



DR. P (TISH) K. DOYLE-BAKER.

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PROFESSIONAL EXPERIENCE

University Academic Appointments

- The University of Calgary, AB., Faculty of Kinesiology, Assistant Professor (1988 –1990), Associate Professor and Tenured (1990-present)
- Loma Linda University, California, School of Public Health (Sessional appt. 1992-95)
- California State University, San Bernardino, Health Promotion (Sessional appt. 1993)
- University of Victoria, BC. School of Physical Education (Sessional appt. 1980-81, 1985-86)

LEADERSHIP ACCOMPLISHMENTS IN ACADEME U OF C

- Curriculum Fellow, (1999 - 2001). Explicit Syllabus Review for B.Sc Exercise and Health Physiology (EXHP) Area
- Strategic Transformation Initiative: Involved redesign and development of an innovative framework for undergraduate programs. As Curriculum Fellow, I assisted at the faculty level with the coordination of this work in B.Sc/B.KIN program (General, Mind Sciences, and Biomechanics routes).
- Faculty name change; successfully oversaw this committee.
- Involved in the development and implementation of a new interdisciplinary degree program in dance at the course level.

ACADEMIC ACCOMPLISHMENTS

Technology in Medical Education

"Healthy Heart" video was an outcome of my involvement in Family Medicine. This video development was part of a rural physicians initiative and was designed as an educational patient tool. The video has three scenarios in the rural setting addressing different sub clinical conditions followed by an exercise program. There is an accompanying text, *Physical Activity for Hypertensive Patients*, based on medical educational credits (cme).

Teaching

I have been committed to developing the health and exercise physiology area both from a theoretical perspective and hands on application. I teach two courses in the EXHP route in the undergraduate program. The first course (KNES 433), focus' on individual-based health behaviors and their application to lifestyle diseases and the second course (KNES 493), examines physical activity/disease relationships through the application of population-based research methods (epidemiology).

Technology in Education

Stretching and Flexibility CD-ROM: An outcome of collaborative efforts with the Computerized Sport Systems Group. This CD-ROM was the development of a computerized, interactive video disc developed for individual, personal

Education

- **B.Sc:** U. of Victoria, BC. *Major: Human Performance, Minor: Biochemistry*
- **MA:** U. of Victoria, BC. *Major: Exercise Physiology*
- **DPH/ PhD:** Loma Linda University, California. *Preventative Health and Exercise Physiology*

Fellowships and Awards

- **Sabbatical Fellowship**, (Jan. – June 2003, Sept. 92-Aug. 93)
- **Curriculum Fellowship**, (2001)
- **Sella Andrews Graduate Award**, Loma Linda University, (1995)
- **Achievement Award**, (2001) Nomination for the National Fitness Leadership Mal Prepee Award by the Alberta Fitness Leadership Certification Association
- **Teaching Excellence Award** Nomination, (1993, 99)
- **Recognition Award**, "A women who makes a difference" by the U. of C. Network of Women Staff, (NEWS), (1995)

Designer Courses

- **Health and Physical Activity (433)** (sole instructor) involves a lipid profile, nutritional analysis, family tree, and a health risk appraisal.
- **Epidemiology of Physical Activity (493)**: (sole instructor) identifying research design in the area of lifestyle disease.
- **Exercise Testing (KNES 775)**: assisted in the development of blood lipid profile and diet intervention section



trainers, athletes, and coaches who want to design stretching programs and measure flexibility. The disc has 60 minutes of moving footage, two audio tracks, approximately 800 still pictures, accompanying text and a database for over 40 sports. We service our own students in KNES 203 with this resource.

Research Interests

My research is an integration of my training in exercise physiology, preventative medicine, and epidemiology. These three fields of study come together in my role as a clinical exercise physiologist. Laboratory research involving metabolic, (lipid, lean body and fat free mass markers) and physiological profiles, are components of my scholarship with my outcomes being primarily population based. Currently, I am working; 1) with colleagues from Alberta Children's Hospital to investigate the role of leptin as clinical biomarker for childhood obesity and a longitudinal study examining how motor coordination problems, influence obesity in adults and decrease physical activity patterns in children and adolescents; 2) with colleagues from Foothills' Hospital we are examining how physical activity and energy expenditure play a role in pre-term labour in mum's expecting twins; and 3) as the primary investigator in a study that is investigating the question: what are the physiological premises being broken by elite female master athletes. I am sought after as a collaborator for grants that require clinical exercise physiology expertise. My collaborations spread across several disciplines including family medicine, obstetrics, pediatrics, health promotion, environmental design, and educational psychology.

Graduate Student Research Supervision/Examination

Degree	Role	1992-	Completed	Anticipated
MKIN/M.PE	Supervisor/ Committee	11	10	1
M.Sc.		12	3	6
EVDS	Committee	2	2	
M.Sc	Committee	14	13	1
Ph.D	Committee	5	3	2
Ph.D	External	2	1	1
<i>Total</i>		<i>46</i>	<i>35</i>	<i>10</i>

Note: I have had two students who have received at M.SC level: AHFMR and CIHR studentship. Since 1998, I have had 3-M.Sc students who have left the program or switched into other areas.

Undergraduate Student Research Supervision

Degree	Supervisor	Total no since 95	Completed	Anticipated
B.Sc	Honors	10	9	
B.Sc	Practicum	6	5	1
B.Nur	Research preceptor	10	10	
M.D.	Research preceptor	2	2	
USRP*	Supervisor	4	2	2
<i>Total</i>		<i>32</i>	<i>28</i>	<i>3</i>

#One honor student left to enter med school.

*Undergrad Studentship Research Program (USRP)

CD ROM disc:

- www.savvyknowledge.com

Scholarly Expertise

- **Clinical Epidemiology:** Elite older female athletes BMD and health outcomes; Mechanical strain and vibration in female college athletes; Breast Cancer Survivors and Dragon Boat Racing.
- **Exercise and Rheumatologic Conditions:** Fibromyalgia, Lupus and Osteoarthritis. Most recent research is investigating : adherence patterns to exercise
- **Children, Physical Activity and Obesity:** Investigating link between low childhood motor competency and overweight adults. Leptin as a biomarker for pediatric obesity.
- **Prevention:** C-section rates in older first time mums, and pre-term labour and energy expenditure in expecting twin mums.
- **Physical Activity Initiatives and Environmental Design:** GO₂ Campaign and Walkability of different neighborhoods.

