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Date of Birth: January 5, 1971
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FORMAL EDUCATION

PhD School of Kinesiology, University of Western Ontario May, 2001
Advisor: Dr. Craig Hall
Dissertation: Self-Presentational Influences on Exercise Related Behaviours and Cognitions

MA Physical Education, Exercise and Sport Science May, 1998
University of North Carolina at Chapel Hill
Advisor: Dr. Diane Stevens (nee Mack)
Thesis: Validation of the Revised Exercise Motivation Questionnaire

BA(H) Psychology, Queen's University at Kingston May, 1996

BComm(H) Commerce, Queen's University at Kingston May, 1994

CURRENT POSITIONS HELD

Associate Professor Department of Kinesiology 2006-present
Brock University
Director SeniorFit Exercise Program 2013-present
Brock-Niagara Centre for Health and Well-Being

- children. *Applied Physiology, Nutrition, and Metabolism*.
- Bailey, K. A., **Gammage, K. L.**, van Ingen, C., & Ditor, D. S. (2016). "My body was my temple": a narrative revealing body image experiences following treatment of a spinal cord injury. *Disability and Rehabilitation*, 1–7. doi:10.1080/09638288.2016.1211753
- Gammage, K. L.**, Drouin, B., & Lamarche, L. (2016). Comparing the effects of a yoga class to a resistance exercise class on body satisfaction and social physique anxiety in university women. *Journal of Physical Activity & Health*. Published ahead of print. doi:10.1123/jpah.2015-0642
- Bailey, K. A., **Gammage, K. L.**, van Ingen, C., & Ditor, D. S. (2016). Managing the stigma: Exploring body image experiences and self-presentation among people with spinal cord injury. *Health Psychology Open*, 3. doi:10.1177/2055102916650094
- Cline, L., & **Gammage, K. L.** (2016). "If you don't have anything nice to say, then don't say anything at all": Positive appearance-related commentary and physical activity. *Journal of Physical Activity and Health*, 13, 366–370. doi:10.1123/jpah.2015-0333
- Lamarche, L., Gammage, K. L., Kerr, G., Faulkner, G., & Klentrou, P. (2016). Psychological and cortisol responses to and recovery from exposure to a body image threat. *SAGE Open*, 6. doi:10.1177/2158244016642378
- Bailey, K. A., Lamarche, L., **Gammage, K. L.**, & Sullivan, P. J. (2016). Self-objectification and the use of body image coping strategies: The role of shame in highly physically active women. *The American Journal of Psychology*, 129, 81-90. doi:10.5406/amerjpsyc.129.1.0081
- Bailey, K. A., Cline, L. E., & **Gammage, K. L.** (2016). Exploring the complexities of body image experiences in middle age and older adult women within an exercise context: The simultaneous existence of negative and positive body images. *Body Image*, 17, 88–99. doi:10.1016/j.bodyim.2016.02.007
- Lamarche, L., Bailey, K. A., & **Gammage, K. L.** (2015). Use your imagination: College women's responses to a social-evaluative body image threat. *Journal of Applied Biobehavioral Research*, 20, 137-150. <http://dx.doi.org/10.1111/jabr.12032>
- Bailey, K. A., **Gammage, K. L.**, van Ingen, C. & Ditor, D. S. (2015). It's all about acceptance": A Qualitative study exploring a model of positive body image for people with spinal cord injury. *Body Image*, 15, 24-34. doi:10.1016/j.bodyim.2015.04.010
- Ozimok, B., Lamarche, L., & **Gammage, K. L.** (2015). The relative contributions of body image evaluation and investment in the prediction of dietary restraint in men. *Journal of Health Psychology*, 20, 592–601. doi:10.1177/1359105315573434
- Sullivan, P., Gagnon, M., **Gammage, K.**, & Peters, S. (2015). Is the effect of behavioral synchrony on cooperative behavior mediated by pain threshold? *The Journal of Social Psychology*, 150715110539003. doi:10.1080/00224545.2015.1071766
- Cloudt, M. C., Lamarche, L., & **Gammage, K. L.** (2014). The impact of the amount of social evaluation on psychobiological responses to a body image threat. *Body Image*, 11, 350–356. doi:10.1016/j.bodyim.2014.06.003
- Gammage, K. L.**, Lamarche, L., & Drouin, B. (2014). Self-presentational efficacy: Does it moderate the relationship between social physique anxiety and physical activity in university students? *International Journal of Sport and Exercise Psychology*, 12, 357–367. doi:10.1080/1612197x.2014.932824

- Lamarche, L., **Gammage, K. L.**, Klentrou P., & Adkin, A. L. (2014). What will they think? The relationship between self-presentational concerns and balance and mobility outcomes in older women. *Experimental Aging Research*, *40*, 426-435.
- Sullivan, P., Rickers, K., & **Gammage, K. L.** (2014). The effect of different phases of synchrony on pain threshold. *Group Dynamics: Theory, Research, and Practice*, *18*, 122-128.
- Bailey, K. A., Lamarche, L., & **Gammage, K. L.** (2014). Coping with body image threats among college women: The swimsuit problem. *International Journal of Psychological Studies*, *6*(2), 19-30. doi:10.5539/ijps.v6n2p19
- Lamarche, L., **Gammage, K. L.**, Kerr, G., Faulkner, G., & Klentrou P. (2014). Examining psychobiological responses to an anticipatory body image threat in women. *Journal of Applied Biobehavioral Research*, *19*, 127-143. doi:10.1111/jabr.12022
- Lamarche, L., Gionfriddo, A. M., Cline, L. E., **Gammage, K. L.**, & Adkin, A. L. (2014). What would you do? The effect of verbal persuasion on task choice. *Gait & Posture*, *39*, 583-587.
- Sharif, H., **Gammage, K.**, Chun, S., & Ditor, D. (2014). Effects of FES-ambulation training on locomotor function and health-related quality of life in individuals with spinal cord injury. *Topics in Spinal Cord Injury Rehabilitation*, *20*, 58-69.
- Lamarche, L., Zaback, M., **Gammage, K. L.**, & Adkin, A. L. (2013). A method to investigate discrepancies between perceived and actual balance in older women. *Gait & Posture*, *38*, 888-893.
- Lamarche, L., **Gammage, K. L.**, Sullivan, P., & Gabriel, D. A. (2013). The psychometric evaluation of the Self-Presentational Efficacy in Exercise Scale. *Measurement in Physical Education and Exercise Science*, *17*, 120-134.
- Pearson, E., Hall, C. R., & **Gammage, K. L.** (2013). Self-presentation in exercise: Changes over a 12-week cardiovascular program for overweight female initiates. *European Journal of Sports Science*, *13*, 407-413.
- Lamarche, L. & **Gammage, K. L.** (2012). Appearance evaluation versus investment: Differential relationship to eating behaviors and physical activity in college women. *Sport, Performance, and Exercise Psychology*, *1*, 145-157.
- Lamarche, L., Kerr, G., Faulkner, G., **Gammage, K. L.**, & Klentrou, P. (2012). A qualitative examination of body image threats using Social Self-Preservation Theory. *Body Image*, *9*, 145-154.
- Gammage, K. L.**, Gasparotto, J., Mack, D. E., & Klentrou, P. (2012). Gender differences in osteoporosis-related health beliefs and their relationship to vigorous physical activity. *Journal of American College Health*, *60*, 58-64.
- Lamarche, L., **Gammage, K. L.**, & Adkin, A. L. (2011). Manipulating balance efficacy: Its effects on perceived and actual balance in healthy young adults. *Canadian Journal of Behavioral Sciences*, *67*, 277-284.
- Gammage, K. L.**, & Klentrou, P. (2011). Predicting osteoporosis prevention behaviors: Health beliefs and knowledge. *American Journal of Health Behavior*, *35*, 371-382.
- Gaston, A., & **Gammage, K. L.** (2011). The effectiveness of a health message on pregnant women's intentions to exercise postpartum. *Journal of Reproductive and Infant Psychology*, *29*, 162-169.
- Yao M., Ludwa, I. A., Corbett, L., Klentrou, P., Bonsu, P., **Gammage, K. L.**, & Falk, B. (2011). Bone speed of sound and physical activity levels of overweight and normal-weight girls and adolescents. *Pediatric Exercise Science*, *23*, 25-35.

