

**Curriculum Vitae**  
**REBECCA ANN SPENCER, PhD**  
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**Education**

PhD, Interdisciplinary (2013-2019) Dalhousie University, Halifax, NS (*Thesis: Picture Perfect? Gazing into Girls' Health, Physical Activity, and Nutrition, through Photovoice*)

MA Health Promotion (2010-2012) Dalhousie University, Halifax, NS (*Thesis: The Experience of Peer Mentoring in Grades 4, 5, And 6 Students from The Heart Healthy Kids Program*)

BSc Kinesiology (2004-2008) Dalhousie University, Halifax, NS

High School Diploma (2000-2004) Saint John High School, Saint John, NB (*International Baccalaureate Diploma & French Proficiency/Bilingualism Certificate*)

**Academic Employment**

Instructor. 2016-Present. Health Promotion, School of Health and Human Performance, Dalhousie University, Halifax, NS.

Project Coordinator, Dalhousie University. 2014 – 2016. Various Projects at the Applied Research Collaborations for Health, and Healthy Populations Institute. Dalhousie University, Halifax, NS.

Research Assistant/ Research Associate. 2008-2012. The Maritime Heart Center. Department of Surgery, Dalhousie University, Halifax, NS.

**Recent Relevant Contracts**

Youth Active Transportation Research Advisor. 2019. Ecology Action Centre. Halifax, NS.

Research Associate, Physical Literacy in the Early Years (PLEY) Project. 2019. Healthy Populations Institute, Dalhousie University, Halifax, NS.

Project Lead, Analysis and Reporting on the Sport Development Tool. 2018-2019. Sport Nova Scotia. Halifax, NS.

**Non-Academic Employment**

Programs Manager. 2012-2013. The Maritime Heart Center. Halifax, NS.

Mobility Consultant. 2006-2011. The Curwin Group. Halifax, NS.

**Honours, Awards, & Scholarships**

Change One Thing Challenge. Centre for Learning and Teaching, Dalhousie University. February 2018. (\$1000).

CIHR Doctoral Research Award. September 2015 – August 2018. (\$105000).

Killam PreDoctoral Scholarship. September 2015 – August 2017. (Held in name only).

President's Graduate Student Teaching Award. 2015. (\$500).

PHIRNET: The Population Health Intervention Research Network Doctoral Traineeship. 2014-2015. (\$30000).

Nova Scotia Health Research Foundation (NSHRF) Scotia Scholars Award (PSO-2014-9652). 2014-2015. (\$20000).

CIHR Fellowship in Population Intervention for Chronic Disease Prevention (PICDP): A Pan-Canadian Program (Grant #: 53893). 2013-2014. (\$17000).

Heart and Stroke Foundation Bright Red Graduate Research Award. 2013-2014. (\$5000).

CIHR Fellowship in Population Intervention for Chronic Disease Prevention (PICDP): A Pan-Canadian Program (Grant #: 53893). 2011-2012. (\$18000).

### Scholarly and Professional Activity

#### Publications

**Spencer, R.**, Comeau, E., Matchett, B., Biderman, M., Joy, P., Doria, N., & Numer, M. Interactive E-Texts and University Student Learning Experiences: A Scoping Review. (2019). Review of Educational Research. (*under review*)

**Spencer, R.**, McIsaac, J.-L., Stewart, M., Brushett, S., Kirk, S.F.L. (2019). Food in Focus: Youth Exploring Food in Schools using Photovoice. *Journal of Nutrition Education and Behaviour*. (*in press*)

McIsaac, J.-L., **Spencer, R.**, Stewart, M., Penney, T.L., Brushett, S., Kirk, S.F.L. (2019) Understanding system-level intervention points to support school food and nutrition policy implementation in Nova Scotia, Canada. *International Journal of Environmental Research and Public Health*, 16(5), 712. doi: 10.3390/ijerph16050712

