on a proxy may inhibit exercise self-management*. Presented at the annual meeting of the Society for Behavioral Medicine, Boston, MA. ®
69. **Shields, C.A.**, & Brawley, L.R. (2004, October). *Why choose to use proxy-agency in exercise? An investigation of exercise history and allotment of responsibility*. Presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. Saskatoon, SK. ®
70. Woodgate, J., Latimer, A. E., Jung, M. E., **Shields, C. A.**, Strachan, S. M., & Elston, T. (2004, June). *Image Isn't Everything: Impression Motivation Moderates the Social Physique Anxiety - Exercise Relationship*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, BC. ®
71. **Shields, C.A.**, Latimer, A. E., Strachan, S. M., Woodgate, J., Jung, M. E., & Elston, T. (2004, June). *Presentation is everything: Links between self-presentational success and physical activity cognition, affect and behavior*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, BC. ®
72. **Shields, C.A.**, & Brawley, L.R. (2004, June). *Is preference for proxy-contact linked to less self-efficacy and greater proxy dependence? The dilemma of relying on the exercise instructor*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, BC. ®



73. Brawley, L.R., Gardner, A., **Shields, C.A.**, Tse, A., Frank, J., & Patla, A. (2004, June) Physical activity and older adults: Challenges in promoting functional health. Invited symposium: *Promoting Functional Health in Older Adults: Recent Innovations from Randomized Controlled Trial*. Presented at the annual meeting of the American College of Sports Medicine, Indianapolis, IN. ®
74. Angove-Woodgate, J., Jung, M.E., Latimer, A.E., Strachan, S.M., **Shields, C.A.**, & Elston, T. (2004, March). *How do I look? Self-presentation cognitions and frequency of exercise attendance*. Presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD. ®
75. Latimer, A.E., **Shields, C.A.**, Jung, M.E., Angove-Woodgate, J., Stachan, S.M., & Lin, C. (2004, March). *Self-presentational efficacy in exercise: Attributional and affective determinants*. Presented at the Annual meeting of the Society of Behavioral Medicine, Baltimore, MD. ®  
\*Designated as a Meritorious Student Poster\*
76. **Shields, C.A.**, & Brawley, L.R. (2004, March). *Meeting behavioral challenges in exercise: The influence of preferred level of proxy contact*. Presented at the Annual meeting of the Society of Behavioral Medicine, Baltimore, MD. ®
77. **Shields, C.A.**, & Brawley, L.R. (2004, March). *The dilemma of structured exercise: Balancing proxy-efficacy, reliance and self-regulatory efficacy*. Presented at the Annual meeting of the Society of Behavioral Medicine, Baltimore, MD. ®
78. Brawley, L.R., Frank, J., Patla, A., Gardner, A., & **Shields, C.A.**, (2003, October), *BESAFE: Behavioural and Exercise Strategies for Alleviating Falling in the Elderly*. Presented for the National Falls Prevention Initiative special meeting at the Annual meeting of the Canadian Association of Gerontology, Toronto, ON. ®
79. **Shields, C.A.**, Brawley, L.R., & Martin Ginis, K.A. (2003, October) *Who are men really impressing? Interactive effects of exercise status and gender on the impressions formed of men*. Presented at the Annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Hamilton, ON. ®
80. Martin Ginis, K.A., Jung, M.E., **Shields, C.A.**, Brawley, L.R., Latimer, A.E., Lichtenberger, & C.M., Elston, T.E. (2003, August). *The short-haul: Acute effects of strength training for seniors*. Presented at the Annual meeting of the American Psychological Association, Toronto, ON. ®
81. Martin Ginis, K.A., Brawley, L.R., Jung, M.E., **Shields, C.A.**, Latimer, A.E., Hicks, A.L., McCartney, N. (2003, June). *A single bout of exercise can improve activity-related thoughts and behaviours among very sedentary older adults*. Presented at the Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA. ®

82. **Shields, C.A.**, Angove, J., & Brawley, L.R. (2003, March). *Social support and adherence to exercise in cardiac rehabilitation: Mixed findings*. Presented at the Annual meeting of the Society of Behavioral Medicine, Salt Lake City, UT. ®
83. Martin Ginis, K.A., Brawley, L.R., Latimer, A.E., Jung, M.E., **Shields, C.A.**, & Hicks, A.L. (2003, March). *Acute reactions to exercise predict subsequent activity in sedentary older adults*. Presented at the Annual meeting of the Society of Behavioral Medicine. Salt Lake City, UT. ®
84. Strachan, S.M., **Shields, C.A.**, & Brawley, L.R. (2002, October). *Can we really tell who's satisfied with their body? A review of gender comparisons in the body image literature*. Presented at the Annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Vancouver, BC. ®
85. **Shields, C.A.**, Culos-Reed, S.N., Angove, J., & Brawley, L.R. (2002, June). *The association between dragonboat participation and psychosocial variables: A positive physical activity experience for breast cancer survivors*. Presented at the Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD. ®
86. **Shields, C.A.**, Brawley, L.R., & Lindover, T.I. (2002, June). *Where perception and reality differ: Dropping out is not the same as failure*. Presented at the Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD. ®
87. **Shields, C.A.**, Lindover, T.I., & Brawley, L.R. (2002, April). *Social-cognitive mediators of exercise adherence: A prospective examination*. Presented at the Annual meeting of the Society of Behavioural Medicine, Washington, DC. ®
88. **Shields, C.A.**, Culos-Reed, S.N., Angove, J., & Brawley, L.R. (2002, April). *Prediction of dragonboating intentions and behaviour for breast cancer survivors: Application of the Theory of Planned Behaviour*. Presented at the Annual meeting of the Society of Behavioural Medicine, Washington, DC. ®
89. Strachan, S.M., Rosenberger, E., **Shields, C.A.**, Angove, J., Brawley, L.R., Mihalko, S., & Hoffman-Goetz, L. (2002, April). *Social cognitive characteristics of senior breast cancer survivors engaging in a structured exercise program*. Presented at the Annual meeting of the Society of Behavioural Medicine, Washington, DC. ®
90. Strachan, S.M., Rosenberger, E., **Shields, C.A.**, Angove, J., Brawley, L.R., Mihalko, S., & Hoffman-Goetz, L. (2002, March). *Social cognitive characteristics of senior breast cancer survivors engaging in a structured exercise program*. Presented at the Annual Eastern Canada Sport and Exercise Psychology Symposium, Hamilton, ON. ®

