Many great events have occurred since December 2015. Especially noteworthy is that Dr. Richard Ward has won a 2015 SFU Excellence in Teaching Award. We are very happy that Richard was recognized and won the award, since he has consistently received very high rankings in the student evaluations for teaching. (see also following article)

Laurie Klak, long-time staff member, will be retiring in June 2016. She has faithfully served as the Undergraduate Secretary for 41 years. She started in the (former) School of Kinesiology from its inception and has seen many faculty, staff, students and programs come and go over the years. Laurie has been our “go to” person for everything Department related (or not). Laurie deserves a lot of kudos after all of her years of service.

At the Year-End BPKSA Party on March 31st, 2016, Laurie Klak was honoured with a bouquet of flowers and card presented by Loryn Bohne, President of the BPKSA. Dr. Glen Tibbits, BPK Chair, gave a tribute to her as well, stating that “Laurie has served indefatigably, always ready to help. As UPC Secretary, undergraduate students came to appreciate and know her well. We wish you the best, Laurie, as you enter your well-deserved retirement. To say that we shall miss you greatly is a huge understatement!”

On 30 April 2016 my term as Chair of the Department ends. Thank you to all faculty and staff who assisted in making my 5-year term as smooth as possible.

On 1 May 2016 the new BPK Chair will be Dr. Angela Brooks-Wilson, Professor. I wish her the best as I pass the torch on to her.

Glen Tibbits, Chair

SFU Excellence in Teaching Award 2015

Dr. Richard Ward wins a 2015 SFU Excellence in Teaching Award!

Photo by Allen Tung

Humour and affability are keys to teaching excellence
SFU News, March 10, 2016

By Allen Tung
Associate Communications Assistant
SFU University Communications

What’s the secret to teaching excellence? Well, a personable approach and a bit of humour can go a long way says Richard Ward, a Senior Lecturer in SFU’s Biomedical Physiology and Kinesiology (BPK) department. Those skills have contributed to Ward’s recognition as a 2015 SFU Excellence in Teaching Award winner.

“I try to inject a bit of humour into the class and tag personal or humorous anecdotes to concepts,” he says. “I want the students to be alert, interactive and enjoy being in the room.”

Each semester, Ward makes a valiant effort to connect with his students at a personal level, and also asks them to call him simply, “Richard,” and not “Dr. Ward.”

His students notice. One student nominator says Ward knows all the students in his classes and demonstrates care for their learning in both the lecture and laboratory components of classes.

“He presents complex material in the field of BPK in an entertaining and highly effective manner,” says another nominator.

Ward is the first instructor in BPK to win an SFU Excellence in Teaching Award. He admits being the centre of attention is a bit embarrassing, but is humbled by the award.

“It means a lot to me to be recognized,” he says. “We have many great teachers in BPK, but there are four other lecturers, who have been my colleagues since the 1980s, that I believe are equally deserving of this award.” They are Josephine Anthony who has recently retired, Craig Asmundson, Stephen Brown and Tony Leyland.

“The common trait that binds us is that we care about the students,” Ward says. “I am a better teacher because of their influence.”

Lecturers, who Ward says are as respected as research faculty within BPK, teach six courses a year. He says teaching is what he’s best at, and where his passion lies, so that suits him perfectly.

He has no plans to stop teaching because he finds the student interaction keeps him feeling like he’s still in his twenties. He jokes, “I don’t know how long I will keep going—probably until the evaluations go downhill.”

Asked what he finds most rewarding about teaching, Ward replies: “Seeing the light bulbs go on.”
For example, he created hot and humid conditions in a walk-in climatic chamber at his Laboratory for Exercise & Environmental Physiology so that the Canadian men’s field hockey team could acclimate to the balmy weather predicted for the 2008 Beijing Olympics.

“Our research has made significant contributions to the understanding of human performance in cold climates,” says White. “We have shown upper limb cooling provides substantive decreases in muscle strength and manual dexterity—enormous challenges for both mountain search and rescue workers and for athletes competing in outdoor winters sports.”

In 2008, he introduced a prototype for a breath-by-breath End-Tidal Forcing (ETF) system, a device that produces a rapid induction of hypoxia to allow the study of human physiological response while experiencing a reduced delivery of oxygen to body tissues. It works by delivering manipulated levels of nitrogen, carbon dioxide and oxygen to the lungs to simulate stressful environments such as those experienced in mountain climbing. The invention could be used to assess which athletes are most suitable for competing in extreme high altitude conditions, and could also have medical applications for populations that are especially vulnerable to heat waves and winter freezes.

In 2014, White received funding from the Canada Foundation for Innovation to install a more sophisticated climatic chamber at his lab, one that allows for tests to be done at colder temperatures—up to a shockingly frigid minus 50 degrees Celsius. The chamber will allow his team to study human physiological response at temperatures still relatively unexplored in the research literature.

The new chamber will also enable his lab to expand on collaborations with outdoor clothing companies, including Mountain Equipment Co-op (MEC), to conduct studies to assess cold-weather apparel designs. MEC and other Canadian companies usually rely on American labs for similar thermal testing and to develop athletic clothing for extreme environments.

