

Curriculum Vitae
REBECCA ANN FEICHT, PHD
 becky.feicht@dal.ca; (902)4024499

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.

Academic Employment History

Senior Instructor (Career Stream). July 2022-Present. Health Promotion, School of Health and Human Performance, Dalhousie University, Halifax, NS.

Instructor. 2016-2022. 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.

Additional Qualifications and Professional Development

(Only opportunities of a substantial nature are listed here, additional professional development, workshop attendance, etc., are listed in my complete Teaching Dossier)

Faculty Certificate in Teaching and Learning, Centre for Learning and Teaching, Dalhousie University (*in progress*).

Studio Course in Decolonizing Pedagogy, Centre for Learning and Teaching, Dalhousie University, 2024.

Course Design in Post-Digital Design, Centre for Learning and Teaching, Dalhousie University, 2023.

Studio Course in Gamification, Centre for Learning and Teaching, Dalhousie University, 2022.

Reconciliation Education, First Nations University of Canada, 2021.

Studio course in Blended Learning, Centre for Learning and Teaching, Dalhousie University, 2021.

Foundations in Online Course Design, Centre for Learning and Teaching, Dalhousie University, 2020.

Studio course in Inclusive Teaching Approaches and Strategies, Centre for Learning and Teaching, Dalhousie University, 2019.

Studio course on the Scholarship of Teaching and Learning: Researching Teaching and Learning across the Disciplines, Centre for Learning and Teaching, Dalhousie University, 2017.

Academic and Professional Honours, Awards, and Scholarships

(Total Honours, Awards, & Scholarships Funding: \$196,500)

1. School of Health and Human Performance Teaching Excellence Award. July 2020.
2. Dalhousie University's Contract and Limited-Term Faculty Award for Excellence in Teaching. June 2020.
3. School of Health and Human Performance Student Appreciation Award. May 2020.
4. Faculty of Health Teaching Excellence Award. January 2020. (\$500).
5. School of Health and Human Performance Student Appreciation Award. May 2019.
6. Change One Thing Challenge. Centre for Learning and Teaching, Dalhousie University. February 2018. (\$1000).
7. CIHR Doctoral Research Award. September 2015 – August 2018. (\$105000).
8. Killam PreDoctoral Scholarship. September 2015 – August 2017. (Held in name only).
9. Dalhousie University's President's Graduate Student Teaching Award. 2015. (\$500).
10. PHIRNET: The Population Health Intervention Research Network Doctoral Traineeship. 2014-2015. (\$30000).
11. Nova Scotia Health Research Foundation (NSHRF) Scotia Scholars Award (PSO-2014-9652). 2014-2015. (\$20000).
12. CIHR Fellowship in Population Intervention for Chronic Disease Prevention (PICDP): A Pan-Canadian Program (Grant #: 53893). 2013-2014. (\$17000).
13. Heart and Stroke Foundation Bright Red Graduate Research Award. 2013-2014. (\$5000).
14. CIHR Fellowship in Population Intervention for Chronic Disease Prevention (PICDP): A Pan-Canadian Program (Grant #: 53893). 2011-2012. (\$18000).

Teaching Responsibilities

Post-Secondary Courses Instructed

Course Code	Course Name	Term	Institution	Enrolment
HPRO 4495	Health Promotion Internships	Fall 2024	Dalhousie	3
HPRO/LEIS 4102	Honours Theses	Fall 2024	Dalhousie	13
HPRO 1195	Introduction to Health Promotion	Fall 2024	Dalhousie	38
HPRO 4495	Health Promotion Internships	Winter 2024	Dalhousie	8

