SCHOOL OF HEALTH AND EXERCISE SCIENCES

ANNUAL RESEARCH REPORT 2018

THE UNIVERSITY OF BRITISH COLUMBIA

ABOUT US

Our faculty members and graduate students are working on exciting research projects that explore health and human movement in today's society with the goal to create positive changes in health.

The School of Health and Exercise Sciences encompasses a diverse research portfolio, ranging from systems physiology through to health behaviour change and population health services. Since inception, the School has enjoyed significant research productivity, as assessed through grant capture and publication of peer-reviewed outputs.

Currently, the School has 19 full-time academic staff members, of which there are 15 active researchers. Based on its emerging reputation for research and teaching excellence, in combination with the Faculty of Kinesiology at UBC Vancouver, HES has been ranked #3 by QS university rankings and #16 by Shanghai university rankings for sports-related subjects.

CURRENT RESEARCH

125
FUNDED PROJECTS

$12.8M*
FUNDING

$3.8M*
RESEARCH INFRASTRUCTURE

*5 year PI Funding (2013-2018)

School Strategic Focus

Mission Statement: To generate knowledge that improves our understanding of the environmental challenges and mechanisms that impact health, with the goal of informing and translating interventions that prevent, manage, and treat chronic disease across the lifespan.

The span of research activities within the School is broadly encapsulated under three overarching thematic areas, and in addition, there are a small number of faculty who conduct research that sit between these areas. Each area has identified key aims to help the School achieve its mission.

Behaviour change for people with chronic conditions

The group undertakes research to improve people's lives through the application of the science of behaviour change. The group has a specific focus on working with people at risk for, or living with diabetes, and people with physical disabilities, particularly people with a spinal cord injury (SCI). The pending Centre has three primary objectives: 1) To design, implement, and evaluate exercise, diet, and smoking behaviour change interventions; 2) To develop quality, evidence-based methods for community engaged, integrated knowledge translation; and 3) To work with stakeholders to translate, evaluate and implement the Centre's research knowledge products in the real world.

Cardiovascular and respiratory physiology

The group proposed two overarching aims: 1) To investigate novel mechanisms and interventions that generate new approaches to improve respiratory and cardiovascular health across the lifespan; and, 2) To understand the isolated, and combined effects of impact of environmental stress on physiological function.

Sensorimotor neuroscience and neuromuscular physiology

The group aims to develop a strong collaborative research program in the field of adult aging, with a focus on the origins of neurological insults (e.g. Parkinson's disease, mild traumatic brain injury, and environmental stressors). This work will specifically examine balance and falls, fatigue and overall motor behaviour/function across the adult lifespan.

Who we are

Philip Ainslie | Professor and Canada Research Chair
Research interests: Dr. Ainslie's research is directed to the integrated mechanisms, which regulate human cerebral (brain) blood flow in health and disease, including three interrelated areas: 1) Mechanisms of cerebral blood flow regulation in health and disease states; 2) Influence of environmental stress on integrative physiology and cerebrovascular function (with focus on hypoxia and temperature regulation); and, 3) Influence of acute and chronic exercise training on cerebrovascular function.

Gord Binsted | Professor
Research interests: Dr. Binsted's research program focuses on understanding how the human brain detects and uses sensory information to control movement. Even the simple act of picking up a cup of coffee requires the brain to rapidly perform a complex series of sensory to motor transformations. Binsted's research focuses on how these functions change with age, disease or environmental disruption.

Brian Dalton | Assistant Professor
Research interests: Dr. Dalton's research interests focus on understanding the sensorimotor control of the human movement using various models of study (e.g., neuromuscular fatigue, healthy adult aging, hypoxia). His current research includes experiments related to understanding: 1) the vestibular contributions to reaching and arm-supported standing balance; 2) the vestibular control of balance during hypoxia; and 3) the neuromechanical control of the intrinsic foot muscles and their role in standing balance.