91. **Shields, C.A.**, Lindover, T., & Brawley, L. (2001, November). *Differences in social cognitions and affect as a function of efficacy to adhere to structured exercise*. Presented at the Annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Montreal, PQ. ®
92. Culos-Reed, N., **Shields, C.A.**, Angove, J., Brawley, L.R., & Hoffman-Goetz, L. (2001, November). *Paddles up: Baseline characteristics of the TPB in breast cancer dragonboat teams*. Presented at the Annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Montreal, PQ. ®
93. **Shields, C.A.**, Angove, J., Culos-Reed, N., Brawley, L.R., & Hoffman-Goetz, L. (2001, April). *Exploring the barriers to physical activity among breast cancer survivors: A study of southern Ontario support groups*. Presented at the Annual Eastern Canada Sport and Exercise Psychology Symposium, London, ON. ®
94. **Shields, C.A.**, Angove, J., Culos-Reed, N., Brawley, L.R., & Hoffman-Goetz, L. (2001, March). *Barriers to physical activity among breast cancer survivors*. Presented at the Annual meeting of the Society of Behavioural Medicine, Seattle, WA. ®
95. **Shields, C.A.** (2000, October). *Examination of the Self-handicapping in Exercise: The Design of the Self-Handicapping in Exercise Questionnaire*. Presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, ON. ®
96. **Shields, C.A.**, & Paskevich, D. (1999, October). *Examination of the Self-Handicapping Scale and its extension for use in exercise*. Presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Edmonton, AB. ®

## **GRANTS AND FUNDING**

### **Current and Ongoing Grants and Funding**

#### *External Research Grants*

**Canadian Institutes of Health Research (2017-2018)** **\$100,000**  
 Amplifying the Step Monitoring to improve ARTERial health strategy (SMARTER amplify)  
 Role: **Co-Investigator**  
 Primary Investigator: Dr. Kaberi Dasgupta (McGill)

**Lawson Foundation (2017 – 2019)** **\$400,000**  
 ACTIVating and Engaging PATients Through clinical Interaction redesign and Electronically-integrated Novel Technologies- Gestational Diabetes  
 Role: **Co-Investigator**  
 Primary Investigator: Dr. Kaberi Dasgupta (McGill)

**CIHR IPPH Planning Grant (2017-2018)** **\$ 17 933**

"And with your hands, your hearts." Investigating the health implications of public displays of affection in mixed-sex, same-sex, and gender diverse romantic relationships.

Role: **Collaborator**

Primary Investigator: Dr. Karen Blair (StFx)

*Internal Research Grants*

**SSHRC Small Institution Grant (2017-2018)** **\$2 448**

It's not about whether they're going to lose, it's whether we help them learn: Examining parents' roles in fostering resilience in their kids through sport growth programming

Role: **Primary Investigator**

**Acadia University Faculty Union Article 25.55 Grant (2015-2017)** **\$ 4 959**

Adult Attachment and Dyadic Coping in Cardiac Event Recovery

Role: **Co-Investigator**

Primary Investigator: Dr. D. Holmberg

Past Research Grants and Funding

*Past External Research Grants*

**Canadian Institutes for Health Research (LOI accepted)** **\$50 000**

***SPOR Networks for Chronic Disease***

Cardiometabolic risk management: ACTIVating and Engaging PATients Through clinical Interaction redesign and Electronically- integrated Novel Technologies (ACTIVE PATIENT)

Role: **Co-Investigator**

Named Primary Investigator: Dr. K. Dasgupta (McGill University)

**Lawson Foundation (2014-2015)** **\$ 115 000**

National dissemination of Exercise is Medicine Canada – An initiative to promote the prescription of physical activity and exercise through primary practice.

Role: **Co-Investigator**

Primary Investigator: Dr. J. Fowles

**Canadian Institutes for Health Research (2012-2015)** **\$ 384 000**

***Standard Operating Grant***

Lifestyle Activity Correlates for Diabetics (LIFE)

Role: **Co-Investigator**

Primary Investigator: Dr. C. Blanchard (Dalhousie University)

**Social Sciences and Humanities Research Council of Canada (2012-2014)** **\$136, 571**

***Standard Research Grant – Sport Participation Research Initiative***

Successful experiences for overweight children in sport (SOS)

Role: **Co-Primary Investigator**

Co-Primary Investigator: Dr. Laurene Rehman (Dalhousie University)

<p><b>Canadian Institutes for Health Research (2010-2013)</b>  Transformational teaching and adolescent physical activity promotion: Adolescents In Motion (AIM) Trial  Role: <b>Co-Investigator</b>  Primary Investigator: Dr. M. Beauchamp (University of British Columbia)</p>	<p><b>\$ 180 684</b></p>
<p><b>Lawson Foundation (2010-2012)</b>  Implementation of the “Physical Activity &amp; Exercise Toolkit” as standard practice of quality diabetes care in Atlantic Canada  Role: <b>Co-Investigator</b>  Primary Investigator: Dr. J. Fowles</p>	<p><b>\$ 150 000</b></p>
<p><b>Canadian Foundation for Innovation</b>  <i>Leaders Opportunity Fund – Infrastructure Operating Funds</i>  Operation of the Psychomotor Behaviour Laboratory for the Study of Psychosocial Determinants and Consequences of Physical Activity  Role: <b>Primary Investigator</b></p>	<p><b>\$ 3 106</b></p>
<p><b>Heart and Stroke Foundation of Canada (2007-2010)</b>  <i>Strategic Initiatives Grant</i>  Optimizing investments in the built environment to reduce youth obesity  Role: <b>Co-Investigator</b>  Primary Investigator: Dr. Renne Lyons (Dalhousie University)</p>	<p><b>\$ 597 437</b></p>
<p><b>Lawson Foundation (2008 – 2010)</b>  Impacting physical activity and exercise in individuals with type 2 diabetes in Nova Scotia: Implementation and evaluation of the "Physical Activity &amp; Exercise Tool-kit"  Role: <b>Co-Investigator</b>  Other Co-Investigators: Dr. J. Fowles, Dr. R Murphy (Acadia University)</p>	<p><b>\$ 146 000</b></p>
<p><b>Social Sciences and Humanities Research Council of Canada (2006-2009)</b>  <i>Standard Research Grant</i>  Using the proxy-participant interaction to promote independent exercise among older adults: The roles of RISE beliefs and self-regulatory efficacy  Role: <b>Primary Investigator</b>  Co-Investigators: Drs. L. Brawley (University of Saskatchewan) &amp; .S. Bray (McMaster University)</p>	<p><b>\$ 75 698</b></p>
<p><b>Canadian Foundation for Innovation (2007-2009)</b>  <i>Leaders Opportunity Fund</i>  Construction of the Psychomotor Behaviour Laboratory for the Study of Psychosocial Determinants and Consequences of Physical Activity  Role: <b>Primary Investigator</b></p>	<p><b>\$ 38 823</b></p>