In addition to its sports applications, research that results from the new chamber will also contribute to better health care and safety management policies for those who work in extreme climates, such as search and rescue teams or commercial fishers.

White’s ultimate goal is to develop SFU as a centre of excellence in environmental physiology and environmental ergonomics.

Q & A WITH DR. MATTHEW WHITE

If you could sum up the value of university research in a word, what would it be?

Essential.

SFU bills itself as “Canada’s most engaged research university.” How does your own work exemplify this spirit of engagement?

My research engages trainees on all levels from undergraduate, graduate to postdoctoral fellows in both basic and applied studies in environmental and exercise physiology.

Our collaborators with companies like MEC, Coleman, and assistance to organizations like Underwriters laboratories and the Canadian and US Coast Guards, engages both industry, the USA, as well as the Canadian governments’ service sectors to help fulfill their mandates help save lives.

My research extends to sports groups as well as organizations and their athletes are engaged in my research.

Examples include our study of performance and physiology of ultra marathon runners in the North Shore Knee Knackering Trail run.

How important is collaboration in advancing research?

Collaborations with academics, the community and industry are pivotal to advancing research.

SFU has much to celebrate on its 50th anniversary. Looking ahead to our 100th anniversary, what do you think SFU will be most notable for?

To have maintained a dynamic and adaptive open learning and research environment, where youth have been engaged to help resolve problems and make the world a healthier place to live.

Putting one’s research out into the world often requires a leap of courage. Where do you get your courage?

Research is nebulous and lures one into the unknown so it’s not a place for the faint of heart. It takes strong resolve to be a researcher since new ideas will be challenged by your colleagues and the public, sometimes in a less than diplomatic way. It’s important to have a thick skin at times.

Former alpine ski racer has gone indoors to study how bodies react in extreme environmental conditions.

As an alpine ski racer for more than twenty years, Matthew White has grappled with almost every condition imaginable on the slopes: wet, powdery, loose and packed snow; temperatures ranging from the toe-freezing to sweat-inducing; and varying altitudes that impacted his ability to breathe.

White still contends with fluctuating conditions—only now from his lab at SFU where he conducts research to better understand how the human body reacts to extreme environments.

Office of VP Research Featured Research: Running Hot and Cold

Dr. Matthew White is an associate professor of environmental ergonomics and physiology at SFU. His research interests include human temperature regulation, control of breathing, and energy expenditure. In his career he has also researched differences between how thin men’s and obese men’s bodies react to cold conditions, finding that the obese people display facultative or adaptive thermogenesis (i.e. the obese have a reduced non-shivering metabolic response in mild cold relative the thin).

Former alpine ski racer has gone indoors to study how bodies react in extreme environmental conditions.

As an alpine ski racer for more than twenty years, Matthew White has grappled with almost every condition imaginable on the slopes: wet, powdery, loose and packed snow; temperatures ranging from the toe-freezing to sweat-inducing; and varying altitudes that impacted his ability to breathe.

White still contends with fluctuating conditions—only now from his lab at SFU where he conducts research to better understand how the human body reacts to extreme environments.
SFU Kinesiologist helps astronauts land safely on their feet

SFU News, March 9th, 2016
By Ian Bryce

Simon Fraser University kinesiology professor ANDREW BLABER wants astronauts to see fewer stars—when they arrive back on Earth, that is.

Astronauts returning to Earth frequently experience dizziness and light-headedness upon standing, which can lead to fainting and falls. Blaber is launching a new study investigating why astronauts faint and how to mitigate those circumstances.

From past research, Blaber has determined the fainting sensation is related to astronauts re-acclimatizing to Earth’s gravity.

“The way the brain and body interprets things when you remove the gravity is different,” he says. “Astronauts don’t use their legs that much in spaceflight—it’s mostly upper body activity. We found that returning astronauts have post-flight problems with cardiovascular and posture control.”

Conducting experiments in space is expensive says Blaber. Rather than examining humans in space, he’ll confine his subjects to bed rest—on inclined beds with their heads at an angle six degrees lower than their bodies.

The study is hardly a cushy job—the 20 subjects taking part in the study will be bedridden and unable to move for 60 days.

“Bed rest is a space analogue—it produces some of the same effects on the body as weightlessness in space,” says Blaber.

“What we’re going to do is a new test, which will allow us to assess whether or not interaction between the posture control and cardiovascular systems have become disconnected due to prolonged bed rest.”

Blaber received a $371,000 grant from the Canadian Space Agency (CSA) to study the effects of prolonged bed rest on cardiovascular and posture control.

Blaber’s research will benefit more than returning astronauts. Many of the physiological changes astronauts undergo in space are similar to problems related with aging and physical inactivity.

“One of the major failings in hospitalization and immobilization is that treatment focuses on the patient’s injury but does not prepare the person for exit,” says Blaber.