Neil Eves | Associate Professor
Research interests: Dr. Eves' research interests are in the integrative aspects of pulmonary and cardiovascular physiology in health and disease. His current research focuses on how the pulmonary and cardiovascular systems interact and how these interactions mediate adverse symptoms, exercise intolerance and the accelerated progression of cardiovascular disease that occurs in patients with chronic respiratory conditions. Dr. Eves' program is also exploring the role of novel exercise therapies specifically tailored to alter and reverse the primary and secondary pathophysiology of respiratory diseases such as COPD and lung cancer.

Glen Foster | Associate Professor
Research interests: Dr. Foster's current research is focused on: 1) respiratory and neurocirculatory modulation by intermittent hypoxia; and, 2) utilizing contrast ultrasound to assess perfusion.

Heather Gainforth | Assistant Professor
Research interests: Dr. Gainforth and her lab aim to close the gap between health promotion research and practice by examining knowledge translation – the act of moving research evidence into the hands of research users. The research program aims to identify, develop and implement novel strategies for disseminating evidence-based health information and interventions to populations. The systems-based research is grounded in behaviour change theory and techniques and is guided by strong collaborations between researchers and communities.

Jennifer Jakobi | Professor
Research interests: Dr. Jakobi's research program focuses on maintaining functional independence in older adults. The lab applies a number of neuromuscular techniques to explore sex-specific physiological adaptations with aging. Dr. Jakobi is particularly interested in applying acute and chronic exercise interventions to understand neuromuscular plasticity for functional gain.

Mary Jung | Associate Professor
Research interests: Dr. Jung's research program examines dietary and physical activity behaviour change and maintenance, with a particular interest in diabetes prevention through the use of evidence-based interventions. Dr. Jung works with an interdisciplinary team of scientists and community-based organizations

to test the implementation and sustainability of such interventions in the real world. She also evaluates programs that seek to assist individuals make dietary and exercise changes (e.g., national physical activity programs, mHealth apps, prediabetes and type 2 diabetes online platforms).

Jonathan Little | Associate Professor
Research interests: Dr. Little's Exercise Metabolism and Inflammation Laboratory (EMIL) employs a broad spectrum of techniques, spanning from whole-body metabolic measurement in humans down to advanced molecular analyses in isolated cells. Studies range from applied exercise interventions in clinical populations (e.g., patients with type 2 diabetes) to basic studies examining intracellular signaling pathways and gene expression in cultured cells. Human exercise intervention studies are focused around the health benefits of high-intensity interval training and nutrition research is centred around carbohydrate restriction for the treatment and prevention of type 2 Diabetes.

Kathleen Martin Ginis | Professor
Research interests: Dr. Martin Ginis' research program focuses on the psychosocial mechanisms and consequences of physical activity behaviour change. She has a particular interest in physical activity among people with spinal cord injury and frequently works with multi-disciplinary teams to study various health-outcomes (e.g., cardiovascular disease risk, pain). Dr. Martin Ginis also works closely with numerous community-based organizations on research and knowledge translation projects to advance physical activity and other types of social participation among Canadians with disabilities (www.cdpp.ca).

Alison McManus | Professor
Research interests: Dr. McManus' research focuses on the physiological consequences of sedentary behaviour in children. We use experimental models of sitting in the laboratory, alongside community-based observational studies to address key questions around the impact too much sitting has on the vascular system, whether breaking-up prolonged sitting with exercise preserves vascular function and discovering the dose-response relationship between exercise and vascular benefit in children.

Chris McNeil | Associate Professor
Research interests: Dr. McNeil's program of research uses an integrative approach to investigate the performance and plasticity (adaptability) of the human neuromuscular system. Put another way, Dr. McNeil studies how the brain, spinal cord and muscles respond to acute interventions (e.g., muscle fatigue, hypoxia or conditioning stimuli) or chronic perturbations (e.g., aging, training or disease).

Colin Reid | Assistant Professor
Research interests: Dr. Reid is a health services researcher who focuses on care for persons living in residential long-term care. Dr. Reid uses an interdisciplinary approach, typically employing mixed methods, for his community-based research program.