- Killam Cornerstone Grants Program (2007-2008)** **\$ 4 840**  
 Health versus appearance: Understanding the effects of physical activity advertisements on young adults  
 Role: **Collaborator**  
 Primary Investigator: Dr. Tanya Berry (University of Alberta)
- CIHR –Institute for Nutrition, Metabolism and Diabetes (2006)**  
**CIHR – President’s Fund Grant** **\$11 906**  
 Building Bridges 2006: An integrative conference examining issues surrounding physical activity  
 Role: **Primary Investigator**  
 Collaborators: Dr. J. Fowles, Dr. R. Murphy, Dr. D. Kruisselbrink, Ms. J. Wentzell (Acadia University), Dr. D. Westwood, Dr. S. Cheung (Dalhousie University)
- CIHR – Institute for Musculoskeletal Health and Arthritis (2006)**  
**Workshop Funding Program Grant** **\$ 5 000**  
 The Impact of Nutritional and Exercise Strategies for Aging Bone and Muscle a Building Bridges Symposium  
 Role: **Primary Investigator**  
 Collaborators: Dr. J. Fowles, Dr. R. Murphy, Dr. D. Kruisselbrink, Ms. J. Wentzell (Acadia University), Dr. D. Westwood, Dr. S. Cheung (Dalhousie University)
- Past Internal Research Grants*
- SSHRC Institutional Grant (2015)** **\$2 000**  
 That’s my kid; you’ve probably heard of him: Understanding the relationships between the development of child’s physical capital and parents’ social capital through youth sport  
 Role: **Primary Investigator**
- Acadia University Faculty Union Article 25.55 Grant (2010-2012)** **\$ 3 500**  
 Promoting Physical Activity: Assessing the Impact of Bodyweight and Ethnicity on the Credibility of Health Care Practitioners’ Advice  
 Role: **Primary Investigator**
- Faculty of Professional Studies Scholarly Development Fund (2009)** **\$1 870**  
 Presentation of a paper entitled “The Physical Activity and Exercise Tool-Kit: Examining the Effectiveness of a New Resource for Diabetes Educators” at the World Diabetes Congress, the annual meeting of the International Diabetes Federation  
 Role: **Primary Investigator**
- Acadia University Faculty Union Article 25.55 Grant (2009)** **\$ 2 230**  
 Becoming a runner and all that goes with it: How perceptions of the social environment impact running identity and self-efficacy for continued participation.  
 Role: **Primary Investigator**

<b>Undergraduate Student Conference Support Fund - Acadia University (2009)</b>	<b>\$ 698</b>
Award allowed multiple honours students to present at the annual meeting of the Atlantic Provinces Exercise Scientists	
Role: <b>Primary Investigator</b>	
<b>Faculty of Professional Studies Scholarly Development Fund (2008)</b>	<b>\$1 958</b>
Presentation of paper entitled "Medical Doctors and Certified Fitness Consultants as Sources of Physical Activity Information: Examining Perceptions of Credibility and Proxy Efficacy." at the annual meeting of the International Society for Behavioural Nutrition and Physical Activity	
Role: <b>Primary Investigator</b>	
<b>Acadia University Faculty Union Article 25.55 Grant (2008)</b>	<b>\$1 400</b>
Presentation of paper entitled "A preliminary investigation of relational-efficacies and self-regulation in cardiac rehabilitation" at the annual meeting of the British Psychological Society	
Role: <b>Primary Investigator</b>	
<b>Teaching Innovation and Improvement Fund (2007)</b>	<b>\$ 7 000</b>
The psychological principles of physical-activity in action: Interactive online case studies for Kinesiology students	
Role: <b>Primary Investigator</b>	
<b>Faculty of Professional Studies Scholarly Development Fund (2007)</b>	<b>\$ 1 200</b>
Presentation of paper entitled "Do Personal Trainers Help Clients Become Responsible for Exercise?" at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity	
Role: <b>Primary Investigator</b>	
<b>Acadia University Faculty Union Article 25.55 Grant (2006-2007)</b>	<b>\$1 407</b>
Proxy-led exercise as a means of promoting independent exercise among older adults: An initial examination of Relationally Inferred Self-Efficacy beliefs.	
Role: <b>Primary Investigator</b>	
<b>Teaching Innovation and Improvement Fund (2006)</b>	<b>\$ 5 448</b>
Exercise promotion in the media: A research-based teaching tool	
Role: <b>Primary Investigator</b>	
Collaborator: Dr. T. Berry (University of Alberta)	
<b>Faculty of Professional Studies Fund for Research Support (2006)</b>	<b>\$1 825</b>
Social influences in cardiac rehabilitation: An investigation of the roles of the spouse and the exercise leader in promoting independent exercise	
Role: <b>Primary Investigator</b>	

*Past Funding for Research-Based Knowledge Translation and Community Interventions*

**Chronic Disease Innovation Fund (2016-2017) \$ 22 500**

Community-Tailored Active for Life Initiative (ALI)

Role: **Co-Investigator**

Primary Investigator: Dr. J. Fowles

**Lawson Foundation (2012) \$ 72 000**

Building Competency in Diabetes Education: National Dissemination of the Physical Activity and Exercise Professional Resource Manual

Role: **Co-Investigator**

Primary Investigator: Dr. J. Fowles

**Community Health Boards (2012) \$ 2200**

*Wellness Initiative Fund*

Behaviour Modification Education for a healthy life: The BeME Program

Role: **Co-Primary Investigator**

CoPI: Dr. R. Murphy

**AWARDS IN RECOGNITION OF SCHOLARLY ACHIEVEMENT**

**PetroCanada Young Innovators Award (2012)**

*PetroCanada – Acadia University*

This award recognizes the integration of scholarly productivity with having an impact in the community by a young scholar. The \$5 000 funding provided through this award is in support of extending the work done by the award winner.

