

AMY A. KIRKHAM, PHD

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EDUCATION & TRAINING

Postdoctorate - Advanced Cardiovascular Imaging for Oncology, Apr 2016-present

Department of Biomedical Engineering, Faculty of Medicine and Dentistry

University of Alberta, Edmonton, AB

Supervisor: Richard Thompson, PhD; Co-supervisor: Ian Paterson, MD

Awards (\$632,000 CAD total):

1. Susan G. Komen PDF Grant (2017-2020): \$180,000 USD (\$242,000 CAD)
2. Canadian Institutes of Health Research Fellowship (2016-2019): \$165,000
3. Alberta Innovates - Health Solutions Clinician Fellowship (2016-2019): \$225,000

PhD - Cardiovascular & Exercise Oncology, Sep 2010-Feb 2016 (medical LOA 09/11-08/12)

Rehabilitation Sciences, Department of Physical Therapy, Faculty of Medicine

University of British Columbia, Vancouver, BC

Thesis title: Exercise Cardio-Protection from Chemotherapy for Breast Cancer

Supervisor: Kristin Campbell, BSc PT, PhD

Awards (\$143,200 CAD total):

4. Mary Adele Norman Postgraduate Award in Medical Research (2016): \$2800
5. Canadian Institutes of Health Research Canada Graduate Scholarships - Doctoral Award (2010-2011, 2012-2014): \$105,000
6. UBC Four Year Doctoral Fellowship (2010-2011, 2012-2015): \$20,000
7. Canadian Institutes of Health Research Canada Graduate Scholarships – Michael Smith Foreign Study Supplement (2014): \$6,000; used to study echocardiography-derived myocardial mechanics with Dr. Rob Shave at Cardiff Metropolitan University, Wales
8. UBC Urban Poling Activator Award (2014): \$2,000
9. American College of Sports Medicine Foundation Doctoral Student Research Grant (2013): \$5,000 USD
10. American College of Sports Medicine Annual Meeting Cancer Interest Group Karen Hornbostel Memorial Trainee Award (2013): \$250 USD
11. Canadian Cancer Society Travel Award (2013): \$1100

Masters of Science - Exercise Oncology, Sep 2008- Oct 2010

School of Human Kinetics, Faculty of Education

University of British Columbia, Vancouver, BC

Thesis title: Comparison of Aerobic Exercise Intensity Prescription Methods in Breast Cancer Patients and Survivors

Supervisor: Don McKenzie, MD, PhD

Awards (\$58,183 CAD total):

12. UBC Faculty of Education Graduate Student Research Grant (2010): \$883
13. Canadian Institutes of Health Research Canada Graduate Scholarship - Master's Award (2009): \$17,500
14. Michael Smith Foundation for Health Research – Junior Graduate Studentship (2009): \$22,500, declined \$13,000
15. UBC University Graduate Fellowship (2009): \$16,000, declined
16. UBC Faculty of Education Award (2008): \$1300

Bachelor of Science Cum Laude – Kinesiology, 2003-2008

Certificate - Athletic Therapy, 2004-2007

School of Kinesiology and Health Science, Faculty of Health
York University, Toronto, ON

Awards (\$23,500 CAD total):

17. York Kinesiology and Health Science Honour Award (2007): \$500
18. York Dean's Honour Roll (2003/04, 2004/05, 2006/07, 2007/08)
19. York Kinesiology - Robert Munroe Menzies Award (2006): \$500
20. Canadian Interuniversity Sports Academic All-Canadian (2005/06, 2007/08)
21. York University Sport and Academic Excellence Award (2004-2008): \$10,500 total
22. Koch Industries Inc. Achievement Award (2003-2006): \$6,000 total
23. York University Entrance Scholarship (2003): \$2,000
24. York University Faculty of Pure & Applied Science Scholarship (2003): \$4,000

PUBLICATIONS & PRESENTATIONS

Note: Trainees are underlined for whom I played a substantial supervision/mentorship role