“If we understand how these systems work together, we can optimize it so that when a person comes out of bed rest we can quickly get them to a point where they can walk on their own as opposed to needing additional care.”


Dr. Andrew Blaber at CBC News Vancouver
March 15, 2016

Watch Dr. Blaber talk about his research in how muscles respond to long periods of time to no activity. The result of this project will help scientists better prepare astronauts for spending extended periods of time in outer space, as well as help develop a workout routine for bedridden patients or the elderly.

Here is a link to the video:
http://www.cbc.ca/player/play/2685357847/

Dr. Blaber's segment starts at 22:30 minutes.

Here is a link to the project entitled, “Effects of bed rest Immobilization on Cardio-Postural control and Regulation.”

Other links: Canadian Space Agency

News stories: spaceref.ca, cbc.ca, Vancouver 24hrs, thestar.com, metronews.ca

FACULTY OF SCIENCE FEATURED RESEARCHERS

The following two BPK Faculty members are featured on the Faculty of Science website “Spotlight on Researchers” section.

DR. DAWN MACKEY, Assistant Professor

Dr. Mackey is passionate about promoting mobility for older Canadians.

With her team in the Aging and Population Health Lab, she is leading the way to improved mobility through asking the most relevant research questions and translating her findings into action for maximum impact on improving the lives of older adults.

Her research program includes both laboratory- and community-based studies, with the overall aim of developing and implementing strategies to increase physical activity, prevent falls and injuries, and reduce physical activity-related fatigue in older adults.

Read more at: an interview with Dr. Mackey

See also her profile on the Biomedical Physiology & Kinesiology, the Centre for Hip Health & Mobility, and the Michael Smith Foundation for Health Research websites

Also featured is DR. MATT WHITE, Associate Professor.

See page 2 above, or this link:
STUDENT AWARD WINNERS

Congratulations to Alexandra Lukac, first recipient of the Dr. Josephine Anthony Award in the amount of $900.

Congratulations also to Brandon Watson, first recipient of the Craig Asmundson BPK Engagement Award in the amount of $900.

ALEXANDER GRAHAM BELL GRADUATE SCHOLARSHIP

Congratulations to Mena Abdelsayed (Supervisor Dr. Peter Ruben) who was awarded a CGS-Doctoral Alexander Graham Bell Doctoral Scholarship in the amount of $105,000 for up to 48 months.

The Government of Canada established these prestigious scholarships, to be awarded through national competitions by the granting agencies, to ensure a reliable supply of highly qualified personnel to meet the needs of Canada’s knowledge economy.


CAREERS IN BPK 2016

This year’s Careers in BPK event turned out to be a huge success! More than 120 people attended the event (including Undeclared Majors), which included lab tours, breakout sessions and an exhibitor fair. There were 20 exhibitors from both on- and off-campus and 7 guest speakers from the following career areas: medicine, physiotherapy, ergonomics, occupational therapy, respiratory therapy, research and kinesiology.

All of our speakers this year were also BPK alumni: Mo Bardi, Bryan Buell (who came all the way from Alberta - he was also featured as one of SFU’s Inspiring Alumni), Emma Christensen, Midori Handford, Jenny Lehmann, Angelina Marinkovic, and Monika Piprah.

Our students thoroughly enjoyed the presentations, and according to one of our speakers, "asked very thoughtful questions."

Our speakers loved sharing their experiences and knowledge with BPK students, and this enthusiasm made this successful event possible. They thanked us for the opportunity and for reconnecting with them, and one of them mentioned her delight to "give back to the BPK department."

We have also asked for feedback from the exhibitors, and the responses we received were incredibly positive. According to them, the event was "fabulous," "well organized," "very successful," and that they received a "warm welcome."

The exhibitors also found our students "engaged, enthusiastic, and willing to learn," "eager for career development," and "interested in their potential future." One exhibitor mentioned that our programs are "by far the best academic preparation" for their doctoral degree.

Thank you to Dr. Dave Clarke for giving the welcome message and staying throughout the event, engaging our students and alumni who attended as speakers and exhibitors.

We would also like to thank Dr. Victoria Claydon, Dr. Stephen Robinovitch, and their research assistants for participating in the lab tours and allowing undergraduate students to see what goes on behind the scenes in research labs.

Thank you to all the staff, faculty and students who attended the event and/or helped us organize it.

And finally, thank you to the organizing partners: Dean’s Office Faculty of Science, the BPK Department, the BPKSA and BPK Co-op, who made this successful event possible.

View the photos from the event at this link: http://www.sfu.ca/bpk/news_events/events/CareersinBPK2016Photos.html

Sabrina Azaria Communications Assistant

BPK RESEARCH DAY

The 7th Annual BPK Research Day was held on March 11th, 2016 at the SFU Theatre. The event showcased and celebrated the research being conducted by our talented trainees – graduate students, post-doctoral fellows, and increasingly undergraduate students. With over 170 attendees, our attendance reached a record high!