McIsaac, J.-L. D., Jarvis, S. L., **Spencer, R.**, & Kirk, S. F. (2018). "A tough sell": findings from a qualitative analysis on the provision of healthy foods in recreation and sports settings. *Health Promotion and Chronic Disease Prevention in Canada: Research, Policy and Practice*, 38(1), 18–22. <https://doi.org/10.24095/hpcdp.38.1.04>

McIsaac, J.-L. D., **Spencer, R.**, Chiasson, K., Kontak, J., & Kirk, S. F. L. (2018). Factors Influencing the Implementation of Nutrition Policies in Schools: A Scoping Review. *Health Education & Behavior: The Official Publication of the Society for Public Health Education*, 1090198118796891. <https://doi.org/10.1177/1090198118796891>

**Spencer, R.**, McIsaac, J.-L., & Kirk, S. (2016). Food for Thought: Engaging Youth in Creative Knowledge Sharing of School Food Experiences. *The International Journal of Health, Wellness, and Society*, 7(3), 53–63. <https://doi.org/10.18848/2156-8960/CGP/v07i03/53-63>

M. Numer & **R. Spencer**. (2016) Technology and the Post-Secondary Classroom: A Critical Inquiry into BYOD Student Experience in Human Sexuality. *International Journal of Technologies in Learning* 24(1), 1-13. DOI: 10.18848/2327-0144/CGP/v24i01/1-13

**Spencer, R.A.**, Rehman, L., Kirk, S.F.L., (2015). Understanding gender norms, nutrition, and physical activity in adolescent girls: a scoping review. *International Journal of Behavioural Nutrition and Physical Activity*. 12:6, doi:10.1186/s12966-015-0166-8

Numer, M., **Spencer, R.** (2015). Bring Your Own Device Technology: Preliminary Results from a Mixed Methods Study to Explore Student Experience of In-Class Response Systems in Post-Secondary Education. *Journal of Systemics, Cybernetics and Informatics*. 13:1, pp1-6.

**Spencer, R.**, Bower, J., Miller, J., Yates, G., Kirk, S., Hancock Friesen, C. (2013). Adding peer mentors to a school-based physical activity pilot: The Heart Healthy Kids program. *Physical and Health Education Journal of Canada*.

**Spencer, R.**, Bower, J.L., Kirk, S.F.L., Hancock Friesen, C.L. Peer mentoring is associated with positive change in physical activity and aerobic fitness of grades 4, 5, and 6 students in the Heart Healthy Kids (H2K) program. *Health Promotion Practice* (HPP-13-0211).

### **Published Abstracts**

**Spencer, R.**, Bower, J., Kirk, S., Hancock Friesen, C. (2012). Comparing Quantitative and Qualitative Data to Determine the Impact of Peer Mentoring on Physical Activity in the Heart Healthy Kids Program. Abstract in *Circulation*, Volume 126, Issue 21, Supplement A15444.

**Spencer, R.**, Bower, J., Miller, J., Yates, G., Kirk, S., Hancock Friesen, C. (2012). The role of peer mentors in enhancing school-based physical activity: The Heart Healthy Kids (H2K) program – Phase 2. Abstract in *Canadian Cardiovascular Congress 2012*. *Canadian Journal of Cardiology*, Vol 28, Issue 5, Supplement.

**Spencer, R.A.**, Bower, J.L., Yates, G., Miller, J., Kirk, S.F., Hancock Friesen, C.L. (2010). The role of peer mentors in enhancing school-based physical activity: Phase 1. Abstract in *Canadian Cardiovascular Congress 2010*. *Canadian Journal of Cardiology*, Vol. 26, Supplement D.

**Spencer, R.A.**, Hoyt, J., Yates, G., Miller, J., Hancock Friesen, C. (2009). H2K: The results of a pilot study of a comprehensive physical activity intervention in an elementary school. Abstract in *Canadian Cardiovascular Congress 2009*. *Canadian Journal of Cardiology*, Vol. 26, Supplement B.

