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ANNUAL REPORT

January 1 to December 31, 2011

MCGILL UNIVERSITY

FACULTY OF EDUCATION

DEPARTMENT OF KINESIOLOGY AND PHYSICAL EDUCATION

SUBMITTED BY René A. Turcotte, Ph.D.

ASSOCIATE PROFESSOR AND INTERIM CHAIR

June 2012

Section I - Description of Department of Kinesiology and Physical Education

- The mission is to generate, advance, and disseminate knowledge about human health and physical activity, and to prepare professionals to engage in related employment.
- The objectives of the Department of Kinesiology and Physical Education are:
 1. To respect the diversity of the disciplinary bases and professional practices associated with Kinesiology and Physical Education, to encourage

Section II – Achievements of the past year

➤ Highlights

Research

A number of highlights from this year are worth noting. First as is part of our mission in this department our Faculty members continue to secure research funding from all three of the tri-councils (CIHR, NSERC, SSHRC). This year most faculty members are in the middle of completing numerous grants already awarded. Also notably, Professor Rassier has many grants as PI from CIHR and NSERC. Although results on all grant applications have not been received, a potential of over \$3,000,000.00 in funding as PI will be awarded to our professoriate this year. This is a fine accomplishment in light of the fact that we have a small department. Per capita funding is around \$220,000.00 per faculty member. These grants have made it possible to offer more fellowships to graduate students. This year students received over \$530,000.00 in funding. In 2011- 2012 the

Quebec and the knowledge which they require and second, to provide a forum for communication between the universities and the FKQ about program content and development of new programs, with the objective of defining the scope of practice of kinesiologists in Quebec and ensuring that they receive training which is adequate for their responsibilities. Significant progress has been made in defining the competencies which Kinesiology graduates will be expected to have in order to be entitled to practice as professionals in kinesiology. Dr. Jensen has contributed significantly to this process and continues to dedicate time to this process.

The department has reviewed both the Kinesiology and Physical Education programs content. The purpose of the review was to ensure that the Kinesiology program content was consistent with the guidelines which the FKQ has established as a common standard for Kinesiology programs in Quebec. In addition, the Department is exploring mechanisms for having FKQ certification exams administered to students graduating in Kinesiology. This process is especially important in light of the distinct possibility that kinesiologists will obtain the status of professional order in the next few years. Currently, we are reviewing our curriculum to ensure that all of the competencies required by the ACSM are covered and are working out the logistics of implementing a comprehensive 12-credit practicum course which would allow students to obtain the 500 hours of practical experience required by ACSM. The central venue for students will be the Research Center for Physical Activity and Health. We expect to make initial student placements after the review of the clinical exercise curriculum is complete. Professor Turcotte has secured a contract position for one year, hiring Professor Bergdahl who has experience with clinical exercise practicum placements and will teach courses that will help prepare the students for the clinical exercise practicum.

The Physical and Health Education program was also under review. The pedagogy committee is considering several possibilities to streamline the program and offer a better service to students including the suggestion that students in the program should be required to complete a science DEC or its equivalent to be accepted to the program. These possibilities are being considered. Recommendations resulting from the review of both programs will be considered for implementation in the next academic year.

Enrolment in the programs is 187 in the PHE (U0:13, U1:47, U2:40, U3:35, U4:52) and 164 in the BSc KIN (U0:19, U1:40, U2:49, U3:56). Ten students were enrolled in the BSc Honors program. The Graduation numbers were as follows: Fall 2011: BEd PHE 3 and BSc Kin 5 Winter 2012: BEd PHE 39 and BSc Kin 37 and BSc Kin Honours 10.

The Department hosted the fifth and sixth annual David Montgomery Memorial Walk/Run in October 2011, respectively, which raised \$1610 for the memorial fund. The funds are being used to create a graduate student award in the area of exercise physiology.