HPRO 4701/5601	Special Topics: Qualitative Analysis	Winter 2024	Dalhousie	10
HPRO 4495	Health Promotion Internships	Fall 2023	Dalhousie	6
HPRO/LEIS 4102	Honours Theses	Fall 2023	Dalhousie	5
HPRO 1195	Introduction to Health Promotion	Fall 2023	Dalhousie	25
HPRO 4495	Health Promotion Internships	Winter 2023	Dalhousie	14
HPRO 4701/5601	Special Topics: Qualitative Analysis	Winter 2023	Dalhousie	6
HPRO 4495	Health Promotion Internships	Fall 2022	Dalhousie	6
HPRO/LEIS 4102	Honours Theses	Fall 2022	Dalhousie	6
HPRO 1195	Introduction to Health Promotion	Fall 2022	Dalhousie	32
HPRO 4495	Health Promotion Internships	Winter 2022	Dalhousie	20
HPRO 3325	Mental Health Promotion	Winter 2022	Dalhousie	38
HPRO 4495	Health Promotion Internships	Fall 2021	Dalhousie	12
HPRO/LEIS 4102	Honours Theses	Fall 2021	Dalhousie	6
HPRO 1195	Introduction to Health Promotion	Fall 2021	Dalhousie	36
HPRO 4495	Health Promotion Internships	Winter 2021	Dalhousie	20
HPRO 3325	Mental Health Promotion	Winter 2021	Dalhousie	98
HPRO 4495	Health Promotion Internships	Fall 2020	Dalhousie	12
HPRO/LEIS 4102	Honours Theses	Fall 2020	Dalhousie	6
HPRO 1195	Introduction to Health Promotion	Fall 2020	Dalhousie	28
HPRO 4495	Health Promotion Internships	Winter 2020	Dalhousie	16
HPRO 3325	Mental Health Promotion	Winter 2020	Dalhousie	90
HPRO 4495	Health Promotion Internships	Fall 2019	Dalhousie	3
HPRO/LEIS 4102	Honours Theses	Fall 2019	Dalhousie	6
HPRO 3345	Epidemiological Approach to Disease Prevention	Fall 2019	Dalhousie	41
HPRO 1195	Introduction to Health Promotion	Fall 2019	Dalhousie	33
HPRO 4495	Health Promotion Internships	Spring/Summer 2019	Dalhousie	5
HPRO 4495	Health Promotion Internships	Winter 2019	Dalhousie	21
HPRO/LEIS 4101	Advanced/Applied Research Methods	Winter 2019	Dalhousie	11
HPRO 3325	Mental Health Promotion	Winter 2019	Dalhousie	60
HPRO 3335	Disease Prevention	Fall 2018	Dalhousie	51
HPRO 1195	Introduction to Health Promotion	Fall 2018	Dalhousie	37
HPRO 4495	Health Promotion Internships	Spring/Summer 2018	Dalhousie	2
HPRO 4495	Health Promotion Internships	Winter 2018	Dalhousie	23
HPRO/LEIS 4101	Advanced/Applied Research Methods	Winter 2018	Dalhousie	11
HPRO 3325	Mental Health Promotion	Winter 2018	Dalhousie	46
HPRO 4495	Health Promotion Internships	Fall 2017	Dalhousie	3

HPRO 3345	Epidemiological Approach to Disease Prevention	Fall 2017	Dalhousie	20
HPRO 1195	Introduction to Health Promotion	Fall 2017	Dalhousie	47
HPRO 4495	Health Promotion Internships	Spring/Summer 2017	Dalhousie	4
HPRO 4495	Health Promotion Internships	Winter 2017	Dalhousie	20
HPRO 3325	Mental Health Promotion	Winter 2017	Dalhousie	35
HPRO 2110	Health Promotion Theory	Winter 2017	Dalhousie	31
HPRO 4495	Health Promotion Internships	Fall 2016	Dalhousie	7
HPRO 3397	Community Health Promotion Strategies	Fall 2016	Dalhousie	33
HPRO 3335	Disease Prevention	Fall 2016	Dalhousie	34
HPRO 3345	Epidemiological Approach to Disease Prevention	Winter 2016	Dalhousie	18

Student Supervision

- Leila Bautista, Undergraduate Honours Student, 2024
- Laura Colford, Undergraduate Honours Student, 2024 (co-supervised with Dr. Karen Gallant)
- Kirsten Smith, Undergraduate Honours Student, 2024
- Jessica Meister, MA Health Promotion Student, 2023 – present
- Nahal Fakhari, ID PhD Student, 2022 – present (co-supervised with Dr. Jessie-Lee McIsaac)
- Ainsley MacDonald, MA Health Promotion Student 2022-present
- Amera Al-Hinnawi, MA Leisure Studies, 2020-present (co-supervised with: Dr. Barbara Hamilton-Hinch)
- Hilary Richardson, MA Health Promotion Student, 2021-present
- Julia Bedell, MA Health Promotion Student, 2022-2024
- Michelle Lincoln, MA Health Promotion Student, 2021-2023
- Cynthia MacDonald, MA Health Promotion Student, 2020-2023
- Nora Hodgson, Undergraduate Honours Student, 2022
- Nahal Fakhari, MA Health Promotion Student, 2020-2022
- Shania Badri, Undergraduate Honours Student, 2021-2022
- Hilary Richardson, Undergraduate Honours Student, 2020-2021
- Brent Martindale, MA Health Promotion Student, 2019-2021
- Kathryn Stone, MA Health Promotion Student, 2019-2021 (co-supervised with Dr. Barbara Hamilton-Hinch)
- Nicole Blinn, Undergraduate Honours Student, 2019-2020

Student Committee Membership

- Natalie Green, MA Health Promotion, 2023 – present Committee Member; Supervisor: Sara Kirk)
- Sarah Prosper, MA Health Promotion, 2022 – present Committee Member; Supervisor: Son Truong)
- Beatrice Devlin, MA Health Promotion, 2022-present (Committee Member; Supervisor: Dr. Matthew Numer)
- Ashlyn Stevens, PHD Health, 2021-present (Committee Member; Supervisor: Son Truong)
- Olivia Corrigan, MA Health Promotion, 2021-present (Committee Member; Supervisor: Dr. Matt Numer)
- Julia Kontak, PhD in Health, 2021-present (Committee Member; Supervisor: Dr. Sara Kirk)