Rob Shave | Professor
Research interests: Dr. Shave's research interests focus on understanding the acute and chronic effects of exercise and/or environmental stress upon the cardiac structure and function. Using echocardiography and biomarkers, Dr. Shave combines comparative and experimental physiology approaches to further understand how the mammalian heart has evolved, and how the cardiovascular system remodels in response to exercise in a range of populations.

Paul van Donkelaar | Professor
Research interests: Dr. van Donkelaar's research focuses on gaining a better understanding of traumatic brain injury (TBI) due to sports concussion or intimate partner violence. van Donkelaar and team are using an integrated knowledge translation approach with the goal of co-designing and creating TBI-informed tools and resources for front line staff working at community organizations supporting survivors; and aims to improve safety of repetitive impacts on players' heads during contact and non-contact sports.

Research in the Community

KNOWLEDGE SHARING

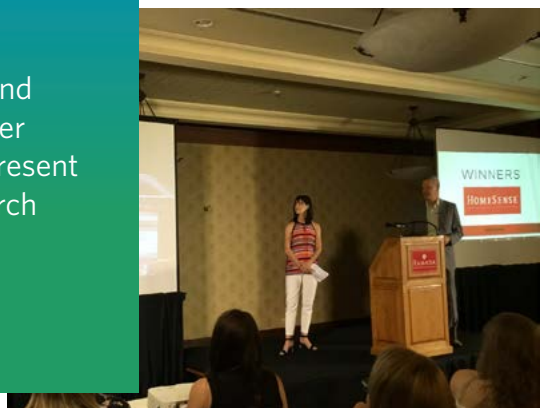
In partnership with the downtown Kelowna YMCA, the Diabetes Prevention Research Group led by Dr. Mary Jung celebrates one year of offering the 24-week lifestyle intervention and weight loss program to the community of Kelowna.

NETWORK

The BC Diabetes Research Network, in collaboration with the Faculty of Medicine, hosted the UBC Okanagan Diabetes Research Day, which welcomed faculty members and trainees engaged in diabetes and obesity research across British Columbia.

COMMUNITY

Dr. Paul van Donkelaar and Kelowna Women's Shelter Director Karen Mason present their collaborative research findings throughout the community.



LEADERSHIP

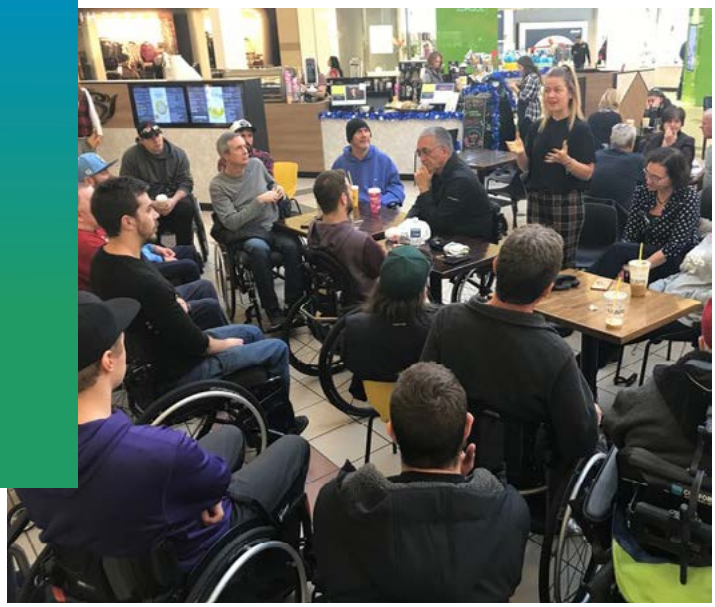
Together, a team of researchers, people with lived experience of spinal cord injury (SCI), SCI organizations, clinicians, and funders are committed to developing the first Integrated Knowledge Translation Guiding Principles for Conducting and Disseminating Research in Partnership with People with SCI.

OUTREACH

iSTAND supports STEM education through youth camps, individual classroom visits, and informative sessions on campus and within the community. In 2018, iSTAND welcomed 522 youth to its programs, and 20 educators from the local community.