Sport Scientist Involvement

- **Women's National Ice Hockey Team:** periodized their training program in preparation for the 1998 Olympics, in Japan.
- **Women's National Field Lacrosse Team:** designed and periodized a 3-year training program in preparation for World Cup Championships, in Scotland, August 1994.
- **Alberta Baton Twirling Association:** Designed and implemented a two year fitness testing program accompanied by a written manual for their future use.
- **Dino Women Soccer Team:** Developed entry fitness scores for indoor and outdoor training



RELATED/OTHER PROFESSIONAL EXPERIENCE

Consultant Work

- *NORTEL, Calgary, AB.*, Evaluate existing protocol using cybex 3000 related to upper quadrant assessments. (1995)
- *Coaches Inc., Calgary, AB.*, Completed a process consultation and program evaluation for a private consulting firm specializing in 3-year wellness programs. (1995)
- *Health Systems Group (HSG), Calgary AB.*; Instructed their employees how to interpret fitness assessments and cybex results (1994).
- *Independent Consultant, Bank of Montreal Que.* Completed a process consultation and program evaluation on the implementation of a Health and Wellness program. (1994).
- *Northern Telecom Calgary AB.* Developed a lower arm test to monitor the new ergonomically designed workstations. Outcome: reduced incidence of RSI (1991-92).
- Script and Technical Consultant, Victoria, B.C. "BIKERCISE" video. (1991).
- CHEK TV. B.C. (1990). Technical Consultant for nationally syndicated production, "Body Moves With Laura Lauzon".
- Developed and researched all the components of an exercise rehab assessment center for a private physiotherapy company. Purchase of Hydrfitness, Omnitron, strength training equipment, computerized and manual bikes, tilt boards, etc. (1986).

EMPLOYMENT EXPERIENCE

Associate Director of Sportsmedicine, Cardiovascular Assessments Rehabilitation, Exercise and Lifestyle (CARTEL) clinic, Victoria, BC. 1986-1988.

- *Administrative Responsibilities:* Budget, Recruitment and Hiring employees, Staff professional development.
- *Professional Responsibilities:* Assessments, medical/legals, special programming, rehabilitation and exercise prescription for WCB, MVA, arthritics, cardiac and stroke pt., elite athletes and general public.

ACADEMIC ADMINISTRATIVE COMMITTEE SERVICE

University:

- Member, Faculty of EVDS 2005-07
- Member, Tenure Review Committee 2000, 03
- Member, Partnership in Women's Health Graduate Studies Group 2003
- Member, Faculty of Continuing Education Council 2002-04
- Member, TUCFA Council 1996, 02-04
- Member, Faculty of Nursing Council 1998-02
- Representative, University research and grants Committee 1999-01
- Member, Health Promotion/Health Education Task 1997
- Consultant, Library Administrative Services, RSI Committee 1995
- Member, Faculty of Humanities Council 1993-94
- Member, Faculty of General Studies, Student Appeals Committee 1990-94
- Member, Framework Committee for Institute for Health Promotion 1991-93
- Representative, LLU Student Appeals 1992-93
- Consultant, Medical Information Services 1992
- Member, University Safety Committee 1989-90

Faculty of Kinesiology:

- Member, Sabbatical Review Committee 1999, 03-05
- Member, Selection Committee for New Position 2003
- Member, Member, Health and Wellness CFI Committee 2002-03
- Member, Health and Wellness Expansion Committee 2001
- Chairperson, Multidisciplinary Dance Medicine Research Group 2001
- Member, Graduate Admissions Committee 1999-02. 05
- Chairperson, CSEP 2000, Symposium: Women's Health 1999-00

Athletic Therapy Work 1986-1989

- C.I.A.U. Gymnastic Competition, Van. B.C.
- BC Summer Games, Victoria, B.C.
- National Figure Skating Championships, Victoria, B.C.
- National Women's CANAM Rugby Championships, Victoria, B.C.
- Crimson Tide Labatts Championship, Rugby, Montreal, Que.
- University of Victoria, Australian and New Zealand Tour.
- Crimson Tide Select Rugby, Victoria, B.C.
- Saskatchewan Rep. Team, European Tour.
- University of Victoria Rugby, Hawaii Tour.
- Victoria Riptides Soccer, B.C. Semi-pro.

Recent Community Service Board Member

- **Member**, Planning Committee, City of Calgary & Calgary Health Region 'GO₂ Whatever gets you going', Active Living Campaign 2005
- **President**, Sport Science Associating of Alberta (SSAA), 1998-2003.
- **Member**, Sportsmedicine Council of Alberta (SMCC) 1990-04.
- **President, VP, & University Rep.**, Alberta Fitness Leadership Certification Association (A.F.L.C.A.), 1990-2003.
- **Coordinator of Doping Control, Doping Officer** Olympic Oval Organizing Committee. 1992-98.

Editorial Boards

- **Impact Magazine**, Calgary, AB. 1991 - 95
- **C.A.I.N. Magazine**, Montreal, Que. 1991 - 92
- **Alberta Alive Magazine**, Edmonton, AB. 1991.

SCHOLARSHIP SERVICE-REVIEWER

- *Clinical Journal of Sport Medicine* (2003-06)
- *Canadian Journal of Applied Physiology* (1999-06)
- *Journal of Dance Medicine* (2002)
- SMCA Newsletter, *Pulse* (1996-03)



- Member, Selection Committee for New Position 1999
- Member, Exercise and Functional Fitness Review Committee 1998-20
- Member, Curriculum Policy Committee 1997-99
- Member, Curriculum Policy Committee 1993-95
- Representative, Academic Women's Advisory Committee 1995
- Member, Research Policy Committee 1994-95
- Chair, Exhibitor. 25th Annual Conference for CATA 1990-01
- Chair, Students Appeals Committee 1989-93

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS- CURRENT

The Sport Medicine Council of Alberta, (SMCA).

