Welcome to the last issue of the BPK Pulse for 2016. Many of you will be longing for that long trail run after the last exam, the beer after your last tutorial, or just more sleep. As BPK students, consider the labs in which you might be interested in doing a paid research semester. The NSERC Undergraduate Student Research Award competition is coming up soon, and success rates are very high. Don’t pass up an opportunity to experience research first hand. In the meantime, have a relaxing time during your break, and we’ll see you in the New Year.

The BPKSA held two exciting events to celebrate KIN Week (Nov 14-17, 2016). The first was a BCAK (BC Association of Kinesiologists) Webinar and the second was the KIN Fair. (read full story on this page)

Congratulations to our BPK faculty members who have received faculty member Years of Service letters from SFU President Petter: Tony Leyland for 25 years of continuous service and Dr. Diane Finegood for 20 years of continuous service. We are enriched by having such committed faculty members as part of our Department.

Congratulations to Clare Zheng on her continuing staff position as Undergraduate and Graduate Program Assistant effective November 21st, 2016.

On October 14th, 2016 we held an enjoyable Retirement Reception for Senior Lecturer Craig Asmundson, who officially retired on August 31st, 2016. Read all about it and enjoy some pictures of the event in this issue.

Our Inspiring Alumni section for this issue highlights Dr. Naila Makhani who is currently Assistant Professor of Pediatrics and Neurology at the Yale School of Medicine, and Director of the Pediatric Multiple Sclerosis Clinic at Yale.

One of our Associate Members has also contributed to this issue: Read Dr. Andrew Rawicz’s amazing story as it appeared in the October 2016 issue of Maclean’s magazine.

Happy Holidays, everyone!

Angela Brooks-Wilson, Chair

KIN Week 2016

The first event was a webinar on Monday, November 14th, 2016 during which Evelyn Normandin, a recent PhD graduate in Gerontology/Kinesiology, presented a talk titled, Understanding the Most Common Heart Conditions: Exercise Testing and Prescription. Her presentation helped audience members come to understand the most common heart conditions and the implications on practicing Kinesiologists in terms of exercise prescription.

The second event was the KIN Fair that took place on Thursday, November 17th, 2016 in the ASB Atrium. Over 75 BPK students and faculty members attended! Numerous clubs held exhibitions including the Biomedical Physiology & Kinesiology Student Association; Behavioural Neuroscience Student Society; Career Services; Kin Games; Personal Training Club; Exercise is Medicine Club; Outdoors Club; and Student Health & Counselling Club to show BPK students how they can get more involved in the Department.

There were also interactive stations that included a rowing machine sprint, grip strength test and prism goggles target throwing game.

It was a great way for everyone to relax, snack on popcorn and learn more about Kinesiology before the end of the semester approaches.

A special thank you to the BCAK for sponsoring the event, the BPK Department and BPK Co-op for their support, and all the clubs who exhibited for their help in making this event such a success!

Megan Bruschetta
BPK Student Association President
“Fall for Science”

November 7th, 2016
by Prashant Shashikumar

The slapstick comedy staple: a guy walking down the street and slipping on a banana peel still earns laughs to this day. However, if this were to happen in Dr. Stephen Robinovitch’s Injury Prevention and Mobility Lab, your fall would be a bunch of data points for the lab to analyze in the name of science — specifically to reduce fall-related injuries in seniors.

Even though most falls are “benign events,” Robinovitch explained that “falls are among the top 10 cause[s] of death in seniors. About 25 percent of hip fracture patients will die within one year, and 50 percent will have a major decline in independence, often moving from their community-based homes to long-term care.”

So along with Dr. Fabio Feldman (then a PhD student in the Robinovitch lab; currently Adjunct Professor in the BPK Department), Robinovitch set out to study footage captured from cameras of common areas in long-term care facilities — the places where seniors would frequently fall.

After analyzing about 1,700 falls experienced by over 500 seniors, they were able to analyze the most common types of “imbalance events” that caused the falls.

Surprisingly, slips are rarely the cause of falls. Instead, “incorrect shifting of body weight” and “loss of external support” were found to be the major causes. Though, even if there is no resultant injury, falls can result in “loss of confidence, fear of falling, and restriction of physical activity.”