**Brian Dufton Memorial Manuscript Award (2011)**

*Canadian Diabetes Association – Diabetes Educator Section*

Canadian Journal of Diabetes selected co-authored manuscript titled “Including Physical Activity and Exercise in Diabetes Management: Diabetes Educators’ Perceptions of Their Own Abilities and the Abilities of Their Patients“

**Research Excellence Award (2009)**

*Faculty of Professional Studies – Acadia University*

Co-winner (with Dr. G. McKinnon)

**Outstanding Research Project Award (2008)**

*Faculty of Professional Studies – Acadia University*

Co-winner( Dr. Fowles) for the Physical Activity and Exercise Tool-Kit designed for Diabetes Educators in NS



### **Outstanding Dissertation Award (2006)**

*Society of Behavioral Medicine*

Recognizes a single member annually for excellence and potential impact of their dissertation research in the field of behavioural medicine.

### **Meritorious Student Poster Award (2004)**

*Society of Behavioral Medicine*

Latimer, A.E., **Shields, C.A.**, Jung, M.E., Angove-Woodgate, J., Stachan, S.M., & Lin, C. *Self-presentational efficacy in exercise: Attributional and affective determinants.*

### **Candidate, Research Excellence Award (2010)**

*Faculty of Professional Studies – Acadia University*

### **Candidate, Young Scientist Award for Scholarly Research (2005, 2000)**

*Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)*

In recognition of excellence in scholarly research by student members SCAPPS

## **SCHOLARSHIPS AND FELLOWSHIPS**

### *Major Fellowships and Scholarships*

Social Sciences & Humanities Research Council of Canada Doctoral Fellowship University of Waterloo - \$ 35 400 2002-2004

Ontario Graduate Scholarship – University of Waterloo - \$15 000 2002\*  
*\*declined as accepted SSHRC fellowship*

Ontario Graduate Scholarship – University of Waterloo - \$15 000 2001

### *Additional Awards and Scholarships (\$500 - \$5000)*

Graduate Incentive Award, University of Waterloo 2003  
Graduate Scholarship, University of Waterloo 2000-2003  
Graduate Research Scholarship, University of Calgary 1999  
Faculty of Graduate Studies Award, University of Calgary 1999  
Academic Achievement Awards, School of Health and Human Performance, Dalhousie University 1995  
University Entrance Scholarship, Dalhousie University 1994  
Investors Group Scholarship, Dalhousie University 1994

## **KNOWLEDGE TRANSLATION ACTIVITIES AND PUBLIC SPEAKING ENGAGEMENTS, RELATED TO RESEARCH ACTIVITY**

**Canadian Diabetes Association – Building Competency in Diabetes Education: Physical Activity and Exercise Resource Manual**

This resource manual is one of three foundational resources to be used by Diabetes Care Professionals to help direct the standard of care for diabetes care across Canada. The manual is available in English and French

*Role:* Co-author.

### **Workshops in support of the Canadian Diabetes Association Physical Activity and Exercise Resource Manual**

Building Competency in Diabetes Education: Physical Activity & Exercise (Toronto,2015)

*Role:* Presenter

Building Competency in Diabetes Education: Physical Activity & Exercise (Edmonton,2015)

*Role:* Presenter

Building Competency in Diabetes Education: Physical Activity & Exercise – Train the Trainer (Montreal, October 2013)

*Role:* Co-Presenter with Dr. Fowles (Acadia University)

Building Competency in Diabetes Education: Physical Activity & Exercise (Montreal, October 2013)

*Role:* Co-Presenter with Dr. Fowles (Acadia University)

Developing Competency in Diabetes Education:Physical Activity & Exercise Update workshop (Halifax, NS; April 2013)

*Role:* Co-presenter with Dr. Fowles (Acadia University)

Building Competency in Diabetes Education: Physical Activity & Exercise (Montreal, PQ; November 2012)

*Role:* Co-Presenter with Dr. Fowles (Acadia University)

Building Competency in Diabetes Education: Physical Activity & Exercise (Winnipeg, MB; November 2013)

*Role:* Co-Presenter with Dr. Fowles (Acadia University)

Building Competency in Diabetes Education: Physical Activity & Exercise (Vancouver, 2012)

*Role:* Co-Presenter with Dr. Fowles (Acadia University)

Building Competency in Diabetes Education: Physical Activity & Exercise – Train the Trainer (Milton,2012)

*Role:* Co-Presenter with Dr. Fowles (Acadia University)

Building Competency in Diabetes Education: Physical Activity & Exercise (Milton,2012)

*Role:* Co-Presenter with Dr. Fowles (Acadia University)

Building Competency in Diabetes Education: Physical Activity & Exercise (Ottawa,2012)  
*Role: Presenter*

Building Competency in Diabetes Education: Physical Activity & Exercise (Barrie,2012)  
*Role: Presenter*

Building Competency in Diabetes Education: Physical Activity & Exercise (Regina, 2012)  
*Role: Co-Presenter with Dr. Fowles (Acadia University)*

Building Competency in Diabetes Education: Physical Activity & Exercise (Prince George,2012)  
*Role: Presenter*

Building Competency in Diabetes Education: Physical Activity & Exercise (Whitehorse, 2012)  
*Role: Presenter*

Developing Competency in Diabetes Education:Physical Activity & Exercise Update workshop  
(Wolfville, 2012)  
*Role: Co-presenter with Dr. Fowles (Acadia University)*

### **Canadian Diabetes Association – Diabetes and Physical Activity: Your Exercise Prescription**

This resource was developed by the CDA clinical practice guidelines implementation committee to be used by primary care providers working in diabetes care across Canada. The tool is to be used to help promote physical activity and exercise to their patients as a mode of diabetes self-management.