The day began with four outstanding oral presentations by the following students:
SHANE VIRANI (Robinovitch lab), MATTHEW LLOYD (V. Claydon lab), SAMRAT THOUTA (T. Claydon lab), and COLIN PETERS (Ruben lab).

DR. GRACE LEE
Keynote Speaker

The keynote address was delivered by Dr. Grace Lee and focused on the topic of career navigation (www.drgracelee.ca). In her talk titled “Building a legacy of leadership by (re-) defining success,” Dr. Lee explored discovering and igniting your professional passion, personal branding with intellectual capital, mindsets in career transitions, and lessons she has learned from disrupting academia.

The afternoon was dedicated to two poster sessions in which 39 posters were presented, including 20 by undergraduate students.

Eleven judges donated their time to evaluate the posters: DR. ANDREW BLABER, DR. VICTORIA CLAYDON, DR. MAX DONELAN, DR. CHARLES KRIEGER, ADRIAN LAI, DR. DAMON POBURKO, KIM VAN SCHOOTEN, JESSICA SELINGER, DR. AMANDIO VIEIRA, DR. MATT WHITE and JEREMY WONG.

The prize to the best undergraduate poster was awarded to ALEC YU (Ruben lab);

SHAILA GUNN (Marigold lab) won the best MSc student poster and CHANTEILLE LACHANCE (Mackey lab) the best PhD student poster, and she won a door prize.

CHANTEILLE LACHANCE, Best PhD Poster

To make Research Day possible, funds were donated by the BPK Department, the Graduate Student Society, the Simon Fraser Student Society, the BPKSA, and the BPKGSA. Local companies showed their support by donating generous door prizes.

Thank you to Nesters Market, Quesada, Renaissance Coffee, Pizza Hut, and Azzi Hair Studio.

Thank you to our organizing committee: DAWN MACKEY, Chair, SABRINA AZARIA, DARIANNE JEONG, EMILY ROSS, YU (PATRICK) SHI, and JOEL BLOK; Graduate Program Assistant, photographer and A/V specialist KING CHAO; and MICHELLE NG from the BPK & Health Science Co-op Office for her help at the registration table.

Download the program booklet here with all information on the event, and find posted photos at: http://www.sfu.ca/bpk/news_events/events/ResearchDay2016Photos.html

DR. DAWN MACKEY, Chair
BPK Research Day 2016
Organizing Committee

Our students have done it again! 3 football stars, all biomedical physiology majors.

To qualify for the GNAC Academic all-conference team, student-athletes must have a minimum GPA of 3.20

Simon Fraser’s JORDAN HERDMAN, the GNAC Defensive Player of the Year, leads the list of 49 selections to the GNAC Football All-Academic Team.

JORDAN HERDMAN (see also article below) who led the conference and finished third in Division II with 14.8 tackles per game, has maintained a 3.99 cumulative grade point average as a biomedical physiology major.

Joining Herdman on the Academic All-Conference team are his twin brother JUSTIN HERDMAN and junior ANDREW PAULS, who both study Biomedical Physiology as well.

All three student athletes are repeat selections.

ANDREW PAULS, a tight end who caught three touchdown passes for the Clan this season boasts a 3.67 GPA while JUSTIN HERDMAN who ranks third in the GNAC averaging 9.2 tackles per game, has a 3.55 GPA.

JORDAN HERDMAN is one of four GNAC football players with a cumulative GPA of 3.90 or better.

Clan player tackles the future: gridiron or med school?

SFU News, March 22nd, 2016
By Justin Wong

Fourth-year student JORDAN HERDMAN is faced with a tough decision in his final year at Simon Fraser University—should he play professional football or become a physician?

Both are very real possibilities for Herdman, a middle line backer for the SFU Clan, and the two-time (2015 and 2016) Great Northwest Athletic Conference (GNAC) Defensive Player of the Year.
That’s because he's as successful off the field as he is on it. He’s just completing a major in Biomedical Physiology and Kinesiology (BPK), with a 3.99 grade point average (GPA) out of a possible 4.33, leading all football players on the GNAC All-Academic team. To put this accomplishment into perspective the average undergraduate GPA for BPK is 2.7.

As a good student of the game, Herdman developed an admiration for his father’s large size, speed and athleticism.

“As from day one my dream was to play professional football, but I was always interested in the science of the body as well,” he says.

“Becoming a doctor has been another dream I’ve had.” Herdman says he chose SFU because it gave him the best chance to play professional football one day while also earning the credentials to go to medical school and become a doctor.

“SFU football is the only Canadian NCAA Division II program,” he says. “SFU is the best comprehensive university in Canada as well, so earning a degree here means something.”

This season, Herdman led the GNAC and finished the regular season fifth in Division II with an average of 14.8 tackles a game. His season was capped by a 26-tackle performance against California’s Humboldt State University on Oct. 31, one tackle short of his own GNAC single game record. His accomplishments at SFU haven’t gone unnoticed.

“I feel truly privileged to have been around Jordan, his attitude, respectful demeanor and work ethic,” says Nabyl Merbouh, SFU chemistry professor. “It takes a special student athlete to ace an organic chemistry exam on a Thursday and go out and record 17 tackles on a Saturday, all done with his signature humility and infectious smile.”