- Annalisa Consalvo, MA Leisure Studies, 2020-present (Committee Member; Supervisor: Dr. Son Truong)
- Maggie Locke, MSc Kinesiology, 2021-2014 (Committee Member: Supervisors: Dr. Sarah Moore and Dr. Michelle Stone)
- Sara Hamm, MA Health Promotion, 2021-2023 (Committee Member; Supervisor: Dr. Lynne Robinson)
- Maggie Zohil-Morton, MA Health Promotion, 2021-2023 (Committee Member; Supervisor: Dr. Sara Kirk)
- Catherine Armour, MA Health Promotion, 2021-2023 (Committee Member; Supervisor: Dr. Debbie Martin)
- Brittany Matchett, MA Health Promotion, 2020-2022 (Committee Member; Supervisor: Dr. Matthew Numer)
- Renee Bujold, MA Health Promotion, 2020-2022 (Committee Member; Supervisor: Dr. Debbie Martin)
- Moshen Aziz Pouri Aghdam, BSc Kinesiology (Honours Reader, 2020-2021)
- Stephen Servior, MA Health Promotion, 2020-2021 (Committee Member; Supervisor: Dr. Lynne Robinson)
- Robyn Moore, MA Health Promotion, 2019-2020 (Committee Member; Supervisor: Dr. Lynne Robinson)
- Naomi Murray, BSc Kinesiology (Honours Reader, 2019-2020)
- Brittany Matchett, BSc Health Promotion (Honours Reader, 2019)
- Ryan Thompson, BSc Health Promotion (Honours Reader, 2017)
- Shelby Johnson, BSc Health Promotion (Honours Reader, 2016)

Independent and Directed Studies Supervised

- Ainsley Macdonald, Directed Study Spring 2023 (graduate level)
- Kirsten Smith, Directed Study Spring 2023 (undergraduate level)
- Hilary Richardson, Directed Study beginning Fall 2023 (graduate level)
- Alex LeBlanc, Directed Study Spring 2021 (undergraduate level)
- Jessica Reddin, Directed Study Spring 2021 (undergraduate level)
- Amera Al-Hinnawi, Directed Study Winter 2021 (graduate level)
- Cynthia MacDonald, Directed Study Winter 2021 (graduate level)
- Nicole Blinn, Directed Study Winter 2020 (graduate level)
- Kathryn Stone, Directed Study Winter 2020 (graduate level)
- Alison Brown, Directed Study Fall 2019 (PhD level)
- Beatrix Yuan, Directed Study Spring 2017 (Queen Elizabeth II Scholarships Program, Tanzania)

External Examiner Experience

- Emma Archibald, Master Health Administration, 2021-2022 (Thesis External Examiner)
- Toni Goree, PhD in Health, 2020-2021 (Comprehensive Exam External Examiner)

Publications

Please note, my name is in **bold font (and changed from Spencer to Feicht in July 2023), and those of trainees or students for whom I act(ed) as supervisor or committee member are underlined*

1. Webber, V., McCready, S., Yurkovich, C., Dietzel, C., **Feicht, B.**, Joy, P., Holmes, D., & Numer, M. (2024). Are Queer Men Queering Consent? A Scoping Review of Sexual Consent Literature Among Gay, Bisexual, Trans, and Queer Men. *International Journal of Sexual Health*, 36(3), 359–383. <https://doi.org/10.1080/19317611.2024.2360727>