- Lamarche, L., **Gammage, K. L.**, & Gabriel, D. (2011). The effects of experimenter gender on state social physique anxiety and strength in a testing environment. *Journal of Strength & Conditioning Research*, 25, 533-538.
- Holmes B., Ludwa, I. A., **Gammage, K. L.**, Mack, D. E., & Klentrou, P. (2010). Relative importance of body composition, osteoporosis-related behaviors and parental income on bone speed of sound in adolescent females. *Osteoporosis International*, 21, 1953-1957.
- Gaston, A., & **Gammage, K. L.** (2010). Health versus appearance messages, self-monitoring, and pregnant women's intentions to exercise postpartum. *Journal of Reproductive and Infant Psychology*, 28, 345-358.
- Ludwa, I. A., Corbett, L., Yao, M., **Gammage, K. L.**, Falk, B., & Klentrou, P. (2010). Bone SOS, bone turnover and IGF-1 in adolescent synchronized swimmers versus controls. *Pediatric Exercise Science*, 22, 421-430.
- Lamarche, L., & **Gammage, K. L.** (2010). The effects of leader gender on self-presentational concerns in exercise. *Psychology and Health*, 10, 37-71.
- Gammage, K. L.**, & Gabriel, D. A. (2009). Trait self-presentational concerns and performance in a maximal isometric strength test. *Journal of Strength and Conditioning Research*, 23, 1287-1291.
- Lodewyck, K., **Gammage, K. L.**, & Sullivan, P. (2009). Relations between body size discrepancy, gender, and indices of motivation and achievement in high school physical education. *Journal of Teaching in Physical Education*, 28, 362-377
- Roberts, C., Munroe-Chandler, K. J., & **Gammage, K. L.** (2009). The relationship between the drive for muscularity and muscle dysmorphia in male and female weight trainers. *Journal of Strength & Conditioning Research*, 23, 1656-1662.
- Mack, D. E., Di Giovanni, G., **Gammage, K. L.**, Gasparatto, J., & Klentrou, P. (2009). Markers of bone health: relationships with health beliefs and physical activity in young adult females. *The Shield-Research Journal of Physical Education & Sports Science*, 4, 27-43.
- Gammage, K. L.**, Francouer, C., Mack, D. E., & Klentrou, P. (2009). Osteoporosis health beliefs and knowledge in college students: the role of dietary restraint. *Eating Behaviors*, 10, 65-67.
- Lamarche, L., **Gammage, K. L.**, & Strong, H. (2009). The effect of mirrored exercise environments on self-presentational efficacy and social anxiety in women in a step aerobics class. *Psychology of Sport and Exercise*, 10, 65-71.
- Lamarche, L., Shaw, J., **Gammage, K. L.**, & Adkin, A. L. (2009) Manipulating balance perceptions in healthy young adults. *Gait & Posture*, 29, 383-6.
- Drouin, B., Varga, H., & **Gammage, K. L.** (2008). The positive exerciser stereotype: The role of gender stereotype of the activity. *Journal of Biobehavioral Research*, 13, 143-156.
- Di Giovanni, G., Roy, B.D., **Gammage, K. L.**, Mack, D., & Klentrou, P. (2008). Associations of oral contraceptive use and dietary restraint with bone speed of sound and bone turnover in University-aged women. *Applied Physiology Nutrition and Metabolism*, 33, 696-705.
- Gammage, K. L.**, & Hall, C. R. (2006). Measurement of sport and exercise imagery. *Malaysian Journal of Sports Science and Recreation*, 2, 13-39.
- Burke, S. M., Milne, M. I., Hall, C. R., & **Gammage, K. L.** (2006). Comparing imagery use in older and younger adult exercisers *Imagination, Cognition, and Personality*, 25, 59-67.
- Munroe-Chandler, K. J. & **Gammage, K. L.** (2005). Now see this: A new vision of exercise imagery. *Exercise and Sports Science Reviews*, 33, 201-205.
- Munroe-Chandler, K. J., Kim, A., & **Gammage, K. L.** (2005). Using imagery to predict weight

- lifting dependency in men. *International Journal of Men's Health*, 3, 129-139.
- Strong, H., Stevens, D. E., & **Gammage, K. L.** (2005). The body cage: An examination of body image concerns in athletes. *Coaches Report*, 11(4), 24-26.
- Gammage, K. L.**, Martin, K. A., & Hall, C. R. (2004). Self-presentational efficacy: Its influence on anxiety in an exercise context. *Journal of Sport and Exercise Psychology*, 26, 179-190.
- Gammage, K. L.**, Hall, C. R., & Martin, K. A. (2004). Self-presentation in exercise contexts: Differences between high and low frequency exercisers. *Journal of Applied Social Psychology*, 34, 1638-1651.
- Gammage, K. L.**, Hall, C. R., Prapavessis, H., Maddison, R., Haase, A., & Martin, K. A. (2004). Re-examination of the Self-Presentation in Exercise Questionnaire (SPEQ). *Journal of Applied Sport Psychology*, 16, 82-91.
- Wilson, P. M., Rodgers, W. M., Hall, C. R., & **Gammage, K. L.** (2003). Do autonomous exercise regulations underpin different types of exercise imagery? *Journal of Applied Sport Psychology*, 15, 294-306.
- Hardy, J. T., **Gammage, K. L.**, & Hall, C. R. (2001). A descriptive study of athlete self-talk. *The Sport Psychologist*, 15, 306-318.
- Gammage, K. L.**, Hardy, J. T., & Hall, C. R. (2001). A description of self-talk in exercise. *Psychology of Sport and Exercise*, 2, 233-247.
- Cumming, J., Hall, C., Harwood, C., & **Gammage, K.** (2002). Motivational orientations and imagery use: A goal profiling analysis. *Journal of Sport Sciences*, 20, 127-136.
- Gammage, K. L.**, Carron, A. V., & Estabrooks, P. A. (2001). Team cohesion and individual productivity: The influence of the norm for productivity and the identifiability of individual effort. *Small Group Research*, 32, 3-18.
- Gammage, K. L.**, Hall, C. R., & Rodgers, W. M. (2000). More about exercise imagery. *The Sport Psychologist*, 14, 348-359.
- Hall, C. R., Hardy, J. H., & **Gammage, K. L.** (1999). About hitting golf balls in the water: Comments on Janelle's (1999) article on ironic processes. *The Sport Psychologist*, 13, 221-224.
- Mack, D. E., & **Gammage, K. L.** (1998). Attention to group factors: Coach considerations to building an effective team. *Avante*, 4(3), 118-129.

Published conference abstracts

- Sharif, H., **Gammage, K.**, & Ditor, D.S. (2012). The effects of FES-ambulation training on locomotor function and subjective well-being in individuals with incomplete SCI. *Journal of Spinal Cord Medicine*.
- Gionfriddo, A., Cline, L., Lamarche, L., **Gammage, K. L.**, & Adkin, A. L. (2012). The effect of manipulated balance efficacy on risk taking balance behaviour. *Gait and Posture*.
- Lamarche, L., **Gammage, K. L.**, Klentrou, P., & Adkin, A. L. (2012). The relationship between self-presentational concerns and balance-related outcomes in older women. *Gait and Posture*.
- Gammage, K. L.**, Lamarche, L., Sullivan, P. J., & Gabriel, D. A. (2012). Examination of the psychometric properties of the self-presentational efficacy in exercise scale. *Journal of Sport and Exercise Psychology*, 34.
- Gammage, K. L.**, Drouin, B., & Lamarche, L. (2012). Acute exercise and body image: The effect of yoga and resistance training. *Journal of Sport and Exercise Psychology*.

- Lamarche, L., **Gammage, K. L.**, Jehu, D. A., & Adkin, A. L. Effects of balance confidence on trunk sway during stance and gait tasks. *Journal of Sport and Exercise Psychology*, 34.
- Lamarche, L., Kerr, G., **Gammage, K. L.**, Faulkner, G., & Klentrou, P. (2012). Examining psychobiological response to body image threats in women: An application of social self-preservation theory. *Journal of Sport and Exercise Psychology*, 34.
- Tammemagi, M., Imam, S., Klentrou, P., **Gammage, K.** (2011). Socioeconomic status, schools and bone health in Canadian adolescent females. *Journal of Epidemiology and Community Health, Special Issue*. (International Epidemiology World Congress of Epidemiology Conference 2011).
- Cline, L., **Gammage, K. L.**, & Lamarche, L. (2011). Body image in breast cancer patients: Preliminary investigation into the role of physical activity. *Journal of Sport & Exercise Psychology*, 33, S137.
- Sullivan, P., Rickers, K., Gagnon, M., **Gammage, K. L.**, & Peters, S. (2011). The synchrony effect in treadmill running. *Journal of Sport & Exercise Psychology*, 33, S188.
- Gammage, K. L.**, Lamarche, L., Klentrou, P., & Adkin, A. L. (2011). Self-presentational concerns and physical activity participation in older adults. *Journal of Sport & Exercise Psychology*, 33, S163-164.
- Jehu, D., Lamarche, L., **Gammage, K. L.**, & Klentrou, P., & Adkin, A. L. (2011). Assessing balance confidence in older adults using a short version of the Activities-Specific Balance Confidence Scale. *Journal of Sport & Exercise Psychology*, 33, S80.
- Lamarche, L., **Gammage, K. L.**, Klentrou, P., & Adkin, A. L. (2011). The relationship between balance confidence and self-presentational concerns in older adults. *Journal of Sport & Exercise Psychology*, 33, S137.
- Gammage, K. L.** & Lamarche, L. (2010). Trait body image predictors of body-related social comparisons in university-aged women. *Journal of Sport & Exercise Psychology*, 32, S164-S165.
- Lamarche, L. & **Gammage, K. L.** (2010). The relationship between body image investment, dietary restraint, and exercise dependence in university-aged men. *Journal of Sport & Exercise Psychology*, 32, S187.
- Lamarche, L., **Gammage, K. L.**, Elias, K., & Adkin, A. L. (2010). Does verbal persuasion lead to changes in perceived and actual balance performance? *Journal of Sport & Exercise Psychology*, 32, S187-S188.
- Pearson, E. S., Hall, C. R., & **Gammage, K. L.** (2009). Self-presentation in exercise: A 12-week cardiovascular program for overweight female initiates. *Journal of Sport and Exercise Psychology*, 21, S132.
- Gammage, K. L.**, Lodewyk, K., & Pirrie, M. (2008). Body size discrepancy and motivation in high school physical education. *Journal of Sport and Exercise Psychology*, 30, S168.
- Lamarche, L., **Gammage, K. L.**, & Gabriel, D. (2008). The effects of experimenter gender on state social physique anxiety and strength in a testing environment. *Journal of Sport and Exercise Psychology*, 30, S178.
- Lamarche, L., Huffman, J. L., Elias, K. L., **Gammage, K. L.**, & Adkin, A. L. (2008). Verbal persuasion affects balance efficacy in healthy young adults. *Journal of Sport and Exercise Psychology*, 30, S32.
- Lamarche, L., **Gammage, K. L.**, & Strong, H. (2007). The effect of mirrored environments and prior aerobics experience on self-presentational efficacy, task self-efficacy, and social anxiety in women. *Journal of Sport and Exercise Psychology*, 29, S177.