While Herdman acknowledges that balancing athletics and academics can be challenging, he credits his parents as his inspiration to persevere.

“My parents motivated me because they work so hard to support me and my brother. Studying the playbook every night, analyzing film, traveling to away games and balancing classes can be very challenging.”

Herdman will graduate this fall and hopes to be drafted by a CFL or NFL team.

If you would like to learn more about Jordan Herdman please visit the links below:

Ottawa Citizen (Canadian Press) - Simon Fraser linebacker Jordan Herdman a master of time management
The Province - Simon Fraser University’s stars of the class who excel on the field

BPK Co-op Icon for February 2016

Our team is very excited to announce this month’s Co-op Icon, DR. ANGELA BROOKS-WILSON.

Angela graduated from Simon Fraser University in 1984 with a Bachelor of Science in Biochemistry. She completed four Co-op terms at CanTest Ltd, the PetroCanada Process Research Center in Calgary, the Alberta Research Council, and finished with an Honours Research Project at SFU. Today, Angela is not only a Co-op employer working as a researcher with BC Cancer Agency, she is also Professor and Associate Chair for the Department of Biomedical Physiology and Kinesiology at SFU!

Visit www.sfu.ca/coop/icons to watch her video and to view her timeline.

Thank you, Angela, for your contributions to SFU and to the world.

MIKAELA OSMAK, Coordinator Communications and Marketing SFU Work Integrated Learning

CSEP Professional Development Day

DR. DAVE CLARKE reports that on January 29th, 2016, four members of the BPK Department presented at the Canadian Society for Exercise Physiology (CSEP) Professional Development Day held at the Fortius Centre in Burnaby, BC.

DR. DAVE CLARKE presented a session on “Skills for Evidence Based Exercise Prescription” to some of the more than 120 exercise professionals in attendance.

DR. MATT WHITE presented an overview of his research into “Emergency Response and Exercise Performance in Cold Environments” to a crowd of fascinated physiologists and trainers.

JAMES GREENWOOD, a BPK M.Sc. student, provided an insightful look into the optimal use of exercise testing for fitness development.

Finally, DR. CLARKE returned to the stage along with undergraduate student JAMIE RIGGS to present information about the Exercise is Medicine (EIM) movement and how exercise professionals can integrate the principles of EIM into day-to-day practice.

The SFU group looks forward to continued work with CSEP and to continuing outreach efforts to local fitness professionals and exercise physiologists.

Science in Action & Let’s Talk Science Outreach

Science in Action & Let’s Talk Science organized a full-day outreach event for 50 grade 11/12 students on October 16th, 2015. Students first participated in lab tours of the Environmental Medicine & Physiology Unit (EMPU) and the Aerospace Physiology laboratory. COLIN PETERS presented his research to the classes followed by A & Q.

A career panel discussion was held with DARLEEN BEMISTER, AYLEEN RANDHAWA DIANA BEDOYA and two BPK undergraduate students, MEGAN BRUSCHETTA and JASRINE HUNDAL. The day ended with a dissection activity in the human anatomy laboratory.

Special thanks to MANNAN WANG and MEGAN BOOTHBY for helping to organize the event, DR. ANDREW BLABER and SHERRI FERGUSON for running the lab tours and DIANA BEDOYA, MANNAN WANG and DRAKE COMBER for running the anatomy dissection.

Want to support SFU Athletes like Jordan? Attend the SFU Athletics Scholarship Breakfast on Monday May 30, 2016.
During the fall and spring semesters, DIANA BEDOYA hosted monthly anatomy outreach events at Trottier Studio for students in grades 5-8. The outreach events allow students to manipulate both human and animal skeletal specimens (including a horse skull), and torso models to gain a better appreciation for body structure and function. DIANA BEDOYA also hosted an anatomy workshop at the BC Science Expo on November 28th, 2015 for grade 11 and 12 students. Participants worked with torso models, human bones and specimens to explore and appreciate the complexity and intricacies of the human body. A highlight was the time students spent reassembling a disassembled human skeleton into correct anatomical order.

On October 16th, 2015 DIANA BEDOYA hosted a Café Scientifique in New Westminster entitled Fat: Fact and Fiction. DIANA BEDOYA also reports that 70 students total attended two visits to the Body Worlds: Animals Inside Out Exhibit at Telus World of Science on November 4th, 2015 and again on March 4th, 2016. Highlights of the trip included manipulating a human upper limb and full body specimen and an attempt to figure out the blood flow through a giraffe heart specimen.

**Publications**

From the Molecular Cardiac Physiology Lab, **Dr. Peter Ruben**, Supervisor:


**ZAHARIEVA, I.** et al. (including **M Abdel sayed** and **PC Ruben**). 2015. Loss of function mutations in SCN4A result in severe foetal hypokinesia or “classical” congenital myopathy. Brain http://dx.doi.org/10.1093/brain/awv352.

