CHAIR’S OFFICE

Welcome to all of our new and returning undergraduate and graduate students, and postdoctoral fellows.

We also welcome a new faculty member, DAVID CLARKE, Assistant Professor. Dave’s research is in the area of exercise prescription and chronic diseases.

Congratulations to our faculty members who have been promoted:

THOMAS CLAYDON, tenure and promotion to Associate Professor.
VICTORIA CLAYDON, tenure and promotion to Associate Professor.
ANGELA BROOKS-WILSON, promotion to Professor.

FIRST ANNUAL BPKSA ORIENTATION

The BPK Student Association, in conjunction with the BPK Department and BPK Co-op, has initiated the first ever BPK Orientation!

This event is taking place during week two, over two days and will wrap up with the BPK Welcome BBQ.

The event was suggested by our very active and engaged BPKSA. It is designed by BPK students for new BPK students, with the intent to welcome and engage students in our department as soon as they arrive at SFU, and is designed to supplement the campus wide orientation offered in August.

The BPK Orientation will include BPK faculty lab tours, presentations from Recreation, Athletics, Peer Health, SFU Physiotherapy, BPK Co-op and BPK academic advising.

The BPKSA is made up of undergraduate students who are committed to engaging with the Department, with the aim of making BPK an enjoyable experience, both academically and socially.

For more information on the BPKSA and the First Annual BPKSA Orientation event, please go to: www.bpksa.org
www.sfu.ca/bpk

BPK WELCOME BBQ

All BPK students, staff and faculty are welcome! This event is in support of the Terry Fox Foundation.

Date: Thursday, September 12th, 2013
Time: 12 Noon to 1:30 p.m.
Location: Outside courtyard beside K8638
RSVP at www.sfu.ca/bpk by Sept. 10th.

Enjoy a beef/veggie burger & snack for a minimum donation of $3.00!

Sponsored by: Nester’s Market, BPK Department, BPK Co-op and BPK Student Association

TERRY FOX DAY

JOIN TEAM BPK WALK/RUN

Terry Fox Day at SFU will be held this year on Tuesday, September 24. The purposes of the event are:
- to celebrate the memory of Terry Fox, who was an SFU Kinesiology student
- to raise money for the Terry Fox Foundation to help find a cure for cancer
- to enhance community spirit at SFU

Events Scheduled for September 24th are:
11:30 am: Opening Ceremony

President Petter will present a gold medal and a plaque to the 2013 Terry Fox Gold Medal winner, Christine Tulloch. Christine is the sister of one of our Kinesiology majors, KAREN TULLOCH. Read Christine’s story here

11:45 – 11:55 am: Warm-up, led by SFU Fitness instructors
11:55 am: Race begins!

President Petter will invite the walk/run participants to follow the Piper to the Terry Fox Statue where the 4.5 km run and 2.5 km walk will begin. Participants can either walk a 2.5 km course or run a 4.5 km course.

For more info on the Terry Fox Day event Details include September 12th and 17th pre-events. Select ‘Event Details’, then ‘Burnaby Event’

Go directly to the TEAM BPK Registration

In his capacity as captain of Team BPK, CRAIG ASMUNDSON invites all BPK undergraduate students, graduate students, faculty, and staff to:

- Participate in either the 4.5 km run or 2.5 km walk

If you are planning to participate in the walk/run, please register for the event by Monday, September 23 at 4:30 pm:
(1) Go to the online registration form
(2) Answer "Yes" to the question "Do you wish to be part of a team?"

(3) Enter team name as ‘TEAM BPK’

IMPORTANT: Participants should register online if they want to be counted in the final tally for our team for the largest team award, and towards SFU’s overall participation count. The official team size count is going to happen at 5:00 pm on Monday, September 23. However, if you don’t officially register as a BPK team member before September 24, you can still come out and participate in the walk/run on September 24, but you won’t be counted in our team numbers for the largest team award.

→ Fundraise for the Terry Fox Foundation as a member of TEAM BPK.

Go to the SFU Terry Fox Day website at http://www.sfu.ca/terryfox/donate.html

On this page, instructions are given for making either an online donation, an in-person donation on event day, or a donation in the few days following the September 24th event day on behalf of Team BPK. There will be donation tables in Convocation Mall from 11:15 am to 1:30 pm on September 24th.