### **Reports**

Spencer, R., Bower, J., Hoyt, J., Miller, J., Yates, G., Kirk, S., Hancock Friesen, C. (2011). Scaling up a school-based pilot. Case in *Canadian Institutes of Health Research - Institute of Population and Public Health, Canadian Institute for Health Information Population Health Intervention Research Casebook*, 2011 pp. 31-34.

### **Selected Presentations**

**Spencer, R.**, Kirk, S.F.L. *Engaging youth in complex health and policy issues, through photovoice*. International Union for Health Promotion and Education, Rotorua, New Zealand, April 2019 (Workshop forthcoming).

**Spencer, R.,** McIsaac, J.-L., Stewart, M., Brushett, S., Kirk, S.F.L. *Food in Focus: Youth Exploring Food in Schools using Photovoice.* International Union for Health Promotion and Education, Rotorua, New Zealand, April 2019 (Oral presentation forthcoming).

**Spencer, R.,** Numer, M., Rehman, L., Kirk, S.F.L., ‘*Picture Perfect? Gazing into Girls’ Health, Physical Activity, and Nutrition through Photovoice.*’ International Union for Health Promotion and Education, Rotorua, New Zealand, April 2019 (Oral presentation forthcoming).

**Spencer, R.,** Numer, M., Rehman, L., Kirk, S.F.L., ‘*Picture Perfect? Gazing into Girls’ Health, Physical Activity, and Nutrition through Photovoice.*’ Qualitative Health Research Conference, Halifax, NS, October 2018. (Pecha Kucha Presentation).

**Spencer, R.** *Introducing Mindfulness in the Health Promotion Classroom.* 10<sup>th</sup> Annual ACMHE Conference on Contemplative Practices in Higher Education: Imagining Humane Institutions, University of Massachusetts Amherst, MA, USA, October 2018. (Poster Presentation).

**Spencer, R.,** McIsaac, J.-L., Stewart, M., Brushett, S., Kirk, S.F.L. *Food in Focus: Youth Exploring Food in Schools using Photovoice.* Healthy Living, Healthy Life Conference, Halifax, NS, September 2018. (Oral presentation).

McIsaac, J.-L., **Spencer, R.,** Stewart, M., Penney, T.L., Brushett, S., Kirk, S.F.L. *Applying a complex systems lens to school food environments in Nova Scotia.* Healthy Living, Healthy Life Conference, Halifax, NS, September 2018. (Oral presentation).

**Spencer, R.,** MacQuarrie, M. *Exploring Mindfulness Meditation in the Health Promotion Classroom.* 2018 Conference on University Teaching and Learning: Exploring the Future(s) of Higher Education: Supporting Inclusive Teaching Excellence, Dalhousie University, May 2018. (Workshop co-presented with students).

Blinn, N., MacQuarrie, M., **Spencer, R.** Exploring Mindfulness Meditation in the Introductory Health Promotion Classroom. 16<sup>th</sup> Annual Crossroads Interdisciplinary Health Research Conference, Dalhousie University, March 2018. (Oral presentation).

**Spencer, R.,** McIsaac, J.-L. D., Chiasson, K., Kontak, J., & Kirk, S. F. L. *Factors influencing implementation of school food and nutrition policies: A scoping review.* World Congress on Public Health, Melbourne, Australia, April 2017. (Oral presentation).

**Spencer, R.,** Numer, M., Rehman, L., Kirk, SFL. *Picture Perfect? Gazing into Girls’ Health, Physical Activity, and Nutrition Through Photovoice.* World Congress on Public Health, Melbourne, Australia, April 2017. (Digital poster presentation).

**Spencer, R.,** McIsaac, J.-L. D., Kirk, S. F. L. *Building on Successes and Learning from Challenges of the NS Food and Nutrition Policy.* World Congress on Public Health, Melbourne, Australia, April 2017. (Oral presentation).