- **Regional representative and Lifetime member**

The North American Association for Study of Obesity, (NAASO) **Member**

The American College of Sports Medicine, (ACSM) **Member**

The Canadian Society for Exercise Physiologists, (CSEP) **Member**

The Alberta Fitness Leadership Association, (AFLCA) **Member**

Academic Women's Association **Member**

Sport Science Assassination of Alberta (SSAA) **Member**

The U. of C. Women's Health Research Group, (WHRG) **Member**

SPEAKER –TRANSLATING RESEARCH INTO PRACTICE

Over the last 20 years I have been fortunate to have had several opportunities to do workshops on a one time basis or an ongoing basis for many organizations related to athletic coaching, injury prevention, and health. These presentations including the following organizations: Alberta Teacher's Association (ATA), Calgary Catholic Separate School System, Calgary Board of Education, Calgary Leisure Learning Services, Cardiac Nurses Association, Canadian Association for Advancement of Women in Sport (CAAWS), CareWest Auxiliary Hospital, Health, Physical Education Council (H.P.E.C.), Mt Royal Nursing Faculty, Northern Telecom Circuits Div., Taking Pounds Off Sensibly (T.O.P.S.), Sport North Coaching Federation, U of C. Human Resources and the YM and YWCA. I have also been the keynote speaker at many fitness conferences and events including: Canadian Aerobics Instructor Network (Toronto), Club Direct (Toronto), Fitness North (Prince George), Fit Rendezvous Conference (EDM), Manitoba Fitness Leaders (Winnipeg), and I.D.E.A. (Nashville), Nike (U.S.A.), Shaping the Future (Calif.), and Women Work Wonders event (Cal).

- Grant Competition for *Institute For Gender Research* (2003)
- Grant Competition for *Innovation Trust Fund*, Ontario. (2003, 06)
- Grant Competition for *The Arthritis Society*, (2000)

Speaking Engagements

- May 06, Women Finding Balance, Red Deer. *'Heart Disease in Women: It has a different rhythm!'*
- May 06, HPEC, Calgary. *'Empowering movement: Steppin' Up to Better Health!'*
- Feb 06; Teacher's Convention. Calgary. What's difference between a 3-toed and a 5-toed sloth?
- Feb. 05-06, SeTCA, Medicine Hat. *Let's get R.E.A.L about health! and Health: It's as easy as ABC...D*
- Nov. 05, U of C: *Thermal Inversion: Menopause! (CEC)*



GRANTS AWARDED

2006

- *Sport Science Association of Alberta (SSAA) 2006. Project Title: Validation of the Actiheart monitor for combined heart rate and movement in overweight obese and athlete child populations. Role: PI. Co investigator: Msc. Student Ali Venner & Dr. ME Lyon, ACH. \$4,300.*

2005

- *Alberta Arthritis Foundation and AFLCA Joints Works Proposal 2005. Project Title: ACE (Arthritis Contract for Exercise). Role: PI. Co investigators: J. Petersen & P. Spilchak. \$9,720.*
- *Olympic Oval Fund. (1992). Project Title: Leptin Intervention Study, Master Thesis project for Ali Venner. \$5,000.*

2004

- *Calgary Regional Authority (CRA): Chronic Disease Management Group. Study Project Title: Pilot testing to evaluate psychosocial and physiological changes associated with organizing a mall walking. PI: Dr. N Culos-Reed, Co-investigator Dr. J. Dickinson. (\$7,800).*
- *U of Calgary- URDG -Collaborative research grant. Project Title: Establishment of Pediatric Reference Ranges for Leptin. Role: PI. Co investigator: Msc. Student Ali Venner & Dr. ME Lyon Amount: \$10,000*

2003

- *Robertson Foundation. (2003) Project Title: The use of Movement as a Complementary Tool to Assess Motor Ability in Children with Cerebral Palsy and Developmental Coordination Disorder. PI: Marja Cantell, Ph.D. and Darcy McGehee MFA. \$20,000.*
- *Calgary Health Region. (2003) Project Title: Are adults with poor motor skills at risk for obesity and reduced cardiovascular health? PI Dr. Marja Cantell, Co investigator: Dr. BJ. Kaplan. Co investigator. \$44,135.*

COMPLETED

- *Sport Science Association of Alberta (SSAA) 2005. Project Title: Reference Ranges in Junior Development Athletes. Role: PI. Co investigator: Msc. Student Ali Venner & Dr. ME Lyon, ACH. \$5,127.*
- *Undergrad Studentship Research Program (USRP): Project Title: Does the type of mechanical strain and vibration load in soccer vs. speed skating affect BMD in young female athletes? Student: S. Nelson. Award: \$2000 /FW semester.*
- *Sport Science Association of Alberta (SSAA) (2004). Project Title: Health status variation in elite female athletes based on sport, age, lipids, training, and BMD. Role: PI. \$4,270.*
- *Alberta Center for Active Living (ACAL)-seed funding. (2004). Project Title: The NUDGE Project (neighbourhood urban design to get exercise) Role: PI. Co-investigator Dr. B. Sandelack. \$7,000.*
- *Undergrad Studentship Research Program (USRP). (2004 Fall). Project Title: Bone Mineral Density and Fat Free Mass in Elite Female Athletes Over 40. Student: Brett Poole. \$1500.*
- *Sport Science Association of Alberta (SSAA) 2003. Project Title: Athletic Identity and participative motive differences in individuals who chose the walk-run vs. run method of marathon training? Co investigator: Dave Paskevich. \$1,100.*
- *Sport Science Association of Alberta. (2003). Project Title: A Comparison of Static Physiology Between Pre-Menopausal Masters Athlete and Their Sedentary Counterparts. \$3000.*
- *Sport Science Association of Alberta. (2002). Project Title: Resting Metabolic Rate and Menstrual Status In Female Athletes. \$3200.*
- *Olympic Oval Fund. (1992). Project Title: Menstrual Irregularities in Developing Female Ice Hockey Players: Is this population at risk for Osteopenia? Master Thesis project: Ms. LP. MacDonald. \$4866.52.*
- *Sport Science Association of Alberta. (1999). Project Title: Investigation and Analysis of Eating Behavior and Energy Intake in Female Soccer Players. \$2840.*
- *University Research Development Grant. (1999). Project Title: Health Status, exercise habits and knowledge of the female athlete triad in University dance majors. \$9516.46.*
- *Sport Science Association of Alberta. (1998). Project Title: Physiological Profile of Outdoor Female Soccer Players. \$2500.*
- *Sport Science Association of Alberta. (1998). Project Title: Physiological Profile of Indoor Female Soccer Players. \$2650.*
- *Sport Science Association of Alberta. (1997). Project Title: Investigation and Analysis of Female Ice Hockey Injuries. \$2200.*
- *Sport Science Association of Alberta. (1996). Project Title. Determination of a Physiological Profile For Female Ice Hockey Players. \$2500.*
- *Industrial Research Sponsor, Northern Telecom, Calgary AB: (1994). Project Title. Isokinetic IR/ER Shoulder Norms for Manufacturing Population. \$1500.*
- *University Research Development Grant. (1991). Project Title. Exercise Patterns and Lipid Changes in 30-50 year old Executive Males. \$1800.*
- *University Research Development Grant. (1990). Project Title. The Effects of Exercise and Physical Fitness on Serum Lipids and Lipoproteins of College Aged Students. \$3800.*

