Note from the Student Newsletter Editor and GSC Communications Officer

Waving Goodbye to Summer

By: Deborah O'Malley

The sun is shining and thoughts of work have floated away with the waves on the beach. But, as the days pass, you’re starting to realize you’ll soon be waving goodbye to summer.

If you’re finding it hard to gear back up for the impending school year, worry not. The summer edition of the CSEP student newsletter has some great suggestions for hyping you up, with a splash.

Be sure to read this edition to learn more about how program accreditation affects you and how attendees went bananas at the last APES conference. There’s also a tone of great suggestions on how to successfully plan ahead for your future academic goals.

As per usual, we welcome any questions, comments or suggestions. Enjoy!

Cheers,
Deborah O’Malley

GSC Updates

Crediting the Accredited

By: Natalie Dies

You’ve struggled through your stats class, jumped through hoops to “ace” your theory course, and now you’re gearing up to overcome your next academic hurdle.

In this marathon event called grad school, have you ever wondered exactly who it is that dictates what courses you have to take in order to earn your elusive degree?

If you’ve been curious, you’ll be interested to learn that program accreditation—the driving force behind your academic requirements—is overseen by the Canadian Council of University Physical Education and Kinesiology Administrators (CCAEPK). CAUEPK is an organization working closely with CSEP to improve Canadian health and fitness standards.

If you graduate from an accredited program, you can take pride in knowing that no matter what school you’ve attended, you’ve met the minimum standards of academic rigor, achievement and training.

In order to achieve program accreditation, schools offering Kinesiology and Physical Education...
programs must prove their courses have breadth and depth. Additionally, their faculty must complement with the program’s structure.

For Kinesiology programs, specifically, core courses and scientific applications are crucial. Core courses and activities must be geared towards general health, special populations, and pedagogy applications.

Since the millennium, Kinesiology and Physical Education programs have been accredited at eighteen Canadian institutions.

Kinesiology programs most recently recognized with accreditation are those at McGill University (2007), University of British Columbia (2006), and University of Western Ontario (2006). Some of the earlier accredited programs include those at St. Francis Xavier (2000), McMaster University (2000), and University of Waterloo (2001).

Additionally, Physical Education programs receiving recent accreditation include University of British Columbia (2006), University of Alberta (2005), and Laurentian University (2005). Older programs are those at Queens (2001), St. Francis Xavier (2002), and the University of Calgary (2002).

Following successful accreditation, a program will usually seek opportunity for increasing their faculty credentials and student enrolment. As such, it’s not surprising that there have been some recent faculty appointments.

This June, Concordia University welcomed Dr. Veronique Pepin and Dr. Geoff Dover. Also in June, new faculty joined Lakehead University to bring together the Kinesiology, public health and gerontology programs.

Ontario and Quebec institutions have been opportunistically provided with newly appointed Tier 1 Canadian Research Chairs. For 2008, Dr. Ramesh Balasubramaniam and Dr. Ross Andersen were welcomed at McMaster University, and McGill University, respectively. Meanwhile, at Brock University a PhD program is awaiting accreditation, and eager to accept students early 2009.

To find more information on a specific Kinesiology or Physical Education program, do not hesitate to refer to the program websites for news headlines, faculty areas of expertise and program highlights.


**Student Award Winners**

**Everyone Goes Bananas at the 6th Annual APES Conference**

*By: Andrew S. Levy*

Acadia University did a wonderful job of hosting the 6th annual Atlantic Provinces Exercise Scientists (APES) Conference in Wolfville, Nova Scotia. With approximately 70 attendees, 35 student (graduate and undergraduate) presentations and 3 keynote addresses, this was the largest APES conference to date.

The keynote speaker, Dr. Michael Vallis spoke about “Understanding Health Behavior Change.” This talk was well received and enjoyed by all. Other addresses were given by Ashley McGuire (Advancing the Future of Physical Activity Measurement and Guidelines in Canada), and by Dennis Collier (Collier Fitness and Nutrition in Toronto). Mr. Collier spoke about his book Children, Physical Fitness and ‘The Beautiful Apple’.

