



Dr. Jonathon Fowles

National Center Director
Jonathon R. Fowles, PhD

Affiliation
Acadia University

Host Institution – Canadian Society for Exercise Physiology (CSEP)

The principal body for physical activity, health and fitness research and personal training in Canada, CSEP fosters the generation, growth, synthesis, transfer and application of the highest quality research, education and training related to exercise physiology and science. CSEP is the gold standard of health and fitness professionals dedicated to getting Canadians active safely by providing the highest quality customized and specialized physical activity and fitness programs, guidance and advice based on extensive training and evidence-based research.



National Center Advisory Board Affiliation

Jonathon R. Fowles, PhD	<ul style="list-style-type: none"> • Professor, Department of Kinesiology, Acadia University
Tatiana Jevremovic, MD, CCFP	<ul style="list-style-type: none"> • College of Family Physicians of Canada
Victor Lun, MD, CCFP	<ul style="list-style-type: none"> • Canadian Academy of Sport and Exercise Medicine
Kristin Campbell, PhD, PT	<ul style="list-style-type: none"> • Canadian Physiotherapy Association
Scott Howitt, DC	<ul style="list-style-type: none"> • Canadian Chiropractic Association / Royal College of Chiropractic Sport Sciences of Canada
Chris Shields, PhD	<ul style="list-style-type: none"> • Canadian Society for Psychomotor Learning in Sport & Exercise Psychology
Sue Boreskie, MPE	<ul style="list-style-type: none"> • Reh-Fit Centre
Hardip Jhaj, BKin	<ul style="list-style-type: none"> • Canadian Kinesiology Alliance

2018 Goals

- Continue to deliver, evaluate and improve our Exercise Prescription in Primary Care workshop and explore how to more intensively assist regions to implement EIM within their care systems once they have received this training
- Develop cohesive strategies to integrate EIM content into medical education curriculum
- Increase the integration of PAVS into electronic medical records
- Support exercise prescription and referral of patients to clinical and community-based exercise professionals

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- Secure funding from current and new partners to support ongoing operations
 - Participate in research projects supporting projects including: the On Campus initiative, developing an online PAVS, models of physician prescribed exercise interventions
 - Disseminate Canadian 'condition-specific' fact sheets or assist with dissemination of materials developed from respective chronic disease organizations
 - Develop more tools for health and exercise professionals including: online counseling tools for health care professionals to assist patients and branded progress notes for exercise professionals to communicate progress back to referring health professionals
 - Continue to build awareness through conference presentations and social media
 - Build our advocacy foundation so we can reach more decision makers at federal, provincial and regional levels
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Accomplishments to Date

- Delivered more than 25 workshops to more than 1,000 health care providers
 - Published several articles and research presentations on the outcomes of our EIMC workshops
 - Presented more than 30 clinical rounds and symposia at conferences to more than 4,000 health care professionals in the last two years, including the Family Medicine Forum, Primary Medicine Conference (largest MD conference in Canada), the annual meetings of the Canadian Academy of Sport and Exercise Medicine and Canadian Chiropractic Association and the Canadian Society for Exercise Physiology Presented an Exercise Prescription in Primary Care workshop in most Canadian provinces
 - Hosted a 'Think Tank' on Exercise Prescription and Referral, engaging leaders in the field to develop national strategies to integrate EIM into health care and in communities
 - Led a provincial EIM initiative identified by the Nova Scotia Health Authority as one of the top 20 innovations in health care in the province. EIMC also had significant inroads in advocacy with a presence for exercise prescription in health care in the national physical activity strategy 'Lets Get Moving'
 - Developed and presented an EIM Oncology focused workshop and collaborated on Exercise and Cancer Care workshops and dissemination for exercise professionals
 - Created a working group on Medical Education Curriculum to develop standardized approaches for medical curriculum for professionals schools and continuing medical education
 - Established EIM On Campus at 42 Universities and Colleges, some chapters with more than 200 members!
 - Maintained an EIMC Recognition Program and Professional Network – currently 350 members including exercise and health professionals, with regular newsletters and materials
 - Hosted two National EIMC on Campus student conferences
 - Expanded social media presence to > 1,450 Twitter followers and > 1,600 FB likes
 - Maintained existing partnerships with the Lawson Foundation, StepsCount, Urban Poling, and Wintranslation
 - In the process of developing partnerships with Prescription to Get Active and others.
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