CO-INVESTIGATOR

- *University Research Development Grant. (2002). Project Title: Health-related risk factors in children with poor motor skills: A pilot project. \$10,000. PI. Dr. M. Cantell. Alberta Children's Hospital (ACH).*
- *University Research Development Grant. (2001). Project Title: Evaluation of physical activity programs for health-risk populations: A pilot project. PI. Dr. N. Culos-Reed. \$10,000.*



- *CRHA Adult Research Committee*. (2001). *Project Title*: Physical Activity and Maternal Anxiety in pregnancy and the risk of Spontaneous Premature Delivery in Twin Pregnancies. PI Dr. S. Wood. Pilot grant \$1040 and Study grant \$30,000.
- *Alberta Heritage Foundation for Medical Research-Seed Funds*. (1998). *Project Title*: Social Cognitive variables and metabolic profile over 12 months on obese males. Collaboration with Dr. D. Paskevich, \$7800.
- *U. of Calgary Radio & TV. Committee*. (1991). *Project Title*. Physical Activity Video for those at high risk for pharmacological intervention in relation to heart disease. PI. Dr. W. Elford. \$5000.

COLLABORATOR

- *Women's Health Contribution Program (WHAP)*. Title: Environmental Scan Of Women's Health Research In Alberta
- Research Proposal. PI. Dr. L Meadows, co-investigators Dr. A. Vollmann and WE. Thurston. Collaborator (\$52,000).
- *U. of Calgary Oval Development: Project Title*: Cross-sectional study on adolescent blood lipids and physical activity habits. PI. Dr. M. Hawes. \$8600.

PUBLICATIONS

ARTICLES IN REFEREED JOURNALS (SUBMITTED)

- Potestio, M., Lindsay McLaren, L., Doyle-Baker PK., & Vollman AR. (2005 Oct). Childhood Obesity: Perceptions Held By The Public In Calgary, Canada. *International Journal of Obesity*.
- Lambert JE., Mannion CA., & Doyle-Baker PK. (2005). Calcium knowledge and dietary calcium intake of female university students. *Journal of Canadian Nutrition and Behavior*.
- Doyle-Baker, PK., Lee J., Neish, C., & Krick, E, & Martin, L. (2005). Fibromyalgia Syndrome Patient's Intention to Exercise: An Application of The Theory of Planned Behavior. *Arthritis Care and Research*.
- Doyle-Baker, PK. & Calvert, SAG. (2005). Opinions On Evidence Based Medicine Among Obstetrician / Gynecologists in Alberta: A Questionnaire. *Annals*.
- Hyman MT., Doyle-Baker, PK. Hopkins, GL., and Thurston, WE. (2005). An Assessment of HIV/AIDS Related Behaviours and Knowledge among Canadian University Students: Using the Theory of Planned Behaviour. *Quest*.
- Culos-Reed, SN., Reimer, RA., Doyle-Baker, PK., Paskevich, D., Kathleen J. O'Connor, KJ. & Daroux, LM. (2003). Assessing Changes from a Physical Activity Lifestyle Behaviour Change Program: Psychological, Fitness, and Nutritional Changes in Overweight Participants. *Journal of Health Education Research*.
- Kendall, K. and Doyle-Baker, PK. (2003). The relationship of muscular strength, leg power, and dynamic stability to the cross over triple hop test in university-aged athletes. *Journal of Orthopaedic & Sports Physical Therapy*.
- Kendall, K. & Doyle-Baker, PK. (2003). Opinions on the use of sensorimotor testing among registered physiotherapists and certified athletic therapists in Western Canada: A survey. *Journal of Sports Rehab*.

CONFERENCE PROCEEDINGS

- Doyle, PK. & MacDougall JD. (1986). A documentation of the athlete's use and knowledge of anabolic steroids. In J. Walkins. T. Reilly and L. Burwitz (Ed.) pp. 110-115. *Sport Sciences, Proceeding of the VIII Commonwealth and International Conference on Sport, Physical Education, Dance, Recreation and Health*, London.
- Doyle, PK. (2005). Hopscotch Connoisseur to Olympic Athlete: Contrasting Health and Athletic Performance in Female Ice Hockey Players. In (Ed. Colin Howell). Putting It on Ice: Volume III, Women's Hockey-Gender Issues On and Off the Ice. Pp.77-84., *Gorsebrook Research Institute*. St. Mary's Halifax. NS.

ABSTRACTS IN REFEREED JOURNALS

- Krahn, T., & Doyle-Baker, PK. (1995). Energy Expenditure of Fitness Instructors During Slideboard Training At Different Board Lengths and Cadences. *Canadian Journal of Applied Exercise Physiology*, (20)suppl: 29S.
- McCarthy, SM., & Doyle-Baker, PK. (1997, May). Determination of Novel Field Test for Cross Country Mountain Bike Racers. *Medicine and Science in Sports and Exercise*. 29(5): 1281.
- Doyle-Baker, PK., & Wasylak, T. (1998). The Use of The 1500M Run To Monitor VO₂max. Changes in the Canadian Women's National Field Team. *Canadian Journal Of Applied Physiology*, (23)5:477.
- Fagan CD., Wagner. OT., & Doyle-Baker, PK. (1997). Determinants of Skill Level in Female and Male Ice Hockey Players. *Canadian Journal of Applied Physiology*, (22) suppl. 16p.