Cooperation with other teaching units at McGill and other institutions

The Department of Kinesiology and Physical Education (KPE) will continue to deliver its undergraduate program in partnership with several other units within the Faculty of Education and the McGill community. KPE offers

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Dr. David Pearsall continues to teach ANAT 315 in the Department of Anatomy and Cell Biology., a required course for Kinesiology students. This has allowed Kinesiology to have better access to anatomy laboratories and has resulted in the elimination of EDKP 205, which is no longer needed.

Cooperation with other teaching units at McGill and other institutions

Dr. Catherine Sabiston participated in the teaching of graduate coursesMSO 6024

Ph.D.

The number of Ph.D. students enrolled in the Ad Hoc program has been increasing each year since 2004 when no students were enrolled. The most dramatic increases have occurred since 2006, when the program had 3 students enrolled. There were 19 Ph.D. students enrolled in the Ad Hoc program as of December 2010, up from 14 in 2009. We anticipate that the number will continue to increase in the coming years, particularly since our junior faculty is beginning to attract more Ph.D. applicants and plan to hire three new faculty members in 2012-2013. The Department of Kinesiology and Physical Education has been involved in the organization of Bloomberg-

- IV- Pattern of Publications and Professional activities
- V- Graduate Student Funding
- VI- Consulting activities
- VII- Professionally relevant community service

Involvement in the community

The department maintains close links with the Association of Physical Educators of Quebec (APEQ) and is

Appendix I- Reviewers in Journals

Faculty Member	Awards	Editorial Boards	Reviewer – Journals & Granting Agencies
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			<p>(ISEK), ergonomics track chair, 12th congress, 2012 (abstract evaluator, congress session chair)</p> <ul style="list-style-type: none"> • 15th Nordic Baltic Conference on Biomedical Engineering and Medical Physics, Abstract evaluator, congress session chair • University of Toronto Bloorview, U Laval Research Chair on cerebral palsy (establishment), external evaluator • UQTR Research chair for chiropractic studies (renewal), external evaluator • Aging Clinical and Experimental Research, manuscript reviewer • Applied Ergonomics, manuscript reviewer • Clinical Journal of Pain, manuscript reviewer • Ergonomics, manuscript reviewer • Experimental Brain Research, manuscript reviewer
Enrique Garcia			<ul style="list-style-type: none"> • Adapted Physical Activity Quarterly, reviewer • Journal of Physical Activity and Health, reviewer • Journal of Science and Medicine in
			<ul style="list-style-type: none"> • Revista Mexicana de Psicología (Mexican Journal of Psychology), reviewer • Canadian Institutes of Health Research (Planning, Dissemination, and Knowledge Translation Supplement-Planning Grants), reviewer

William Harvey

- Adapted Physical Activity Quarterly

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Russell
Hepple

- Am J Physiol Regul Integr Compar Physiol, editorial board member
- Am J Physiol Regul Integr Compar Physiol, reviewer
- Aging Cell, reviewer
- Experimental Gerontology, reviewer
- FASEB Journal, reviewer
- American Journal of Physiology Heart, reviewer
- Journal of Gerontology Biological &

			<ul style="list-style-type: none"> • Journal of Biomechanics, reviewer • American Journal of Physiology-Cell Physiology, reviewer • American Journal of Physiology – Regulatory, Integrative and Comparative Physiology, reviewer • Journal of Applied Physiology, reviewer • Computer Methods in Biomechanics and Biomedical Engineering, reviewer
Greg Reid		<ul style="list-style-type: none"> • Adapted Physical Activity Quarterly, Emeritus Editor and Board Member 	
Catherine Sabiston		<ul style="list-style-type: none"> • Journal of Sport & Exercise Psychology, Associate Editor • Journal of Sport & Exercise Psychology, Editorial Board • Psychology of Sport and Exercise, Editorial Board • Sport , Exercise and Performance Psychology Journal, Editorial Board • Journal of Sport & Exercise Psychology, digest contributor • Encyclopedia for Sport and Exercise Psychology, Associate Editor • Self-Perceptions Section – Encyclopedia for Sport and Exercise Psychology, Associate Editor 	<ul style="list-style-type: none"> • Health Psychology, reviewer • Psychology and Health, reviewer • Global Health Promotion • Journal of Adolescent Health • International Journal of Obesity
Tanja Taivassalo			<ul style="list-style-type: none"> • Acta Neurologica Scandinavica, reviewer • Brain, reviewer • Neurology, reviewer • Multiple Sclerosis, reviewer