- Gammage, K. L.,** Lamarche, L., Klentrou, P, Moore, M., & Adkin, A. L. (2007). Body image differences between osteoporotic and non-osteoporotic post-menopausal women: A pilot study. *Journal of Sport and Exercise Psychology, 29*, S163.
- Di Giovanni, G., Roy, B., **Gammage, K. L.,** Mack, D. E., & Klentrou, P. (2006). Effects of dietary restraint, physical activity, and oral contraceptives on bone strength and turnover in young women. *Applied Physiology, Nutrition, and Metabolism, 31*.
- Mack, D. E., **Gammage, K. L.,** & Klentrou, P. (2006). The Osteoporosis Health Belief Scale: Factorial validity in a university sample. *Journal of Sport and Exercise Psychology, 28*, S125.
- Gammage, K. L.,** Mack, D. E., & Klentrou, P. (2006). Reliability and factorial validity of the Osteoporosis Self-Efficacy Scale in college men and women. *Journal of Sport and Exercise Psychology, 28*, S70.
- Munroe-Chandler, K. J., **Gammage, K. L.,** & Estabrooks, P. A. (2005). A new vision of exercise imagery. *Journal of Sport and Exercise Psychology, 27*, S11.
- Munroe-Chandler, & K. J., **Gammage, K. L.** (2005). A proposed model of exercise imagery. *Journal of Sport and Exercise Psychology, 27*, S12.
- Gammage, K. L.,** & Munroe-Chandler, K. J. (2005). The drive for muscularity in weight lifters: The relationship to exercise imagery and self-presentational concerns. *Journal of Sport and Exercise Psychology, 27*, S13.
- Cumming, J., Taylor, J., Hall, C., & **Gammage, K.** (2000). The relationship between goal orientation and imagery use. *Journal of Sport and Exercise Psychology, 22*, S32.
- Gammage, K. L.,** Hall, C. R., Prapavessis, H., Maddison, R., Haase, A., & Martin, K. (2000). Self-Presentational Concerns in Exercise. *Journal of Sport and Exercise Psychology, 22*, S41.
- Gammage, K.L.,** Carron, A. V, & Estabrooks, P. (1999). The impact of perceptions of team cohesion, the norm for productivity and personal identifiability on the probability of off-season training: the application of group dynamics theory. *Journal of Sport and Exercise Psychology, 11*, S37.
- Gammage, K. L.,** & Mack, D. E. (1999). Validation of the Revised Exercise Motivation Questionnaire and Examination of the Relationship between Motivation and Adherence. *Journal of Applied Sport Psychology, 11*, S49.

Manuscripts Submitted

- Lamarche, L., Ozimok, B., **Gammage, K. L.,** & Muir, C. Men respond too: The effects of a social-evaluative body image threat on shame, social physique anxiety, and cortisol responses in university men. *Biological Psychology*.
- Cline, L., & **Gammage, K. L.** (submitted). Understanding appearance-related compliments: Can positive body image characteristics shield women from negative emotional effects?" *The Journal of Social Psychology*. 17-16-362.
- Cline, L., & Gammage, K. L. (submitted). Making a good impression: Overcoming weight stigma with positive body image. *Fat Studies*
- Lamarche, L., **Gammage, K. L.,** & Ozimok, B. (submitted). The gym as a culture of body achievement: Exploring negative and positive body image experiences in men. *Psychology of Men and Masculinities*. EMID:3221519fc04f95dd

- Bailey, K. A., **Gammage, K. L.**, van Ingen, C. (submitted). How do you define body image? Conceptual gaps and tensions between community members of an exercise facility and body image researchers. *Body Image*.
- Cline, L., **Gammage, K. L.**, van Ingen, C. (submitted). It's such a crazy journey: Exploring women's body image experiences with appearance-related commentary and weight loss. *Body Image*
- Cline, L., Bailey, K. A., & **Gammage, K. L.** (submitted). "I always wondered what would happen when I got older": Exploring body image coping strategies in women from a seniors' exercise program". *Health Psychology Open*. HPO-17-0003.
- Gammage, K. L.**, Crozier, S., & Gabriel, D. A. (submitted). The effect of social comparisons on social anxiety and performance in university men during one-repetition maximum testing. *Journal of Sport and Exercise Psychology*.

Works in Progress

- Gammage, K. L.**, Lamarche, L., Klentrou, P., & Adkin, A. L. The relationship between self-presentational concerns and leisure-time physical activity in older adults. Manuscript in preparation.
- Caporicci, K. C., **Gammage, K. L.**, Lamarche, L., & Adkin, A. L. The relationship between movement reinvestment, balance confidence, and balance and mobility performance in healthy older adults. Manuscript in preparation.

Presentations at Conferences and Learned Societies

- Gammage, K. L.**, Crozier, S., & Gabriel, D. A. (2016). Body-related social comparisons in men: Effects on social anxiety and strength outcomes. Poster presented at the North American Society for the Psychology of Sport and Physical Activity, June 2016, Montreal, PQ.
- Gammage, K. L.**, & Lamarche, L. (2016). Body confidence: Girls want support, guys want to show off. Oral presentation at The 3rd Canadian Conference on Positive Psychology, June 2016, Niagara-on-the-Lake.
- Bailey, K. A., **Gammage, K. L.**, van Ingen, C., & Ditor, D. S. (2016). Exploring positive body image in people with spinal cord injury. Poster presented at The 3rd Canadian Conference on Positive Psychology, June 2016, Niagara-on-the-Lake.
- Cline, L., & **Gammage, K. L.** (2016). Positive emotions facilitated by body appreciations at any size. Oral presentation at The 3rd Canadian Conference on Positive Psychology, June 2016, Niagara-on-the-Lake.
- Bailey, K. A., **Gammage, K. L.**, van Ingen, C. & Law, M. (2016). Methodological confluences: Integrating action research and implementation science in pursuit of effective program design, implementation, and evaluation. Poster presentation at Qualitative Methods Conference, May 2016, Glasgow, United Kingdom.
- Cline, L., van Ingen, C., & **Gammage, K. L.** (2016). Navigating a paradigmatic shift in the midst of a phenomenological study. Poster presentation at Qualitative Methods Conference, May, 2016, Glasgow, United Kingdom.
- Adkin, A. L., Caporicci, K. L., Lamarche, L., & **Gammage, K. L.** (2015). The relationship between movement reinvestment, balance confidence, and balance performance in healthy older adults. Research presented at the ISPGR World Congress, June 2015, Seville, Spain.