For your donation to count towards the Team BPK fundraising goal of $2000, you should select “Online Donations” and follow the steps. Our registered team name at the Terry Fox Foundation is “Team BPK”. You can also collect pledges as cash or cheques and submit this money to me for Team BPK.

NOTE: Once you’ve made your online contribution, you’ll immediately be issued a tax receipt.

Many volunteers are needed on September 24th to make this event successful. Select “Volunteer/Get Involved” on the SFU Terry Fox Day website to get detailed information about volunteering. Volunteers will officially count as members of Team BPK, if they register as team participants at the Terry Fox Day website as described above. On the registration webpage, for the question, “Which event will you participate in?” select the 2.5 km walk, even though you won’t actually be doing this. If you are interested in volunteering, please go to http://www.sfu.ca/terryfox/getinvolved/volunteer.html

On September 24th, Team BPK members should meet in Convocation Mall in front of the main entrance to the Library by 11:20 a.m. for a team photograph and to get your BPK Team ribbon to wear.

This year is the 33rd anniversary of Terry’s Marathon of Hope run across Canada. It would be great to see a huge BPK turnout at the walk/run! Team BPK, formerly called the Kinesiology team, won the award for the team with the largest number of participants from 2001-2004, and from 2008-2011. In 2012 we had the second largest team, after Health Sciences. We need you to participate in the walk/run event in order to regain our title as the team with the largest number of participants!

Last year, we were the number three fundraising team at SFU. We have been the number one fundraising team in a number of past years. Let’s be the number one team for fundraising again this year! Our team goal is to raise $2000 for cancer research. For Terry Fox himself, the most important aspect of his Marathon of Hope run across Canada was fundraising for cancer research, so that cancer could eventually be cured and people’s suffering would stop.

Come out on September 24th, get some exercise, have fun, meet fellow BPK students, faculty and staff, and celebrate the memory and legacy of Canada’s greatest hero, Terry Fox!

Craig Asmundson, BPK Team Captain
rasmunds@sfu.ca

The Sixth Annual Celebration of SFU Authors was held at SFU on March 26th, 2013 and honored 140 works published by 119 current faculty, students, staff, alumni and retirees. Honored were the BPK published works of LAURA DEWAR, PhD Candidate, GLEN TIBBITS, Professor and Chair, GABRIEL WATERMILLER (aka GAVRIL MORARIU) Retiree from the former School of Kinesiology. Citations following are:


WATERMILLER, GABRIEL. Soft Tales from a Refugee Camp. USA: Xlibris, 2010. (Awarded the 2012 prize of the Romanian language magazine, OBSERVATORUL from Toronto, namely, the Aurel Serghiu Marinescu Prize for Literature in Exile).


The Aerospace Physiology Lab also welcomes JOKE KEUSENS from the Institute of Aerospace Medicine (DLR, Cologne, Germany) and the University of Technology (Eindhoven, the Netherlands) to conduct research as part of the Hemholz Space Life Sciences (SpaceLife) PhD program.

Congratulations to RIANNE RAVENSBERGEN (Supervisor, VICTORIA CLAYDON) who has received a CIHR Institute for Circulatory and Respiratory Health Skills Development Travel Award to attend the American Autonomic Society Conference in Hawaii in October 2013.

Congratulations to MATT LLOYD (Supervisor, VICTORIA CLAYDON) who has received a BPK Graduate Entrance Award for Excellence.

CONFERENCES

Presentations from the Aerospace Physiology Lab:

LEGGY CAD, BECK LEJ, KUEMMEL J, ZANGE J, GANSE B, RITTWEGER J, BLABER AP. In vivo assessment of muscle pump

BAEVSKY RM, TAVAKOLIAN K, RUSANOV VB, BLABER AP. Heart rate variability analysis of autonomic control strategies to changes in lower body negative pressure. Human in Space Symposium, July 2013, Cologne, Germany.