- Doyle-Baker, PK., Fagan CD. & Wagner. OT. (1997). On-ice Testing and Monitoring of Twenty National Female Ice Hockey Players. *Canadian Journal of Applied Physiology*, (22) suppl. 13p.
- Doyle-Baker, PK., Benson, BW. & Meeuwisse, WH. (1998). The Ergogenic Effects of Anabolic Steroids: A Critical Appraisal of the Literature. *Medicine & Science in Sports & Exercise*, 30(5S):S278.
- Doyle-Baker, PK., & Fagan, CD. (1998). Determination of A Physiological Profile for Female Ice Hockey Players. *Canadian Journal Of Applied Physiology*, (23)5:476.
- deBruyn, JHC., & Doyle-Baker, PK. (1998). Resistive Exercise Improves Bone Mineral Content in Postmenopausal Females: A Scientific Overview. *Canadian Journal Of Applied Physiology*, (23)5:474.
- Fagan, CD. & Doyle-Baker, PK. (1998). Development of an On Ice Critical Speed Test. *Canadian Journal Of Applied Physiology*, (23)5:479.
- Jones, JR. & Doyle-Baker, PK. (1998). Effects of a Controlled Eight-Week Walking Program on the Symptoms Associated With Sedentary Perimenopausal Women. *Canadian Journal Of Applied Physiology*, (23)5:488.
- Simard, JS., & Doyle-Baker, PK. (1998). Normative Strength Values For The Shoulder In A Manufacturing Setting. *Canadian Journal Of Applied Physiology*, (23)5:508.
- Darcangelo, J. & Doyle-Baker. PK. (1999). Grip Strength Utility Values in an Occupational Setting. *Medicine & Science In Sports & Exercise*. 31:5S, 254.
- Doyle-Baker, PK., Fagan, CD. & Meeuwisse, WH. (1999). Investigation And Analysis of Female Ice Hockey Injuries. *Medicine & Science In Sports & Exercise*, 31:5S, 309.
- Doyle-Baker, PK. & MacDonald, LP. (1999). Investigating Indoor Soccer: A Physiological. *Canadian Journal Of Applied Physiology*, (24)S.
- Doyle-Baker, PK., Fagan, CD & Shanski, K. (1999). *Skate Profile Differences Between Male and Female Ice Hockey Players. Canadian Journal of Applied Physiology*, (24) S.
- Smith, EK., Doyle-Baker, PK. & Emes, C. (1999). The Impact of Physical Activity on the QOL of Persons with a Spinal Cord. *Canadian Journal Of Applied Physiology*, (24)S.
- MacDonald, LP., Groeneveld, SA & Doyle-Baker, PK. (1999). Intra and Inter-PLFC Tester Differences in Fitness Measurements. *Canadian Journal Of Applied Physiology*, (24)S.
- MacDonald, LP., Doyle-Baker PK., & Drysdale, K. (1999). Positional Variance in Female Indoor Soccer. *Canadian Journal Of Applied Physiology*, (24)S. [Cited in Siegler, J. et al (2002). Changes Evaluated in Soccer-Specific Power Endurance Either With or Without a 10-Week, In-Season, Intermittent, High-Intensity Training Protocol. *The Journal of Strength and Conditioning Research*: Vol. 17, No. 2, pp. 379–387.]
- Cameron, TL., Doyle-Baker, PK., & Maitland, M. (1999). Ligament Laxity and Back Pain During Pregnancy. *Canadian Journal Of Applied Physiology*, (24)S.
- Doyle-Baker, PK., Martin, L., Lee J., & Neish, C. (1999). Fibromyalgia Syndrome Patient's Intention to Exercise: An Application of The Theory of Planned Behavior. *Arthritis & Rheumatism*, 42(9):899.
- Doyle-Baker, PK., Devrome, A. & Haney, C. (2000). Gender Differences in Lipid Profile Levels of College-Aged Students. *Medicine & Science In Sports & Exercise*. 32:(5)S148.
- MacDonald, LP. & Doyle-Baker, PK. (2000). Positional Variance in Physiological Parameters for Female Outdoor Soccer Players. *Medicine & Science In Sports & Exercise*. 32:(5)S180.
- Fagan, CD. & Doyle-Baker, PK. (2000). The Effects Of Maximum Strength And Power Training Combined With Plyometrics On Athletic Performance. *Medicine & Science In Sports & Exercise*. 32:(5)S152. cited in www.cyclingnews.com fitness and training information.
- Cederberg, M., Paskevich, D., & Doyle-Baker, PK. (2000). An Analysis Of Structured Versus Lifestyle-Oriented Activity And Its Impact On Fitness And Self-Efficacy. *Medicine & Science In Sports & Exercise*. 32(5)S140.
- Doyle-Baker, PK., Schick, DM., & Meeuwisse, WH. (2000). Injuries Rates and Profiles in Female Ice Hockey. *Medicine & Science In Sports & Exercise*. 32:(5)S306.



- Schick, D., Doyle-Baker, T., & Meeuwisse, WH. (2000). Injuries Rates in Female Ice Hockey. *Clinical Journal of Sport Medicine*. 10(3): 224.
- Doyle-Baker, PK. & Calvert, SAG. (2000). Opinions On Evidence Based Medicine Among Obstetrician / Gynecologists In Alberta: A Questionnaire. *69th Annual meeting RCPSC*.
- Ross SE., Smith, DJ. & Doyle-Baker, PK. (2000). Nutrient Intake and Activity Levels in Swimmers and Gymnasts. *Canadian Journal Of Applied Physiology*, 25(5):400.
- Van Dyk, JM. & Doyle-Baker, PK. (2000) Strength Training Impact on the Development of Cycling-Specific Power in Sport/Expert Class Mountain Bike Racers. *Canadian Journal Of Applied Physiology*, 25(5):409.
- MacDonald LP. & Doyle-Baker, PK. (2000). Menstrual Disturbances and BMD in Female Ice Hockey Players. *Canadian Journal Of Applied Physiology*, 25(5):389.
- Clapperton, KW. & Doyle-Baker, PK. (2000). Training for Long Distance Load Carriage in Reserve Infantrymen. *Canadian Journal Of Applied Physiology*, 25(5):365.
- Doyle-Baker, PK., Devrome, A & Haney C. (2000). Lipid Profiles Changes With Habitual Exercise In College Aged Students. *Canadian Journal Of Applied Physiology*, 25(5):368.
- Doyle-Waters, Mm., Kishor, N., & Doyle-Baker, PK. (2001). Development And Validation Of An Anxiety Scale For Pregnancy. *Medicine & Science In Sports & Exercise*, 33:5
- Doyle-Baker, PK., Harris, V., Flynn, A. & A. Mouat. (2001). Health Status, Exercise Habits, and Knowledge of The Female Triad in University Dance Majors. *Medicine & Science In Sports & Exercise*, 33:5.
- Haney, C. & Doyle-Baker, PK. (2001). Supplement Use and Knowledge in University Athletes. *Canadian Journal of Applied Physiology*, suppl. 26, 255.
- MacDonald, LP. & Doyle-Baker, PK. (2001). Energy Balance, Eating Patterns, and BMD of female Ice Hockey Players. *Canadian Journal of Applied Physiology*, suppl. 26, pp. 259.
- Kendall, K. & Doyle-Baker, PK. (2001). The Relationship of Muscular Strength, Leg Power, and Dynamic Stability To The Crossover Hop Functional Test In College-Aged Athletes. *Canadian Journal of Applied Physiology*, suppl.
- Doyle-Baker, PK., MacDonald, LP. Hewitt, S. and Harris, VL. (2000). Investigation and Analysis of Eating Behavior and Energy Intake in Female Soccer Players. *Canadian Journal Of Applied Physiology*, 25(5):369.
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REFEREED PROCEEDINGS OF SYMPOSIA AND CONFERENCES