Peer-reviewed manuscripts

Accepted - First author

1. **Kirkham AA**, Van Patten C, Gelmon KA, McKenzie DC, Bonsignore A, Bland KA, Campbell KL. Effectiveness of oncologist-referred exercise and healthy eating programming as a part of supportive adjuvant care for early breast cancer. The Oncologist, in press. Impact factor: 5.0.
2. **Kirkham AA**, Shave RE, Bland KA, Bovard JM, Eves ND, Gelmon KA, McKenzie DC, Virani SA, Stohr EJ, Warburton DER, Campbell KL. Protective effects of acute exercise prior to doxorubicin on cardiac function of breast cancer patients: A proof-of-concept RCT. International Journal of Cardiology 2017; 245:263-70. Impact factor: 4.6.
3. **Kirkham AA**, Klika RJ, Ballard TM, Downey P, Campbell KL. Effective translation of research to practice: Hospital-based rehabilitation program improves health-related physical fitness and quality of life of cancer survivors. Journal of the National Comprehensive Cancer Network 2016;14(12):1555-62. Impact factor: 4.2.
4. **Kirkham AA**, Bland KA, Sayyari S, Campbell KL, Davis MK. Clinically Relevant Physical Benefits of Exercise Interventions in Breast Cancer Survivors. Current Oncology Reports 2016; 18(2):12. Impact factor: 2.8.
5. **Kirkham AA**, Neil-Sztramko SE, Morgan J, Hodson S, Weller SK, McRae T, Campbell KL. Fee-for-service cancer rehabilitation programs improve health-related quality of life. Current Oncology 2016; 23(4):233-40. Impact factor: 1.8.
6. **Kirkham AA**, Neil SE, Morgan J, Hodson S, Weller SK, McRae T, Campbell KL. Health-related physical fitness assessment in a community-based cancer rehabilitation setting. Supportive Care in Cancer 2015; 23(9):2525-33. Impact factor: 2.4.
7. **Kirkham AA**, Davis MK. Exercise prevention of cardiovascular disease in breast cancer survivors. Journal of Oncology, special issue: "Cancer and Cardiovascular Disease: The Complex Labyrinth" 2015; Article ID 917606. Impact factor: 1.2.
8. **Kirkham AA**, Virani SA, Campbell KL. The utility of cardiac stress testing for detection of cardiovascular disease in breast cancer survivors: A systematic review. International Journal of Women's Health 2015;7:127-140. Impact factor: 0.8.
9. **Kirkham AA**, Pauhl KE, Elliot RM, Scott JA, Doria SC, Davidson HK, Neil-Sztramko SE, Campbell KL, Camp PG. Utility of equations to estimate peak oxygen uptake and work rate from a six-minute walk test in patients with COPD in a clinical setting. Journal of Cardiopulmonary Rehabilitation and Prevention 2015; 35(6):431-8. Impact factor: 1.6.
10. **Kirkham AA**, Campbell KL, McKenzie DC. Comparison of aerobic exercise intensity prescription methods in breast cancer. Medicine & Science in Sports & Exercise 2013;45(8):1443-50. Impact factor: 4.5.

Accepted – Co-author

11. Campbell KL, Kam JWY, Neil-Sztramko SE, Liu Ambrose T, Handy TC, Lim H, Hayden S, Hsu L, **Kirkham AA**, Gotay CC, McKenzie DC, Boyd LA. Effect of aerobic exercise on cancer-associated cognitive impairment: A proof-of-concept RCT. *Psycho-Oncology*, accepted January 6, 2017. Impact factor: 3.3.
12. Neil SE, **Kirkham AA**, Hung SH, Niksirat N, Nishikawa K, Campbell KL. Aerobic capacity and upper limb strength are reduced in women diagnosed with breast cancer: A systematic review. *Journal of Physiotherapy* 2014;60(4):189-200. Impact factor: 3.7.
13. Takacs J, **Kirkham AA**, Brown J, Marriot E, Monkman D, Havey J, Hung S, Campbell KL, Hunt MH. Lateral trunk lean gait modification increases the energy cost of treadmill walking in those with knee osteoarthritis. *Osteoarthritis and Cartilage* 2014;22(2):203-9. Impact factor: 4.2.
14. Campbell KL, Van Patten CL, Neil SE, **Kirkham AA**, Gotay CC, Gelmon KA, McKenzie DC. Feasibility of a lifestyle intervention on body weight and serum biomarkers in breast cancer survivors with overweight and obesity. *Journal of the Academy of Nutrition and Dietetics* 2012;112(4): 559-67. Impact factor: 3.4.