But in this case, what they found isn’t as interesting as how they found it. For this and other studies, the researchers built the “Slipitron 2000”: a large “perturbation platform” that literally makes you fall. Unsuspecting volunteers are fitted with reflective markers on their joints, and movements are recorded by a 3-D motion capture system. The volunteers then stand on a plastic rug which is on top of a flat cushy surface and, without notice, the rug is pulled off.

The data captured is fed into mathematical models to measure muscle activation, and other physics-related things.

After examining the videos, the researchers were wondering if there was indeed a way to teach people to fall. In other words, an ideal way to fall. Their answer: judo.

Judo practitioners train in the *ukemi* falling technique, where they don’t block a fall by stretching out their hands; instead, they fall sideways, slam their arm down, and roll it off. The judo experts performed as well as the average Joe on the Slipitron, suggesting that “hardwired responses may override training.”

Currently, the researchers are trying to analyze the benefit to seniors of exercise programs that focus on “training balance recovery and safe landing strategies.”

**FACULTY, EMERITI-AE POST-docs & GRADUATE STUDENTS**

Anne-Kristina Arnold reports that she presented the following as Invited Speaker: “Ergonomics: Beyond Musculoskeletal Injuries” to the over 500 BC employers and OH&S executives at the Making it Safe 10th Annual Occupational Health and Safety Conference for BC Manufacturers on October 25th, 2016.

Anne-Kristina Arnold also announces that the Ergonomics Certificate Program now has it’s own website! Get information about the certificate, professional certification, careers and volunteer opportunities and student engagement activities at this link: http://www.sfu.ca/ergonomics-certificate

Many thanks to Daryl Tang, undergraduate BPK student, for his assistance with the website development.

Drs. Andy Hoffer and Stephen Reynolds are featured in a video posted on SFU’s Facebook page, entitled, “A new partnership with Royal Columbian Hospital Foundation is helping people breathe easier.” https://www.facebook.com/simonfraseruniversity/videos/10154383350380020/

Dr. Miriam Rosin congratulates her postdoctoral student Dr. Ajit Auluck who was awarded the 2016 Drishiti Award for Health Achievement. This prestigious award honours an individual in the South Asian community with exceptional accomplishments from the medical and healthcare professions, who has made a significant contribution to progression in improving outcomes in the field of medicine. Dr. Auluck’s research was the first to demonstrate that South Asian men and women have higher rates of oral cancer in BC than the general population. His work to find ways in which to provide access to oral cancer screening in this community has helped our team establish a community-funded Next Generation Clinic for oral cancer detection and management in Surrey.

BPK members out for dinner in Victoria, BC with old and new friends.

BPK members braved the windy seas to travel to the CSEP 2016 “From Health to High Performance” Annual Meeting in Victoria, BC on October 12-15, 2016. It was the largest contingent from the BPK department at this meeting in years. The meeting featured symposia in basic, applied, and clinical exercise physiology, health promotion, and sports science. Next year’s meeting is the 50th anniversary and will be held in Winnipeg.

Investigators from the Drs. Clarke, Mackey, and White labs presented posters and oral presentations. Dr. Dave Clarke chaired the Symposium on Applied Physiology Methods for Quantifying Training Load and Physical Activity, and Senior Lecturer Ryan Dill attended the meeting.

We thank the BPK Department for funds to help defray the costs of student travel to the conference.

**Oral presentations:**

Dr. Matthew White. Performance and
Diving: Effects of Simulated Narcosis and Hyperthermia. Invited talk in the Symposium on "Health and High Performance at Environmental Extremes: Hot and Cold, Depth and Altitude."

**POSTER PRESENTATIONS:**

**ROGERS MJ, RIECTHEL LJ, SINGH PK, FOSTER IJ, SANGHA SS, WHITE MD.** Assessment of physiological and anthropometric predictors of mountain ultra-marathon performance in warm and cool climatic conditions.

**SINGH PK, FOSTER IJ, SAHOTA SS, DORTON MC, ROGERS MJ, WHITE MD.** Core temperature and climb times in a mountain ultra-marathon.

**DIANA BEDOYA**

Special thanks to **DRAKE COMBER** and Let's Talk Science for their efforts in organizing and putting on the event.

**MCCOLL TJ, HANSEN DM, CLARKE DC.** Effects of walking speed and interruptions on step count accuracy from activity monitors worn by older adults.

**MALCOLM CQ, VALENTIN CM, WILSON RW.** Possible changes in late season forced dehydration on mountain ultra-marathon performance.