**Conference Presentations:**

Biophysical Society Annual Meeting, February 2016. The Effects of Amiodaron and N-Desethylamiodaron on Cardiac Voltage-Gated Sodium Channels. **MOHAMMAD-REZA GHOVANLOO**, **PETER C Ruben**


* * * *

From the Cardiovascular Physiology Lab, **Dr. Victoria Claydon**, Supervisor:

Welcome to **VERA-ELLEN LUCCI** new MSc who will be working examining the management of autonomic dysreflexia in people living with spinal cord injury.

**Papers were accepted for publication:**

**HJC Ravensbergen, S de Groot, MWM Post, HJ Slootman, LHV van der Woude, VE Claydon** (2015) Is there an association between markers of cardiovascular autonomic dysfunction at discharge from rehabilitation and participation one and five years later in individuals with spinal cord injury? Archives of Physical Medicine and Rehabilitation, In press.


A team of grad and undergrads from the lab attended the Okanagan Cardiovascular and Respiratory Symposium at Silver Star Mountain, BC (March 17-19, 2016). In addition to skiing and snowshoeing, they gave a series of oral presentations of their Honours and PhD thesis results as follows:


**Exercise is Medicine: Career Q & A Event**

Held March 9th, 2016 at SFU Burnaby

Exercise is Medicine (EIM) is a global movement, committed to the belief that physical activity is integral in the prevention and treatment of diseases and should regularly be assessed and “treated” as part of all healthcare. EIM originated with the American College of Sports Medicine and has been adopted by the Canadian Society for Exercise Physiology. A campus-focused version has spread to several universities and colleges across Canada, and you can get involved by joining the SFU chapter, the very first in the Lower Mainland! The Co-President of the SFU Chapter are **BPK students Jamie Riggs** and **Kristina Collins**, who recently organized a Q & A event that focused on exercise physiology as a career option for BPK students.

The event was a success, with four great presentations from exercise physiologists working at various locations within the lower mainland. Multiple BPK and HSCI students attended, who were excited to be exposed to exercise physiology as a viable career path.

All of the presenters emphasized the importance of volunteering to gain clinical
experience, and many of the students in attendance took the chance to talk to them directly about setting up these opportunities.

Overall, it was a valuable night for all those in attendance, and EIM at SFU hopes to expand the movement and continue to host similar events.

Congratulations to Jamie and Kristina for a successful event, and thank you to Dr. Dave Clarke for his support. More details about the presenters are available on the BPK website.

If you are interested in getting involved with SFU EIM, please email sfu.eim@gmail.com.

If you didn’t get a chance to submit this time around but have been involved in a research work-term or Directed Studies, SFU Science Undergraduate Research Journal (SFU SURJ) will be announcing the next upcoming deadline during the Fall/Winter of 2016.

In the meantime, be sure to check out SFU SURJ on Facebook and Twitter or at www.sfusurj.com and the SFU SURJ blog at https://sfusurjblog.wordpress.com.

JESSICA NELSON MSC
December 17th, 2015
“Personality Genetics and Health in Super-Seniors”

Examining Committee
Dr. Parveen Bawa, Chair
Dr. Angela Brooks-Wilson, Senior Supervisor
Dr. Andrew Wister, Supervisor, SFU Department of Gerontology
Dr. Robert Holt, SFU Molecular Biology and Biochemistry Department, External Examiner

EMILY O’HEARN MSC
February 16th, 2016
“Development of a Stick-on Hip Protector for Older Adults in the Acute Care Setting”

Examining Committee
Dr. Will Cupples, Chair
Dr. Steve Robinvitch, Senior Supervisor
Dr. Fabio Feldman, Supervisor, Adjunct Professor, BPK Department, and Manager, Seniors Fall & Injury Prevention and Specialized Seniors Clinic, Older Adult Program, Fraser Health Authority, BC
Dr. Dawn Mackey, SFU BPK Department, External Examiner

SHANE VIRANI MSC
March 22nd, 2016
“The Effect of Shoulder Pad Design on Head Impact Severity during Shoulder Checks in Ice Hockey”

Examining Committee
Dr. Will Cupples, Chair
Dr. Steve Robinvitch, Senior Supervisor
Dr. David Cox, Supervisor, SFU Department of Psychology
Dr. Ben Sporer, UBC Faculty of Medicine, External Examiner

CHRISTINE GENGE PhD
March 30th, 2016
“Integrative characterization of the molecular evolution and functional divergence of teleost troponin C paralogs”

Examining Committee
Dr. Will Cupples, Chair
Dr. Glen Tibbits, Senior Supervisor
Dr. William Davidson, Supervisor, SFU Molecular Biology and Biochemistry Department
Dr. Tom Claydon, Supervisor
Dr. Jack Chen, Internal Supervisor, SFU Molecular Biology and Biochemistry Department
Dr. Patricia Schultz, Department of Zoology, U British Columbia, External Examiner

Did you know that SFU will be publishing an inaugural Undergraduate Science Research Journal? Keep on the lookout for the printed and online editions at the beginning of September 2016!

