



Saskatchewan
Kinesiology &
Exercise Science
Association

skesa.ca

Virtulal Education Day

Exercise is Medicine

February 6, 2021 (Email link to registered participants)

Presentations

Exercise: Impacts on the Brain & Mental Health

Presenter: Natalia Jaworska, PhD, Director of the Clinical EEG & Neuroimaging Lab at the University of Ottawa's Institute of Mental Health Research (IMHR)

Dr. Jaworska holds a BSc (Neuroscience) from the University of Alberta, and an MSc (Psychology/Neuroscience) from Dalhousie University, where she conducted research in an animal model of depression. Her doctoral training was carried out at uOttawa (Psychology) and focused on characterizing brain electrical profiles in depressed individuals. She completed postdoctoral fellowships at the University of Calgary and McGill University. Her research centers on understanding brain function and structure in mental illness, particularly mood disorders, and features associated with treatment response. She has a strong background in imaging and clinical electrophysiology (EEG), and experience with interventions in psychiatric populations, including exercise interventions. She has spear-headed work assessing the effects of aerobic exercise in depressed youth in Calgary and has continued this work in Ottawa. Specifically, she is interested in understanding the effects of high and moderate intensity exercise on clinical symptoms, cognition and brain ("does intensity matter?"). Second, she examines whether sex-differences factor into the relationship between exercise and mood-alleviating effects. She manages an active laboratory and conducts collaborative research with educators, practitioners and researchers from various domains (e.g., psychologists, psychiatrists, recreational therapists etc). She holds academic appointments at both the University of Ottawa and Carleton University. Her work has been funded by various national and provincial funding agencies (e.g., NSERC, University Medical Research Fund, Emerging Research in Mental Health funds, Innovation for Defense Excellence & Security Program); and her involvement in mental health research and advocacy is being increasingly recognized in Canada, and beyond.

Lab Website: <https://eeglab-imhr.weebly.com/>

Academic Website: <https://uniweb.uottawa.ca/members/3376>

Exercise and Depression

Presenter: Guy Faulkner, PhD, University of British Columbia

Guy Faulkner is a Professor and Chair in Applied Public Health in the School of Kinesiology, University of British Columbia. His research has focused on two interrelated themes: the effectiveness of physical activity promotion interventions, and physical activity and mental health. A current focus is examining how exercise can be integrated into mental health care as a treatment option for depression. He is the founding co-editor of the Elsevier journal *Mental Health and Physical Activity*.

Canada's 24-hour Movement Guidelines

Katya Herman, PhD, University of Regina

Dr. Katya Herman is an Associate Professor in the Faculty of Kinesiology & Health Studies at the University of Regina. Her academic background includes a BSc in Biochemistry, MSc in Community Health and Epidemiology, PhD in Kinesiology and Health Studies (Physical Activity Epidemiology). Dr. Herman's research interests are focused on physical activity, sedentary behaviour and obesity epidemiology. Her research has covered the lifespan from children to adults to older adults, examining the inter-relationships between physical activity, sedentary behaviour and obesity, and associations with both health-related quality of life and cardiometabolic outcomes.

Leveraging the effects of cardiorespiratory exercise towards enhanced neuroplasticity in the motor system

Cameron Mang, PhD, University of Regina

Dr. Cameron Mang is an Assistant Professor in Kinesiology and Health Studies at the University of Regina. His research examines how movement is controlled and rehabilitated among people experiencing chronic neurological conditions. Notably, Cameron also continues to work practically as a Kinesiologist and Clinical Exercise Physiologist. He launched the Enrich Community Neurorehabilitation Program at the University of Regina this past September and is working toward integrating its delivery with applied research.

**From a Clinician's Viewpoint: Another Look at Physical Activity
Strategies & Mental Health Outcomes**

**Marg Petty - BSPE, CESP Certified Exercise Physiologist
Saskatchewan Health Authority - Saskatoon**

Marg Petty is currently employed with Saskatchewan Health Authority as a Recreation Therapist in the Mental health and Addictions client care area. She has worked the entire spectrum of clinical services offered to those who are affected with a mental health condition. She started her healthcare career in hospital inpatient care, transferred to a psychiatric day center, and for the past 30 years to out-patient community-based services. In this presentation she will identify the typical barriers to mental health clients' engagement in physical activities and will provide practical strategies for their re-engagement supported by literature research and her years of practical clinical experiences.

A confirmation receipt of 10 PDC's will be emailed to registrants after the event