**MAGANJA SA, MACKY DC.** Effects of walking speed and interruptions on step count accuracy from activity monitors worn by older adults.

**DORTON MC, FOSTER IJ, SINGH PK, ROGERS MJ, WHITE MD.** The effect of different climatic conditions on performance during a mountain ultra-marathon race.

**DIANA BEDOYA** gave two presentations on Diabetes in Aboriginal Populations for Science First held on October 26th and November 9th, 2016. Science First is aimed at providing Aboriginal 10th-12th graders with more culturally appropriate science opportunities.

**LET'S TALK SCIENCE / SCIENCE FIRST**

**DIANA BEDOYA** reports very positive feedback from both students and teachers regarding the recent Let’s Talk Science, a BPK Day outreach event for 60 grade 11/12 students held on November 8th, 2016.

It started with graduate student-led tours of the Cardiovascular Physiology, Molecular Cardiac Physiology Group, Sensorimotor Neuroscience and Neuromuscular Mechanics labs. **DR. ANDREW BLABER** then gave a research talk on Aerospace Physiology that included live demonstrations of MCA velocity via ultrasound. Students were also treated to a career panel of researchers and scientists.

**MACLENN’S ARTICLE: THE WALKING MAN WALKS**

"**SFU prof Andrew Rawicz sets his sights on walking 50 million steps**"

*Maclean’s Magazine, Health Section 2017 University Rankings Issue*

by Anthony A. Davis

November 25th, 2016

http://www.macleans.ca/education/universit y/sfu-prof-andrew-rawicz-sets-his-sights-on-walking-50-million-steps/

**GREEN ROUTINE:** "It takes me 42 minutes up and 36 minutes to come down" Burnaby Mountain
Slashing rain? No bother. “I found quite a while ago I don’t dissolve in water,” he jokes. “I am,” he admits, “a bit obsessive” about keeping healthy. “My plan is to live at least 125 years. I know that I will, because a plan is a plan.”

Growing up in Poland, Rawicz had always been fit: he did classical wrestling and weight-lifting in university. After leaving in 1981, he spent a year as a lumberjack in Belgium. While teaching at SFU in 2002, Rawicz started pondering how, in Poland, his parents never owned a car. They walked pretty much everywhere they went. “When you are a child of parents who walk all the time, you know it is possible.”

Rawicz started a biomedical engineering program at SFU when he saw how little technology existed to improve the lives of people such as his son, Bolko, who has Duchenne muscular dystrophy. A severe form, Duchenne affects one in 5,000 males, and those with the condition have an average life expectancy of 26. His son is now 45, “which defies the stupidity of the textbooks,” says Rawicz.

He admits he has an outlier philosophy on medicine and health, preferring an Eastern, holistic approach. “I haven’t been sick for more than 45 years. I have a ton of theories—which of course you don’t have to agree with.” One of them is that Western civilization—with its reliance on doctors and drugs—has lost its ability to listen to our bodies. Rawicz felt he had lost touch with his, but walking and his health regime have helped him tune back in.

Getting his engineering and physics students to be mindful of theirs is another matter. While most are reasonably active, they “think they are invincible,” he says, and tend to disregard health advice from their professor. So Rawicz is not shy about classroom demonstrations to prove he’s defying age through exercise.

“I challenge them. I ask, ‘How many push-ups can you do?’” Most students manage only 20 or 25, while Rawicz can easily polish off 100 (one-third his daily regimen).

**Two years ago, Rawicz asked his biomedical students to guess how many people could stand on his chest**

Two years ago, in a more extreme demonstration, he asked his biomedical students to guess how many people could stand on his chest at once (he’s five foot nine and 185 lbs.). Most thought one. He managed five—and could still talk. “This makes an impression,” he says. Of course, they stood on a piece of plywood, as “heels would not have been comfortable.”

Students many not be swayed by Rawicz’s example, but some colleagues have. DR. ALBERT LEUNG, 64, a fellow SFU engineering professor, watched Rawicz for a few years, “rain or shine, even in the heavy rain. He’s just a stubborn guy.” Inspired, in 2010 LEUNG started walking to work himself, average three days a week, 3.5 km each way.

He’s now less than a year away from walking the entire circumference of the earth.

Does he believe that Rawicz can keep up the pace for another 41/2 years to reach that 40,000 km mark? “Absolutely! This guy is crazy. He is not going to die any time soon. He is strong as a horse.”