The conference was also highlighted by the hard work of many students. There were two
recognition awards for the best undergraduate student presentations. One award went to Janet McMordie (St. Francis Xavier, supervised by Darren Burk) for the presentation of The Effect Of Music Loudness On Anaerobic And Strength Performance. The other went to Lauren McGuire (Dalhousie University, supervised by Jo Welch) for the talk entitled Are Women With Multiple Sclerosis At Risk For Vitamin D Deficiency And Osteoporosis? A Cross-Sectional Case-Control Study. The award for best undergraduate student presentation went to Geoff Hartley (Acadia University supervised by Gary Ness) for his presentation entitled Bicycle Saddle Geometry And Pressure Points Throughout The Perineal Region In Male Cyclists.

The graduate student presentation award went to Jill Seymour (University of New Brunswick, supervised by Jim Sexsmith) for her talk entitled, Comparison Of Energy Expenditure In Healthy Males As Measured By The Sensewear ArmbandTM, Indirect Calorimetry And A Commercial Cycle Ergometer.

Congratulations to all those who participated in the conference. A Special thanks goes to Rene Murphy, for acting as the conference Chair (and for helping with content for this article) and to Janna Wentzell for co-ordinating the event.

The attendance of new colleagues and building of new collaborations will ensure the sustained growth of this conference.

Next year’s event will be hosted by University of New Brunswick. The dates and program information will be announced within the coming months. For information about the upcoming conference contact, please contact Jim Sexsmith (sexs@unb.ca).

**Graduate Student Survival Guide**

**The Next Big Steps**

*By: Amanda Rossi*

As the summer comes to a close and our tans slowly start to fade, it’s finally time to get back into school mode. What’s that?? You never had a tan? You never had the chance to enjoy daylight? You never left school? Geeze… Well, at least your supervisor is pleased that you’ve been putting in so much hard work. Ok, just kidding… they’re never happy! But seriously, along with the end of the summer semester comes a difficult time-the time to look at all your options and start making decisions. For some of us, those decisions may be regarding our fall course load. For others, the decision may be slightly greater in magnitude: what am I going to do after graduation? What supervisor should I choose to work with for my next degree? Which institution is offering a degree program that best fits my needs?

None of these decisions are easy to make. Here are some tips to help you search for your answers and, ultimately, to make an informed decision that is in your best interest.

We all know that the Internet is a great resource for looking up pretty much EVERYTHING. But the one question that no website or search engine will be able to answer is “What do I want to do?” You should have a good idea of what your interests are. They may or may not include the research you’re currently involved with-you’re not bound to that one topic of research just because you’ve been working in it for a while. Remember, graduate school is all about “training” not teaching. You’re being trained as a researcher-you already know how to be a student, hence you could learn all there is to know in a different scientific area on your own. Begin with narrowing down your interests to one to two areas of research, for example cardiovascular physiology or weight management. You may even already have a specific research question you would like to answer. Then, have a look on-line and find out who is working in the field. You might consider pursuing some of the following suggestions:

1. Check on-line journal databases, scholarly articles and other publications. Search for journals or articles in the field of your interest. This search will give you a better idea of who is working in the field and which institution they are affiliated with.
2. Search on-line for upcoming or previous conferences. The main academic bodies in every field of science hold at least one conference annually. You could check the conference programs or list of abstracts for the names of potential supervisors. Building a network by interacting with researchers at conferences that you attend is also a good idea.

3. Talk to people. Some of your lab mates may know of someone you would be interested in working with. Or perhaps your supervisor could make a few suggestions—they may know someone and could put in a good word for you. Also talk to other profs in your department. Find out where they went to school, what they suggest you look for, etc. You don’t have anything to lose from asking!

Important things to also consider when you’re choosing a graduate school are items like the program itself, the location and the cost of tuition. After accumulating the most amount of information possible about the schools you are interested in, ask yourself:

1. Do my goals and the department’s focus tie into each other?
2. Do the program and the offered curriculum match my needs?
3. Do I want to work with this supervisor?
4. Is there any funding available for me at this institution?
5. Can I afford the tuition? What financial help is available to me?
6. Do I have to move? What will my quality of life be like in this new community?

You have to compare the programs/schools/supervisors before you can make a final decision. Some programs require that you have found a supervisor prior to applying to their school. If this is the case, just remember that when you meet with a potential supervisor (or correspond with them), they are not the only ones doing the interviewing—YOU have to be interviewing them as well. Of course they want to know if you could integrate well into their research program, but you have to judge whether or not this is a person whom you can see yourself working with.