Submitted

15. **Kirkham AA**, Bonsignore A, Bland KA, Van Patten C, McKenzie DC, Gelmon KA, Campbell KL. Exercise prescription and adherence for breast cancer: One size does not FITT all. *Medicine & Science in Sports & Exercise*, revised and resubmitted. Impact factor: 4.5.
16. **Kirkham AA**, Lloyd MG, Claydon VE, Gelmon KA, McKenzie DC, Campbell KL. Cardiovascular autonomic function: influence of breast cancer treatment and exercise. *Medicine & Science in Sports & Exercise*, under review. Impact factor: 4.5.
17. **Kirkham AA**, Shave RE, Bland KA, Bovard J, Eves ND, Gelmon KA, McKenzie DC, Virani SA, Stohr EJ, Warburton DER, Campbell KL. The effect of an aerobic exercise session 24 hours prior to each doxorubicin treatment for breast cancer on markers of cardiotoxicity and treatment symptoms: a RCT. *Breast Cancer Research and Treatment*, revised and resubmitted. Impact factor: 3.6.
18. Balneaves LG, Truant, TLO, Van Patten, C, **Kirkham A**, Waters E, Campbell KL. Physician referrals to a lifestyle intervention program for breast cancer patients: The experiences of patients and oncologists. *Journal of Cancer Survivorship*. Impact factor: 3.1.

In preparation (drafts completed and under review by co-authors)

19. **Kirkham AA**, Eves ND, Virani SA, Shave RE, Bland KA, McKenzie DC, Gelmon KA, Stöhr EJ, Warburton DER, Campbell KL. Is aerobic exercise before or during anthracycline treatment associated with change in longitudinal strain in early breast cancer patients? *Journal of the American Society of Echocardiography*. Impact factor: 6.8.
20. **Kirkham AA**, Bland KA, Wollmann H, Bonsignore A, McKenzie DC, Gelmon KA, van Patten CL, Campbell KL. Effectiveness of supervised exercise training on health-related aerobic and muscular fitness and quality of life in an oncologist-referred supportive care lifestyle program. *Journal of the National Comprehensive Cancer Network*. Impact factor: 4.2.
21. Bland KA, Neil-Sztramko SE, **Kirkham AA**, Van Patten CL, McKenzie DC, Gelmon KA, Campbell KL. Predictors of attendance to an oncologist-referred exercise program during and after adjuvant treatment for breast cancer. *International Journal of Behavioral Nutrition and Physical Activity*. Impact factor: 4.1.

Published conference abstracts

1. Yang EH, **Kirkham AA**, Thompson RB. Measurement and correction for the magnetic susceptibility effects of fat in venous oximetry: Application in the quantification of muscle oxygen consumption (VO₂) with plantar flexion exercise. *International Society for Magnetic Resonance in Medicine (ISMRM) Proceedings*. Poster presented at the ISMRM Annual Meeting, Honolulu, HI, May 2017.