COLLABORATION

Dr. Martin Ginis and Ph.D. candidate Kendra Todd spoke with members of Accessible Okanagan at their coffee group meeting on November 14, to gather community perspectives on a proposed research protocol. The feedback was used to design a study to test the effects of exercise and diet on pain and inflammation among people living with spinal cord injury. The study is now underway in the new Health Behaviour Change research space in the Upper Campus Health building.



Remarkable Students & Fellows

2018 Post-doctoral Fellows

Corliss Bean, with Mary Jung
Femke Hoekstra, with Heather Gainforth and Kathleen Martin Ginis
Elena Ivanova, with Mary Jung
Sean Locke, with Mary Jung
Mike Kennefick, with Brian Dalton and Heather Gainforth
Hossein Rafiei, with Jonathan Little
Jon Smirl, Paul van Donkelaar
Jeremy Walsh, with Jonathan Little

22
MASTER OF SCIENCE STUDENTS

8
POSTDOCTORAL FELLOWS

27
DOCTOR OF PHILOSOPHY STUDENTS

NEW STUDENTS ADMITTED
9 Master of Science
8 Doctor of Philosophy

DEGREE CONFERRALS
8 Master of Science
5 Doctor of Philosophy

2018 Awards and Recognition

Cody Durrer, NSERC Doctoral Scholarship
Emily Giroux, MITACS Award for Outstanding Innovation at a Master's level
Ryan Hoiland, UBC Okanagan PhD Researcher of the Year
Elena Ivanova, Early Career Researcher Mentee Award, Academy of Consultation-Liaison Psychiatry
Garett Jackson, Aboriginal Graduate Fellowship
Sean Locke, SSHRC and Institute of Behavioural Trials Network Award
Helena Neudorf, NSERC Masters Scholarship & NSERC Undergraduate Student Research Award
Megan MacPherson, Worksafe B.C. Award
Étienne Myette-Côté, Graduate Dean's Thesis Fellowship
Luca Ruggiero, Graduate Dean's Thesis Fellowship
Rob Shaw, SSHRC Doctoral Fellowship & Gragopian Scholarship
Rowan Smart, NSERC Doctoral Scholarship & Mitacs Globalink Research Award
Matthew Stork, MSFHR Trainee Fellowship
Kendra Todd, MITACS Graduate Fellowship
Alex Yacyhyn, NSERC Doctoral Scholarship

UBC OKANAGAN 2018
PHD RESEARCHER OF THE YEAR

Ryan Hoiland

Ryan Hoiland, who conferred his PhD in Kinesiology was the 2018 receipient for the UBC Okanagan PhD student researcher of the year.

MITACS AWARD FOR
OUTSTANDING INNOVATION
AT A MASTER'S LEVEL

Emily Giroux

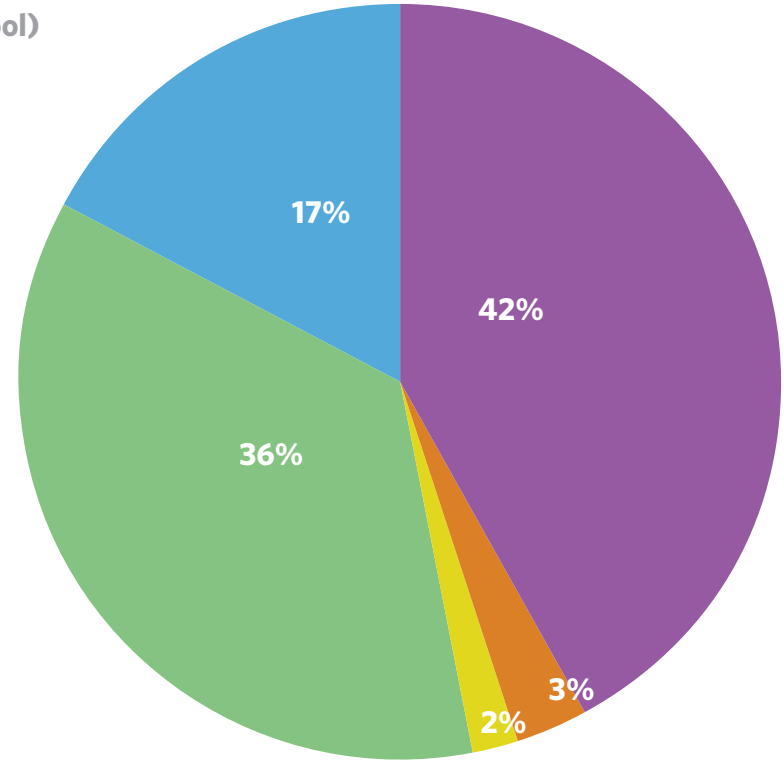
Emily Giroux who conferred her Masters in Health and Exercise sciences was the 2018 receipient for Mitacs award for Outstanding Innovation in Masters