BC Fit ’13 “EXPLORE, EXPAND, EXCEL” CONFERENCE INVITED SPEAKERS

TONY LEYLAND, Senior Lecturer, DIANA B E D O Y A, Limited Term Lecturer, LEAH ESPLEN, Sessional Instructor, and RICK KASELJ, Kinesiology Alumnus, were Invited Speakers at the BC Fit ‘13 Conference held on September 6-8, 2013 at the Capilano University Sportsplex, sponsored by the BC Recreation and Parks Association.

www.bcpra.bc.ca

TONY LEYLAND presented a Personal Training Session entitled “Does Long, Slow and Steady Still Cut it?” He presented recent research on the health benefits of resistance training, and discussed the dangers of too much endurance training with the possibility of cardiovascular overtraining. Noting that weight loss is the primary reason many people exercise, he addressed the benefits of resistance training and high intensity interval training on body composition.

DIANA B E D O Y A presented an Of Interest to All Session on “Obesity in Canada” Attendees learned about the complex nature of obesity and the multifactorial causes of the disease, including an evidence-based look at its various physiological, environmental and psychological promoters. Potential areas for intervention at both the individual and society level were also discussed.

LEAH ESPLEN presented three Sessions:

1) Aquatic Stream: “Don’t be Pushy” covering the eight shoulder movements, and the six shoulder girdle movements. Joint movements and the muscles that produce them were discussed, after which attendees did exercise analysis with and without equipment in the water.

2) Aquatic Stream: “Stop the Run Around” covering eight hip movements and four ankle movements, plus joint movements at the knee and lower spine, and the muscles that produce them, after which attendees did exercise analysis in the water.

3) Professional Development and Business Stream plus the Of Interest to All sessions: “The Plus-Sized Market” discussing how ‘out of place’ over 50% of the Canadian population feel when they embark on a fitness program, how to deal with these issues, and how to market to the people who need your help the most.

RICK KASELJ presented a Personal Training Session: “Hands-Free Self Massage for Injury Prevention and Workout Recovery” covering rest and stretching as recommended methods of preventing injuries or getting our clients’ bodies ready for their next session. In this practical, hands-on workshop attendees learned new, safe techniques and exercises for themselves and their clients, using common and inexpensive equipment found in a fitness center. Attendees used tennis balls, medicine balls, foam rollers and other gym tools to help in injury prevention and recovery for the neck, hip, shoulder, back, knee and foot.

Did you know……?……?

…that TONY LEYLAND has been actively involved in competitive sports such as soccer, tennis, squash and rugby as both an athlete and coach for over 45 years. He is an academic member of the NSCA and BCKA, a Canadian National B-licensed soccer coach and a level-1 CrossFit trainer. He is currently the Head Strength and Conditioning Coach for the West Coast Auto Group Football Club.

…that DIANA B E D O Y A also teaches at Fraser International College, and has taught at UBC. She co-authored a nutrition textbook now used in her BPK Nutrition class (see citation on page 2). Diana is also an obesity researcher, and has appeared on CTV News Direct as an expert on childhood obesity and weight bias.

…that LEAH ESPLEN is a 20+ year veteran of the fitness industry, owner of MommyMoves Fitness which helps Pre & Postnatal women discover ways to ‘fit’ exercise into their busy days.

…that RICK KASELJ has professionally helped clients recover from and prevent injury through exercise. He has shared his tips, tricks and exercises to over 5,000 fitness & health professionals. Rick also writes a leading fitness education blog on exercises and injuries which can be found at www.ExercisesForInjuries.com

PUBLICATIONS


Aerospace Physiology Lab publications (July/Aug)


XU D, SHOEMAKER JK, BLABER AP, ARBEILLE P, FRASER K, HUGHSON RL. (2013) Reduced heart rate variability during sleep in long-duration spaceflight.
Am J Physiol Regul Integr Comp Physiol 305(2):R164-70 PMID 23637139


NEWCOMERS

REID DONALD MEICHENBAUM, 7 lb 4 oz son born to DAWN Mackey (Assistant Professor) and DAN MEICHENBAUM on August 7th, 2013. Brother to 2 ½ year old Ben.

DEFENCES

BPK Defences will appear in the upcoming October 2013 Convocation Issue.