**BPK CO-OP NEWS**

DORA HSIAO, a 4th year BPK Undergraduate student, conducted a case study on a province-wide injury prevention program in

ACE (Association of Canadian Ergonomists) Conference in Niagara Falls. DORA extends her thanks to the BPK Co-op Program and the financial support from the BPK Department (through the Travel and Minor Research Award), for supporting her work.

THE PEAK ARTICLE:

**OLIVIA AGUIAR, CO-CAPTAIN WOMEN’S SOCCER**

Olivia Aguiar, a leader on and off the pitch

Despite early adversity, she is now an essential element of coach Hamel’s starting lineup

October 3rd, 2016 by Liza Siamer

Image Credits: Alexa Tarrayo

OLIVIA AGUIAR is the co-captain of the women’s soccer team, as well as president of the Student Athlete Advisory Committee (SAAC).

For OLIVIA AGUIAR, soccer is more than a sport: it is a family affair. The Coquitlam native explained how her father’s European roots infused a religious-like soccer atmosphere in her home. “My dad’s love for soccer spread onto us, and my passion developed through him,” she said.

With this passion, Aguiar decided not to hang up her boots. “I got introduced to competitive at the age of nine, where it became more organized. As you get older, that’s when your skill set starts developing more. [. . .] I felt a big gap, though, from high school to university: just playing against American-type soccer makes a huge transition, but everything was bigger and better.”

Having been part of SFU’s first promotion to compete for the national championship, Aguiar experienced the challenges of adapting to a new level: “My first year was the first year we were eligible to compete in any form of national championship. We are academically a tough school, and lay on top of that an NCAA [National Collegiate Athletic Association] division competition of sports. It becomes this massive balancing act, but it’s great because I’m getting the best of both worlds.”
The captain's armband was earned through a lot of hard work for Aguiar, who had to rehabilitate an ACL injury in her sophomore year.

"I came in my first year with a damaged knee and I didn’t know how bad it actually was. By the end of my first season we found out that I had torn my ACL. I got a surgery and I redshirted my second year."

Having gone through a long and frustrating process of rehabilitation before stepping again on a soccer field, Aguiar acknowledged the unconditional support in her entourage.

“I am very fortunate to have support from my family, my friends, my professors to the athletic department. I've had no reason to not be successful. I am a product of my environment.”

“It has been incredible to go from 2012 to being in contention for the NCAA tournament.”

While many student athletes engage in studying the science of the body because of their history with injuries, Aguiar’s altruistic nature reveals itself in her choice of major.

“I love working with people. I find the human body fascinating with the more I learn. When I was looking at programs to apply to, kinesiology seemed to take everything that I would like to pursue.”

AGUIAR also summed up how she made her way to SFU. "[It was] based on a sentimental value: a lot of my cousins came here for various programs, academics, for me who wanted to go into kinesiology and soccer, for playing in an NCAA institution.”

The SFU women’s soccer team has arguably made the most remarkable progress of any team since the athletics department joined the NCAA. Starting with a winless season during her first year to securing a spot in the NCAA tournament, Aguiar reflected on that new era for the Clan’s women. "My freshman year was not successful in terms of statistics. We did not win a single game."

“It has been incredible to go from 2012 to being in contention for the NCAA tournament. It is unreal to flip a program like that. My coach deserves a lot of credit between recruiting and coaching.”

The co-captain of the team unpacked to The Peak the work habits established by head coach ANNIE HAMEL through the last three years. "We train four days a week and we have two games. It is very demanding. I love our training sessions; they’re well-structured and organized. Each session has its own purpose.”

More optimistic than ever, Aguiar reviewed her team’s chances to lift the NCAA trophy. "I think we have the potential to do a lot of great things, as long as we keep executing our game plan and working hard. This is a matter of being disciplined and taking our coaching advice.”

Aguiar looks to establish a culture within SFU Athletics, and to extend her love for sports to her community. “I’m the president of the student athlete committee,” she said.

“Our goal is to bring the student body together within athletics and on campus. We also take on fundraising for organizations. We have been able to grant a wish to a girl in the province who was suffering from a life-threatening disease.”