*Role: CDA CPG Implementation committee member and primary contributor to the development of the prescription pad*

### **Symposium as part of Knowledge Translation Strategy - Environment, Nutrition and Activity (ENACT) Project Research Symposium (June 2012)**

The symposium was designed to provide an opportunity to profile the ENACT research project and its findings and to generate discussion with an academic audience in the Canadian city with the highest concentration of public health researchers.

*Role: Presenter*

**Shields, C.A.** (June, 2012). Piecing the puzzle together: Examining how neighbourhood type, SES and perceptions of the built environment relate to youth physical activity. Presented as part of a Knowledge Translation Symposium for The Environment, Nutrition and Activity (ENACT) Project entitled “4 years, 380 Youth, and over 760 Million Data Points: What does our mixed methods study reveal about the role of the built environment in youth obesity?” Other presenters Drs. Grant, Rainham, Chirco, and Shearer (Dalhousie University)

## **Transformational Leadership in Physical Education: An Interactive Workshop**

Workshop and associated materials developed to train physical educators to more effectively promote physical activity outside of the classroom. The workbook, workshop and associated website was widely disseminated across public and private schools across British Columbia  
*Role: Co-author*

### **COMMISSIONED WORKS AND SPECIAL ASSIGNMENTS**

#### **Exercise and Physical Activity Tool Kit** 2006-2009

*Diabetes Care Program of Nova Scotia*

Co-authored by : Fowles, J., **Shields, C.A.**, & Murphy, R. J. L.

The Exercise and Physical Activity Tool Kit is a resource to facilitate the promotion and prescription of physical activity for those suffering from diabetes. This tool kit is to be distributed to diabetes educators province-wide.

### **AUDIO-VISUAL MATERIALS RELATED TO SCHOLARLY ACTIVITIES**

#### **Physical Activity and Exercise Brochures and Instructional Videos** 2012-2013

*Canadian Diabetes Association*

These physical activity and exercise materials represent a foundational part of standard diabetes care across Canada. They are meant as a teaching tool to improve both the physical activity and exercise counseling provided by diabetes care professionals as well as a resource to help guide the efforts of those with diabetes wishing to engage in physical activity and/or exercise. These materials were developed in both English and French. The series of 5 brochures is available in hard-copy or as PDF through CDA website. The videos are available on DVD or online through the CDA website or Youtube.

### **REFEREEING AND EDITORIAL DUTIES**

#### *Editorial Duties*

Editor - Journal of Sport and Exercise Psychology Digest 2012-2015

Contributor – Journal of Sport and Exercise Psychology Digest 2011-2012

#### *Grant Adjudication*

CIHR College of Reviewers –Project Scheme Open Grants Competition 2016, 2017, 2018

Heart and Stroke Foundation of Nova Scotia – BrightRed Graduate Awards 2011-2016

Social Sciences and Humanities Research Council of Canada – Standard Grants 2006-2011

Nova Scotia Health Research Foundation Policy, Service and Outcomes Grants 2009

Nova Scotia Health Research Foundation Collaborative Health Research Grants 2009

Nova Scotia Health Research Foundation Student Research Awards 2009

Faculty of Professional Studies Fund for Scholarly Development 2008-2011

Acadia University Faculty Association 25.55 University Research Fund 2005-2011

*Refereed Journals - Manuscript Reviewer*

Pediatric Exercise Science	2014-present
Rehabilitation Psychology	2012-present
Canadian Journal of Diabetes	2012-present
Perceptual and Motor Skills	2011-present
Psychology of Sport and Exercise	2009-present
Journal of Health Psychology	2008-present
Journal of Applied BioBehavioral Research	2008-present
Journal of Applied Social Psychology	2007-present
Journal of Sport and Exercise Psychology	2006-present
Research Quarterly for Exercise and Sport	2006-present
International Journal of Sport and Exercise Psychology	2006-present

*Scientific Societies – Content Reviewer*

Society of Behavioral Medicine - Abstracts for Annual Scientific Meetings	
Behavioral Medicine in Medical Settings Track	2009-2015
Technology and communication track	
Population Health, Policy and Advocacy Track	2006-2015
Psychological and Person Factors in Health and Behavior Change Track	2007-2015
Canadian Society for Psychomotor Learning and Sport Psychology	
Young Scientist Award Applications	2012 - 2014
Abstracts for Annual Scientific Meeting	2006, 2012

*Text Books and Teaching Material – Content Review*

Expert reviewer - A Guide to Research Methods for Sport – textbook proposal – SAGE publishing

Blind Review of: *Quantitative, Qualitative, and Mixed Methods Research Designs in Kinesiology*. Oxford University Press Canada

Crocker, P. *Sport and Exercise Psychology: A Canadian Perspective, Third Edition*. Pearson Canada.

Lox et al (draft) *Exercise Psychology: Integrating research and practice* (4<sup>th</sup> ed). Holcumb Hathaway.

Atkinson, M. (in review). *Researching Sport, Exercise and Health: Philosophies, Strategies and Realities*. London, UK: Sage Publications.

Atkinson, M. (in review) *Key Concepts in Sport and Exercise Research*. London, UK: Sage Publications

Hahn, D.B., Payne, W. A., Gallant, M., & Fletcher, P. C. (2006) *Focus on Health: Second Canadian Edition*. Toronto: ON. McGraw-Hill Ryerson.

**CONTRIBUTIONS TO REGIONAL, PROVINCIAL AND NATIONAL INITIATIVES REQUIRING RESEARCH OR SCHOLARLY COMPETENCE**

**Canadian Society for Exercise Physiology** – Physical Activity Training for Health 2017-2018  
*Expert Contributor/Reviewer for Behaviour Change Chapter*

The Canadian Society for Exercise Physiology (CSEP) Physical Activity Training for Health (CSEP-PATH) resource is a comprehensive, evidence-based resource needed to support the training and work of CSEP Certified Personal Trainers® (CSEP-CPTs), CSEP Certified Exercise Physiologists® (CSEP-CEPs), and other qualified exercise professionals.