Of course, you always have the option to apply to more than one program. But make sure your time and effort are spent wisely. The applications can often be quite long and cumbersome, so only focus on the programs you’re really interested in.

Check out these websites for more information and tips on choosing a graduate program and finding a supervisor:

http://gradschool.about.com/cs/choosingaprogram/a/select.htm

http://www.freewebs.com/jussim2/gradschool.htm

http://www.newscientist.com/article/mg12917535.800-forum-how-to-choose-your-phd-supervisor--some-advice-forgraduate-students-.html

Just another summer in grad school…

By: Shilpa Dogra

We all aspire to finish our respective degrees so that we can get jobs, houses and cars, like many of our friends our age. But most importantly, we want to finish up so we too can say that we went on a summer vacation.

Let’s be honest folks, until we hit the almighty ultimate goal of earning a master’s or a PhD, we’re not going on any summer vacations to write home about. So, since we can’t afford to waste away our days on cruises, or trips to Europe…let’s focus on getting some work done…anyone? Here’s a list of some things we can do to this summer to ensure a smoother fall/winter term:

1. **Courses:** If you have course work remaining to complete your degree requirements, look into summer courses. There are a few universities that offer summer grad courses and some schools that offer summer courses online or by correspondence. If it is a course you are interested in, your graduate program may give you permission to take the class
through distance education. Doing a summer class will free up a lot of your time in the fall-winter term!

2. **Non-thesis related courses**: A great way to enhance your CV is to take certification courses. There are a ton of health and fitness-related certifications that only take a weekend to complete, and look great on your CV. These courses can range from something as basic as first aid/CPR, and personal training (CPT with CSEP), to more advanced courses such as venipuncturist and diabetes educator. Look into your local college for weekend continuing education courses. You can also take a course in statistics this summer. Many statistics and math departments offer one to two week programs in statistics software, or concepts such as Intro to SAS or SPSS, or even hierarchical modeling. A certification course will not only look good on your CV, but may also save you a lot of time when you are analyzing all that data you collected!

3. **Writing**: Trying to tie up loose ends on publications you started last term, or the term before...or even the one before that? Your goal should be to get at least one article/manuscript written up over the summer, whether it’s a review or meta-analysis or a secondary analysis that you thought up. This is a great time for you to show your supervisor that you are a go-hard keener! Take a first draft or a detailed plan to your supervisor, and then bask in the glory.

4. **Grants applications**: While there are still a couple of months before the dreaded grant deadlines, start developing your ideas now, while you still have a bit of spare time. You know your plan has changed since the last application round, so edit, or re-write last year’s submission now. Being proactive means you won’t be too stressed to make the fall deadlines. Also, take the summer to update your CV with all the little things you did over the year, before you forget. You can also do some digging when you want to take a break from your daily grind; search the web for some non-traditional granting agencies or conferences that are out there.

5. **Network with out of towners**: If you are close to completion and looking into the next phase of academia, summer is the perfect time to make contact with potential supervisors. Don’t forget, professors are much more relaxed in the summer because of the non-existent teaching load, and all that summer vacation they’re taking. As a result, they are more likely to take the time to meet with you now, rather than in the fall, when they themselves are busy teaching and applying for grants.

6. **Get organized**: Map out the year ahead. Figure out when you want to do your courses, write your proposal, do your stats, write up a manuscript, etc. You may not be able to stick with the plan, but if you have a list of things and a general idea of what you want to get done, you’re more likely to do it! If you’re really bored, and don’t get to do any of the aforementioned, at least look up the course materials for the courses you are taking in the fall and read ahead...not only are you effectively reducing your fall workload, but you’re also impressing the prof!

7. **Get your supervisor’s schedule!**: Whatever you do this summer, make sure you get a copy of your supervisor’s schedule. The mental giants tend to do a lot of traveling/going to the cottage (must be nice), so if you need them to edit, sign, or pay for something, make sure they’re around to do so!

So, in sum, use your summer to catch up or get ahead... and make sure you take some time to relax and re-coup ’cause fall is right around the corner!!!

**Piled Higher and Deeper**