M. Numer & **R. Spencer.** *Bring Your Own Device Technology: Qualitative results from a mixed methods study to explore student experience of in-class response system in post-secondary education.*

23rd International Conference on Learning, Vancouver, British Columbia, July 2016. (Oral presentation).

M. Numer and **R. Spencer**. *Testing Tophat: Examining the Impact of Bring Your Own Device Technology on Student Learning in Large Group Instruction*. 2016 Dalhousie Conference on University Teaching and Learning: Exploring Change and Resilience in University Teaching and Learning, Halifax, NS, April 2016 (Oral presentation).

McIsaac, J.-L. D., **Spencer, R.**, Kirk, S. F. L. *Food for thought: Youth engagement in food insecurity and school nutrition*. Changing the Menu, Montreal, QC, Canada, November 2015. (Workshop)

M. Numer & **R. Spencer**. (2015). *Bring Your Own Device Technology: Using mixed methodology to explore student experience of in-class response systems in a large post-secondary education setting*. The 6th International Conference on Education, Training and Informatics (ICETI), Orlando, FL March 10-13, 2015. (Oral presentation)

**Spencer, R.** *Understanding Gender Norms in Relation to Physical Activity and Nutrition in Adolescent Girls*. Girls Soar Conference, Halifax, NS, March 2015. (Oral presentation).

**Spencer R.**, Hancock Friesen, CHF. *Using mixed methods to determine the impact of peer mentoring on physical activity in the Heart Healthy Kids Program*. American Heart Association Sessions, Los Angeles, CA. November 2012. (Poster presentation).

**Spencer R.**, Hancock Friesen, CHF. *The role of peer mentors in enhancing school-based physical activity: The Heart Healthy Kids (H2K) program – Phase 2*. 65<sup>th</sup> Annual Canadian Cardiovascular Congress, Toronto, ON, October 2012. (Oral presentation).

**Spencer R.**, Hancock Friesen, CHF. *The experience of peer mentoring in grades 4, 5, and 6 students from the Heart Healthy Kids program*. Canadian Public Health Association Conference, Edmonton, AB, June 2012. (Oral presentation).

**Spencer R.**, Hancock Friesen, CHF. *The role of peer mentors in enhancing school-based physical activity: Phase 1*. IHRTP Health Trainee Research Day, Halifax, NS, February 2011. (Poster presentation, Awarded first place).

**Spencer R.**, Hancock Friesen, CHF. *The role of peer mentors in enhancing school-based physical activity: Phase 1*. 63<sup>rd</sup> Annual Canadian Cardiovascular Congress, Montreal, QC, October 2010. (Oral presentation).

**Spencer R.**, Hancock Friesen, CHF. *H2K: The results of a physical activity pilot program in an elementary school*. IHRTP Health Trainee Research Day, Halifax, NS, April 2010 (Poster presentation, awarded first place).

**Spencer R.**, Hancock Friesen, CHF. *H2K: The results of a physical activity pilot program in an elementary school*. 8<sup>th</sup> Annual Dalhousie Crossroads Conference, Dalhousie University, Halifax, NS, March 2010. (Poster presentation, awarded Best Undergraduate Poster).

**Spencer R.**, Hancock Friesen, CHF. *H2K: The results of a physical activity pilot program in an elementary school*. 62<sup>nd</sup> Annual Canadian Cardiovascular Congress, Edmonton, AB, October 2009. (Oral presentation).

## **Research Grants**

Under Review: *How Loose Parts Play May Help Address the Achievement Gap*. Nova Scotia Health Research Foundation Establishment Grant. Principal Investigator: M. Stone; Co-Principal Investigator: **R. Spencer**; Co- Investigators: JL McIsaac, B. Hamilton-Hinch.

Under Review: *Dating App Facilitated Sexualized Violence: A critical study among women and men who have sex with men*. Nova Scotia Health Research Foundation Establishment Grant. Principal Investigator: M. Numer; Co- Investigators: **R. Spencer**, D. Crocker, D. Holmes.