2. Armour, C. Q., **Feicht, B.**, & Gahagan, J. (2024). Improving adult inpatient eating disorder treatment: Perspectives of a sample of individuals in Canada with lived experience. *Journal of Eating Disorders*, 12(1), 166. <https://doi.org/10.1186/s40337-024-01121-w>
3. Locke, M., **Feicht, R.**, Stone, M., Rehman, L., Kirk, S., Faulkner, G., Moore, S.A. (2024). "Losing access to outdoor space was the biggest challenge for children to be healthy": Pandemic restrictions and community supports for children's movement in Nova Scotia. *Frontiers in Public Health*, 12. <https://doi.org/10.3389/fpubh.2024.1415626>.
4. Stone, K., Hamilton-Hinch, B., Aston, M., Rainham, D., **Feicht, R.** (2024). It's not something we like to think about because it's so devastating": Understanding young women's mental health in our changing climate in Eastern Canada. *Journal of Prevention and Health Promotion*. 5(1), 121-152. <https://doi-org.ezproxy.library.dal.ca/10.1177/26320770231204339>
5. O'Shea, B., **Feicht, R.**, Brown, M., & Numer, M. (2024). Rethinking sexual violence labels: exploring the impact of 'victim' and 'survivor' discourse. *European Journal of Psychotraumatology*, 15(1). DOI: [10.1080/20008066.2023.2296329](https://doi.org/10.1080/20008066.2023.2296329)
6. Campbell, J.E., Stone, M.R., Mitra, R., Locke, M., MacDonald, C., Preston, A., **Feicht, R.A.**, Rehman, L., Kirk, S.F.L., Faulkner, G., Tremblay, M.S., Moore, S.A. (2023). Children and youth's movement behaviours differed across phases and by geographic region throughout the COVID-19 pandemic in Nova Scotia, Canada: An explanatory sequential mixed-methods study. *Journal of Activity, Sedentary and Sleep Behaviors*. 25 (2023). <https://doi.org/10.1186/s44167-023-00032-6>
7. Fakhari, N., McIsaac, J.L., **Feicht, R.**, Reddington, S., Brigham, S., Mandrona, A., McLean, C., Harkins, M.J., Stirling Cameron, E. (2023). Looking through the Lens: A photovoice study examining access to services for newcomer children. *International Journal of Qualitative Studies in Health and Wellbeing*. Volume 18 Issue 1 <https://doi.org/10.1080/17482631.2023.2255176>
8. Caldwell, H., Joshi, N., **Spencer, R.**, Branje, K., Hobson, H., Cawley, J., Kirk, S., Stevens, D., Stone, M. (2023). Impact of an active outdoor play loose parts randomized controlled trial on Nova Scotia preschoolers' physical literacy: a mixed-methods study. *BMC Public Health*, 23: 1126. <https://doi.org/10.1186/s12889-023-16030-x>
9. Fakhari, N., McIsaac, J.L.M., **Spencer, R.** (2023). Child Immigrant Post-Migration Mental Health: A Qualitative Inquiry into Caregivers' Perspectives. *International Journal of Child, Youth and Family Studies*, 14 (2), 68-85.
10. MacDonald, C., Stone, K., **Spencer, R.** (2022) Understanding the Relationship Between Nature and Physical Activity in Older Adolescent Girls: A Scoping Review. *Healthy Populations Journal*, 2(2), 42-78.
11. Stone, K., Blinn, N., **Spencer, R.** (2022). Mental Health Impacts of Climate Change on Women: A Scoping Review. *Current Environmental Health Reports*, 9(2):228-243. doi: 10.1007/s40572-022-00346-8
12. MacQuarrie, M., McIsaac, J.-L., Cawley, J., Kirk, S.F.L., Kolen, A., Rehman, L., **Spencer, R.**, Stone, M. (2022). Exploring parents' perceptions of preschoolers' risky outdoor play using a socio-ecological lens. *European Early Childhood Education Research Journal*, 30(3), 372-387 <https://doi.org/10.1080/1350293X.2022.2055103>

13. **Spencer, R. A., Joshi, N.,** Branje, K., Murray, N., Kirk, S. F., Stone, M. R. (2021). Early childhood educator perceptions of risky play in an outdoor loose parts intervention. *AIMS Public Health*, 8(2), 213–228. <https://doi.org/10.3934/publichealth.2021017>
14. Stone, K. M., Cameron, E. S., **Spencer, R.,** & Hamilton-Hinch, B. (2021). Tackling Gender and Racial Inequities: Climate Solutions for All. *Healthy Populations Journal*, 1(1), Article 1. <https://doi.org/10.15273/hpj.v1i1.10656>
15. **Spencer, R. A.,** Numer, M., Rehman, L., & Kirk, S. F. L. (2021). Picture perfect? Gazing into girls' health, physical activity, and nutrition through photovoice. *International Journal of Qualitative Studies on Health and Well-Being*, 16(1), 1874771. <https://doi.org/10.1080/17482631.2021.1874771>
16. MacQuarrie, M., Blinn, N., MacLellan, S., Flynn, M., Meisner, J., Owen, P., & **Spencer, B.** (2021). Starting from the Same Spot: Exploring Mindfulness Meditation and Student Transitions in the Introductory Health Promotion Classroom. *Canadian Journal of Education/Revue Canadienne de l'éducation*, 44(1), 256–276. <https://doi.org/10.53967/cje-rce.v44i1.4303>
17. Brown, A., McIsaac, J.-L. D., Reddington, S., Hill, T., Brigham, S., **Spencer, R.,** & Mandrona, A. (2020). Newcomer families' experiences with programs and services to support early childhood development in Canada: A scoping review. *Journal of Childhood, Education & Society*, 1(2), 182-215. <https://doi.org/10.37291/2717638X.20201249>
18. Brown, A., **Spencer, R.,** McIsaac, J.-L., & Howard, V. (2020). Drawing Out Their Stories: A Scoping Review of Participatory Visual Research Methods With Newcomer Children. *International Journal of Qualitative Methods*, 19, 1609406920933394. <https://doi.org/10.1177/1609406920933394>
19. Joshi, N., Branje, K., Cawley, J., Kirk, S., **Spencer, R.,** & Stone, M. (2019). PLEYing Outside the Box: Using Loose Parts to Increase Physical Literacy in the Early Years. *Pathways: The Ontario Journal of Outdoor Education*, 31 (3), 14-16.
20. **Spencer, R.,** Sinno, J., Hatfield, K., Biderman, M., Doria, N., & Numer, M. Exploring Top Hat's impact on undergraduate students' belongingness, engagement, and self-confidence: A mixed methods study. (2020). *Journal of Research on Technology in Education*. doi: 10.1080/15391523.2020.1722977
21. **Spencer, R.,** Comeau, E., Matchett, B., Biderman, M., Joy, P., Doria, N., & Numer, M. (2019). Interactive E-Texts and University Student Learning Experiences: A Scoping Review. *Canadian Journal of Education*. 43(1), 258-287
22. Hackett, L., Biderman, M., Doria, N., Courville, J., Bogner, E., Miller, A.D., **Spencer, R.,** & Numer, M. (2019). A rapid review of Indigenous boys' and men's sexual health. *Culture, Health and Sexuality*. <https://doi.org/10.1080/13691058.2020.1722856>
23. Patten, S., Doria, N., Joy, P., Sinno, J., **Spencer, R.,** Leblanc, M.A., Holmes, D., Numer, M. Sexualized drug use in virtual space: A scoping review of how gay, bisexual and other men who have sex with men interact online. (2019). *The Canadian Journal of Human Sexuality*. <https://doi.org/10.3138/cjhs.2019-0052>
24. **Spencer, R. A., Joshi, N.,** Branje, K., McIsaac, J. L., Cawley, J., Rehman, L., ... Stone, M. (2019). Educator perceptions on the benefits and challenges of loose parts play in the outdoor environments of childcare centres. *AIMS Public Health*, 6(4), 461.