**CIHR** - Working Group on Health Research Training 2015-ongoing  
*Invited expert (1 of 17 across Canada)*

In the face of changes in the CIHR funding landscape, CIHR brought together invited experts from across the country to discuss, plan and recommend changes to the funding, recognition and promotion of excellence in health research training through CIHR funded grants.

**Heart and Stroke Nova Scotia - Population-Level Physical Activity in Nova Scotia** 2017  
*Expert Contributor*

Needs Assessment Questions for Population-Level Physical Activity in Nova Scotia

**Diabetes Canada** – Clinical Practice Guidelines Dissemination and Implementation  
National Working Group 2015-2017  
*Invited expert/stakeholder*

This group is charged with reviewing the new clinical practice guidelines to be distributed to all diabetes care professionals in Canada, prioritizing the key messages, and designing strategies for effective dissemination across the country to insure proper implementation of the key recommendations.

**Nova Scotia Health Research Foundation** – CIHR Reform Impact Event 2016  
*Invited Member of Provincial Advisory Group*

This group was brought together to help to react to and shape a data gathering event aimed at understanding the impact of the CIHR reform on the research enterprise in Nova Scotia

**Nova Scotia Health Research Foundation** – Research Enhancement Project 2014  
*Acadia Representative/Expert Contributor*

In the face of changes in funding approach employed by CIHR, and the declining success of regional researchers in obtaining funding from CIHR, the NSHRF REP initiative is designed to develop strategies and resources to assist Nova Scotian health researchers to be successful in obtaining national level funding (particularly for work in the areas of

CIHR pillars 3 and 4). This committee includes researchers and practitioners from multiple institutions across the province.

**Cancer Care Nova Scotia -** 2013  
*Expert Contributor*

Cancer Care Nova Scotia is exploring opportunities to improve the coordination of, and training around lifestyle risk factors such as physical activity.

**First Nations and Inuit Health Branch of Health Canada – Enhancing Physical Activity and Exercise Expertise in Aboriginal Primary Health Care Environments** 2013  
*Invited Expert*

The overall objective set for the meeting was to collect expert opinions on Options for Enhancing Physical Activity & Exercise (PA/E) Expertise in Aboriginal Primary Health Care Environments. The meeting was held over 1 day, in Ottawa, at the Health Canada - FNIHB National Office. Participants included a mix of academics (5), National Aboriginal Partners (2), HC Regional participants (5), clinical care specialists (2) and HC National office participants (5)

**Canadian Society for Exercise Physiology – Physical Activity Training for Health** 2013  
*Expert Contributor/Reviewer*

The Canadian Society for Exercise Physiology (CSEP) Physical Activity Training for Health (CSEP-PATH) resource is a comprehensive, evidence-based resource needed to support the training and work of CSEP Certified Personal Trainers® (CSEP-CPTs), CSEP Certified Exercise Physiologists® (CSEP-CEPs), and other qualified exercise professionals.

**Nova Scotia Physical Activity, Sport and Recreation Responsibility Centre – Strategic planning** 2012  
*Invited Stakeholder*

The Physical Activity, Sport and Recreation responsibility centre undertook a strategic planning exercise to establish their vision, directions and priorities for the next several years.

**University of Alberta – Development of Physical Activity Information Questionnaire** 2012  
*Expert content reviewer*

**Canadian Diabetes Association – Clinical Practice Guidelines Implementation Working Group** 2011-2012  
*Expert contributor and member of the CDA working group*

The Canadian Diabetes Association publishes comprehensive, evidence-based recommendations for healthcare professionals to consider in the prevention and management of diabetes in Canada. The dissemination includes summary reports and tools to assist the implementation of these guidelines

**Active Canada 20/20** 2011  
*Invited Stakeholder*

Active Canada 20/20 looked to develop a a physical activity strategy and change agenda for Canada including ParticipACTION Advisory Groups

**Nova Scotia Department of Health and Wellness’ - Growing up Healthy** 2011  
*Invited Stakeholder*

Growing up Healthy was the Nova Scotia Department of Health and Wellness’ strategy to prevent childhood obesity

**Heart and Stroke Foundation of Nova Scotia** 2007-2011  
*Make a Move Workshop Leader*

Make a Move is a program which applies a “train the trainer” to educate health professionals on how to effectively counsel for and promote regular PA.

**Physical Activity Strategy Development Focus Group– County of Kings** 2007  
*Invited Stakeholder*

#### **LEADERSHIP TO PROFESSIONAL CONFERENCES**

**Chair\* - Organizing Committee – Making Waves: 2012 Annual Meeting** 2011-2012  
*Canadian Society for Psychomotor Learning and Sport Psychology*

The SCAPPS annual conference is the preeminent Canadian meeting for the sharing of research findings and their potential application in the areas of motor behaviour and sport, health, and exercise psychology.

**Chair\* - Population, Health Policy, and Advocacy Track** 2012  
*Society of Behavioral Medicine*

The Society of Behavioral Medicine is a multidisciplinary organization of clinicians, educators, and scientists dedicated to promoting the study of the interactions of behavior with biology and the environment, and the application of that knowledge to improve the health and well-being of individuals, families, communities and populations

\*Declined due to duties with SCAPPS 2012

**Program Committee – 2011 Annual Meeting of the North American Society for Psychology of Sport and Physical Activity (Burlington, Vermont)** 2010-2011

The North American Society for the Psychology of Sport and Physical Activity is a multidisciplinary association of scholars from the behavioral sciences and related professions. NASPSPA has over 400 members including members from the United States, Canada, the U.K., and Asia.