To learn more about Exercise is Medicine, please visit www.exerciseismedicine.ca.

JESSICA SELINGER PhD
December 9th, 2015
“Walking energetics, optimization and control”

Examining Committee
Dr. Miriam Rosin, Chair
Dr. Max Donelan, Senior Supervisor
Dr. James Wakeling, Supervisor
Dr. Dawn Mackey, Internal Examiner
Dr. Tim Carroll, Centre for Sensorimotor Performance, School of Human Movement and Nutrition Science, U Queensland, External Examiner

OLIVER BLAKE PhD
December 17th, 2015
“Biofeedback Driven Muscle Coordination”

Examining Committee
Dr. Miriam Rosin, Chair
Dr. James Wakeling, Senior Supervisor
Dr. Dave Clarke, Supervisor
Dr. Max Donelan, Internal Examiner
Dr. James Martin, College of Health, Department of Exercise and Sport Science, U Utah, External Examiner

SUCCESSFUL DEFENCES

JESSICA SELINGER PhD
December 9th, 2015
“Walking energetics, optimization and control”

Examining Committee
Dr. Miriam Rosin, Chair
Dr. Max Donelan, Senior Supervisor
Dr. James Wakeling, Supervisor
Dr. Dawn Mackey, Internal Examiner
Dr. Tim Carroll, Centre for Sensorimotor Performance, School of Human Movement and Nutrition Science, U Queensland, External Examiner

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Dr. Miriam Rosin, Chair
Dr. James Wakeling, Senior Supervisor
Dr. Dave Clarke, Supervisor
Dr. Max Donelan, Internal Examiner
Dr. James Martin, College of Health, Department of Exercise and Sport Science, U Utah, External Examiner

BPK SEMINARS 2015 / 2016

BPK Seminars presented from December 8th, 2015 through January 26th, 2016 were:

TIMOTHY J. CARROLL, PhD
Associate Professor
Centre for Sensorimotor Performance
School of Human Movement and Nutrition Science
The University of Queensland
Brisbane, Australia
http://researchers.uq.edu.au/researcher/1850
Tuesday, December 8th, 2015
TITLE: “The Effects of Movement History on Aiming Direction Depend Upon Movement Preparation Time”

JAMES C. MARTIN, PhD
Associate Professor
Exercise and Sport Science
University of Utah, USA
https://faculty.utah.edu/u0238089-JIM_MARTIN_/Phd/research/index.htm
Friday, December 18th, 2015
TITLE: “Eighteen Months of Being Wrong: What is the Shape of Fatigue?”
DYLAN F. COOKE, PHD
Assistant Project Scientist
Department of Psychology & Center for Neuroscience
University of California, Davis

Tuesday, January 12th, 2016
Title: “Brain organization and its origins: How the brain coordinates movement.”

SYLVAIN MORENO, PHD
Neuroscientist
Director, Digital Health Hub
Adjunct Professor
School of Engineering Science
Simon Fraser University

Tuesday, January 19th, 2016
Title: “Brain plasticity from perception to cognition: The role of video games in altering brain function.”

RYAN D’ARCY, PHD
Professor, School of Computing Sci, SFU
Professor, School of Engineering Sci, SFU
BC Leadership Chair
Medical Technologies
Surrey Memorial Hospital Foundation

Tuesday, January 26th, 2016
Title: “Brain plasticity and technology: Pushing the limits of recovery following severe traumatic brain injury.”

BPK CO-OP SETS PLACEMENT RECORD

BPK Co-op has broken its annual placement record by two!

This record was achieved after a very busy January 2016 with:

- BPK USRA competition
- BPK Career Event
- Increased work load in January due to high volume of students seeking a summer co-op work term

Please click on link below for details on BPK Co-op placement statistics.

NEWCOMERS

Welcome to LOGAN DAVID JAMES LLOYD, 7 lbs. 12 oz. son at 12:04 p.m. born to MATTHEW LLOYD (PhD Student) and KRISTINA LLOYD on January 26th, 2016.

YEARM END PARTY

In the presence of good food and even better company, we celebrated the end of another year in BPK at our annual Year End Party on March 31st, 2016. Undergrads, grads, faculty and staff gathered at the Diamond Alumni Centre to socialize and enjoy a delicious meal in the presence of stunning views of the Burrard Inlet.

Despite her claims of not wanting to make a spectacle, DR. GLEN TIBBITS and the BPKSA surprised LAURIE KLAK to (publicly) congratulate her on her retirement. She has been a pillar for this department for 41 years and so helpful to the BPKSA that it was not only necessary but also a great pleasure to acknowledge her.

As per tradition, we had some wholesome fun with a BPK quiz that included everything from anatomy trivia to BPK history. There seemed to be some discomfort among faculty who have become accustomed to being the graders rather than the graded. Alas, a team of undergrads (and RICHARD WARD) took advantage of their test-taking skills to win BPK t-shirts for their stellar answers. In light of Richard Ward winning an award for Excellence in Teaching there was a competition between tables to finish a drawing of Richard as a llama!