2. **Kirkham AA**, Campbell KL, McKenzie DC. Breast cancer- and metabolic-related predictors of VO_{2peak} amongst active post-menopausal women. *Med Sci Sports Exerc* 2017; 49(5S Suppl 1):272. Poster presented at American College of Sports Medicine Annual General Meeting, Denver, CO, June 2017.
3. Rowe S, **Kirkham AA**, Bland KA, Van Patten CL, Bonsignore A, McKenzie DC, Gelmon KA, Campbell KL. Feasibility of supervised aerobic interval exercise training following treatment for breast cancer. *Med Sci Sports Exerc* 2017; 49(5S Suppl 1):271. Poster presented at American College of Sports Medicine Annual General Meeting, Denver, CO. June 2017.
4. Bland KA, **Kirkham AA**, Van Patten CL, Wollmann H, Bonsignore A, McKenzie DC, Gelmon KA, Campbell KL. Supervised exercise as supportive care for breast cancer patients: Improvements in physical fitness. *Med Sci Sports Exerc* 2017; 49(5S Suppl 1):334-335. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Denver, CO. June 2017.
5. Wollman HM, **Kirkham AA**, Van Patten CL, Bland KA, Bonsignore A, McKenzie DC, Gelmon KA, Campbell KL. Does supervised exercise programming at diagnosis impact future physical activity levels in breast cancer survivors? *Med Sci Sports Exerc* 2017; 49(5S Suppl 1):896. Poster presented at American College of Sports Medicine Annual General Meeting, Denver, CO. June 2017.
6. **Kirkham AA**, Shave RE, Eves ND, McKenzie DC, Gelmon K, Warburton DER, Virani SA, Campbell KL. Moderate exercise training prevents doxorubicin-related deterioration of subclinical marker of cardiac dysfunction in breast cancer. *Appl Physiol Nutr Metab* 2016 41(9 Suppl 4):S367. Poster presented at Canadian Society of Exercise Physiology Annual General Meeting, Victoria, BC, October 14, 2016.
7. Bland KA, **Kirkham AA**, van Patten CL, Bonsignore A, McKenzie DC, Gelmon KA, Campbell KL. Changes in quality of life among women engaging in exercise programming as a part of supportive care during and post adjuvant breast cancer treatment. *Appl Physiol Nutr Metab* 2016 41(9 Suppl 4):S343. Poster presented at Canadian Society of Exercise Physiology Annual General Meeting, Victoria, BC, October 14, 2016.
8. Wollmann HM, **Kirkham AA**, van Patten CL, Bonsignore A, McKenzie DC, Gelmon KA, Campbell KL. Comparison of strength improvements during and post adjuvant breast cancer treatment. *Appl Physiol Nutr Metab* 2016 41(9 Suppl 4):S397. Poster presented at Canadian Society of Exercise Physiology Annual General Meeting, Victoria, BC, October 13, 2016.
9. **Kirkham AA**, Shave R, Stohr E, Gelmon K, Eves ND, McKenzie DC, Warburton DER, Virani SA, Campbell KL. The effect of exercise 24-hours before chemotherapy on cardiac function and symptoms in breast cancer. *Med Sci Sports Exerc* 2016; 48(5S Suppl 1):831. Poster presented at American College of Sports Medicine Annual General Meeting, Boston, MA. June 3, 2016.
10. Bland KA, **Kirkham AA**, van Patten CL, Neil-Sztramko SE, Bonsignore A, Gelmon KA, McKenzie DC, Campbell KL. Patient-reported Barriers to Exercise and Predictors of Exercise Adherence During Adjuvant Chemotherapy for Breast Cancer. *Med Sci Sports Exerc* 2016; 48(5S Suppl 1):333. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Boston, MA. June 2, 2016.
11. Balneaves LG, Truant TLO, Campbell KL, Van Patten C, Waters E, **Kirkham A**. Patients and oncologist' perspectives on physician referrals to a lifestyle intervention program. Poster presentation at the 12th International Conference of the Society for Integrative Oncology. Boston, MA, USA. November 2015.
12. Rafn BS, **Kirkham A**, Klika R, Downey P, Ballard T, Campbell KL. The effect of a clinical cancer rehabilitation program on arm function and quality of life in breast cancer survivors. *Support Care Cancer* 2015; 23(Suppl 1):300. Poster presented at International Annual Meeting on Supportive Care in Cancer, Copenhagen, Denmark, June 27, 2015.
13. Klika R, **Kirkham A**, Campbell K, Downey P, Ballard T. Evaluation of the Strides to Strength™ cancer rehabilitation program. *Med Sci Sports Exerc* 2015; 47(5S):315-316. Poster presented at American College of Sports Medicine Annual General Meeting, San Diego, CA. May 28, 2015.