- Bailey, K. A., **Gammage, K. L.**, van Ingen, C., & Ditor, D. S. (2015). "My body was my temple": A narrative revealing body image experiences following treatment of a spinal cord injury. Oral presentation at the 11th Annual International Congress of Qualitative Inquiry (ICQI), May, 2015, University of Illinois at Urbana-Champaign, Illinois, USA.
- Accardo, P. V., Caporicci, K. C., Lamarche, L., **Gammage, K. L.**, & Adkin, A. L. (2014). Is movement reinvestment related to balance task objective priorities? Research presented at the Annual Conference of SCAPPS, October, 2014, London, ON.
- Bailey, K. A., **Gammage, K. L.**, van Ingen, C., & Ditor, D. (2014). Managing the stigma: A pilot study exploring body image experiences and self-presentation among people with spinal cord injury. Poster presented at the Canadian Society for Psychomotor Learning & Sport Psychology (SCAPPS), October, 2014, London, ON.
- Cameron, C., Lamarche, L., & **Gammage, K. L.** (2014). The relationship between trait self-conscious body image concerns and health outcomes. Poster presented at the Canadian Society for Psychomotor Learning & Sport Psychology (SCAPPS), October, 2014, London, ON.
- Caporicci, K. C., Lamarche, L., **Gammage, K. L.**, & Adkin AL. (2014). Movement self-consciousness is related to reduced balance outcomes in healthy older adults. Research presented at the Annual Conference of SCAPPS, October, 2014, London, ON.
- Cline, L., Lamarche, L., & **Gammage, K. L.** (2014). The prevailing couch potato judgment: Impressions of exercisers, non-exercisers, and sedentary individuals. Poster presentation at the Canadian Society for Psychomotor Learning and Sport Psychology, October 2014, London, Ontario, CA.
- Dimas, M. A., Lamarche, L., & **Gammage, K. L.** (2014). Updating your body image status: The relationship between Facebook use and body image concerns in university men and women. Poster presentation at the Canadian Society for Psychomotor Learning and Sport Psychology, October 2014, London, Ontario, CA.
- Pierre, J., **Gammage, K.L.**, & Munroe-Chandler, K. (2014). Drive for muscularity and self-presentational concerns to predict weight lifting imagery. Poster presentation at the Canadian Society for Psychomotor Learning and Sport Psychology, October 2014, London, Ontario, CA.
- Bailey, K. A., Lamarche, L., **Gammage, K. L.** (2014). Coping with body image threats among college women: The swimsuit problem. Poster presentation at the Canadian Psychological Association (CPA), June 2014, Vancouver, BC.
- Lamarche, L., Bailey, K. A., & Sullivan, P. J., & **Gammage, K. L.** (2014). Self-objectification and the utilization of body image coping strategies: The role of shame. (June, 2014). *Poster presentation* at the Canadian Psychological Association (CPA), June 2014, Vancouver, BC.
- Bailey, K. A., Lamarche, L., & **Gammage, K. L.** The swimsuit problem: Coping with body image threats among college women. (2014). Poster presented at the annual conference for the Canadian Psychological Association, June 2014, Vancouver, BC, CA.
- Lamarche, L., Bailey, K. A., & Sullivan, P. J., & **Gammage, K. L.** (2014). Self-objectification and the utilization of body image coping strategies: The role of shame. Poster presented at the annual conference for the Canadian Psychological Association, June 2014, Vancouver, BC, CA.
- Sullivan, P. J., Gagnon, M., Gammage, K. L., & Peters, S. (2014). Is the effect of behavioral synchrony on cooperative behavior mediated by endorphin activity? Poster presented at the

- annual conference for the American Psychological Association, August, 2014. Washington, DC.
- Bailey, K. A., Lamarche, L., & **Gammage, K. L.** (2013). Use your imagination: College women's responses to a social-evaluative body image threat. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, October 2013, Kelowna, BC, CA.
- Cline, L., **Gammage, K. L.**, Lamarche, L., Klentrou, P., & Adkin, A. L. (2013). Body-related concerns, appearance and health evaluation in older adults. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, October 2013, Kelowna, BC, CA.
- Cloudt, M., Lamarche, L., & **Gammage, K. L.** (2013). Psychobiological responses to a body image threat: The impact of amount of social-evaluative threat. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, October 2013, Kelowna, BC, CA.
- Lamarche, L., **Gammage, K. L.**, Kerr, G., Faulkner, G., & Klentrou, P. (2013). Physical activity as a moderator of shame responses to an anticipatory body image threat in women. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, October 2013, Kelowna, BC, CA.
- Pierre, J., Lamarche, L., Kennedy, S., & **Gammage, K. L.** (2013). Self-presentation and running performance in male college students. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, October 2013, Kelowna, BC, CA.
- Imam, S., Tammemagi, M., Klentrou, P., **Gammage, K. L.** (2011). Socioeconomic status (SES) related to bone properties in Canadian adolescent females? Poster presented at the annual conference for the International Congress for Epidemiology, March, 2011, Edinburgh, Scotland.
- Cline, L., Lamarche, L., & **Gammage, K. L.** (2010). Body-related social comparisons in college-aged men. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, October 2010, Ottawa, ON, CA.
- Lamarche, L. & **Gammage, K. L.** (2010). The relationship between body evaluation and investment, dietary restraint, and exercise dependence in university students. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, October 2010, Ottawa, ON, CA.
- Lamarche, L. & **Gammage, K. L.** (2009). The relationship between dietary restraint and body image in college-aged women. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, November 2009, Toronto, ON, CA.
- Lamarche, L. & **Gammage, K. L.** (2009). The relationship between dietary restraint and exercise behaviours in college-aged women. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, November 2009, Toronto, ON, CA.
- Lamarche, L., Huffman, J. L., Klentrou, P., **Gammage, K. L.**, & Adkin, A. L. (2009). The relationship between body image, balance confidence, and balance in healthy older women. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology, November 2009, Toronto, ON, CA.
- Klentrou, P., Nagy, K., & **Gammage, K. L.** (2009). Health Belief Model predictors of

- osteoprotective behaviours in adolescent females. Lecture presented at the annual conference of the Athens Institute for Education and Research, July, 2009 in Athens, Greece.
- Gammage, K. L.,** Lamarche, L., Klentrou, P., & Adkin, A. L. (2009). The relationship between body image and balance confidence in post-menopausal women with and without osteoporosis. Poster presented at the annual conference for the International Society for Behavioral Nutrition and Physical Activity, June, 2009, Lisbon, Portugal.
- Gammage, K. L.,** Lamarche, L., Mack, D. E., & Klentrou, P. (2009). Health Belief Model predictors of calcium consumption and physical activity in college women. Poster presented at the annual conference for the International Society for Behavioral Nutrition and Physical Activity, June, 2009, Lisbon, Portugal.
- Gaston, A., & **Gammage, K. L.** (2009). Effectiveness of a health-based message on pregnant women's intentions to exercise post-partum. Poster presented at the annual conference for the International Society for Behavioral Nutrition and Physical Activity, June, 2009, Lisbon, Portugal.
- Huffman, J., Lamarche, L., **Gammage, K. L.,** & Adkin, A. L. (2009). Manipulating balance efficacy: its effects on perceived and actual balance in healthy young adults. Poster presented at the annual conference for the International Society for Balance and Gait Research, June, 2009, Bologna, Italy.
- Lamarche, L., **Gammage, K. L.,** Klentrou, P., & Adkin, A. L. (2009). The Effectiveness of a 16-Week Exercise Intervention on Quality of Life in Women with and without Osteoporosis. Poster presented at the annual conference for the International Society for Behavioral Nutrition and Physical Activity, June, 2009, Lisbon, Portugal.
- Gammage, K. L.,** Lamarche, L., Adkin, A. L., & Klentrou, P. (2008). The effects of a 16-week exercise program on body image in post-menopausal women with and without osteoporosis. Lecture presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November, 2008, Canmore, AB.
- Lamarche, L., & **Gammage, K. L.** (2008). Social comparisons and affective responses to a group exercise class in women. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November, 2008, Canmore, AB.
- Drouin, B., Varga, H., & **Gammage, K. L.** (2008). The Positive Exerciser Stereotype: The Role of Gender Stereotype of the Activity. Lecture presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November, 2008, Canmore, AB.
- Chandler, K. J., & **Gammage, K. L.** (2008). Men's social anxiety in the weight room. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November, 2008, Canmore, AB.
- Drouin, B., **Gammage, K. L.,** Lamarche, L., & Munroe-Chandler, K. (2007). The drive for muscularity: A qualitative analysis in men and women. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November 2007, Windsor, ON, CA.
- Eliasz, K. L., Shaw, J. A., Lamarche, L., Ludwa, I. Moore, M. A., Klentrou, P., **Gammage, K. L.,** & Adkin, A. L. (2007). The short-version of the Activities-specific Balance Confidence scale reveals lower balance confidence in osteoporotic compared to non-osteoporotic women. Poster presented at the annual conference for the Canadian Society