**Organizing Committee – Building Bridges Conference (Halifax NS)** 2006

The first joint conference of Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) and the Canadian Society for Exercise Physiology (CSEP)



## PUBLIC SPEAKING RELATED TO ACADEMIC EXPERTISE

- College of Pharmacy and Nutrition – University of Saskatchewan** 2017  
*Invited Speaker SPNSS Pharmacy and Nutrition Professional Enhancement Day*  
*Delivered an interactive 45 minute presentation entitled “If Exercise is Medicine, does that make Motivating Patients Magic? Tips for Promoting Physical Activity and Exercise with EIM-C”*
- Diabetes Care Program of Nova Scotia** 2016  
*Invited Speaker - Annual Professional Conference*  
Along with colleague Dr. J. Fowles delivered an interactive 45 minute workshop entitled “*Interactions of sleep, sedentary behavior, and physical activity: Taking a new comprehensive approach to lifestyle behavior change*” for approximately 100 attendees.
- Cancer Care Nova Scotia** 2016  
*Invited Speaker - Annual Professional Conference*  
Along with colleague Dr. M. Keats (Dahousie) and Dr. R. Hamilton delivered an interactive workshop entitled “*Integrating exercise and physical activity into patient care*” for approximately 30 attendees.
- Diabetes Care Program of Nova Scotia** 2015  
*Invited Speaker - Annual Professional Conference*  
Along with colleague Dr. J. Fowles delivered an interactive 1 hour workshop entitled “*Physical activity and exercise promotion in a culture of time constraints, technology, and trouble with motivation tailoring*” for approximately 200 attendees.
- Nova Scotia Department of Health Promotion and Protection** 2014  
*Invited Speaker - Physical Activity Practitioners Exchange*  
This governmental funded series of workshops provides training for health care professionals and those working the fields of exercise, health and recreation. I was an invited keynote speaker and delivered a presentation on using behaviour change theory to inform program planning to attract inactive individuals.
- Lawson Foundation – Board of Directors Meeting** 2014  
*Invited Speaker - Action Research In Action ...Lessons Learned with The Physical Activity & Exercise Toolkit*  
I was invited, along with Dr. Jonathon Fowles to present our work on the physical activity “Toolkit” to the board of directors of the Lawson Foundation as an exemplar of the project they are looking to fund. This presentation was used as a starting point for the board’s discussion of their strategic direction.
- Annapolis Valley Regional School Board - Wellness Workshop** 2014  
*Invited Speaker – Physical Activity and Diabetes*  
This event offered educators multiple sessions concerning varying aspects of health promotion.

- Acadia University Mental Health Society – Chill Week** 2013  
*Invited Speaker – Bang Head Here: Stress Reduction*  
 This presentation was part of a weeklong initiative put together by the newly formed Acadia University Mental Health Society. The timing of this presentation was aligned with a time of high stress (upcoming winter exams) for students in an effort to provide students with effective strategies to manage this stress.
- Acadia Student Union: Mind, Body and Soul Week** 2013  
*Invited Speaker – Let’s talk about body image*  
 In an effort to address mental health issues among students, the Acadia Students’ Union councillors were tasked with putting on a number of relevant events throughout what was called Mind, Body and Soul week.
- Acadia University Industry & Community Partnership Day** 2013  
*Invited Panelist – Health and Wellness*  
 This event, sponsored by the Office of Research and Graduate Studies served as a showcase for the collaborative work being done at Acadia that is having an impact “on the ground” in the community.
- Brown Baggers of Wolfville** 2013  
*Invited Speaker - A body at rest tends to stay at rest. A body in motion tends to stay in motion...at least until the winter holidays*  
 This community group of seniors in Wolfville and the surrounding area meets regularly to learn about topics of interest from local experts.
- Heart and Stroke Foundation of Nova Scotia’s Heart Rally** 2013  
*Invited Speaker - The growing challenge of addressing youth inactivity: Three local projects aimed at understanding the issue*  
 Every February the HSFNS invites experts in the area to offer a community-focused, evidence-based talk relevant to issues under the mandate of the HSFNS. This is used as a “kick-off” to the HSF Heart Month fundraising campaign.
- Nova Scotia Department of Health Promotion and Protection** 2009  
*Invited Speaker - Physical Activity Practitioners Exchange*  
 This governmental funded series of workshops happens three times a year and provides training for health care professionals and those working the fields of exercise, health and recreation. I spoke as part of three person panel on Interpersonal influences on physical activity among youth.
- Diabetes Care Program of Nova Scotia** 2008  
*Panel Speaker – Provincial Workshop*  
 The provincial workshop is one of the largest meetings of Diabetes Educators in the province and allows these professionals to learn about and discuss emerging issues in the area of diabetes prevention and management. I spoke as part of a team on the Diabetes Physical Activity and Exercise tool-kit developed at Acadia University.

**Dalhousie University Faculty of Medicine** 2008

*Presenter - 34<sup>th</sup> Annual February Refresher Course*

As part of the annual refresher course offered to physicians through the Dalhousie University Faculty of Medicine I presented on improving physical activity and exercise prescription. This course provides physicians an opportunity to hear about and discuss the emerging issues in medicine. Overall, the course had 230 registered participants.

**Ontario Pharmacists' Association Drug Information and Research Centre** 2007

*Invited Program Expert - National Obesity Certificate Program*

The national obesity certificate program, sponsored by the Ontario Pharmacists' Association Drug Information and Research Centre, aims to educate pharmacists on the safe and effective management and treatment of obesity and its complications. My presentation focused on effectively integrating physical activity and exercise prescription into practice.

**Active and Able Sports Camp** 2006, 2007

*Invited Guest Speaker – Mental Skills Training Session*

Active and Able is a physical activity and sport camp put on for youth and adolescents confined to a wheelchair. The camp is an initiative of the Abilities Foundation of Nova Scotia and the Nova Scotia in Motion society and was sponsored by the Royal Bank of Canada, the Office of Health Promotion and Protection and Acadia University.

**Heart and Stroke Foundation of Nova Scotia** 2006

*Keynote Speaker - Valley Volunteer Appreciation Night*

Presented on the benefits of physical activity for health as well as current research on the influences impacting adherence to cardiac rehabilitation.

**AWARDS IN RECOGNITION OF ACTIVITIES WITHIN THE BROADER ACADEMIC COMMUNITY**

**Outstanding Volunteer Award (2017)**

*Heart and Stroke Nova Scotia*

This award, given to 15-20 people annually recognizes one's contribution to furthering the mandate of Heart and Stroke in Nova Scotia.