With her team spirit and fancy footwork, could our captain be the next Christine Sinclair? AGUIAR isn’t shy about her future career path. "When I was five, being a professional soccer player was the main goal," she laughed. "It is a dream for any competitive athlete to play at a high level. I just think my dreams have changed over time; there are other things I’d like to pursue. I would still like to be involved in soccer, whether it’s coaching or something else."

SFU researchers were tested on the world stage on October 8th, 2016 at ETH Zurich’s Cybathlon — the first ever Cyborg Olympics.

The researchers’ bionic arm, which was developed to act as a more intuitive prosthetic arm for amputees, competed with the world’s best cyborg inventions. This inspired the innovators, and fostered a deeper passion for creating better technology to serve those with disabilities.

Their intricate bionic arm was created to give amputees an easier-to-use prosthetic option, as many individuals were simply avoiding prosthetics due to their unintuitive user interface. The team worked with DANNY LETAIN, a paralympic skier who lost his arm 35 years ago. He helped to test the bionic arm and improve the lack of control that he experienced with previous prosthetics, such as the use of mechanical straps and hooks in order to use the arm, SFU University Communications reported.

ERINA CHO (Kinesiology) and CHAKAVEH AHMADIZADEH (Engineering), members of the research and development team, explained that they decided to address this problem by creating an arm that uses muscle movement, pattern recognition, and pressure sensors to differentiate between gestures and create a more intuitive user interface for a prosthetic arm.

Media outlets, as well as those participating in the Cybathlon, have been fascinated with this invention. "It just goes to show how much people really care about helping others and how people with disabilities should have their quality of life improved,” CHO explained. “So I think that we took [the attention] as a really good thing.”

The event brought even more attention to the invention, and the high-pressure environment made for an unexpected outcome. AHMADIZADEH elaborated that, "When it came to the competition, there are many factors we didn’t expect to encounter.”

They had rehearsed extensively prior to the competition, yet Cho said that “there are a lot of effects on the competition stage where you have a lot of adrenaline and psychological factors where the physiology of the body reacts differently — and we rely on those signals.”

The team mentioned that the difficulties they had were due to the physiological response to stress. The arm relies on these physiological responses, and the team had not practiced using the arm in such a high-stress situation, like the competition environment.
Though the competition did not go as planned for the group, it only inspired momentum to make the bionic arm even better. "It was really inspirational — it just gave us another thing to work on!" Cho said.

The other amazing cyborg inventions also acted as a source of inspiration. "It was really neat to see that there were groups from other countries, other research groups have other ideas to tackle the problem. Same with other disciplines — there are ones with wheelchairs and exoskeletons," said Cho.

"Overall, it’s a really positive experience. We are all making an effort: it’s all research and development."

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**RETIREMENT RECEPTION**

**CRAIG ASMUNDSON**

On October 14th, 2016 family, friends and colleagues of Craig Asmundson met in the Fraser and Thompson Rooms at the Diamond Alumni Centre to celebrate his recent August 31st, 2016 retirement.

Dr. Angela Brooks-Wilson, BPK Chair, presented the Chair’s words and official toast, and Dr. Richard Ward was the Master of Ceremonies for the event.

It was a time of reconnecting, reminiscing and expressing words of appreciation for all that Craig has contributed not only to the BPK Department as Senior Lecturer, but also to SFU in general over the past 41 years.

Two Power Point slide-shows were shown, one highlighting various aspects of Craig’s academic and social life while at SFU. The second slideshow was put on by Richard Ward, providing us with lots of laughs!

The Department officially gave Craig a photo book with pictures highlighting events during his years at SFU. From friends and colleagues he received a new set of binoculars. Both were much appreciated!

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**from the Retirement Booklet:**

We are proud to celebrate the accomplishments of Craig Asmundson today. Thank you for joining us!

CRAIG ASMUNDSON grew up in Burnaby and graduated from Burnaby South High School in 1965. He is the oldest of five children, having three sisters and a brother. He entered Simon Fraser University as a Charter student when the University opened in September 1965. He planned on majoring in history but switched his major to Economics and Commerce for three semesters. Then between May 1967 and January 1969 he left SFU, during which time he worked at a variety of blue collar jobs, mainly – working in a factory building trailers for construction camps for six months, working in an open-pit mine in an isolated camp in the northern Yukon for seven months, and working on an oil rig in Alberta.

Craig took his first Kinesiology course in the Summer of 1969 and was hooked on the subject matter and the department. He received his BSC Kin degree in 1972. He worked as a Research Assistant for 1.5 years and then entered the MSc program in Kinesiology at SFU.