14. **Kirkham AA**, Morgan J, Hodson S, McRae T, Campbell KL. Assessment of a series of physical fitness tests in a community-based cancer rehabilitation setting. *Med Sci Sports Exerc* 2014;46(5 Suppl):127. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Orlando FL; May 28, 2014.
15. **Hung SH**, Neil SE, **Kirkham AA**, Niksirat N, Campbell, KL. Physical function in breast cancer survivors: A systematic review and comparison to healthy normative data. *Med Sci Sports Exerc* 2014;46(5 Suppl):382. Poster presented at American College of Sports Medicine World Congress on Exercise is Medicine, Orlando FL; May 29, 2014.
16. **Kirkham AA**, Morgan J, Hodson S, McRae T, Campbell KL. Urban cancer-specific community exercise programs: Who enrolls and what changes occur? *Med Sci Sports Exerc* 2014;46(5 Suppl):366. Poster presented at American College of Sports Medicine World Congress on Exercise is Medicine, Orlando FL; May 29, 2014.
17. Campbell KL, Kam J, Boyd LA, Handy TC, Lim H, Hayden S, Hsu L, Neil SE, **Kirkham AA**, Gotay CC, McKenzie DC, Liu-Ambrose T. Effect of exercise on cancer-associated cognitive dysfunction: A proof-of-concept randomized controlled trial. *J Clin Oncol* 32(15 suppl):9583. Poster presented at the Annual Meeting of the American Society of Clinical Oncology, Chicago USA, May 30-June 3, 2014.
18. **Kirkham, AA**, Virani SA, Campbell KL. The utility of exercise or pharmacological stress in identifying cardiac damage in breast cancer survivors. *Med Sci Sports Exerc* 2013;45(5 Suppl 1):215. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Indianapolis, IN; May 30, 2013.
19. **Kirkham AA**, Campbell KL, McKenzie DC. Comparison of aerobic intensity prescription methods in breast cancer patients and survivors. *Med Sci Sports Exerc* 2011;43(5 Suppl): S7. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Denver, CO; June 2011.
20. **Kirkham AA**, Neil SE, Campbell KL, McKenzie DC. An easy method for adjusting heart rate targets to account for training adaptations throughout exercise interventions with breast cancer survivors. *Appl Physiol Nutr Metab* 2010;35(S1). Poster presented at Canadian Society of Exercise Physiology Annual General Meeting, Toronto, ON; Nov. 2010.
21. Feehan L, Li LC, MacIntyre D, Harris S, **Kirkham A** and the Osteo-Fx Review Team. Exercise program elements deemed important by physiotherapists in exercise prescription following osteoporotic fracture. *Arthritis and Rheumatism*, 2010;60(10 suppl):1882.
22. **Kirkham AA**, Campbell KL, Jespersen DK and McKenzie DC. Exercise intensity prescription for women with breast cancer undergoing chemotherapy. *Appl Physiol Nutr Metab* 2009;34(S1):S48-S49. Oral presentation at Canadian Society of Exercise Physiology Annual General Meeting, Vancouver, BC: Nov. 2009.

Invited presentations

1. "Exercise in Cardio-Oncology: The Relationship between Exercise and Cancer Treatment-Related Cardiotoxicity"; 50-minute tutorial at American College of Sports Medicine Annual Meeting, Minnesota, MN, June 2018
2. "Effectiveness of Exercise Programming for Cancer Survivors in Clinical and Community Settings: How Does it Compare to Randomized Trials?" (within 2-hour symposium titled: Exercise for Cancer Survivors in the Real World: Translating Research to Practice); Symposium at American College of Sports Medicine Annual Meeting, Minnesota, MN, June 2018
3. "Exercise and diet as adjunct therapy for breast cancer"; Northern Alberta Breast Cancer Program Retreat, Edmonton, AB, October 2017
4. "Longitudinal strain imaging by magnetic resonance is a sensitive predictor of cardiotoxicity caused by breast cancer therapies"; Alberta Imaging Symposium, Edmonton, AB, May 2017
5. "Good days and bad days: Tailoring aerobic exercise prescription to chemotherapy" (within 2-hour symposium titled: Back to basics: Applying training principles for effective exercise prescription in cancer patients); Symposium at American College of Sports Medicine Annual Meeting, Boston, MA, June 2016