Cantell, M., Doyle-Baker, P.K., Crawford, S. & Kaplan, B. (2005,May). An examination of motor coordination on Movement ABC 4+ in adults with different degrees of motor competence. 6th International Conference on Developmental Coordination Disorder, Trieste, Italy, 17-20th of May, 2005. (Oral presentation)



Cantell, M., Doyle-Baker, P.K., Crawford, S. & Kaplan, B. (2005). An examination of motor coordination, fitness and health factors in adults with different degrees of motor competence. Poster, 6th International Conference on Developmental Coordination Disorder, Trieste, Italy, May17-20, 2005. (Oral presentation)

POSTERS

- Cantell, M., Doyle-Baker, P.K., Crawford, S., & Kaplan, B. (2005, Apr 6-7). Coordination, fitness and health. *11th Annual Child Health Research Symposium*, Alberta Children's Hospital, Calgary, AB, April
- Cantell, M., Dewey, D. & Doyle-Baker, PK (2004, Nov.). *Y-Be-Active Study: Physical Activity in Preschool Children and Their Families*. *1st Annual Institute of Maternal Health Research Day*. Calgary AB.
- Lambert, JE. Doyle-Baker, PK. & CA. Mannion, (2005, Feb. 9th). Knowledge And Dietary Intake Of Calcium In Female University Students: Where Are We? Nutrition File Seminar sponsored by *Alberta Milk*. Calgary, AB
- Venner, A., Doyle-Baker PK. & Lyon ME. (2005, Nov 17th). Don't Put the Cart Before the Horse: A Comparison of Human Leptin ELISA Kits. *2nd Annual Institute of Maternal and Child Health Research Day*. Calgary AB.

ORAL PRESENTATIONS

- Barnieh, N*, Doyle-Baker, PK., & Jarrell, J, (2006, May 12th). The Relationship Between Physical Activity, Pain, and Health-Related Quality of Life in Women with Endometriosis. 17th Annual Clara Christie Research Day. Dept. of OBGYN, Fac. of Medicine. U of Calgary. AB. *Winner of undergrad student best presentation award.
- Wood, S., Doyle-Baker, T., & Connors, G. ((2006, May 12th). Maternal Anxiety and Spontaneous Preterm Birth in Twins and Triplets 17th Annual Clara Christie Research Day. Dept. of OBGYN, Fac. of Medicine. U of Calgary. AB.
- Gender Research Symposium: Building Bridges. University of Calgary, AB. Building a Bridge Between the Art of Socializing and the Science of Training: Dragon Boat Racing. (2003)
- 3rd Annual Research Conference Transforming Healthcare Through Research, Education & Technology, Dublin Ireland. A Comparison of Anthropometric Measurements Between Lactating and Non-lactating Women (2002)
- 11th Annual Meeting of the International Association for Dance Medicine and Science. University Alcala de Henares, Spain. Dance Majors Knowledge of The Female Triad Health Status and Exercise Habits. (2001)
- 47th Annual Conference for American College of Sports Medicine, Indianapolis, Indiana. Injuries Rates and Profiles in Female Ice Hockey. (2000)
- Health and Physical Education Conference 2000, Calgary. AB. Current and Future Standards of Health for our Young Female Athletes: The Flo-Jo Syndrome. (2000)
- Building Bridges: Creating an Integrated Approach to Women's Health. Victoria, B.C. The Flo-Jo Syndrome: Future Health Outcomes for the Greater Community But Not For Women Athletes. (2000)
- 46th Annual Conference for American College of Sports Medicine, Seattle, Wash. Investigation and Analysis of Female Ice Hockey Injuries. (1999).
- Annual Conference for Canadian Society for Exercise Physiology. Fredicton, NB. Resistive Exercise Improves Bone Mineral Content in Postmenopausal Females: (1991)
- Alberta Coaching Symposium, Edm., AB. The Effectiveness of Exercise Equipment. (1991)
- National Strength and Conditioning Association (NSCA), Florida, U.S.A.; Athlete's Knowledge and Use of Anabolic Steroids. 1989.
- Commonwealth Games, Glasgow, Scotland. Documented Use of Anabolic Steroids. 1986.

MANUALS

- Doyle-Baker, PK. (1998). *AFLCA Fitness Leader Theory Manual*. Alberta Fitness Leadership Certification Association, Edmonton, AB. Pp. 1-156.
- Doyle-Baker, PK. (1997). *YWCA of/du Canada FLCP Strength Training Instructor's Manual*, YWCA of Canada. Hamilton, Ontario, pp. 1-200.

MANUALS EDITED

- YMCA Leaders Manual for Aerobic Dance, YMCA Canada, Toronto, Ontario. (1995).
- YMCA Trainers Training Manual, YMCA Canada, Toronto, Ontario. (1995)
- YMCA Strength and Conditioning Leader's Manual, YMCA Canada, Toronto, Ontario, pp. 1-201. (1994).
- Strength Training Module. Canadian Guidelines for the Training and Recognition of Fitness Leaders. Contributor. (1986).

BOOK CHAPTERS EDITED

- Payne, W. & Hahn, D. (1992). *Understanding Your Health*. Mosby Year Book Inc., (3rd Ed). Note: the only Canadian editor.
- Bruess, C. & Richardson, G. (1990). *Decisions for Health*. WM. C. Brown. Publ. (3rd Ed.). Reviewed 2 chapters.
- Isaak, C., (1990). *Exercise for People with Arthritis*. Mount Royal College.

REQUESTED ARTICLES

- Doyle-Baker, PK. (2005, Fall) Prehistoric Guy versus Futuristic Man: Who is At Risk for Osteoporosis? *Family Health*, 12-13 & 15.