25. **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*. <https://doi.org/10.1016/j.jneb.2019.05.599>
26. Joshi, N., Branje, K., Cawley, J., Kirk, S., **Spencer, R.**, Stone, M. (2019). PLEYing Outside the Box: Using Loose Parts to Increase Physical Literacy in the Early Years. *Pathways: The Ontario Journal of Outdoor Education*, 31(3), 14-16.
27. 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
28. 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>
29. 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>
30. **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>
31. 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
32. **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
33. 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.
34. **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*.
35. **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

1. Caldwell HAT, Joshi N, **Spencer R.**, Branje K, Hobson H, Cawley J, Kirk SFL, Stevens D, Stone MR. The impact of an outdoor loose parts play intervention on the physical literacy of preschoolers in Nova Scotia, Canada. *Pediatr Exerc Sci*, 2021:33 (S1), 1-21. <https://doi.org/10.1123/pes.2021-0192>
2. **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.
3. **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.
4. **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.
5. **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.

Published 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.

Presentations

1. **Feicht, B.**, **MacDonald, A.**, Thompson, K. (2023, April). Level-Up your teaching: Introducing Gamification. DCUTL
2. Joshi, N., Rainham D, **Spencer R**, Turner J, Truong S, Loebach, J, Cox, A, Stone, M. (2023, May). The development of a behavioural mapping approach to observe children's movement behaviours during outdoor loose parts play. Oral Presentation at the International Play Association Conference. Glasgow, Scotland.
3. Joshi, N., Rainham D, **Spencer R**, Turner J, Truong S, Stone, M. (2023, May). How does the introduction of loose parts in the outdoor play space afford movement and physical activity behaviours in after-school programs. Oral Presentation at the Physical Health and Education National Conference. Charlottetown, Canada.
4. Joshi, N., Rainham D, **Spencer R**, Turner J, Truong S, Stone, M. (2023, March). How does a loose parts intervention in the outdoor play space, afford movement and physical activity behaviours in after-school programs? Oral Presentation at the Crossroads Interdisciplinary Health Research Conference. Halifax, Canada.