6. “Exercise therapy for breast cancer treatment side effects”; Pharmaceutical Outcomes & Policy Innovations Seminar, UBC; Vancouver, BC, May 26, 2015
7. “The role of acute and chronic exercise in cardioprotection from anthracycline chemotherapy for breast cancer”; Lions Gate Hospital Community Chemotherapy Centre; North Vancouver, BC; September 11, 2014
8. “Exercise is medicine: The benefits of exercise during cancer treatment”; Burnaby General Hospital Community Chemotherapy Centre; Burnaby, BC; August 20, 2014
9. “Exercise for cancer survivors: What does it look like outside research?”; School of Health and Social Care, University of Surrey (satellite location); Glasgow, Scotland; July 9, 2014
10. “Assessment and prescription in exercise oncology”; Cardiac Rehabilitation, Atrium Health Ltd. Centre for Exercise and Health; Coventry, England; July 1, 2014
11. “Exercise cardioprotection from chemotherapy for breast cancer”; School of Sport, Cardiff Metropolitan University; Cardiff, Wales; June 20, 2014
12. “Exercise cardioprotection from breast cancer anthracycline-induced cardiotoxicity”; British Columbia Cancer Agency Vancouver Centre; Vancouver, BC; May 24, 2014
13. “Prescription of exercise intensity in breast cancer and beyond”; StepUp 2013; Vancouver, Canada; April 30, 2013

RESEARCH OPERATING GRANTS

1. Susan G. Komen (International) Postdoctoral Research Fellowship Grant (direct operating costs). Role: PI. “Short-term lifestyle interventions for cardio-protection from anthracyclines.” \$180,000 USD (\$242,000 CAD); 2017-2020.
2. Anita Cochrane Memorial Endowment Fund Award at the British Columbia Cancer Foundation (Provincial). Role: Co-I. PI: Dr. Karen Gelmon. “The effects of exercise before doxorubicin infusion on cardiac function in breast cancer patients” (PhD thesis); \$6,840; 2014.
3. American College of Sports Medicine Foundation (International) Doctoral Student Research Grant. Role: PI. “Cardio-protective effects of exercise during chemotherapy” (PhD thesis); \$5,000; 2013.
4. UBC (Institutional) Faculty of Education Graduate Student Research Grant. Role: PI. “Comparison of aerobic exercise intensity prescription methods among breast cancer patients during and after chemotherapy” (MSc thesis); \$883; 2010.

TEACHING EXPERIENCE

Graduate

1. Instructor, PTH 517 – “Exercise and Movement I” (Exercise Physiology Module), UBC Department of Physical Therapy (Sept 2015)
2. Lab Instructor, PTH 527 - “Exercise and Movement II” (St. Paul’s Hospital “Healthy Hearts Centre” clinical visit), UBC Department of Physical Therapy (March 2015)
3. Clinical Skills Assistant, PTH 514 – “Clinical Skills I” (Emergency Care, Athletic Taping, Cardiorespiratory Examination, and Exercise Testing Labs), UBC Department of Physical Therapy (Sept-Oct for 2010-2015)

Undergraduate

4. Teaching Assistant, International Summer School - “Recovery from Injury and Disease” and “Exercise is Medicine,” UBC Faculty of Medicine (Jul-Aug 2015)
5. Guest Lecturer, KINE 469 - “Exercise Prescription”; UBC School of Human Kinetics (March 2011)
6. Teaching Assistant, KINE 103 – “Active Health” laboratory sessions, UBC School of Human Kinetics (1 term, Jan-Apr 2010)
7. Teaching Assistant, KINE 190 – “Anatomy and Physiology I” laboratory sessions, UBC School of Human Kinetics (2 terms, Sept 2008-Apr 2009)