Under Review: *Illustrating the experiences of immigrant families in Nova Scotia through photovoice*. Social Sciences and Humanities Research Council (SSHRC), Insight Development Grants. Principal Investigator: JL McIsaac; Co-Applicants: M.J. Harkins, S. Reddington, **R. Spencer**

*Educational Technology and Research Design: An exploratory mixed methods study on predictors of undergraduate students' attitudes, opinions and beliefs on sexuality*. Social Sciences and Humanities Research Council (SSHRC), Insight Development Grants. (CA \$74,718). Funding period: September 1, 2018 to September 1, 2020. Nominated Principal Investigator: M. Numer; Co-Principal Investigator: N. McNichols; Co-Investigators: N. Rosen & **R. Spencer**.

*Exploring Mindfulness Meditation in the Introductory Health Promotion Classroom*. Dalhousie Centre for Learning and Teaching: Scholarship of Teaching and Learning Grant. (CA \$3000). Funding period: July 1, 2018 – June 30, 2020. Nominated Principal Investigator: **R. Spencer**; Co-Principal Investigator: M. MacQuarrie & M. Numer

*Assessment of Student Learning to Evaluate the Use of an On-line Text through Top Hat Technology*. Dalhousie Centre for Learning and Teaching: Scholarship of Teaching and Learning Grant. (CA \$3000). Funding period: July 1, 2018 – June 30, 2020. Nominated Principal Investigator: M. Numer; Co- Principal Investigator: P. Joy & **R. Spencer**

*New Technologies and Chemical Culture: Examining Deployment and Effects Among MSM*. Canadian Institutes of Health Research: HIV/AIDS Community-Based Research Operating Grant. (CA\$447,836). Funding period: April 1, 2018 – March 31, 2021. Principal Investigator: M. Numer; Co-Principal Investigator: D. Holmes; Co-Investigators: S. Kirkland, T. Ramsey, **R. Spencer**.

*Sport Development Tool: Analysis and Reporting*. Sport Nova Scotia. (\$15,901.68) August 2018 – May 2019. Co-Principal Investigators: **R. Spencer**; SFL Kirk.

*Engaging youth in mobilizing policy change for healthy eating and physical activity*. Nova Scotia Health Research Foundation: Knowledge Sharing Support Award. (CA\$9973). Funding Period: March 2018 – March 2019. Principal Investigator: SFK Kirk. Co-Investigators: JL McIsaac, **R. Spencer**.

*Research and Development Grant: Establishing a Program of Research in University Students' Attitudes, Opinions, Values and Practices Related to Sex, Gender, and Sexuality*. Faculty of Health:

Research Development Grant. (CA\$5,000). Funding period: February 1, 2018 – February 1, 2019. Principal Investigator: M. Numer; Co-Investigators: P. Joy, **R. Spencer**.

*Building on successes and learning from challenges: A comprehensive evaluation of the school food and nutrition policy in Nova Scotia, CIHR Population Health Intervention Research Operating Grant* (CA\$98000) Funding period: May 2015 – March 2019. Principal Investigators: JL McIsaac, SFL Kirk. Co-Investigators: **R. Spencer**; J. Yessis; L. Masse; S. Kuhle; T. Penney.

*Grinding Against HIV Prevention Discourse: A critical exploration of risk among users of mobile gay cruising apps.* Canadian Institutes of Health Research: HIV/AIDS Community-Based Research Catalyst Grant. (CA\$33,000). Funding Period: April 2016 - April 2017. Nominated Principal Investigator: M. Numer; Co-Principal Investigator: D. Holmes; Co-Investigators: M. Denike, J. Gahagan, T. Hatchett, E. Leonard, P. O'Byrne, **R. Spencer**.

*Testing Top Hat: Examining the Impact of Bring Your Own Device Technology on Student Learning Experiences in Large Group Instruction.* Centre for Learning and Teaching Impact on Student Learning – Assessment Grant. (CA\$2400). Funding period: May 1, 2014- May 1, 2015. Principal Applicant: M. Numer; Co-PI: **R. Spencer**.