5. Fakhari, N., McIsaac, J.L., **Spencer, B.**, Reddington, R., Brigham, S., Mandrona, A., McLean, C., Harkins, M.J., Stirling Cameron, E. (2022). Illustrating the Experiences of Newcomer Families in Nova Scotia. Canadian Association for Health Services and Policy Research,
6. Fakhari, N. McIsaac, J.L., **Spencer, R.** (2022). Child Immigrant Post-Migration Mental Health: A Qualitative Inquiry into Caregivers' Perspectives. Dalhousie Crossroads Conference, Halifax, Canada
7. Fakhari, N., McIsaac, J.L., **Spencer, R.**, Reddington, S., Brigham, S., Mandrona, A., McLean, C. Harkins, M., Stirling Cameron, E. (2022). Illustrating the Experiences of Newcomer Families in Nova Scotia. Metropolis Conference 2022, Vancouver, Canada
8. Joshi, N., Rainham D, **Spencer R**, Turner J, Truong S, Stone, M. (2021, October). How does the outdoor play space afford aspects of physical literacy development? Oral Presentation at the International Society for Physical Activity and Health Congress (ISPAH). Vancouver, Canada.
9. Caldwell HAT, Joshi N, **Spencer R**, Branje K, Hobson H, Cawley J, Kirk SFL, Stevens D, Stone MR. The impact of an outdoor loose parts play intervention on the physical literacy of preschoolers in Nova Scotia, Canada. Pediatric Work Physiology 2021. Sept 15, 2021 (virtual).
10. Joshi, N., Rainham D, **Spencer R**, Turner J, Truong S, Stone, M. (2021, June). How does the outdoor play space afford aspects of physical literacy development? Oral Presentation at the International Society for Behavioural Nutrition and Physical Activity (ISBNPA). Virtual.
11. Joshi N, Cawley J, Hamilton-Hinch B, Kirk S, Kolen A, Maher P, McIsaac J, Rainham D, Rehman L, **Spencer R**, Stevens D, Truong S, Turner J, Watson C, Griffin J, Stone M. (2020, June). PLEY-School: Evaluation of an early-elementary school-based outdoor loose parts intervention for its impact on the health of children. Oral Presentation at the International Society for Behavioural Nutrition and Physical Activity (ISBNPA). Auckland, New Zealand.
12. Joshi N, Cawley J, Hamilton-Hinch B, Kirk S, Kolen A, Maher P, McIsaac J, Rainham D, Rehman L, **Spencer R**, Stevens D, Truong S, Turner J, Watson C, Griffin J, Stone M. (2020, March). PLEY-School: Evaluation of an early-elementary school-based outdoor loose parts intervention for its impact on the health of children. Oral Presentation at Crossroads Interdisciplinary Health Conference. Halifax, Canada.
13. Joshi N, Cawley J, Hamilton-Hinch B, Kirk S, Kolen A, Maher P, McIsaac J, Rainham D, Rehman L, **Spencer R**, Stevens D, Truong S, Turner J, Watson C, Griffin J, Stone M. (2020, January). PLEY-School: Evaluation of an early-elementary school-based outdoor loose parts intervention for its impact on the health of children. Oral Presentation at the Canadian Student Outdoor Education Conference. Kingston, Canada.
14. **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).
15. **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).

16. **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).
17. Numer, M., Doria, N., **Spencer, R.**, McMillan, J., Reeves, A., Martin, D. (2019). *The current state of sexual health among Indigenous boys and men: A scoping review.* 23rd IUHPE World Conference on Health Promotion, Rotorua, New Zealand, April 7-11, 2019. (Oral Presentation)
18. Numer, M., Patten, S., LeBlanc, M.-A., Sinno, J., Joy, P., Holmes, D., & **Spencer, R.** (2019). *Wired sex: How men who have sex with men use social networking apps to facilitate and/or engage in chemsex.* 24th Congress of the World Association for Sexual Health, Mexico City, Mexico, October 12-15, 2019.
19. Numer, M., Doria, N., Sinno, J., Joy, P., McNichols, N., & **Spencer, R.** (2019). *A mixed methods study on predictors of undergraduate students' attitudes, opinions and beliefs on sexual orientation and sexual consent.* 24th Congress of the World Association for Sexual Health, Mexico City, Mexico, October 12-15, 2019.
20. Sinno, J., Doria, N., Patten, S., LeBlanc, M.-A., **Spencer, R.**, Holmes, D., & Numer, M. (2019). *How men who have sex with men use social networking apps to engage in chemsex: A scoping review.* Sexuality Studies Association 7th Annual Conference, Vancouver, Canada, June 2-4, 2019.
21. **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).
22. **Spencer, R.** *Introducing Mindfulness in the Health Promotion Classroom.* 10th Annual ACMHE Conference on Contemplative Practices in Higher Education: Imagining Humane Institutions, University of Massachusetts Amherst, MA, USA, October 2018. (Poster Presentation).
23. **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).
24. 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).
25. **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).
26. Blinn, N., MacQuarrie, M., **Spencer, R.** *Exploring Mindfulness Meditation in the Introductory Health Promotion Classroom.* 16th Annual Crossroads Interdisciplinary Health Research Conference, Dalhousie University, March 2018. (Oral presentation).
27. **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).

28. **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).
29. **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).
30. McIsaac, J.-L. D., **Spencer, R.**, Chiasson, K., Kontak, J., & Kirk, S. F. L. *Factors influencing implementation of school food and nutrition policies: A scoping review*. Canadian Public Health Association Annual Conference, Halifax, Nova Scotia.
31. 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).
32. 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).
33. McIsaac JLD, Jarvis S, **Spencer B**, Kirk SFL. (2016). Creating a culture of healthy eating in recreation and sports settings. Canadian Public Health Association Annual Conference, Toronto, Canada
34. 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)
35. 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)
36. **Spencer, R.** *Understanding Gender Norms in Relation to Physical Activity and Nutrition in Adolescent Girls*. Girls Soar Conference, Halifax, NS, March 2015. (Oral presentation).
37. **Spencer R.**, Hancock Friesen, CHF. The Heart Healthy Kids Program: Where we started, where we've been, where we're going. Cardio Health Show 2013 Halifax, NS, Canada.
38. **Spencer R.**, Hancock Friesen, CHF. The Heart Healthy Kids Program. IWK Health Centre's Fit in February Lecture Series, Halifax, NS, Canada, February 2013 (invited presentation).
39. **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).
40. **Spencer R.**, Hancock Friesen, CHF. *The role of peer mentors in enhancing school-based physical activity: The Heart Healthy Kids (H2K) program – Phase 2*. 65th Annual Canadian Cardiovascular Congress, Toronto, ON, October 2012. (Oral presentation).