Craig was hired as a Laboratory Instructor in the Kinesiology Department in 1975. His job title was later changed to Lecturer and Senior Lecturer. He received his MSc Kin degree in 1980. He taught KIN 143 for a number of years, but mostly taught KIN 142 and 407, required courses for all BPK majors.

Craig was Chair of the Undergraduate Program Committee in the School of Kinesiology for 9 years between 1991 and 2004. He was a Founding Director of the BC Association of Kinesiologists (BCAK) in 1990, and President of the BCAK from 1994 to 1996. From 2002-2004 he was Chair of the SFU Terry Fox Day Committee, and was Captain of the BPK Terry Fox Day Team from 2001-2015.

Between 2008 and 2011 he was Chair of the BPK Surrey Nutrition Metabolism Committee which developed a new undergrad program to be offered at SFU Surrey, “Exercise and Nutrition in Health and Disease”.

CRAIG ASMUNDSON has received three service awards at SFU:

**C.D. NELSON MEMORIAL PRIZE IN 1991** in recognition of service and contributions to the SFU university community. This is in recognition of him coordinating and leading the re-enactment of Simon Fraser’s voyage down the Fraser River as part of Simon Fraser University’s 25th anniversary celebrations.

**SFU TERRY FOX GOLD MEDAL IN 1997** for his work in prostate cancer - increasing public awareness, starting-up new support groups, involvement in the formation of a new prostate cancer research foundation in B.C., now named the Prostate Cancer Foundation BC. The Terry Fox Gold Medal is given annually to a person in the University community who has “shown courage in adversity and dedication to society”.

Craig married his wife, GLORIA ASMUNDSON in 1974. They now have two children and four grandchildren.
SFU RECREATIONAL SERVICES AWARD IN 2005

for outstanding SFU faculty contribution to the SFU Recreation program, in recognition of his work as Chair of the SFU Terry Fox Day Committee from 2002 to 2004. Terry Fox Day was one of the major events put on annually through Recreational Services.

Craig competed in distance running until his late 30s. He has been an avid outdoorsman for most of his life participating in hiking, backpacking, mountaineering, and wilderness canoeing.

The Craig Asmundson Endowment Fund supporting the CRAIG ASMUNDSON BPK ENGAGEMENT AWARD was established at SFU in 2014 with a generous gift from Craig Asmundson in honour of the university’s 50th anniversary and Craig’s 50-year legacy at SFU.

The award is intended to recognize and provide funding to a BPK Undergraduate Student who has demonstrated positive contributions to the SFU community including university engagement, leadership, volunteerism, team work and/or ambassadorship of BPK to the external community. The first recipient of the award was BRANDON WATSON.

I also wanted everyone here today to have name tags so that people would know who my work colleagues are, who my family members are, and who my friends are outside of the BPK Department.

Thank you to everybody who is here at this event on this very stormy day! It would have been easy to stay at home.

CASEY RUFF, standing over there, came all the way from Nanaimo which is very impressive. (applause) GLEN TIBBITS walked across from his office! (laughter.)

For those of you who spoke during the open microphone, thank you for all your kind comments and memorable stories!

Since our 50th anniversary BPK party last year (September 2015), I haven’t yet publically and formally thanked WILL CUPPLES and LEN BROWNIE for organizing applications for me to be nominated for an Outstanding Alumni Award and an Excellence in Teaching Award. They put a lot of work into these nominations.

Thank you also to many people who wrote kind testimonials to support my nominations. A lot of people think that the only jobs that I have ever done have been here at SFU, but that is not true. I had summer jobs after grade 12, I had different blue collar jobs early on when I was a student. For some of these jobs, you would get sent out by the Employment Services Agency for one month to a cement factory, a wine factory, or a trail construction place, and then the person you were replacing would come back from holidays and you would get sent somewhere else. I worked on an oil rig in Alberta, I worked in a mine in the northern Yukon for seven months. I am making the point that I have done a lot of poor jobs, so to speak. On Sunday afternoon or evening I dreaded going to work the next day.

As for my time at SFU, I can honestly say that in all the years that I have worked here, there was never one day when I didn’t look forward to coming up here. If you can have a job like this, it is not really a “job”. I found the material that I was teaching so interesting that I would read and study this stuff even if they didn’t pay me. If it wasn’t my job, I would do it for interest.