- Doyle-Baker, PK. (2005, Spring). The NUDGE Project (Neighbourhood Urban Design to Gain Exercise! Research Update. *WellSpring*.
- Doyle-Baker, PK. (2004, Spring). Pre- Exercise Health Screening in Women. *Fitness Informer*, Pp .6-8.
- Doyle-Baker, PK. (2004, Winter). Surbanites Hop, Obesity Pop. *Fitness Informer*, Pp .6-7.
- Doyle-Baker, PK. (2003, Summer). Stroke and Volume: Periodizing the Sistership's Dragon Boat Training program. *Fitness Informer*. Pp.7-8.
- Doyle-Baker, PK. (2003, Spring). Supplement Use and Knowledge Among Calgary-based University Athletes. *Pulse*. Pp. 7-9.
- Doyle-Baker, PK. (2002, Fall). Catching the Vibes of Stretching! *Fitness Informer*. Pp. 10.
- Doyle-Baker, PK. (2002, Summer). Profiling Injury Rates In Female Ice Hockey. *Pulse*. Pp. 3-4
- Doyle-Baker, PK. (2002, Spring). The Determinants of Exercise in Chronic Disease Patients. *Fitness Informer*. Pp. 10-11.
- Doyle-Baker, PK. (2002, Winter). Aging the Healthy Way. *Impact Magazine*. 11(3).
- Doyle-Baker, PK. (2001, Winter). The Relationship of Health Determinants to Exercise Practitioners. *WellSpring*, 13(4).
- Ross SE., Smith, DJ. & Doyle-Baker, PK. (2000). Nutrient Intake and Activity Levels in Swimmers and Gymnasts. *Pulse* .Pp. 13-14.
- Doyle-Baker, PK. (2000, Jan). An Inside Look At The Analysis Of Female Ice Hockey Injuries. *Journal of Hockey Conditioning and Player Development*.
- Doyle-Baker, PK. (1999, Fall). Setting the Standards for Women's Hockey: An Overview of Physiological Characteristics. *Pulse*.
- Doyle-Baker, PK. (1998, Fall). The Tao of Fitness Leadership. *AFLCA Fitness Informer*. pp. 11-12.
- Doyle-Baker, PK. (1996). Welcome to TBAC '96. *AFLCA Fitness Informer*. (13)2:12-13.
- Doyle-Baker, PK. (1996, Sept./Oct.). You've got to move it, move it. *Impact Magazine*. pp. 27.
- Doyle-Baker, PK. (1993, Nov./Dec.). Exercise prescription and Gender Differences. *Impact Magazine*. pp.18
- Doyle-Baker, PK. (1992, Nov./Dec.). Health Behavior and the Fitness Industry: when will they ever marry. *Impact Magazine*. pp. 18.
- Doyle, PK. (1992, Jan/Feb.). Abdominals Galore. *C.A.I.N. Magazine*. pp. 6-9.
- Doyle, PK. (1992, Jan/Feb.). The Exercise Zealot. *Impact Magazine*. pp. 14.
- Doyle, PK. (1991). Stretching: A Forgotten Reflex. *AFLCA Fitness Informer*, (7)3:9.
- Doyle, PK. (1991, March). Take this Snow and Shove it! Oh no, no, no. *C.C.S.S.B. Wellness Letter*. pp. 3.
- Doyle, PK. (1990). The Joys of Walking. *Alberta Alive Magazine*. pp. 4-6.
- Doyle, PK. (1988, Feb.). Fitness for Plus 50. *Prime Life Magazine*. 1(1): 23.

REQUESTED ARTICLES SHORT COLUMNS

- Doyle, PK. (2005, Nov/Dec). Does Exercise Every Day Keep the Doctor Away. *One on One Newsletter*. Pp. 2.
- Doyle, PK. (2005, Sept/Oct). Pump up your Immune System. *One on One Newsletter*. Pp. 4.
- Doyle, PK. (2003, May-June). Letter to the Editor: Exercise and Menstrual Cycle. *Impact Magazine*. Pp. 12.
- Doyle, PK. (2001, June 27th). Tip for Vitality. Learn the ABC's and D of Health Care. *Calgary Herald*, Vitality Section.

REQUESTED ARTICLES CO-AUTHORED

- Murray, S. & Doyle T. (1990). Mama Don't Let Your Babies Grow Up To Be Cowboys. Preschool Fitness. *Teaching Health and Physical Education in the Early Childhood classroom*, pp. 25.
- Murray, S. & Doyle T. (1989). Stampede Parade and Aerobic Movement Activities. Resource Manual: *Early Childhood Health*.

REQUESTED INTERVIEWS PERSONAL COMMUNICATION ETC.

- Allford J. (2006, Sept.). Play in the year 2041. *Avenue Magazine*.
- Niblock L. (2006, Apr. 28th). Childhood obesity studied. *OnCampus Weekly*.
<http://www.ucalgary.ca/oncampus/weekly/april28-06/childhood-obesity.html>
- Hagel, B et al., (2006) Arguments against helmet legislation are flawed. *BMJ*, 332:725-726.
- Gray, D. (2006, Feb. 9th). Healthy habits make the most of metabolism. *Calgary Herald. Neighbours*, N12.
- Sasvari, J. (2005, Jan. 13th). 'One step at a time' and 'Qu'est-ce que c'est 'diet'. *Calgary Herald. Real Life. Sec. E. evds urban lab newsletter* (2005, May) pp.3.
- Sandelack, B. (2005, Spring). Bad for your Health. *Dialogue*, pp. 16-18
- Urquhart, D. (2005, Feb 4th) Making News. *In The NEWS*.
- Urquhart, D. (2005, Jan. 14th) Does your neighbourhood make you fat? *OnCampus Weekly*.
- Tetley, D. (2005 Jan. 5th). Calgary's Walkability Assessed *Calgary Herald: City and Region*. B2.
- Hot Topic. (2003, Sept 12th). From Fat to Fit. *OnCampus Weekly*.
- Bysterveld, L. Sara. (2005). Does Where You Live Determine How Healthy You Are? *New Home Source*, (35) pp.33 & 35.
- Hot Topic. (2003, Sept 12th). "From Fat to Fit." *OnCampus Weekly*.
- Ridgen, M. (2003, Aug 30th). Slim in suburbia? Fat chance! *Calgary Sun, News*. pp. 10.
- Reid, A. (2002, Sept 5th). Harry Houdini for underwater escape tricks. *University of Calgary Gazette*, 30(11): 12.
- Reid, A. (2000, Sept 5th). Exercising Concern. Maternal Health, Osteoporosis and The Impacts Of Exercise On Women. *University of Calgary Gazette*, 30(11): 12.
- Van Buuren, Y. (2001, Apr 7th). Stretching the Truth. *Weekend Post, Health and Beauty*, W7.
- Makar, Jan. (1997, Nov. 24th). Exercise melts winter chills. *Calgary Herald*.
- *Calgary Herald*. (1990, Apr 22nd). Body building propelled her into the big leagues. E5.