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Rene Turcotte			<ul style="list-style-type: none">• Grants – NSERC, reviewer of NSERC discovery application• Journal of Sports Science, reviewer of article
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Appendix II: Academic Staff Research F

McGill University: Office of Sponsored Research Internal funding: SSHRC-CIHR transition fund PI: W. Harvey Project title: Attention-Deficit Hyperactivity Disorder and Obesity: Who would have thought?	15,000
MUHC Bridge Fund PI: R. Hepple Project title: Relationship between denervation and mitochondrial function aging skeletal muscle	25,000
Canadian Foundation for Innovation New Opportunities Fund PI: R. Hepple Project name: Muscle Aging Diagnostic Laboratory	181,000
NSERC Discovery Grant PI: Dennis Jensen Project title: Neuro-physiological mechanisms of perceived respiratory discomfort (dyspnea) in humans under conditions of physiological stress	27,000
NSERC (Early Career Researcher Supplement) PI: Dennis Jensen Project title: Neuro-physiological mechanisms of perceived respiratory discomfort (dyspnea) in humans under conditions of physiological stress	5,000
NSERC: PI: Theodore Milner Project title: Adaptive control of limb mechanics	32,000
McGill-ZNZ Neuroscience Collaboration PI: Theodore Milner Project title: Adaptive Control of limb mechanics -Development and evaluation of novel techniques for assessment and rehabilitation of arm and hand sensorimotor function	15,000
NSERC Collaborative Research Development Grant with contribution from Bauer Hockey Corp. PI: D. Pearsall Co-investigators: R. Turcotte, C. Sabiston Project title: Mechanics of Ice Hockey Equipment	156,400
NSERC Engage PI: D. Pearsall Co-investigator: T. Taivassalo	25,000

<p>NSERC PI: D. Rassier Project title: Ultrasensitive system for measuring light deflection in atomic force cantilevers</p>	124,649
<p>NSERC PI: D. Rassier Project title: The role of myosin surface loops 1 and 2 in regulating the load-dependent power-stroke and ATP kinetics during muscle contraction</p>	31,000
<p>NSERC-Discovery Accelerator Supplement (DAS) Program PI: D. Rassier Project title: The role of myosin surface loops 1 and 2 in regulating the load-dependent power-stroke and ATP kinetics during muscle contraction</p>	40,000
<p>CIHR PI: D. Rassier Project title: Mechanisms underlying the sarcomere length dependence of force and muscle activation</p>	88,936
<p>SSHRC PI: M. Belanger Co-investigators: J. Beauchamp, C.M. Sabiston, J.F. Richard, J. O'Loughlin Project title: Monitoring Activities of Teenagers to Comprehend the Habits (Project MATCH)</p>	40,000
<p>Fonds de la recherche en santé Québec PI: C.M. Sabiston Project title: Life After Breast Cancer: Moving On/La vie après un cancer du sein: en mouvement</p>	15,000
<p>SSHRC PI: P.R.E. Crocker Co-investigators: C.M. Sabiston, P. Gaudreau, K.C. Kowalski Project title: Coping with stressful competitive athletic performance. Examining the moderating and mediating effects of perfectionism,</p>	