If I could live my life over again and someone said, “What would be your ideal job?”, it would have been this job, working as a Lecturer in the Kinesiology /BPK Department at SFU.

We have had, over the years, wonderful young people as students in this department. I would say that the type of person who is an undergraduate student in this department hasn’t changed significantly over the past many years. They are young people who are interested in science, in the structure and function of the human body, most of them are planning to go into a helping profession in the health field, they are health and fitness oriented, and they tend to be more physically fit than the average student. They are just a great bunch of young people!

Working with young people like this has been a real privilege for me.
The colleagues I have had here have been excellent. Many of the people in this department are also friends so I have always looked forward to coming here and spending time with people who are more than just my work colleagues, they are my friends.

My father told me – If you are going to do something, do it right, do it well, give your best shot. Otherwise don’t do it.

I always tried to treat people with respect, kindness and fairness regardless of their status in the university. When I stood in front of a classroom of students I never thought that I was greatly superior to them because I knew that every student in that room knew more about some topic or aspect of life than I knew. Therefore why should I feel superior to them and treat them arrogantly just because I know the course subject matter much better than they do.

Everything has its time. I think that I retired at just the right time. I enjoyed being here right until the end, but I have been away from here for almost two months now. I initially worried that I would go crazy at home, but it hasn’t worked out that way, so I am enjoying retirement.

I have done a couple of canoe trips with Igor Mekjavic in the past two years. Some of people who have been here for a long time know Igor. He came here as a PhD student from Slovenia in 1979 and left here as a full professor in 1994 at the age of 38 to return to Slovenia.

Igor has talked to me about “legacy”. What is your legacy going to be in the department? I haven’t really thought about it. You want to see the department carry on and do well, you want to see your courses well run, etc.

I am very pleased that a person with the teaching ability, character, leadership and management skills, like Jim Carter, has been hired to replace me. Jim retired 5 or 6 years early from the Port Coquitlam fire department. Firefighters at his level getting paid a very good buck, and he left that to come here and take on this job with the promise that the position would be made continuing within the year, so I hope that this ends up occurring.

All of you have been standing around socializing together and celebrating with me. Thank you very much for coming to my retirement party!

I am not going to disappear off the face of the earth. Some of you are thinking, “Hey, this is the last time we are going to see Asmundson in this life!” SORRY! I will be up here for Terry Fox events, when someone is retiring, etc., and I will be looking at e-mails. If something comes up that I am not happy about, you guys will hear my views.”

(laughter & applause).

Happy Retirement, Craig!

Michael Ryan, PhD
Director, Research and Development Kintec
Certified Pedorthist

Tuesday, November 8th, 2016
https://www.researchgate.net/profile/MichaelRyan18

Title: “Sports Medicine Epidemiology and Clinical Management of Tendon Injuries.”

Bio: Over the last 16 years, my primary research focus has been in the field of sports medicine epidemiology and clinical management of chronic overuse tendon injuries. My research experience progressed along two parallel pathways. The first is driven primarily through an industry partnership with Nike that involved injury surveillance and clinical trial investigations on selected footwear interventions. The second pathway followed a more traditional academic workflow stemming from my doctorate work in understanding the relationship between tendon structure and clinical recovery in patients with tendinopathy.

In my current position at Kintec, and through existing collaborations both locally and internationally, I am continuing to extend my expertise into commercialization pathways for orthotic innovations that will help clinicians better understand and treat lower-extremity musculoskeletal injuries.

Christopher MacLean, PhD
Director of Research and Development
Kintec Footwear & Orthotics
Surrey, BC
http://www.fortiusport.com/OurTeam/TeamMembers/Pages/DrChristopherMacLean.aspx

Tuesday, November 1st, 2016

Title: “A Scientific and Collaborative Approach to the Management and Prevention of Musculoskeletal Injuries.”

Abstract: Dr. MacLean’s M.Sc. thesis focused on developing a functional rehabilitation program for the isolated posterior cruciate
ligament (PCL) deficient knee and his Ph.D. work focused primarily on the mechanism of overuse (repetitive microtrauma) injuries in distance runners and how footwear influences lower extremity dynamics and intra-limb coordination variability. The Fortius Lab & Applied Biomechanics provides applied biomechanical and physiological analyses that enable athletes to manage and prevent musculoskeletal injuries and to optimize their performance.