New Funding Success

Research funding received by the School of Health and Exercise Sciences in 2018

Source	Amount	Percentage
Tri-council grants	$999,354	42%
Other external	$866,544	36%
Internal funding	$61,995	3%
Contracts	$415,000	17%
Provincial government	$53,020	2%

Total: $ 2,395,913
+$5,059,993 Co-I funding (PI outside of School)



New Publications

School of Health an Exercise Publications in 2018	
Total number peer-reviewed papers	143
Average per active research faculty member	9.5
Median per active research faculty member	9
Total peer review (co-authorship removed)	125
Publications in journals with an impact factor <2.5*	37%
Publications in journals with an impact factor 2.5-5.0	55%
Publications in journals with an impact factor 5+	8%
Publications in Q1 journals **	66% (85)
Publications in Q2 journals	20% (25)
Total 2018 citations ***	8,410

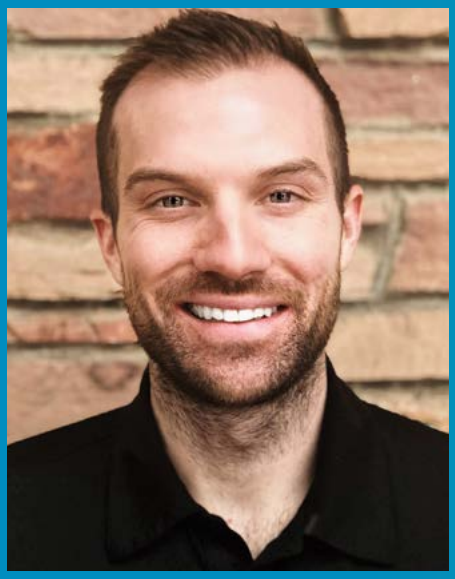
* Data obtained from journal citation reports
** Data obtained from Scimago
*** Data obtained from Google Scholar

Research Centre & Laboratories

As the foundation to our research efforts, our labs and the Centre for Heart, Lung and Vascular Health serve as a training ground for our undergraduate and graduate students studying health and exercise sciences.

1. Cerebrovascular Physiology Lab (PI: Phil Ainslie)
2. Sensorimotor Neuroscience Lab (Co-PI's: Gordon Binsted & Paul van Donkelaar)
3. Sensorimotor Physiology and Integrative Neuromechanics Laboratory (PI: Brian Dalton)
4. Integrative Clinical Cardiopulmonary Physiology Lab (PI: Neil Eves)
5. Cardiopulmonary Laboratory for Experimental and Applied Physiology (PI: Glen Foster)
6. Applied Behaviour Change Lab (PI: Heather Gainforth)
7. Healthy Exercise and Aging Lab (PI: Jennifer Jakobi)
8. Diabetes Prevention Research Group (PI: Mary Jung)
9. Exercise, Metabolism and Inflammation Lab (PI: Jonathan Little)
10. Pediatric Exercise & Inactivity Research Laboratory (PI: Alison McManus)
11. Integrative Neuromuscular Physiology Lab (PI: Chris McNeil)
12. Concussion Research Lab (PI: Paul van Donkelaar)
13. Comparative and Functional Cardiac Imaging Lab (PI: Rob Shave – pending)