STUDENT SUPERVISION AND MENTORSHIP EXPERIENCE

Primary or significant supervision role

1. Supervisor, UAlberta KIN Practicum for Marissa Doroshuk (Sep-Dec 2017)
2. Supervisor, UAlberta KIN Practicum for Jillian Christiansen (Jan-Apr 2017, currently in Physical Therapy)
3. Supervisor of undergraduate volunteers:
 - i. Bav Cheema (Sept 2014 -Apr 2015, currently in medical school)
 - ii. Savanna Rowe (Jan 2015 –Apr 2017, presented our work at international conference)
 - iii. Hannah Kapur (May-Aug 2015, received 2017 medical school interview)
 - iv. Simran Parmar (Sep 2015 – Feb 2016, currently in medical school)
4. Supervisor, UBC Work Learn Program, Chris Grellman (Sep 2014-Apr 2015)
5. Supervisor, UBC Work Learn Program, Nima Omid-Fard (Sept 2014-Jun 2015, currently in medical school)
6. Supervisor, UBC Work Learn Program, Cristina Trasolini (May 2014-April 2015)
7. Supervisor, UBC Faculty of Medicine Research Award recipient Sean Nugent (Jun-Aug 2014, currently in medical school)
8. Supervisor, UBC Work Learn Program, Kortni Pelli (2013-2014)
9. Supervisor, UBC Masters of Physical Therapy group research project: “Metabolic Cost of Trunk Lean Walking for Arthritis” (2012-2013)
10. Supervisor, UBC Masters of Physical Therapy group research project: “Can the 6-minute Walk Test Predict VO₂peak in COPD patients?” (2012-2013)

Mentorship

1. Mentor, UBC Kinesiology Mentorship Program, Sarah Sayyari, (2014-2015, currently in MSc)
2. Mentor, MSc student labmate, Stanley Hung (2012-2014, currently in Physical Therapy & PhD)
3. Mentor, UBC Kinesiology Mentorship Program, Shaolin Rahman (2013-2014, currently working in health care)
4. Mentor, Tri-council Graduate Student Applications, Rehabilitation Sciences Graduate Program, UBC (2012-2016)

SERVICE

Committees

1. Clinician Scientist Search Committee, Department of Physical Therapy, UBC, 2012
2. Student Advisory Committee, Clinical Exercise Physiology Association, 2009-2010
3. Communications Officer, Canadian Society of Exercise Physiology Graduate Student Committee, 2009-2011
4. Admissions Committee, Athletic Therapy Program, York Univeristy, 2007
5. Publicity Director, York University Varisty Sports Council, 2007-2008

Operating grant review

1. Dutch Cancer Society (KWF Kankerbestrijding), Amsterdam, NL (2016-present)
2. Tenovus Cancer Care, Cardiff, United Kingdom (2016-present)

Journal review

1. Cochrane Breast Cancer Group, Cochrane Database of Systematic Reviews
2. Medicine & Science in Sports & Exercise
3. Supportive Care in Cancer
4. PLOSOne
5. Hypothesis Journal
6. Experimental Physiology
7. Disability & Rehabilitation

Community

1. Community speaker, Running Room Learn-to-Run Clinic for breast cancer survivors, 2015
2. Created knowledge translation document for oncologists to prescribe exercise to their patients during treatment, published by Canadian Cardiac Oncology Network, 2014
3. Volunteer fitness testing for Vancouver Canucks, 2008-2010
4. Peer Health Educator, Community & Leadership Development, York University, 2007-2008

CERTIFICATIONS AND MEMBERSHIPS

1. Professional Kinesiologist, Alberta Kinesiology Association (2016-present)
2. Professional Kinesiologist, British Columbia Association of Kinesiologists (2014-2015)
3. Member, Canadian Society of Exercise Physiology (2009-present)
4. Member, American College of Sports Medicine (2009-present)
5. Member, Clinical Exercise Physiology Association (2009-present)
6. First Aid, CPR, AED Certification, Canadian Red Cross (2004-present)
7. Certified First Responder, Canadian Red Cross (2004-2009)
8. Certification Candidate, Canadian Athletic Therapists Association (2004-2010)
9. Certification Candidate, Ontario Athletic Therapists Association (2004-2010)

RESEARCH ASSISTANTSHIPS

1. Research Assistant, Exercise and cancer-associated cognitive function (May 2011–Jan 2014)
2. Research Assistant, Diet and physical activity pilot study (2009-2010)
3. Project Manager, randomized anastrozole exercise trial, (Sept 2009-Jan 2010)
4. Research Assistant, RCT of combined aerobic and resistance exercise in breast cancer survivors receiving chemotherapy: The CARE trial, (2008-2011)
5. Research Assistant, Arthritis Research Centre of Canada (Jan-Sept 2009)