- for Psychomotor Learning and Sport Psychology, November 2007, Windsor, ON, CA.
- Gammage, K. L.,** Lamarche, L., Ludwa, I., Klentrou, P., & Adkin, A. L. (2007). Quality of life: Differences in post-menopausal osteoporotic and non-osteoporotic women. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November 2007, Windsor, ON, CA.
- Lamarche, L. & **Gammage, K. L.** (2007). The exercise leader's gender and physique-salience: Effects on self-presentational concerns in an exercise context. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November 2007, Windsor, ON, CA.
- Varga, H., **Gammage, K. L.,** & Lamarche, L. (2007). The effects of leader gender and physique-salience on state body image, affect, and task self-efficacy in a core strengthening class. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November 2007, Windsor, ON, CA.
- Lamarche, L., Moore, M. A., Shaw, J., Easter, B., **Gammage, K. L.,** & Adkin, A. L. (2006). Balance knowledge modifies balance perception and balance control. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport Psychology, November 2006, Halifax, Nova Scotia.
- Di Giovanni, G., Roy, B., **Gammage, K. L.,** Mack, D. E., & Klentrou, P. (2006). Effects of dietary restraint, physical activity, and oral contraceptives on bone strength and turnover in young women. Lecture presented at the annual conference for the Canadian Society for Exercise Physiology. November 2006. Halifax, NS.
- Francoeur, C., **Gammage, K. L.,** Mack, D. E., & Klentrou, P. (2006). Dietary restraint and osteoporosis knowledge and beliefs in university students. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning & Sport Psychology. November 2006, Halifax, NS.
- Gasparotto, J., Mack, D. E., Di Giovanni, G., **Gammage, K. L.,** & Klentrou, P. (2006). Prediction of Tibial SOS by Osteoporosis knowledge and health beliefs. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning & Sport Psychology. November 2006, Halifax, NS.
- Hallman, T., Munroe-Chandler, K., & **Gammage, K. L.** (2006). The muscular ideal: A qualitative analysis. Poster presented at the annual conference of the Canadian Society for Psychomotor Learning & Sport Psychology. November 2006, Halifax, NS.
- Roberts, C. A., Chandler, K. J., & **Gammage, K. L.** (2006). Drive for muscularity in predicting muscle dysmorphia in male and female weight lifters. Lecture presented at the annual conference of the Canadian Society for Psychomotor Learning & Sport Psychology. November 2006, Halifax, NS.
- Chandler, K. J., **Gammage, K. L.,** & Hall, C. R. (2006). Self-efficacy, the drive for muscularity and weight training behavior. Lecture presented at the annual conference of the American Psychological Association. August 2006, New Orleans, LA.
- Gammage, K. L.,** Lester, S. M., Lenhardt, S., & Gabriel, D. A. Men are afraid too: Self-presentational concerns during maximal isometric strength testing. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning & Sport Psychology, Niagara Falls, ON.
- Lamarche, L., **Gammage, K. L.,** & Mack, D. E. (2005). Social physique anxiety across different settings. Poster presented at the annual conference for the Canadian Society for Psychomotor Learning & Sport Psychology, October 2005, Niagara Falls, ON.

- Gammage, K. L., & Hardy, J.** Self-talk and perceived exertion: Self-efficacy as a mediator. Lecture presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport, Saskatoon, SK.
- Gammage, K. L., & Hardy, J.** Self-presentational concerns and competitive anxiety in sport. Lecture presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport, Hamilton, ON.
- Gammage, K. L.** Exercise imagery: Working out where we go next. Symposium presented at the annual conference for the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
- Gammage, K. L., Martin, K. A., & Hall, C. R.** Self-presentation in exercise contexts: Differences between high and low frequency exercisers. Lecture presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport, Montreal, PQ.
- Gammage, K. L., Hall, C. R., & Martin, K. A.,** Social physique anxiety and exercise behaviour: Their relationships to self-presentational efficacy, impression motivation, and exercise imagery. Lecture presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport, Waterloo, ON.
- Gammage, K.L., Carron, A. V., & Estabrooks, P.** The impact of perceptions of team cohesion, the norm for productivity and personal identifiability on the probability of off-season training: the application of group dynamics theory. Lecture presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Banff, Alberta.
- Gammage, K. L., Hall, C. R., & Rodgers, W. M.** More about exercise imagery. Lecture presented at the annual conference for the Canadian Society for Psychomotor Learning and Sport, Edmonton, Alberta.
- Gammage, K. L., & Mack, D. E.** Validation of the revised exercise motivation questionnaire and examination of the relationship between motivation and adherence. Lecture presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Banff, Alberta.

RESEARCH GRANTS

Refereed External Grants

Public Health Agency of Canada Innovation Strategy Program Measuring the Effects of the Shape Your Life Project on the Mental and Physical Health Outcomes of Victims of Domestic Violence Co-Investigator (Principal Investigator: Dr. Cathy van Ingen) \$394,206	2016-2019
Social Science and Humanities Research Council (SSHRC) Insight Development Grant The synchrony effect in sport and exercise Co-Investigator (Principal Investigator: Dr. Philip Sullivan) \$140,000	2015-2018

Social Science and Humanities Research Council (SSHRC) Research Operating Grant Socio-behavioral determinants of bone health in adolescent females. Co-Investigator (Principal Investigator: Dr. Nota Klentrou) \$130,000 for 3 years	2007-2010
Social Science and Humanities Research Council (SSHRC) Research Operating Grant Osteoporosis knowledge and beliefs in college women and men Co-Investigator (Principal Investigator: Dr. Nota Klentrou) \$105,000 for 3 years	2004-2007

Canadian Foundation for Innovation (CFI) New Opportunities Grant The Center for the Advancement of Research in Physical Activity & Health: Promoting physical activity across diverse populations Principal Applicant \$88,151	2004
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Ontario Innovation Trust (OIT) The Center for the Advancement of Research in Physical Activity & Health: Promoting physical activity across diverse populations Principal Applicant \$88,151	2004
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Internal Grants

Brock University SSHRC Bridge Funding Body related social-evaluative threats in men: The application of social self-preservation theory to the study of male body image Principal Applicant \$3500	2016-2017
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Brock University Applied Health Sciences Seed Funding Investigating positive body image across the lifespan Principal Applicant \$3000	2016-2017
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Brock University SSHRC Internal Grant (BSIG) Predictors of positive body image in men and women Principal Applicant \$4000	2016-2017
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Brock University Research Services Matching Minds Applicant \$5000	2016
Brock University Research Services Matching Minds: Bridging Minds Applicant \$4500	2015
Brock University Research Services Matching Minds: Enquiring Minds Applicant \$4500	2015
Brock University Transdisciplinary Funding Opportunity Brock-Niagara Centre for Health and Well-Being Co-applicant \$1,000,000	2013-2017
Brock University SSHRC Internal Grant (BSIG) Body related social-evaluative threats in men: The application of social self-preservation theory to the study of male body image Principal Applicant \$4622	2013-2014
Brock University Advancement Fund (BUAF) Body Image Responses to Social-Evaluative Threats: Impact of Yoga Co-Applicant (Principal Investigator: Dr. Nota Klentrou) \$3500	2010-2011
Brock SSHRC Internal Grant (BSIG) The Synchrony Effect and Team Cohesion Co-Applicant (Principal Investigator: Dr. Philip Sullivan) \$2500	2009-2010
Brock University Advancement Fund (BUAF) Physical activity on body image and balance confidence in older adults \$2500	2008-2009
Brock SSHRC Internal Grant (BSIG) Self-presentational concerns in strength testing protocols Co-Applicant (Principal Investigator: Dr. David Gabriel) \$4000	2008-2009

Brock University Canadian Institutes of Health Research (CIHR) 2005-2006
 Body image in breast cancer patients: The role of physical activity
 Principal Applicant
 \$3000

Brock University Advancement Fund (BUAF) 2005-2006
 Body image in breast cancer survivors
 Principal Applicant
 \$2455

Brock University SSHRC Internal Grant (BSIG) 2004-2005
 Self-presentationally related health risk behaviours depicted on television
 Co-Applicant (Principal Investigator: Dr. Diane Stevens)
 \$1500

Brock University SSHRC Internal Grant (BSIG) 2004-2005
 Eastern Canadian Sport and Exercise Psychology Symposium
 Principal Applicant
 \$3000

Brock SSHRC Internal Grant (BSIG) 2004-2005
 Self-determination theory in exercise settings: The role of perceived choice
 Co-Applicant (Principal Investigator: Dr. Philip Wilson)
 \$2200

Brock SSHRC Internal Grant (BSIG) 2004-2005
 Social physique anxiety across different settings
 Principal Applicant
 \$1400

OTHER SCHOLARLY ACTIVITIES

Service as Assessor/Referee

Digest Editor 2015

Journal of Sport and Exercise Psychology

Digest compiler 2000-2015

Journal of Sport and Exercise Psychology

Journal Reviewer 2000-present

Body Image

Health Psychology
 International Journal of Sport Psychology
 Journal of Applied Biobehavioral Research
 Journal of Applied Sport Psychology
 Journal of Health Psychology
 Journal of Sport Behavior
 Journal of Sport and Exercise Psychology
 Journal of Sport Sciences
 Journal of Strength and Conditioning Research
 Personality and Individual Differences
 Psychology and Health
 Psychology of Sport and Exercise
 Psychoneuroendocrinology
 Rehabilitation Psychology
 Research Quarterly for Sport and Exercise
 Sport, Exercise, and Performance Psychology
 The Sport Psychologist
 Women and Health

Textbook Reviewer

Temertzoglou, T., & Challen, P. (2003). Exercise science. Toronto: Thompson Educational Publishing Inc.
 Powers, S. K., & Dodd, S. L. (in revision). Total fitness and Wellness. (1st Canadian Ed.). Toronto: Benjamin Cummings.

Other activities

Consulting Activities

Fitness Instructor & Consultant	1996-present
Guest Speaker, Marathon Group, Half-Marathon Group, and 10K Racers	1999-2000
Consultant, Individual and team sport athletes, University of North Carolina, University of Western Ontario	1996-2001

Workshops

Gammage, K. L., Cline, L., & Bailey, K. A. (2015). Building a positive body image. Workshop presented at Recreation Services, Brock University.
Gammage, K. L., & Sabiston, C. (2007). Implementing physical activity interventions for special populations. Workshop presented at the Eastern Canadian Sport and Exercise Psychology Symposium, Kingston, ON.
Gammage, K. L. (2006). Tenure and promotion. Invited speaker for discussion group at Eastern Canadian Sport and Exercise Psychology Symposium, Ottawa, ON.
Gammage, K. L. (2005). Self-Presentation in sport and exercise. Invited speaker for discussion group at the Eastern Canadian Sport and Exercise Psychology Symposium, Windsor,

Ontario.