41. **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).
42. **Spencer R.**, Hancock Friesen, CHF. *The role of peer mentors in enhancing school-based physical activity: Phase 1*. IHRT Health Trainee Research Day, Halifax, NS, February 2011. (Poster presentation, Awarded first place).
43. **Spencer R.**, Hancock Friesen, CHF. *The role of peer mentors in enhancing school-based physical activity: Phase 1*. 63rd Annual Canadian Cardiovascular Congress, Montreal, QC, October 2010. (Oral presentation).
44. **Spencer R.**, Hancock Friesen, CHF. *H2K: The results of a physical activity pilot program in an elementary school*. IHRT Health Trainee Research Day, Halifax, NS, April 2010 (Poster presentation, awarded first place).
45. **Spencer R.**, Hancock Friesen, CHF. *H2K: The results of a physical activity pilot program in an elementary school*. 8th Annual Dalhousie Crossroads Conference, Dalhousie University, Halifax, NS, March 2010. (Poster presentation awarded Best Undergraduate Poster).
46. **Spencer R.**, Hancock Friesen, CHF. *H2K: The results of a physical activity pilot program in an elementary school*. 62nd Annual Canadian Cardiovascular Congress, Edmonton, AB, October 2009. (Oral presentation).

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.

Research Grants

(Total Grants as PI or Co-PI: \$190,528; Total Grants as Co-I: \$1,191,127)

1. Mobilizing the health benefits of being in nature through community-based participatory research and youth engagement. Research Nova Scotia (\$99,984). Principal Investigators: Truong, S., Stone, M. Co-Investigators: **Feicht, B.**, Karanbanow, J., Hamilton-Hinch, B.
2. *Evaluating Internships to Support Student Learning and Wellbeing*. Dalhousie Centre for Learning and Teaching: Scholarship of Teaching and Learning Grant. (\$2973.32). Principal Investigator: **Spencer, B.** Co-Applicants: Bedell, J., MacDonald, A., Woodford, K., Blye, C.J.

3. *Finalizing a student-created OER: The Mental Health Promotion Primer*. Dalhousie University's Centre for Learning and Teaching Open Educational Resource Grants (\$3500.60) Co-Principal Investigators: Hill, T. and **Spencer, B.**
4. *Queering digital connections: Exploring the impacts of technology and the COVID-19 pandemic on older 2SLGBTQ+ adults' friendships, relationships, and communities*. Social Sciences and Humanities Research Council (SSHRC): Insight Development Grant. (CA: \$67,290). Principal Investigator: Numer, M; Co-Investigators: Brown, M., Dietzel, C., Holmes, D., **Spencer, R.** Funding Period: April 2023 - May 2024
5. *Sex Work in the Digital Age: Examining the sexual health and well-being of 2SGBTQS men who connect online in the wake of COVID-19*. Canadian Institute for Health Research (CIHR), Catalyst Grant: HIV/AIDS and STBBI Community-Based Research. (CA: \$100,000). Nominated Principal Investigator: Numer, M; Co-Principal Investigator: Holmes, D. Co-Investigators: Dietzel, C., & **Spencer, R.** Knowledge User: Furlotte, K. Funding Period: March 2023 - March 2024
6. *The Sexual and Mental Health of GBT2SQ men: An investigation into the health outcomes of sexualized drug use and sexualized violence among GBT2SQ men who use online technologies during the Covid-19 pandemic*. Canadian Institute of Health Research – Fall 2021 Project Grant Competition (\$275,400). Co-Principal Investigators Numer, M., Holmes, D., Co-Investigators: Dietzel, C, Joy, P., **Spencer, B.** Funding Period: April 2022 – March 2024
7. *Mobilizing outdoor play through participatory action research*. McIsaac JL, McLean C, Reddington S, **Spencer B**, Stone M. Mount Saint Vincent University SSHRC Explore Grant (\$5000) May 2022-April 2023.
8. *Understanding the relationship between girls' and women's connection with nature for health and wellbeing*. Dalhousie University Faculty of Health Research Development Grant (\$4992). March 2021-February 2023. Principal Investigator: **R. Spencer.**
9. *PLEY-School: Evaluation of an early-elementary school-based outdoor loose parts intervention for its impact on the health of children*. Research Nova Scotia Establishment Grant. (\$149,760). October 2019 – February 2023. Principal Investigator: M. Stone; Co-Principal Investigator: **R. Spencer**; Co-Investigators: JL McIsaac, B. Hamilton-Hinch, S. Kirk, A. Kolen, D. Rainham, L. Rehman, J. Turner.
10. *Illustrating the experiences of immigrant families in Nova Scotia through photovoice*. Social Sciences and Humanities Research Council (SSHRC). (CA \$74,910) September 2019 – August 2021. Insight Development Grants. Principal Investigator: JL McIsaac; Co-Applicants: M.J. Harkins, S. Reddington, **R. Spencer**
11. *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). September 1, 2018 to September 1, 2020. Principal Investigator: M. Numer; Co-Principal Investigator: N. McNichols; Co-Investigators: N. Rosen & **R. Spencer.**
12. *Exploring Mindfulness Meditation in the Introductory Health Promotion Classroom*. Dalhousie Centre for Learning and Teaching: Scholarship of Teaching and Learning Grant. (CA \$3000). July 1, 2018 – June 30, 2020. Nominated Principal Investigator: **R. Spencer**; Co-Principal Investigator: M. MacQuarrie & M. Numer