**Dedicated Leader Award (2016)**

*Diabetes Care Program of Nova Scotia*

This award recognizes efforts and leadership and innovation in the field of diabetes care and management in Nova Scotia.

**Ambassador Award (2012)**

*Destination Halifax*

This award recognizes excellence in the promotion of Halifax as a destination for business and pleasure. I was awarded this honour as a result of my work as conference chair of Making Waves: SCAPPS 2012.

## **SERVICE**

### **SERVICE TO UNIVERSITY COMMUNITY**

#### **Acadia University**

*Current Appointments ( \*agreed to serve until this date)*

#### **Senate**

School of Kinesiology Representative

#### **Senate committee on Relationships with other Post-Secondary Institutions**

Faculty of Professional Studies representative

#### **Office of Research and Graduate Studies - Honours Summer Research Award Review Committee**

Faculty of Professional Studies representative

#### **Faculty of Professional Studies – Faculty Planning Committee**

School of Kinesiology Representative

#### **Departmental Review Committee – School of Kinesiology**

#### **AUFA executive**

Member at Large

#### **School of Kinesiology Hiring Committee**

#### **Office of Research and Graduate Studies (2015, 2016, 2017)**

*Dean's representative – NSHRF Scotia Scholar's Award Review*

#### *Past Appointments*

#### **Senate Honours Committee (end 2017)**

School Representative

#### **School of Kinesiology (2014 – 2016)**

*Honours Program Coordinator*

#### **Acadia University Faculty Association Executive (2014-2015)**

Member at Large – responsible for oversight of Financial Benefits, Research Committee, Policy Against harassment and Discrimination (Appeals) and Review of Policy Against Harassment and Discrimination

#### **AUFA Pre-negotiation team – Financial benefits committee (2013-2014)**

Member

**Senate Honours Committee (2010-2015)**  
School Representative

**Acadia University Research Ethics Board (2011-2014)**  
Faculty Representative

**CIHR University Delegate (2011-2016)**

**Departmental Review Committee (2012)**  
Internal Member - Landry-Tenure

**Departmental Review Committee (2012)**  
Internal Member – Dogra-Renewal

**University Group Insurance Benefits Committee (2010-2013\*)**  
AUFA representative

**Senate (2010-2012)**  
School Representative

**SRMK Scholarly Development Fund Adjudication Committee (2008-2011\*)**  
Departmental Representative

**Senate (2009-2010)**  
School Representative

**SRMK Curriculum Ethics Review Committee (2009-2010)**  
Committee Member

**Dept. Kinesiology Student Recruitment and Retention Committee (2008-2010)**  
Committee Member

**Acadia University Faculty Association 25.55 University Research Fund (2005 – 2010)**  
School of Recreation Management and Kinesiology Faculty Representative

**SRMK Masters Program Planning Committee (2006-ongoing)**  
Committee Member

**Ad Hoc Senate Group regarding Honours Forum (2010)**  
SRMK Representative

**SRMK Teaching Assistant Priority Committee (2009)**  
Committee Member

**School of Business Administration Operations Committee (2008)**

External Reviewer

**Search and Selection Committee for New Faculty – Kinesiology (2007-2008)**

Elected Committee member

**Faculty Development Committee (2007-2008)**

Faculty Representative

**Chief Proctor – Final Examinations (Dec. 2006, Apr. 2008)**

**Academic Integrity Committee (2006-2007)**

Faculty of Professional Studies Representative

**SSHRC Institutional Grant Fund Adjudication Committee (2006)**

Committee Member

### **Other Academic Institutions**

**External referee** Promotion and Tenure application – Kristina Karvinen (2014)

**Applied Health Sciences Faculty Council Executive, (2001-2003)**

Faculty Graduate Student Representative

*University of Waterloo*

**Applied Health Sciences Faculty Council (2001-2003)**

Department of Kinesiology Graduate Student Representative

*University of Waterloo*

**Kinesiology Graduate Student Association (2002-2003)**

President of Association

*University of Waterloo*

**Kinesiology Graduate Student Association (2001-2002)**

Vice President of Association

*University of Waterloo*

### **SERVICE TO THE BROADER ACADEMIC COMMUNITY**

**Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)**

President (2016-2018)

**CIHR University Delegate National Executive (2013 – 2016)**

Nationally elected by UD network

**Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)**

President Elect (2015-2016)

**Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)**

Co-leader – Coalition for Physical Activity Counselling (2014-2016)

**Executive - Canadian Society of Psychomotor Learning and Sport Psychology (SCAPPS)**

Director - Sport and Exercise Psychology (2012-2014)

**Heart and Stroke Foundation of Nova Scotia**

Scientific Advisory Council (2011-ongoing)

**Nova Scotia Health Research Foundation**

KARes Program (2009-2012)

**CIVIC ENGAGEMENT AND SERVICE TO THE LOCAL COMMUNITY**

**Nova Scotia Royals – 2006 Team (2018)**

Assistant manager

**West Hants Minor Hockey Association (2017-2018)**

Atom AA – parent-coach liaison

**West Hants Minor Hockey Association (2016-2017)**

Atom AA team manager

**West Hants Minor Soccer (2016)**

U-12 Girls Tier 2 Soccer coach

**Atlantic Hockey Group (2015)**

Manager – NS Raiders Elite – Novice Major Hockey team

**Atlantic Hockey Group (2014)**

Manager – Acadia Jr. Axemen – Super 7 Hockey team

**Heart and Stroke Foundation of Nova Scotia (2014, 2015)**

Fundraiser for the Heart Month campaign

**Heart and Stroke Foundation of Nova Scotia (2013)**

Provincial spokesperson for Heart Month fundraising campaign

**West Hants United Soccer Association (2010-2014)**

Volunteer Coach (U-6, U-8, U-10)

**Annapolis Valley Regional School Board (2011, 2012)**

Regional Science Fair – Volunteer Judge

**Falmouth District School - Home and School Committee (2009-2011)**  
Member

**Recreation Advisory Council - Village of New Minas (2007-2008)**  
Citizen Member

**Source Water Protection Committee - Village of New Minas (2006-2008)**  
Citizen Member

**Area Advisory Council - Village of New Minas (2006-2008)**  
Citizen Member