Gammage, K. L. (2002). The application of research to a fitness setting. Invited speaker for discussion group at the Eastern Canadian Sport and Exercise Psychology Symposium, Hamilton, Ontario.

TEACHING ACTIVITIES

Courses Taught

Course	Title	Date	Enrollment
KINE 4P12	Exercise Programming for Older Adults	Spring 2016	17
KINE 3P85	Exercise Psychology	Winter 2016	56
KINE 4P12	Exercise Programming for Older Adults	Winter 2016	12
KINE 4P12	Exercise Programming for Older Adults	Fall 2015	19
KINE 3P13	Global Lifestyle Fitness Activities	Fall 2015	29
KINE 2P85	Psychosocial Health & Physical Activity	Fall 2015	133
AHSC 5P85	Body-related Concerns in Health and Exercise	Spring 2015	2
KINE 4P12	Exercise Programming for Older Adults	Spring 2015	14
PEKN 4P12	Exercise Programming for Older Adults	Winter 2015	19
PEKN 4P85	Body Image	Winter 2015	49
PEKN 2P85	Psychosocial Health & Physical Activity	Fall 2014	143
PEKN 3P13	Global Lifestyle Fitness Activities	Fall 2014	29
PEKN 4P12	Exercise Programming for Older Adults	Fall 2014	16
PEKN 4P12	Exercise Programming for Older Adults	Spring 2014	11
PEKN 3P85	Exercise Psychology	Winter 2014	40
PEKN 4P12	Exercise Programming for Older Adults	Winter 2014	30
AHSC 5P85	Body-related Concerns in Health and Exercise	Winter 2014	4
PEKN 3P13	Global Lifestyle Fitness Activities	Fall 2013	32
PEKN 4P12	Exercise Programming for Older Adults	Fall 2013	26
PEKN 3P13	Global Lifestyle Fitness Activities	Winter 2013	30
PEKN 4P85	Body Image	Winter 2013	28
PEKN 3P13	Global Lifestyle Fitness Activities	Fall 2012	30
PEKN 2P85	Psychosocial Health & Physical Activity	Fall 2012	216
PEKN 3P85	Exercise Psychology	Winter 2012	47
PEKN 3P13	Global Lifestyle Fitness Activities	Winter 2012	33
PEKN 4P85	Body Image	Fall 2011	60
PEKN 3P13	Global Lifestyle Fitness Activities	Fall 2011	26
PEKN 4P85	Body Image	Fall 2011	60
PEKN 3P13	Global Lifestyle Fitness Activities	Fall 2011	30
PEKN 4P85	Body Image	Winter 2011	51
PEKN 3P13	Global Lifestyle Fitness Activities	Fall 2010	26
PEKN 3P13	Global Lifestyle Fitness Activities	Fall 2010	24
PEKN 2P85	Psychosocial Health & Physical Activity	Fall 2010	51

PEKN 4P85	Body Image	Winter 2009	58
PEKN 3P85	Exercise Psychology	Winter 2009	40
PEKN 2P85	Psychosocial Health & Physical Activity	Fall 2008	40
PEKN 3P13	Global Lifestyle Fitness Activities	Fall 2008	13
PEKN 3P85	Exercise Psychology	Winter 2008	96
PEKN 4P85	Body Image	Fall 2007	61
PEKN 2P85	Psychosocial Health & Physical Activity	Fall 2007	91
PEKN 3P85	Exercise Psychology	Winter 2007	94
PEKN 3V91	Body Image	Fall 2006	41
PEKN 2P85	Psychosocial Health & Physical Activity	Fall 2006	96
PEKN 2P41	Health & Physical Activity Promotion	Winter 2006	240
PEKN 3P85	Exercise Psychology	Winter 2006	80
PEKN 2P85	Psychosocial Health & Physical Activity	Fall 2005	80
PEKN 3P85	Exercise Psychology	Winter 2005	57
PEKN 2P41	Health & Physical Activity Promotion	Winter 2005	237
PEKN 2P85	Psychosocial Health & Physical Activity	Fall 2004	60
PEKN 3P85	Exercise Psychology	Winter 2004	39
PEKN 2P41	Health & Physical Activity Promotion	Winter 2004	97
PEKN 2P41	Health & Physical Activity Promotion	Fall 2003	124
PEKN 2P41	Health & Physical Activity Promotion	Spring 2003	30
PEKN 3V95	Exercise Psychology	Winter 2003	15
PEKN 2P41	Health & Physical Activity Promotion	Winter 2003	195
PEKN 2P08	Research Methods	Fall 2002	148

Recognition of Teaching Excellence

Teaching Excellence Award
University of North Carolina at Chapel Hill

1997-1998

SUPERVISION

Post-Doctoral Student Supervision

Student	Funding	Date
Larkin Lamarche	SSHRC	2013-2015

Ph.D. Student Supervision

Student	Dissertation	Date
Aly Bailey	Implementing a Peer Support Program for Positive Body Image	2014-present
Lindsay Cline	Appearance Commentary and	2012-present

	Positive Body Image	
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Master's Student Supervision

Student	Thesis	Date
Alyssa Jackson	The effects of appearance lyrics on body image in university women	2015-2017
Rachel Gray	Effects of ideal media images on body image in older adult women	2014-2016
Aidan Smyth	Exercise as a coping mechanism for social-evaluative body image threats in university men	2014-2016
Michelle Dimas	The impact of appearance commentary on self-objectification and physical performance	2013-2015
Jermel Pierre	Self-selected versus researcher-selected music on intrinsic motivation and running performance	2013-2015
Carly Cameron	The role of attention focus on body image in exercise settings using mirrors	2013-2015
Miranda Cloudt	Impression formation and exercise status in myocardial infarction patients	2012-2014
Brianne Ozimok	Social-evaluative body image threats in college men	2012-2014
Aly Bailey	A qualitative examination of positive body image in individuals with spinal cord injury	2012-2014
Sarah Kennedy	Impact of personal trainer behaviours in exercise-related intentions and cognitions in middle-aged women	2012-2015
Christyn Oda	Manipulating self-efficacy: Effects on exercise intention and adherence	2011-2013
Sarah Howard	Appearance investment as a moderator of the relationship between social physique anxiety and physical activity	2011-2015
Scott Crozier	Self-presentational concerns in strength testing	2010-2012
Lindsay Cline	Positive and negative verbal commentary and body image: Impact on exercise	2009-2011
Kerry Ransom	Task self-efficacy and social physique anxiety in older adults: The effects of a 12-week physical activity intervention	2009-2010
Breanne Drouin	Body image and acute exercise: The influence of three types of exercise	2007-2010
Karlene Willmott	The effects of a 16-week exercise intervention on body image and health related quality of life in post-menopausal women with and without low bone mass	2007-2010
Heather Varga	Social comparisons and body image: Differences between exercisers and non-exercisers	2007-2009
Anca Gaston	The effect of a health versus appearance based message on pregnant women's intention to exercise post-partum: Self-monitoring as a mediator	2006-2008
Larkin Lamarche	The effect of the exercise instructor on self-presentational efficacy and social physique anxiety: Self-presentational	2005-2007

	concerns in an exercise setting	
Chera Francoeur	Effectiveness of a pedometer-based physical activity intervention in a workplace setting	2004-2006
Emma Davies	The influence of gender and attractiveness on perceptions of knowledge and competence in sportscasters	2004-2006
Kelly Roth	Influence of self-presentational concerns on health risk behaviours in adolescents	2003-2006

Undergraduate Thesis Supervision

Student	Topic	Year
Mikaela Cheng	A longitudinal investigation of strength and balance training in older adults	2016
Lakesha Romany	Implementation of a training program for an older adult with knee osteoarthritis	2015-2016
Rebecca Sproule	Perceptions of others: Impact of sedentary behaviours	2015-2016
Demi Toms	Weight training as a moderator of psychobiological responses to a social-evaluative body image threat	2015-2016
Jeffrey Walsh	Implementing balance training in a senior's centre	2015-2016
Lynsey Zielewicz	Developing educational materials for an older adults exercise program	2015-2016
Nigel Kurgan	Effects of a group versus individual exercise environment on self-presentational concerns in breast cancer survivors	2014-2015
Chris Anderi	Implementing a training program for a breast cancer survivor	2014-2015
Alyssa Jackson	Structuring exercise for older adults	2014
Jon Bagalacsa	Training older adult clients	2014
Madison Vani (psychology)	Moderators of the psychobiological response to social-evaluative body image threats in women	2013-2014
Aaron Glanfield	Individual client programming with seniors	2013-2014
Courtney McGuire	Assessment of balance and fitness in older adults	2013-2014
Katrina Arnds	Exercise training in seniors	2013
Brittany Beamer	Balance outcomes in older adults	2013
Rose Carey	Implementation of a balance program	2013
Jessica Castiglione	Designing seniors' exercise programs	2013
Christine Col	Development of a program for seniors	2013
Josh Bowslaugh	Assessment and Training of Balance in Seniors	2012-13
Peter Accardo	Implementation of Training Program for Seniors	2012-13
Jaro Krajniak	Exercise Programming for Older Adults	2012-13
Meghan Lake	Training the Older Adult	2012-13
Renato Soldo	Exercise Training and Assessment in Older Adults	2012-13
Rocco Milano	Implementing a Senior's Exercise Program	2012-13
Julia Di Bussula	Balance Training for Older Adults	2012-13
Dan Yeates	Physical Activity in Seniors	2012-13