SSHRC PI: R. Camercon Co-PI: R. Ferrence, C. Gotay, K. Raine, R. Plotnikoff, B. Riley Co-investigators: 58 additional co-investigators, including C.M. Sabiston Project title: Pan Canadian strategic training in population intervention research for chronic disease prevention. Canadian Institute of Health Research: Strategic Training Initiative in Health Research	500,000
CIHR PI: C. Loiselle Co-Investigators: 30 additional collaborators, incl. C.M. Sabiston Project title: Psychological oncology research training (PORT): A renewal application	500,000
CIHR PI: T. Taivassalo Project title: Exercise-induced upregulation of mitochondrial gene expression: Therapeutic strategies for mitochondrial disease	123,571
NSERC PI: T. Taivassalo Project title: Regulation of the exercise oxygen cascade in humans: clues from mutant muscle mitochondria	28,000
FRSQ PI: J. Landry Co-investigator: T. Taivassalo Project title: Étude sur les caractéristiques de la fonction pulmonaire, de la tolérance à l'effort, de l'utilisation des soins de santé et de la qualité de vie des personnes ayant survécu à une naissance prématurée	80,000
NSERC PI: D. Pearsall Co-investigator: T. Taivassalo Project title: The Effects of Resistive Undergarments on Hip Passive Movement	20,000
NIAMS PI: R. Haller Co-investigator: T. Taivassalo Project title: Exercise Adaptations in Mitochondrial Myopathy: Therapeutic Implications	250,000
NSERC Synergy Innovation Award PI: D. Pearsall Co-investigators: D. Jensen, R. Turcotte Project title: Ice Hockey Equipment R&D: 15 years of contribution	200,000
DND-NSERC-CRD PI : David Pearsall Co-investigators : Dennis Jensen, R. Turcotte Project Title: Biomechanical and physiological study of a dermoskeleton for mobility enhancement applications	115,200
TOTAL :	3,412,048

Appendix III: Publications

Refereed Journal Articles

ANDERSEN, Ross

Brunet J., Andersen R.E.. Getting active and staying active after being treated for breast cancer: What you should know. American Council on Exercise Certified News. (January 2011)

Sabiston C., Andersen R.E. Helping Breast Cancer Survivors Adopt Active Lifestyles. American Council on Exercise Certified News. (January 2011)

Andersen R.E, Bauman A.E. The effects of commuter pedestrian traffic on the use of stairs in an urban setting American Journal of Health Promotion. 2011; 25(7)

Franckowiak, S.C, Dobrosielski D.A, Riley, S.M., Walston, J.D., Andersen, R.E. Maximal heart rate prediction in adults that are overweight or obese. *Journal of Strength and Conditioning Research*. 2011;25(5) 1407-1412.

Hart, T.L., Craig C.L., Griffiths J.M., Cameron C., Andersen R.E., Bauman A.E., Tudor-Locke C. Markers of Sedentarism: The Joint Canada/U.S. Survey of Health. *Journal of Physical Activity and Health*. 2011: Vol 8 (3), 361-371.

Reed, S.B., Crespo, C.J., Harvey W, Andersen, R.E. Social Isolation and Physical Inactivity in Older U.S. Adults: Results from the Third National Health and Nutrition Examination Survey. *European Journal of Sports Sciences*. 2011; 11(5) 359-365

Loprinzi P., Cardinal B., Crespo C., Andersen R.E., Smit E. Objectively measured physical activity and C-reactive protein: National Health and Nutrition Examination Survey 2003-2004. *Scand J Med Sci Sports* 2011;10-0838

Valente S.A., Greenough W.B., Demarco, S.L., Andersen R.E. More Expensive Surfaces are not Always Better *Kuwait Medical Journal*. 2012; 44(1) 40-45.

Loprinzi P., Lee H., Cardinal B.J., Crespo C.J., Andersen R.E., Smit E. The Relationship of Actigraph Accelerometer Cut-Points for Estimating Physical Activity with Selected Health Outcomes: Results from NHANES 2003-2006. In Press: *Research Quarterly for Exercise and Sport*.