- Samuelson, J. (1989, Summer). Women Who Succeed in Fitness Professions. *Calgary Women's Forum*, (1)3:10.

PRESENTATIONS TO SYMPOSIA AND CONFERENCES SINCE 1990

2006

- Finding Balance Women's Conference Red Deer. Title: 'Heart Disease in Women: It has a different rhythm.' (May 13th)
- H.P.E.C. Nonferrous. Calgary, AB. Empowering movement! Steppin' Up to Better Health
- Can. Council of Cardiovascular Nurses- Professional Development Day; Calgary, AB. Title: 'I'll have what she's having?' (Feb 10th)
- Alberta Teacher's Convention, Calgary, and AB. Titles: 'Heart Disease in Women: It has a different rhythm.' And 'Why is there an obesity epidemic in humans versus sloths?' (Feb 17th).
- Mt. Royal College Faculty of Nursing- Professional Development Day, Calgary, AB. Title: Who you gonna Call? Yourself! (Feb 24th).
- AB South Eastern Alberta Teachers (SEACA) convention, Medicine Hat, AB. Title: Let's Get R.E.A.L. about Health (Feb 25th).

2005

- AB South Eastern Alberta Teachers (SEACA) convention, Medicine Hat, AB. Title: *Health: It's as easy as ABC...D.* (Feb 24th).
- Northern Lights Coaching Symposium, Yellowknife, NWT. Titles: '*The Circle of Performance: Women Athletes in the Making!*' and '*Spellbound by the aurora borealis. But can you hear it?*' Feb 26-27th
- CAAWS Point of VIEW Symposium Calgary, AB. Title: '*The Circle of Influence: A Star in the Making*' (March 10th)
- Women Wellness Series sponsored by Human Factors Calgary, AB. Title: 'Menopause-Life Long Changes' (June 8th)
- Taking Pounds off Sensibly (TOPS), Calgary Chapter. Calgary, AB. Title: 'Exercise and diet.' (June 14th)
- U of C Professional Education Fitness, Calgary, AB Title: Menopause-Thermal Inversion. (Nov 14th)

2004

- Fit Rendezvous Conference sponsored by the Provincial Fitness Unit, Edmonton AB. Titles: "Why Don't Rats Wear Bikinis? Because..." and 2) "It's healthier and more economical to walk than fly!" (May 28th)
- Women Work Wonders Evening sponsored by Calgary Cross PC Association. Title: A Women's Heart: It's a Different Rhythm.

2001

- Professional Fitness Leader Certification Workshop (PFLC), Calgary AB.; Body Composition Analysis.
- Trainer's BiAnnual Certification Conference (TBAC), Red Deer, AB., Shaman, Paradigm Shifter and Healthy Person.

2000

- Human Resources Group, Cal, AB. What's between the lines: the shared vision!
- Health Physical Education Conference (H.P.E.C.). Cal, AB. "Current and Future Standards of Health for our Young Female. Athletes: The Flo-Jo Syndrome" and "What Determines Blood Lipid Profiles in the College Population?"

1999

- Professional Fitness Leader Certification Workshop (PFLC), Cal AB.; The Other YK2 problem: CO-morbidity.
- Fibromyalgia Retreat sponsored by Energy for Life, Nakoda Lodge, AB. Wonders of the Fibromyalgia Lottery.

1998

- Shaping the Future Conference, Cal, AB., Where's Waldo and Menopause, the life long tune up.
- Fit Rendezvous Conference, Edm, AB., The Tao of Fitness Leadership and Menopause, the life long tune up.

1997

- Professional Fitness Lifestyle Counselor Re-Certification Conference (PFLC) Kannanski, AB., Tao of Fitness Leadership.
- Changing Gears Conference, Cal, AB., What do we champion next in women's health?

1996

- YMCA Volunteer Instructor Workshop, Rocky Mountain, AB., Shaman, Paradigm Shifter and Healthy Person.
- YMCA Volunteer Instructor's Retreat, Camp Chief Hector, AB., Fit for Delivery,
- Fit Rendezvous Conference, Edmonton, AB., Fit for Delivery.

1995

- Changing Gears Conference, Calgary, AB., Shaman, Paradigm Shifter and Healthy Person.
- Certified Fitness Appraisal Workshop (CFA), Cal, AB. Shaman, Paradigm Shifter, and Healthy person. Which one are you?"

1994

- Manitoba Fitness Leader Development Association, (MFLDA) Brandon, Manitoba. Why don't rats wear bikinis.

1993

- YMCA Volunteer Instructor Workshop, Rocky Mountain, AB. Gender Differences and Fat Metabolism.
- Family Medicine, University of Calgary; AB.; Snap, Crackle, Pop: The Sweet Delusions of Fat Metabolism.

1992

- Club Direct, Toronto ON. "Health Behavior and the Fitness Industry: When will they marry."
- Fitness Rendezvous, Edm AB.; "The Push to Improve the Clients Knowledge and The Contra Affair: Intensity for Duration!"

1991

- Canadian Aerobics Instructor Network (C.A.I.N), Toronto ON, Keynote: The Politics of Fat. "Research Frontiers: understanding the bench step studies",
- Health Physical Education Conference (H.P.E.C.), Cal AB.; Wellness: Active Living for Active Learning.
- Club Direct, Toronto ON. Title: "The Push to Improve the Client's Knowledge",
- International Dance Exercise Association (I.D.E.A.), Nashville Tenn., U.S.A.: "Research Update: on Aerobic Dance Studies", & "Physical Activity and Fat Metabolism",
- Health Physical Education Conference (H.P.E.C.), Red Deer, AB.; "Strength Training for Health" and "Cardiovascular Training for



life"

- Certified Fitness Appraisal Workshop (CFA), Cal AB.: "A day in the life of Aerobic Annie."
- Fitness Roundup, Banff AB.; "Research Frontiers and the Language of Biomechanics!" and "Aerobic Annie's Fat Metabolism",

1991 Co-presenter

- Sportsmedicine Congress, Van. B.C., Co-presenter Dr. D. Thompson. "Sudden Death Injuries: What the Athletic Therapist should know before it happens."

1990-1993 Panel Presenter

- Loma Linda University Cancer Institute sponsored by the American Cancer Society, San Bernardino, California; "Cancer and Exercise."
- Mobil Oil Canada, Cal, AB; "The Effects of Exercise on Osteoporosis."
- Fitness North Conference, Prince George B.C. Discussion on Exercise Intensity.