The lab also contracts with industry partners in research-for-hire projects and engages in collaborative projects with academic partners to provide a unique environment for student learning and applied research.

Bio: Dr. MacLean is originally from Halifax, Nova Scotia. As a young varsity athlete attending university, he sustained a quadriceps injury that landed him in the sports medicine clinic and off the ice. That experience kindled an interest in mechanism of musculoskeletal injuries.

After graduating from Acadia University, he attended the University of British Columbia (M.Sc.) where he studied under the direction of Dr. Jack Taunton and Dr. Doug Clement at the Allan McGavin Sports Medicine Centre. During this time, Chris began working with Paris Orthotics in Vancouver where he continues to play a role after 25 years. It was through experiences at UBC and from working in Industry that led to him attending the University of Massachusetts-Amherst for doctoral studies with Dr. Joseph Hamill.

Currently, Dr. Maclean is the Director of Fortius Lab & Applied Biomechanics within the Fortius Institute, Burnaby, British Columbia. In 2007, he was approached by the Founders of Fortius Sport and Health with the idea of integrating a Human Performance Lab within a larger Sport and Exercise Medicine Institute. The vision for the Lab is to collaborate with health care professionals to provide a more comprehensive level of care for client athletes and to conduct research focused on preventing and managing musculoskeletal injuries.

**WELCOME & CONGRATS!**

Welcome to the newest addition to the BPK Co-op team, **TYLER SCHWARTZ**, BPK Co-op Office.

Congratulations, to **CHERI FIEDLER** on her promotion to BPK Co-op Career Advisor.

**INSPIRING ALUMNI**

**NAILA MAKHANI**

BSc Kinesiology, SFU, 2000
MD, University of British Columbia, 2005
Masters of Public Health, Harvard School of Public Health, 2011
Assistant Professor, Pediatrics and Neurology, Yale University School of Medicine
Director, Pediatric Multiple Sclerosis Clinic, Yale University

**Biography**

Dr. Makhani is an Assistant Professor of Pediatrics and Neurology at the Yale School of Medicine and the Director of the Pediatric Multiple Sclerosis Clinic at Yale.

Dr. Makhani completed medical school training at the University of British Columbia in 2005. She then completed a pediatric neurology residency program at Sick Kids Hospital and the University of Toronto. She remained at the University of Toronto to take on a multiple sclerosis fellowship. She concurrently completed a Masters Degree in Public Health at Harvard. After spending a year living in Europe, Dr. Makhani accepted her current position at Yale in 2013.

Dr. Makhani’s research focuses on identifying risk factors for multiple sclerosis in children. She is an active member of the International Pediatric Multiple Sclerosis Study Group and has presented her work at numerous national and international conferences.

**Why did you choose to go to SFU?**

I chose SFU because of the excellent reputation of the Kinesiology program and the availability of a Co-op program that allowed me to obtain valuable research/work experience during my undergraduate years.

**Where did you spend the most amount of time on campus?**

I spent most of my time in the library, often studying in the map room because it was quiet!

**What is your favorite memory from your time at SFU?**

My favorite memories are the people. I met so many wonderful and talented fellow students and faculty. I loved the annual Kinesiology barbecues that brought together students, staff and faculty and their families!

**Who was your favorite SFU professor?**

**GLEN TIBBITS, CRAIG ASMUNDSON, TONY LEYLAND** and many other Kinesiology faculty. They all seem to love what they do and inspire a desire to learn.

**How has your SFU degree impacted your career?**

My degree at SFU was the stepping stone to my career in medicine. I gained a practical grounding in anatomy and physiology, I developed my research interests and most importantly I developed my passion for continued life-long learning. I think I will always be a student in some way!

**What is your favorite SFU snow story?**

Snow days meant listening carefully to the radio or television anxiously in the morning to see if the buses were running and if the campus was open. A cancelled day of classes meant the unexpected gift of a free day!

**If you could give advice to students today, what would you tell them?**

Take a broad range of courses, develop your interests, go out of your way to try and meet people and keep doing what you love.

**What is the one thing about SFU that must not change?**

Bagpipes! The pipe band is a unique feature of campus life.

**Merry Christmas**

**Happy Holidays**

**Happy New Year**

Send submissions to: Marianne Lazaro, Newsletter Editor lazaro@sfu.ca