Andrew Alaimo	Exercise Programming for Older Adults	2012
Tara Giallonardo	Exercise Programming for Older Adults	2012
Parmida Razavi	The Impact of an Exercise Program on Social Support in Seniors	2012
Jessica CuvIELlo	Balance Training in Older Adults	2011-2012
Katherine Crocker	Impact of Tracking Progress on Adherence	2011-2012
Alex Schimmell	Development of a Training Program for Older Adults	2011-2012
Stephanie Durk	Programming for Improving Balance	2011-2012
Kaitlyn LaPierre	Working with Senior Clients	2011-2012
Stephanie Katona	Teaching Older Adults to Exercise	2011
Amanda Johnson	Implementation of Exercise Programming in Older Adults	2011
Miranda Cloudt	Balance Training in Older Adults	2011
Stacey Kochnowich	Improving Balance in Older Adults through Exercise	2010-2011
Lisa Jollow	Body Image in Older Adults: Responses to Exercise	2010-2011
Leah Freisen	Balance Training for Older Adults	2010-2011
Nikki Goetz	Programming for Older Adults' Exercise	2010-2011
Creselda Villardo	Balance and Fitness Outcomes in Older Adults	2010-2011
Jermel Pierre	Self-Presentation in Running Performance	2010-2011
Jamie Bishop	Older Adults' Perceptions of a Balance and Exercise Program	2009-2010
Ashley Bruxer	Flexibility Training in Older Adults	2009-2010
Adam Hay	Impact of Tailored Feedback on Adherence in Older Adults	2009-2010
Natalie Malo	Balance in Older Adults	2009-2010
Justin Phillips	Balance and Exercise in Older Adults	2009-2010
Jessica Thompson	Training Students for working with Older Adults	2009-2010
Lise Thurler	Balance in Older Adults	2009-2010
Dan Vermunt	Developing Strength Programs for Older Adults	2009-2010
Stephanie Zarycky	Exercise Education in Older Adults	2009-2010
Juniper, K.	Acute exercise and self-presentation	2008-2009
Nagy, K.	Health belief model and bone health in adolescent girls	2008-2009
Kelley, S.	Exercise leader style, cohesion, and affect	2007-2008
White, S	Student versus teacher centered phys ed and self-concept	2007-2008
Carvalho, D. (Psychology)	Media exposure and drive for muscularity in men	2007-2008
Varga, H.	Leader gender and affect	2006-2007
Crowe, E.	Self-presentational concerns and running performance	2005-2006
Hayes, A.	Coaches' behaviours and self-concept	2005-2006
Laidlaw, D.	Imagery, self-presentation, and drive for muscularity	2005-2006
LeBlanc, M	Need satisfaction and exercise in older adults	2005-2006
Vint, E.	Direct versus indirect personal training and adherence	2005-2006
Willmott, K.	Time of year and body image	2005-2006

Lamarche, L.	State social physique anxiety	2004-2005
Brohart, J.	Muscle dysmorphia and drive for muscularity	2004
Small, C.	Self-talk in practice and competition	2003-2004
Anderson, E.	Self-presentation, competitive anxiety & gender	2002-2003
Dadson, L. (co-supervisor)	Eating disorders and exercise dependence	2002-2003
Degraw, J.	Self-presentation, competitive anxiety and sport type	2002-2003
Loughlin, B.	Self-presentation, competitive anxiety, and competitive level	2002-2003

Independent Studies Supervised

Course	Title	Date	Enrollment
KINE 3P99	Directed Reading	Summer 2016	1
KINE 4P89	Clinical Kinesiology Internship	Winter 2016	3
KINE 4P99	Directed Reading	Winter 2016	3
KINE 3P99	Directed Reading	Winter 2016	5
KINE 4P89	Clinical Kinesiology Internship	Fall 2015	2
KINE 4P99	Directed Reading	Fall 2015	4
KINE 3P99	Directed Reading	Fall 2015	2
KINE 3P99	Directed Reading	Spring 2015	2
PEKN 4P89	Clinical Kinesiology Internship	Winter 2015	1
PEKN 4P99	Directed Reading	Winter 2015	5
PEKN 3P99	Directed Reading	Winter 2015	3
PEKN 4P89	Clinical Kinesiology Internship	Fall 2014	1
PEKN 4P99	Directed Reading	Fall 2014	4
PEKN 3P99	Directed Reading	Fall 2014	5
PEKN 4P99	Directed Reading	Spring 2014	2
PEKN 3P99	Directed Reading	Spring 2014	3
PEKN 4P89	Clinical Kinesiology Internship	Winter 2014	1
RECL 4P00	Independent Study	Winter 2014	1
PEKN 4P99	Directed Reading	Winter 2014	9
PEKN 3P99	Directed Reading	Winter 2014	12
PEKN 4P99	Directed Reading	Fall 2013	5
PEKN 3P99	Directed Reading	Fall 2013	3
AHSC 5P60	Directed Reading	Spring/Summer 2013	4
PEKN 4P99	Directed Reading	Spring/Summer 2013	2
PEKN 3P99	Directed Reading	Spring/Summer 2013	7
AHSC 5P60	Directed Reading	Winter 2013	4
SPMA 3P99	Directed Reading	Winter 2013	1
PEKN 4P99	Directed Reading	Winter 2013	7
PEKN 3P99	Directed Reading	Winter 2013	20
SPMA 3P99	Directed Reading	Fall 2012	1
PEKN 4P99	Directed Reading	Fall 2012	4

PEKN 3P99	Directed Reading	Fall 2012	10
PEKN 4P99	Directed Reading	Spring/Summer 2012	2
PEKN 3P99	Directed Reading	Spring/Summer 2012	15
PEKN 4P99	Directed Reading	Winter 2012	3
PEKN 3P99	Directed Reading	Winter 2012	9
AHSC 5P60	Directed Reading	Fall 2011	3
PEKN 4P99	Directed Reading	Fall 2011	4
PEKN 3P99	Directed Reading	Fall 2011	6
PEKN 4P99	Directed Reading	Spring/Summer 2011	5
PEKN 3P99	Directed Reading	Spring/Summer 2011	8
PEKN 4P99	Directed Reading	Fall 2011	4
PEKN 3P99	Directed Reading	Fall 2011	7
AHSC 5V60	Directed Reading	Fall 2011	3
PEKN 4P99	Directed Reading	Summer 2011	3
PEKN 3P99	Directed Reading	Summer 2011	7
PEKN 4P99	Directed Reading	Spring 2011	2
PEKN 3P99	Directed Reading	Spring 2011	1
AHSC 5V61	Directed Study	Winter 2011	1
PEKN 4P99	Directed Reading	Winter 2011	4
PEKN 3P99	Directed Reading	Winter 2011	16
PEKN 4P99	Directed Reading	Fall 2010	3
PEKN 3P99	Directed Reading	Fall 2010	6
PEKN 4P99	Directed Reading	Spring/Summer 2010	2
PEKN 3P99	Directed Reading	Spring/Summer 2010	6
AHSC 5V61	Directed Study	Winter 2010	1
AHSC 5V60	Directed Reading	Winter 2010	1
PEKN 4P99	Directed Reading	Winter 2010	5
PEKN 3P99	Directed Reading	Winter 2010	6
PEKN 4P99	Directed Reading	Fall 2009	3
PEKN 3P99	Directed Reading	Fall 2009	4
PEKN 4P99	Directed Reading	Spring/Summer 2009	4
PEKN 4P99	Directed Reading	Spring/Summer 2009	10
PEKN 4P99	Directed Reading	Winter 2009	5
PEKN 3P99	Directed Reading	Winter 2009	5
PEKN 4P99	Directed Reading	Fall 2008	2
CHSC 4P30	Advanced Directed Reading	Fall 2008	2
PEKN 3P99	Directed Reading	Fall 2008	5
PEKN 3P99	Directed Reading	Winter 2008	3
PEKN 3P99	Directed Reading	Fall 2007	3
AHSC 5V61	Directed Reading	Winter 2008	2
AHSC 5V62	Directed Reading	Winter 2008	2
PEKN 3P99	Directed Reading	Summer 2007	1
PEKN 3P99	Directed Reading	Winter 2007	2
PEKN 4P99	Directed Reading	Winter 2007	6
PEKN 3P99	Directed Reading	Fall 2006	8