After the other contests had ended, Richard judged the best “llama-fied” version of himself, with the prize of classic BPK t-shirts going to a team of grad students who decked him out in a pink scarf, and then referred to himself as the “Drama Llama”. Though all submissions were hilarious and noteworthy, what really set the winner apart was the figure caption at the bottom of each image in true academic fashion.

The evening concluded with a raffle where the BPKSA gave away some vintage Kinesiology notebooks and hoodies as well as two brand new dry-fit shirts. When everyone had their chance to do their last bit of mingling, we left the venue with bellies full on pasta and laughs.

The BPKSA would like to thank everyone who attended the event and contributed to its success. To those who were unable to make it, good luck on your exams. We hope to see you next year.

LORYN BOHNE
BPKSA President

FROM FAILING HANDS

Another Kin Cup has come and gone. And unfortunately, the faculty / staff / grads / sessional instructor / post-doc team lost! As RICHARD WARD suggested, this may have had something to do with the aging captain. Personally I think it was the lack of an established goalkeeper in the soccer game that cost us. Oh, hang on a minute; I was in goal when they scored 4 or 5 goals in the first half! Where was DAVE CLARKE when we needed him? It does happen occasionally!

However, I think our team can hold its head high due to the competitiveness and ultimately closeness of the result. We started off by crushing the undergraduates at basketball. And I used the word crushing correctly as we won 39 to 21. MAX DONELAN had a sterling game cheered on by a large cheering section whose average age was probably ten years old (and there were some adults)! Our team also benefited from the
shooting of Utah Matt, AKA “three point”.

We then won the first Dodge Ball game only to lose the following two games (silly game if you ask me!). So this meant that we were tied 1-1 going into the Soccer game and it was all to play for.

Unfortunately we started off a little disorganized – OK a lot disorganized – and shipped 4 goals quickly in what can only be described as a shambles. Missing defence, players running into each other to skillfully allow the opposition easy access to the ball, etc., etc. Things had to change – so we put “three-point” in goal and with Tom “Twinkle Toes” Claydon marshalling a better defensive organization we “won” the second half 2-0. However, the damage had been done and the Undergrads kept the cup. Cue chorus of boos!

The whole saga makes me think of the famed saying, “to you from failing hands we throw the torch, be yours to hold it high.” These words are in fact written above the portraits of famous Montreal Canadiens in their dressing room and it is their team motto – not that it has helped them recently, either. Reluctantly, I feel myself and other aging faculty require our newer faculty (ably assisted by our other team groups) to hold that torch high!

In addition, I feel we need to consider the line before the above saying, “take up our quarrel with the foe.” (Maybe the Canadians should add that too.) This would be a more complete motto, as one criticism I might have of our team is that we were probably too nice! For example, our postdoc – Antipodean Adrian (AKA A2), despite playing very well – kept smiling at the Undergrads (and everyone else for that matter). This is not an ideal strategy; we have to make them feel like we will crush them. Val understood this and although he may have put in some tackles on the soccer field that looked like he was playing his preferred sport of rugby, he got the importance of the event. I should note the Undergrads gave as good as they got in that regard! Years back when our Kines team was one of the best in the Indoor soccer intramural leagues, Richard Ward would usually start the pre-match banter by asking our opponents if their legs were insured. That’s the spirit!

All-in-all it was a great evening – thanks to the BPKSA (Loryn Bohne, President) for organizing. And of course the faculty / staff / grads / sessional instructor / post-doc team (wow that is a mouthful) won the final event of the evening, which is numbers you get into the Pub after the games! ☺️

Tony Leyland
Kin Kup Captain

ASMUNDSON SURPRISE: LAST 407 LAB

An unexpected knock on the door of the last BPK 407 lab class took Craig Asmundson by complete surprise. There we were, some BPK staff and faculty carrying a tray of delicious cupcakes. Imagine this – he was at first speechless! And of course grinning with his familiar ‘sly-grin-half-smirk-smile’ that is the trademark clue to his keen sense of humour.

Photos were quickly taken to commemorate this fun moment in his journey towards the day of his retirement this coming August 2016.

Marianne Lazaro
Chair’s Secretary & BPK Pulse Editor

It is really fun to be able to actually surprise someone like this. But there is also a sense of mixed feelings, knowing this is just another step towards the day when we will truly miss him....every day.

L to r (back): Glen Tibbits, Sophie Dunbar, Marianne Lazaro, Craig Asmundson, Sabrina Azaria, Joel Blok
L to r (front): Angie Brooks-Wilson, Van Truong, Laurie Klak, and Maggie Yeung

And he will miss us, too. He has admitted it!

Craig, from all staff in BPK, we wish you the very best in your retirement! And for sure we will be there to celebrate with you more formally at your Retirement Reception this Fall.

Marianne Lazaro
Chair’s Secretary & BPK Pulse Editor

Newsletter submissions: Marianne Lazaro, BPK Pulse Editor lazaros@sfu.ca