FEATURE ALUMNI



Anthony Bain

Anthony Bain joined the Department of Kinesiology at the University of Windsor in July, 2018. After completing his undergraduate and Masters degrees at the University of Ottawa, Anthony joined the School of Health and Exercise Sciences as a PhD student with Dr. Phil Ainslie. Then, prior to joining Windsor, Dr. Bain trained as a postdoctoral fellow at the University of Colorado with Dr. Christopher DeSouza. The broad aim of Dr. Bain's research program is to partition the mechanisms responsible for vascular endothelial dysfunction leading to cardiovascular and cerebrovascular events - the primary cause of death globally. To better understand basic vascular function in humans, a secondary facet of Dr. Bain's research program is determining how the peripheral and cerebral vasculature cope with and adapt to extreme environmental stressors, such us heat and hypoxemia.

Monique Francois

Monique Francois joined the Faculty of Science, Medicine and Health at the University of Wollongong in 2018. After completing her undergraduate and Masters degrees at the University of Otago, Monique joined the School of Health and Exercise Sciences as a PhD student with Dr. Jonathan Little. Then, prior to joining Wollongong, Dr. Francois trained as a postdoctoral fellow at the University of Virginia. Dr. Francois's research interests focus on Exercise Physiology, Nutrition, Endocrinology and Metabolism. As a lecturer and researcher, Monique is passionate about exercise, nutrition, and health.

Centre Report

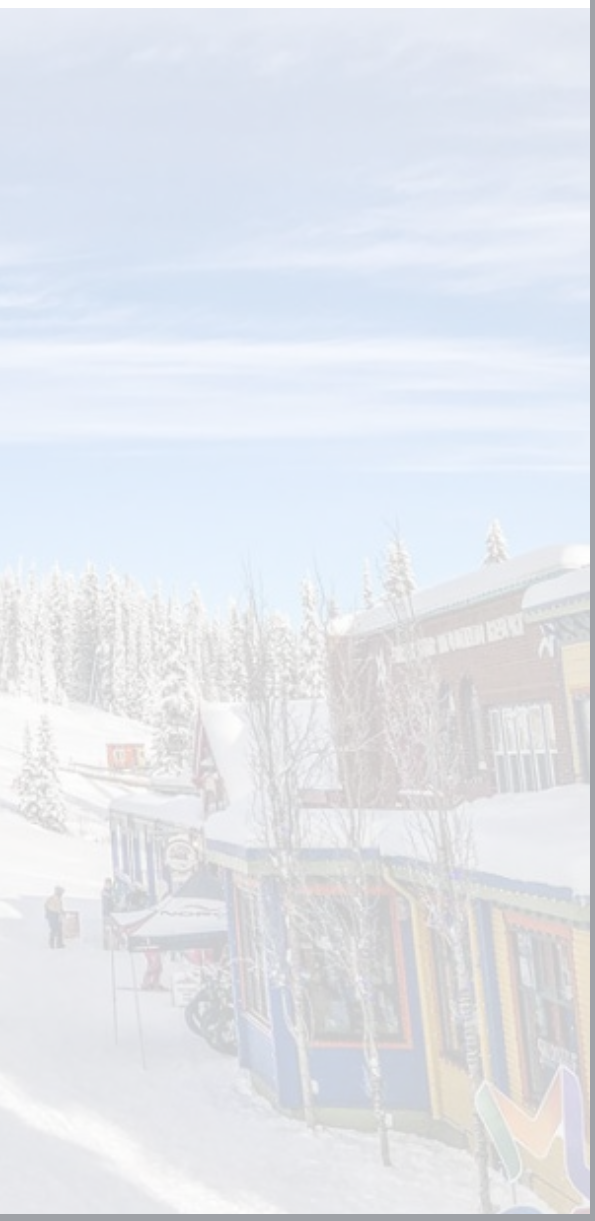
The Centre for Heart, Lung and Vascular Health (CHLVH) was opened in 2012 and has a mission to produce and disseminate internationally leading research into the causes, consequences and treatment of cardiovascular, pulmonary and cerebrovascular diseases. In 2018, the CHLVH had 71 members (10 faculty and 61 trainees in postdoctoral, graduate and undergraduate programs) performing research in the cardiovascular and respiratory sciences, as well as an established extended network of researchers and training opportunities in 13 countries and >25 cities across the world. Researchers within the CHLVH received $1.4M in new Principal Investigator funding and published 77 papers, many in prestigious physiology and medical journals.