PEKN 4P99	Directed Reading	Fall 2006	1
PEKN 4P99	Directed Reading	Winter 2006	1
PEKN 5V61	Directed Reading	Winter 2006	1
AHSC 5V60	Directed Reading	Fall 2005	1
PEKN 3P99	Directed Reading	Fall 2005	2
PEKN 3P99	Directed Reading	Summer 2005	3
AHSC 5V61	Directed Study	Summer 2005	1
AHSC 5V61	Directed Study	Winter 2005	1
AHSC 5V60	Directed Reading	Winter 2005	1
PEKN 3P99	Directed Reading	Winter 2005	3
AHSC 5V60	Directed Reading	Fall 2004	1
PEKN 3P99	Directed Reading	Fall 2004	8
PEKN 3P99	Directed Reading	Summer 2004	5
PEKN 3P99	Independent Study	Winter 2004	2
AHSC 5V60	Directed Reading	Winter 2004	1
PEKN 3P99	Directed Reading	Summer 2003	5
AHSC 5V60	Directed Reading	Winter 2003	1

High School Science Mentorship Student Supervision

Student	Topic	Date
Helen Qin	Exercise as a moderator of psychobiological responses to social evaluative body image threats in men	2015-2016
Ana Peso	Psychological and balance outcomes of a 12-week exercise program in older adults	2014-2015
Ryan Waines	Cortisol and body image responses to threats in college men	2013-2014
Rebecca Geisbrecht	Manipulating the amount of social-evaluative body image threat: Effects on cortisol and shame	2012-2013
Sarah Bailey	Psychobiological responses to an anticipated social evaluative body image threat in university women	2011-2012
Jenn Romero	Cortisol and shame as responses to an actual body image social-evaluative threats	2010-2011

Other Contributions

Ph.D. Comprehensive Examination Committees

Liardi, V. University of Western Ontario	2011
Milne, M., University of Western Ontario	2005
Gregg, M., University of Western Ontario	2002

External Examiner: PhD Dissertation

Seely, J., University of New Brunswick	2016
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Ivanova, E., McGill University	2016
Jung, M., University of Saskatchewan	2008
Milne, M., University of Western Ontario	2007

External Examiner: Master's Thesis

Johnson, S., Brock University	2013
Simatovic, J., University of Western Ontario	2010
Pearson, E., University of Western Ontario	2008

PhD Supervisory Committees

Ludwa, I., Brock University	2008-2012
Lamarche, L. University of Toronto	2007-2011

Master's Thesis Committees

Thomas, A., Brock University	2014-2016
Ravizi, P., Brock University	2014-2016
Marini, M., Brock University	2014-2015
Accardo, P. Brock University	2013-2015
Parro, J., Brock University	2013-2014
Zaback, M., Brock University	2012-2014
Gagnon, M., Brock University	2012-2013
Rickers, K., Brock University	2011-2015
Sharif, H., Brock University	2011-2012
Taylor, L., Brock University	2011-2012
Imam, S., Brock University	2009-2013
Jehu, D., Brock University	2010-2012
Zimmer, S., Brock University	2010-2011
Muir, A., Brock University	2009-2011
LaForge, K., Brock University	2008-2010
Huffman, J., Brock University	2007-2009
Hurley, V., Brock University	2007-2009
Holmes, B., Brock University	2007-2009
Yao, M., Brock University	2006-2008
Moore, M., Brock University	2005-2007
Carre, J., Brock University (Psychology)	2005-2006
Di Giovanni, G., Brock University	2005-2006
Laing, N., University of Windsor	2005-2006
Spurrell, J., Brock University	2005-2006
Waddell, L., Brock University	2005-2006
Wilson, J., Brock University	2004-2006
Gray, C., Brock University	2004-2005
Hall, N., University of Windsor	2004-2005
Strong, H., Brock University	2003-2005

Brownell, K. Brock University	2002-2004
Kim, A. University of Windsor	2002-2003
Lichtenberger, C., McMaster University	2002-2003

<i>High School Co-op Supervision</i> Alejandro Vega	Winter 2016
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UNIVERSITY/COMMUNITY SERVICE

University Committees

Master of Professional Kinesiology Committee, Chair	2015-present
AHSC Gerontology Program Committee	2015-present
Mapping the New Knowledges Organizing Committee	2011-present
Ontario Graduate Scholarship Adjudication Committee	2013
Recreation Services Ad Hoc Hiring Committee (Fitness coordinator)	2011

Departmental & Professional Committees

Ontario Interdisciplinary Council for Aging and Health	2016-present
Curriculum Committee (Chair, 2013-2014)	2012-2014
Ad Hoc Hiring Committee	2012
Osteoporosis Fitness Certification Program – Osteoporosis Canada	2007-2012
AHSC Graduate Program Committee	2010-2012
Ontario Graduate Scholarship Adjudication Committee	2011-2013
Equipment and Safety Committee, PEKN (chair)	2008-2009
SSHRC Faculty-wide Adjudication Committee	2007
Equipment and Safety Committee, PEKN	2007-2008
Ad Hoc Hiring Committee, Neural Control Position	2007-2008
International Society for Electrophysiology and Kinesiology (ISEK) Organizing Committee	2005-2008
SSHRC Faculty Adjudication Committee	2007
Admissions Review Committee	2005-2007
Strategic Planning Committee	2006-2007
Chair, Timetable Committee	2005-2006
Canadian Society for Psychomotor Learning & Sport Psychology (SCAPPS) Organizing Committee	2005
OGS Faculty-wide Adjudication Committee	2005
Merit Committee	2005-2006
Timetable Committee	2003-2005
Academic Integrity Committee	2003-2005
Curriculum Committee	2003-2005
SSHRC Faculty-wide Adjudication Committee	2003
Hiring Committee – Biophysical (Ad Hoc)	2004
ECSEPS Organizing Committee	2003-2004
Nominations Committee	2003-2004
Committee on Student Behaviour (Ad Hoc)	2003
Hiring Committee – Research Methods (Ad Hoc)	2003

Hiring Committee – Motor Behaviour (Ad Hoc)	2003
Equipment & Safety Committee	2002-2003

Volunteer/Other Service

Director, Exercise Program for Older Adults	2006-present
Brock High School Mentorship Program Mentor	2011-present
Group Fitness & Spin Instructor, Brock University	2006-present
Wellness Day Drumfit Session	2013, 2015
Podcast on Aging, Research Services	2014
Kindergarten volunteer, Port Weller Elementary School	2007-2014
Special needs class volunteer, Port Weller Elementary School	2003-2007
Celebration of Excellence in Innovation	2005
Spring Open House	2003
Judge, Niagara Region Science Fair	2003

Invited Speaking

University of Toronto, Exercise Psychology Lab Group	2012
UWO PhD seminar series	2011
UWO Exercise Psychology Research Group	2011

Community Presentations

Welland Senior Citizen's Advisory Committee, Senior's Month Event (June 2016)	
Heritage Village Health & Wellness presentation (November 2015)	
PROBUS – Pelham Chapter (July 2015)	
St. Catharines Healthy Cities Senior's Day (June 2015)	
Niagara College Seniors Community Programs (July 2015)	
Drumfit Class, Port Colborne High School (February 2015)	
SMART (Seniors Maintaining Active Roles Together) exercise program for Parkinson's disease	
Parkinson's Society – Niagara Chapter (September, 2014). Balance and Exercise in in Parkinson's disease.	
PROBUS – Niagara North Chapter (July, 2014). Balance and Exercise in Seniors.	
Healthy Cities Seniors Day – Niagara Region (May 2014). Exercise for Older Adults.	
Osteoporosis Canada Bone China Tea – Hamilton/Burlington Chapter – Balance and Body Image in Women with Osteoporosis (May, 2013)	
Healthy Cities Seniors Day – Niagara Region (May 26, 2013). Exercise for Older Adults.	
Running Room, 5-km running group – Imagery in Sport (April 2012)	
Healthy Cities Seniors Day – Niagara Region (May 25, 2012). Exercise for Older Adults.	
Osteoporosis Canada – Niagara Chapter Information Sessions (March, 2012)	
Running Room, Women's Beginner Running Group guest speaker (May, 2011)	
TOPS Weight Loss Group guest speaker – Exercise and Osteoporosis (May, 2010)	
Welland Library Talk Series – Exercise and Cognition in Older Adults (March, 2010)	
Healthy Cities Seniors Day – Niagara Region (May 25, 2009). Exercise for Older Adults.	
Meals on Wheels, Port Colborne Chapter (November, 2008). Balance in Older Adults	

Osteoporosis Canada - Niagara Chapter. (October 21, 2008). Osteoporosis: Are you at risk? How do you know? Health Fair. Exercise and osteoporosis.

Port Colborne Seniors Day (June 17, 2008). Exercise interventions and Older Adults.

Healthy Cities Seniors Day – Niagara Region (May 26, 2008). The importance of exercise for older adults.

Canadian Federation of University Women – Welland and District (May 21, 2008). Balance and Body Image in Osteoporosis: A Physical Activity Intervention.

Memberships

International Society for Behavioral Nutrition and Physical Activity	2009
Canadian Fitness Professionals	2005-present
Canadian Society for Psychomotor Learning & Sport Psychology	2000-present
North American Society for the Psychology of Sport & Physical Activity	2000-present

Certifications

YogaFit level 1 (August 2011)

First Aid, CPR, AED (current)

Osteoporosis Canada Workshop Facilitator (May 27, 2008).