13. *Assessment of Student Learning to Evaluate the Use of an Online Text through Top Hat Technology*. Dalhousie Centre for Learning and Teaching: Scholarship of Teaching and Learning Grant. (CA \$3000). July 1, 2018 – June 30, 2020. Nominated Principal Investigator: M. Numer; Co-Principal Investigators: P. Joy & **R. Spencer**
14. *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). April 1, 2018 – March 31, 2021. Principal Investigator: M. Numer; Co-Principal Investigator: D. Holmes; Co-Investigators: S. Kirkland, T. Ramsey, **R. Spencer**.
15. *Sport Development Tool: Analysis and Reporting*. Sport Nova Scotia. (\$15,901.68) August 2018 – May 2019. Co-Principal Investigators: **R. Spencer**; SFL Kirk.
16. *Engaging youth in mobilizing policy change for healthy eating and physical activity*. Nova Scotia Health Research Foundation: Knowledge Sharing Support Award. (CA\$9973). March 2018 – March 2019. Principal Investigator: SFL Kirk. Co-Investigators: JL McIsaac, **R. Spencer**.
17. *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). February 1, 2018 – February 1, 2019. Principal Investigator: M. Numer; Co-Investigators: P. Joy, **R. Spencer**.
18. *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.
19. *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). 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**.
20. *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). May 1, 2014- May 1, 2015. Principal Applicant: M. Numer; Co-PI: **R. Spencer**.
21. *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). September 1, 2014 – September 1, 2014. Principal Applicant: M. Numer; Co-PI: **R. Spencer**.

Research Contracts

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

Post-Doctoral 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.

Peer Review Activities

- Journal of Early Childhood Research (2023-present)
- Health Promotion International (2021-present)
- Public Health Nutrition (2020-present)
- Scholarship of Teaching and Learning Grant Committee, Centre for Learning and Teaching, Dalhousie University (2020-present)
- Contract and Limited Term Faculty Award for Excellence in Teaching Review Committee, Centre for Learning and Teaching, Dalhousie University (2020-present)
- International Journal of Environmental Research and Public Health (2019-present)
- Public Health Reports (2019-present)
- Dalhousie University Nursing Research and Development Fund (2019)
- International Journal of Health, Wellness, and Society (2018-2019)
- Health Promotion and Chronic Disease Prevention in Canada (2016-2017)
- Health Promotion Practice (2012-present)

Administrative and Service Responsibilities

- Tenure and Promotion Committee, School of Health and Human Performance, Dalhousie University (2019-present)
- Honours Coordinator, Health Promotion, Leisure, and Recreation, School of Health and Human Performance, Dalhousie University (2018-present)
- Teaching Awards Committee, Faculty of Health, Dalhousie University (2020-2022)
- Awards Committee, School of Health and Human Performance, Dalhousie University (2017-present)
- Ethics Committee, School of Health and Human Performance, Dalhousie University (2018-present)
- Internship Coordinator, BSc Health Promotion, School of Health and Human Performance, Dalhousie University (2016-present)
- Committee of the Whole, School of Health and Human Performance, Dalhousie University (2016-present)

Professional Activities

- School of Nursing Graduate Program Review Committee (2021-2023)
- Crossroads Conference Faculty Advisor (2019-2020)
- HOPES Health Promotion Faculty Advisor (2017-2018)
- 2018 – 2020: Atlantic Representative, Health Promotion Canada
- Scientific Committee, Dalhousie Healthy Living Healthy Life Conference (2017-2018)
- 2015 – Present: Treasurer, NS Alliance for Healthy Eating and Physical Activity

Community Service

- 2023 – Present: Community Giving Coordinator, Maritime Modern Quilt Guild
- 2020 – 2022: Secretary, Board of Directors, Halifax Cycling Coalition
- 2018 – 2020: Board of Directors, Halifax Cycling Coalition
- 2015 – 2019: Girls Soar Advisory Committee Member
- 2013 – 2015: Board of Directors, Halifax Sexual Health Centre