ACADEMIC ENGAGEMENT

In March 2018, the CHLVH's biennial Okanagan Cardiovascular and Respiratory Symposium welcomed 170 individuals from 6 countries and three continents. The three-day conference hosted at SilverStar resort is designed to bring together integrative physiologists, who work in any area of heart, lung and vascular physiology, to stimulate scientific discussion, future collaborations and provide a much-needed network for the dissemination of these scientific disciplines in Canada, the US and around the world. The major focus of the conference is on graduate trainees, allowing them to present and discuss their work in an informal, yet scientifically rigorous setting. Keynote speakers for the 2018 meeting were: Dr. Susan Hopkins (University of California), Dr. Michael Joyner (Mayo Clinic) and Dr. Ben Levine (University of Texas Southwestern Medical Centre).

COMMUNITY ENGAGEMENT

The Centre hosted two community events with Dr. Michael Joyner (Mayo Clinic). *Genomics in Medicine* took place at UBC Okanagan, and welcomed 75 guests from the campus community. *The Scientific Basis of Running a Marathon in under Two Hours* was a public event at Sandhill Winery and welcomed 207 guests. Both events were sold-out.



2018 Global Research Expedition begins release of 15 major studies

International research team study high altitude adaptation
A 45-person international research team completed over 15 major studies in Cerro de Pasco, Peru, a mining town at 4,330 metres. Over 30 days, the team conducted >750 study sessions, accounting for 3000 hours of experimental testing.

This monumental achievement was part of the Global Research Expedition on Altitude-related Chronic Health, or REACH, an apt acronym for the far-reaching connectivity of the team and the study results.

Roughly the size of an NFL team, the expedition included undergraduate and graduate students, researchers, and physicians from 6 countries, and 11 universities. No easy feat to organize or execute, says the expedition co-leader Mike Tymko, who has recently completed his PhD in the School of Health and Exercise Sciences.

Despite serious logistical challenges, including the delayed delivery of ~15% of the expedition's four metric tons of equipment, six temporary laboratories were set up and all proposed studies were completed successfully.

Following on from this Herculean effort are the important findings of the 15 studies, which will result in the publication of 25-30 peer-reviewed manuscripts over the next 2-3 years.

Appendix

PUBLICATIONS

1. Allan, V., Smith, B., Côté, J., Martin Ginis, K. A., & Latimer-Cheung, A. E. (2018). Narratives of participation among individuals with physical disabilities: A life-course analysis of athletes' experiences and development in parasport. Psychology of Sport & Exercise, 37, 170-178. doi:10.1016/j.psychsport.2017.10.004
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3. Bain, A. R., Ainslie, P. N., Hoiland, R. L., Barak, O. F., Drvis, I., Stembridge, M., et al. (2018). Competitive apnea and its effect on the human brain: Focus on the redox regulation of blood–brain barrier permeability and neuronal–parenchymal integrity. The FASEB Journal, 32(4), 2305-2314. doi:10.1096/fj.201701031R
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11. Bigonnesse, C., Mahmood, A., Chaudhury, H., Mortenson, W. B., Miller, W. C., & Martin Ginis, K. A. (2018). The role of neighborhood physical environment on mobility and social participation among people using mobility assistive technology. Disability & Society, 33(6), 866-893. doi:10.1080/09687599.2018.1453783
12. Boulet, L. M., Teppema, L. J., Hackett, H. K., Dominelli, P. B., Cheyne, W. S., Dominelli, G. S., et al. (2018). Attenuation of human hypoxic pulmonary vasoconstriction by acetazolamide and methazolamide. Journal of Applied Physiology, 125(6), 1795-1803. doi:10.1152/japplphysiol.00509.2018
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2018 SUCCESSFUL PRINCIPAL INVESTIGATOR GRANTS