*Innovative Education: A mixed methods study to determine the impact of Bring Your Own Device Technology in the University Classroom.* Modern Educator Grant: Technology Supported Pedagogy. (CA\$5,000). Funding period: September 1, 2014 – September 1, 2014. Principal Applicant: M. Numer; Co-PI: **R. Spencer**.

## Media

**Spencer, R.,** & Kirk, S. F. (2018). Girls and women need more time in nature to be healthy. The Conversation from <http://theconversation.com/girls-and-women-need-more-time-in-nature-to-be-healthy-104464>

**R. Spencer.** Connecting with nature may encourage women and girls to stay active. Interview with Global Halifax, December 2018. <https://globalnews.ca/video/4753952/connecting-with-nature-may-encourage-women-girls-to-stay-active>

**R. Spencer.** Girls and women need more time in nature to be physically active. Series of interviews on CBC Radio (Halifax, NS; Saint John, NB; Sydney, NS; Fredericton, NB; St. John's, NFLD; Moncton, NB; Charlottetown, PE; Cornerbrook/Gander, NFLD); November 2018.

## Teaching Contributions

### Student Supervision

- Nicole Blinn, Undergraduate Honours Student, 2019-2020 (in progress)
- Maddie Curtis, Undergraduate Honours Student, 2019-2020 (in progress, co-supervised by Dr. Laurene Rehman)
- Kathryn Stone, MA Health Promotion Student (Accepted for September 2019 start, co-supervised by Dr. Barbara Hamilton-Hinch)

### Post-Secondary Courses Instructed

| Course Code    | Course Name                                    | Term               | Institution          | Enrolment |
|----------------|--|--------------------|----------------------|-----------|
| HPRO 4495      | Health Promotion Internships                   | Winter 2019        | Dalhousie University | 21        |
| HPRO/LEIS 4101 | Advanced/Applied Research Methods              | Winter 2019        | Dalhousie University | 11        |
| HPRO 3325      | Mental Health Promotion                        | Winter 2019        | Dalhousie University | 60        |
| HPRO 3335      | Disease Prevention                             | Fall 2018          | Dalhousie University | 51        |
| HPRO 1195      | Introduction to Health Promotion               | Fall 2018          | Dalhousie University | 37        |
| HPRO 4495      | Health Promotion Internships                   | Spring/Summer 2018 | Dalhousie University | 2         |
| HPRO 4495      | Health Promotion Internships                   | Winter 2018        | Dalhousie University | 23        |
| HPRO/LEIS 4101 | Advanced/Applied Research Methods              | Winter 2018        | Dalhousie University | 11        |
| HPRO 3325      | Mental Health Promotion                        | Winter 2018        | Dalhousie University | 46        |
| HPRO 4495      | Health Promotion Internships                   | Fall 2017          | Dalhousie University | 3         |
| HPRO 3345      | Epidemiological Approach to Disease Prevention | Fall 2017          | Dalhousie University | 20        |
| HPRO 1195      | Introduction to Health Promotion               | Fall 2017          | Dalhousie University | 47        |
| HPRO 4495      | Health Promotion Internships                   | Spring/Summer 2017 | Dalhousie University | 4         |
| HPRO 4495      | Health Promotion Internships                   | Winter 2017        | Dalhousie University | 20        |
| HPRO 3325      | Mental Health Promotion                        | Winter 2017        | Dalhousie University | 35        |
| HPRO 2110      | Health Promotion Theory                        | Winter 2017        | Dalhousie University | 31        |
| HPRO 4495      | Health Promotion Internships                   | Fall 2016          | Dalhousie University | 7         |
| HPRO 3397      | Community Health Promotion Strategies          | Fall 2016          | Dalhousie University | 33        |
| HPRO 3335      | Disease Prevention                             | Fall 2016          | Dalhousie University | 34        |
| HPRO 3345      | Epidemiological Approach to Disease Prevention | Winter 2016        | Dalhousie University | 18        |