ACADEMIC CONFERENCES & COURSES

Conferences attended

1. American College of Sports Medicine Annual Meeting (Denver, CO, 2017)
2. Global Cardio-Oncology Summit (Vancouver, BC, 2016)
3. Canadian Society of Exercise Physiology Annual General Meeting (Victoria, BC, 2016)
4. American College of Sports Medicine Annual Meeting (Boston, MA, 2016)
5. Global Cardio-Oncology Summit (Nashville, TN, 2015)
6. European Congress of Sport Science Annual Congress (Amsterdam, NL, 2014)
7. American College of Sports Medicine Annual Meeting (Orlando, FL, 2014)
8. Canadian Cardiac Oncology Network Annual Conference (Ottawa, ON, 2014)
9. Okanagan Cardiovascular and Respiratory Symposium, (Vernon, BC, 2014)
10. Heart and Lung Fest, (Vancouver, BC, 2014)
11. American College of Sports Medicine Annual Meeting (Indianapolis, 2013)
12. American College of Sports Medicine Annual Meeting (Denver, CO, 2011)
13. Canadian Society of Exercise Physiology Annual General Meeting (Toronto, ON, 2010)
14. Canadian Cardiovascular Congress (Montreal, QC, 2010)
15. Canadian Society of Exercise Physiology Annual General Meeting (Vancouver, BC, 2009)
16. Energy Balance, Cancer Prognosis and Survivorship Conference (Seattle 2009)
17. American College of Sports Medicine Annual Meeting (Seattle, WA, 2009)

Advanced courses

1. Analyzing Repeated Measures Data: ANOVA and Mixed Model Approaches, (8 weeks, Online, 2016)
2. International Intensive Graduate Course in Exercise & Clinical Physiology, Concordia University, (5 days, Montreal, QC, 2010)
3. Cardiovascular Ultrasound in Sport and Exercise Sciences, Human Kinetics, UBC-Okanagan, (5 days, Kelowna, BC, 2010)

4. Instructional Skills for Graduate Students, Teaching and Academic Growth (4 days, Vancouver, BC, 2010)
5. Publication and Grant Writing Workshop, CIHR-funded Quality of Life Training Program in Rehabilitation Research, (5 days, Vancouver, BC, 2010)
6. Introduction to and Applications of Hierarchical Linear Modeling/ Linear Mixed Effects Models, Department of Statistics, UBC (3 days, Vancouver, BC, 2009)

ATHLETIC ACHIEVEMENTS

1. Member, Triathlon Canada Vancouver Regional Training Centre (2011-2012)
2. Several podiums in international Half-Ironman races as a Professional Triathlete (2010)
3. Member, British Columbia Elite Long Course Triathlon Team (2009 & 2010)
4. 3rd, Elite women, British Columbia Time Trial (cycling) Provincial Championship (2010)
5. Represented Canada (19th, women 25-29) at the Olympic Triathlon Age Group World Championships in Australia (2009)
6. 2nd, women 25-29, 4th overall, National Olympic Triathlon Championships (2009)
7. Represented Canada (8th, women 20-24) at the Sprint Triathlon Age Group World Championships in Vancouver, BC (2008)
8. 2nd, women 20-24, National Olympic Triathlon Championships (2008) and National Sprint Triathlon Championship (2007)
9. 2nd, senior women's team, National Cross Country Championship (2007)
10. Ontario University Athletics Cross Country All-Star (2007)
11. Varsity Cross Country Team Captain, York University (2006-08)
12. Varsity Cross Country MVP, York University (2003-04, 2007-08)
13. York Lions Track and Field Achievement Award (2005)
14. York Lions Varsity Athlete-of-the-Week (2004, 2007)
15. York University Excalibur's Varsity Athlete-of-the-Year nomination (2004)
16. 10th, 3000m, Canadian Interuniversity Sport Track & Field National Championship (2004)