Researcher	Amount	Funding Agency	Project
Ainslie (PI)	$25,000	NSERC Engage	Validation of a new technology to estimate cerebral perfusion
Ainslie (PI)	$120,000	MITACS	Elevate Development of Cerebral Perfusion Technology
Ainslie (PI)	$305,000	HSFC	HSFC Cerebral blood flow regulation by nitric oxide in health and aging
Eves, N. (PI)	$50,000	Canadian Lung Association	Can micro-doses of physical activity offset the negative consequences of being sedentary in patients
Eves, N. (PI)	$145,000	NSERC- Discovery Grant	Heart-lung interactions and the effect on cardiac and vascular mechanics
Forneris	$61,650	SSHRC Insight Development	Academic Resilience in post-secondary education
Foster (Pi)	$5,000	UBC ORS Collaborative Research Mobility Award	Strengthening Cross- Campus Relationships to Develop Novel Treatment Strategies for Cardiovascular Disease in Sleep Apnea
Foster (Pi)	$153,500	Heart and Stroke Foundation of Canada	Intermittent hypoxia and cardiovascular disease
Gainforth (co-PI)	$580,000	CIHR Project Grant	Advancing the Science of Integrated Knowledge Translation with Health Researchers and Knowledge Users: Understanding Current and Developing Recommendations for Integrated KT Practice
Gainforth (PI)	$4,995	EMBARGO	
Jakobi (PI)	$35,000	NSERC Promoscience	Hands-On STEM Learning Evaluation for Under-represented
Jakobi (PI)	$37,454	SSHRC	Exploring Girls' Success in STEM: A Positive Organizational Perspective
Jakobi (PI)	$47,000	NSERC	Contributions of Neural and Mechanical Input to Spinal motoneuron Output in Human Force Control
Jakobi (PI)	$38,300	NSERC	iSTAND Youth Outreach: Program Diversification
Jakobi (PI)	$4,950	NSERC	iSTAND Science Odyssey Outreach
Jung (PI)	$2,500	Canadian Celiac Association	An Opportunity for Impact on the Lives of People Dealing with Celiac Disease
Jung (PI)	$10,000	Michael Smith Foundation for Health Research	Engaging champions in the process of embedding a type 2 diabetes prevention lifestyle program into a community setting: A collaborative approach
Jung (PI)	$256,044	Heart and Stroke Foundation	The Power of Choice on Exercise Adherence and Cardiovascular Health in Prediabetes
Little (PI)	$45,000	Mitacs Accelerate	Salivary insulin profiles throughout the day in humans with elevated waist circumference
Little (PI)	$220,000	Private Foundation	Supporting and Enabling Physicians to deliver Personalized Therapeutic Nutrition Using an Online Technology Platform

Little (PI)	$7,000	UBC Collaborative Research Mobility Award	Lifestyle interventions for preventing and treating type 2 diabetes
Little (PI)	$7,500	UBC Killam Research Fellowship	
Little (PI)	$30,000	UBC Okanagan NSERC Research Facility Support Grant	UBC Okanagan Flow Cytometer Research
Little (PI)	$14,770	MSFHR Convening and Collaborating Grant	Physician-led low carbohydrate therapeutic nutrition for type 2
Martin Ginis (PI)	$15,000	MITACS	Development of an education resource to assist not for profit organizations in the formulation and implementation of federal disability legislation
van Donkelaar (PI)	$100,000	Max Bell Foundation Project Grant	Integrating traumatic brain injury awareness into support for survivors of intimate partner violence
van Donkelaar (PI)	$7,500	UBC Collaborative Research Mobility Award	Traumatic brain injury in marginalized populations: connecting the dots
van Donkelaar (PI)	$28,250	BC Civil Forfeiture Grant	Traumatic brain injury and intimate partner violence: Exposig the links
van Donkelaar (PI)	$25,000	SSHRC Partnership Engage Grant	The connection between intimate partner violence and traumatic brain injury: Addressing gaps in knowledge and awareness
Gainforth (CO-PI) van Donkelaar (CO-PI)	$15,000	MITACS Accelerate Grant	Assessing traumatic brain injury knowledge and awareness at community organizations serving women who have experienced intimate partner violence

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