### Teaching Assistant Experience

- HPRO 4412 Human Sexuality, Dalhousie University 2011-2016
- HPRO 2110 Health Promotion Theory, Dalhousie University 2013-2015
- Oxford English Placement Tests, Dalhousie University 2014
- HAHP 1000 Introduction to Health, Dalhousie University 2013



- KINE 3440 Neural Basis of Sensory & Motor Function, Dalhousie University 2011-2013
- LEIS/HPRO 2361 Program Planning, Dalhousie University 2011-2012
- HAHP 3100 Research Methods, Dalhousie University 2010-2011

### **Guest Lectures**

- Gazing into Girls' Health through Photovoice. HPRO 3397 Community Health Promotion Strategies, Dalhousie University, Halifax, NS, October 2018.
- Schools as a Setting for Health Promotion. HPRO 4450 Comprehensive School Health, Dalhousie University, Halifax, NS, September 2016.
- The Social Ecological Model. HPRO 2110 Health Promotion Theory, Dalhousie University, Halifax, NS, March, 2014.
- Interpersonal Influences on Health. HAHP 1000 Introduction to Health, Dalhousie University, Halifax, NS, October 2013.
- Leisure/Recreation and Health Promotion Program Evaluation. HPRO 2361 Program Planning, Dalhousie University, Halifax, NS, March 2012.
- Goals and Objectives in Leisure/Rec and Health Promotion Program Planning. HPRO 2361 Program Planning, Dalhousie University, Halifax, NS, February 2012.
- Models of Program Planning in Leisure/Recreation and Health Promotion. HPRO 2361 Program Planning, Dalhousie University, Halifax, NS, January 2012.
- Theories of Program Planning in Leisure/Recreation and Health Promotion. HPRO 2361 Program Planning, Dalhousie University, Halifax, NS, January 2012.
- Goals and Objectives in Leisure/Rec and Health Promotion Program Planning. HPRO 2361 Program Planning, Dalhousie University, Halifax, NS, February 2011.
- Models and Theories of Program Planning in Leisure/Recreation and Health Promotion. HPRO 2361 Program Planning, Dalhousie University, Halifax, NS, January 2011.

### **Additional Training & Certificates**

- Studio course in Inclusive Teaching Approaches and Strategies, Centre for Learning and Teaching, Dalhousie University, Halifax, NS (*in progress*)
- Studio Course on the Scholarship of Teaching and Learning (2018), Centre for Learning and Teaching, Dalhousie University, Halifax, NS
- Certificate in University Teaching and Learning (*in progress*), Centre for Learning and Teaching, Dalhousie University, Halifax, NS
- TCPS Certificate in Ethics (2010)
- Completed courses in Clinical Research Design and using SPSS, (2010) IWK Health Centre, Halifax, NS

### **Selected Volunteer and Service Activities**

#### **Committee Membership**

- Committee of the Whole, School of Health and Human Performance, Dalhousie University
- Awards Committee, School of Health and Human Performance, Dalhousie University
- Social Committee, School of Health and Human Performance, Dalhousie University
- Ethics Committee, School of Health and Human Performance, Dalhousie University
- HOPES Health Promotion Faculty Advisor (2017-2018)
- Scientific Committee, Healthy Living Healthy Life Conference, Dalhousie University (2017-2018)

### **Scholarly, Professional, and Community Organizations**

- 2018 – Present: Atlantic Representative, Health Promotion Canada
- 2018 – Present: Board Member, Halifax Cycling Coalition
- 2015 – Present: Treasurer, NS Alliance for Healthy Eating and Physical Activity
- 2015 – Present: Girls Soar Advisory Committee Member
- 2013 – 2015: Board of Directors, Halifax Sexual Health Centre
- 2010 – 2012: Graduate Student Society, HAHP, Dalhousie University