Loprinzi P., Cardinal B.J., Crespo C.J., Brodowicz, G.R., Andersen R.E., Smit E. Differences in Demographic, Behavioral, and Biological Variables Between those with Valid and Invalid Accelerometry Data: Implications for Generalizability. *Journal of Physical Activity and Health*: In press

Loprinzi P., Brodowicz, G.R., Cardinal B.J., Crespo C.J., Andersen R.E., Smit E. Differences in Demographic, Behavioral, and Biological Variables Between those with Valid and Invalid Accelerometry Data: Implications for Generalizability. In Press. *Scandinavian Journal of Medicine and Science in Sports*

BLOOM, Gordon

Duchesne, C., Bloom, G.A., Sabiston, C.M.) Intercollegiate coaches' experiences with elite international athletes in an American sport context. *International Journal of Coaching Science*, v. 5, no. 2, 2011, pp. 49-68.

Jones, M.I., Dunn, J.G.H., Holt, N.L., Sullivan, P.J., and Bloom, G.A. Exploring the '5Cs' of positive youth development in sport. *Journal of Sport Behavior*, v. 34, no. 3, 2011, pp. 250-267.

Banack, H.R., Sabiston, C.M., and Bloom, G.A . Coach autonomy support, basic need satisfaction, and intrinsic motivation of Paralympic athletes. Research Quarterly for Exercise and Sport, v. 82, no. 4, 2011, pp. 722-730.

CÔTÉ, Julie

Lomond, K. V., Boulay, E., Côté, J.N. Shoulder functional assessments in persons with chronic neck/shoulder pain and healthy subjects: reliability and effects of movement repetition. Work, v. 38, no. 2, 2011, pp. 169-80.

Lomond, K.V., Côté, J.N. Differences in posture-movement changes induced by repetitive arm motion in healthy and shoulder-injured individuals. Clinical Biomechanics, v. 26, no. 2, 2011, pp. 123-9.

Fuller, J. R., Fung, J., Côté, J.N. Time-dependent adaptations to posture and movement characteristics during the development of repetitive reaching induced fatigue. Experimental Brain Research, v. 211, no. 1, 2011, pp. 133-43.

St-Onge, N., Côté, J.N., Preuss, R.A., Patenaude, I., Fung, J.) Direction-dependent neck and trunk postural reactions during sitting. Journal of Electromyography and Kinesiology, v. 21, no. 6, 2011, pp. 904-12.

HARVEY, William

Reed, S.B., Crespo, C.J., Harvey, W.J., & Andersen, R.E. (2011). Social isolation and physical inactivity in older U.S.

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Gerontology

Aguilaniu, B., Maitre, J., Diab, S., Perrault, H., Péronnet, F. Detection of disturbances in pulmonary gas exchanges during exercise from arterialized earlobe PO₂. *Respiratory physiology and neurobiology* 177:30 – 35, 2011.

REID, Greg

Zitomer, M., Reid, G. (2011). To be or not to be-able to dance: integrated dance and children's perceptions of dance ability and disability. *Research in Dance Education*, 12(2). 137-156.

RASSIER, Dilson

Labuda A, Brastaviceanu T, Pavlov I, Paul, W, Rassier D.E. Optical detection system for probing cantilever deflections parallel to a sample surface. *Review Scientific Instruments* 82(1):013701, 2011.

MacIntosh, BR, Glumpak, JJ, MacNaughton, MB, Rassier, D.E. Pattern of summation with fatigue and inhibition of calcium release in rat muscle. *Muscle & Nerve*, 44(3), 410–417, 2011.

SABISTON, Catherine

Wellman, R. J., DiFranza, J. R., Morgenstern, M., Hanewinkel, R., Isensee, B, Sabiston, C. M. (2011). Psychometric properties of the Autonomy over Tobacco Scale in German. *European Addiction Research*, 18, 76-82.

Duschene, S., Bloom, G. A, Sabiston, C. M. (2011). Intercollegiate coaches' experiences with elite international athletes in an American sport context. *International Journal of Coaching Science*, 5, 49-68.

Burke, S., Sabiston, C. M. (2011). Fostering growth in the survivorship experience: Investigating breast cancer survivors' lived experiences scaling Mt. Kilimanjaro from a posttraumatic growth perspective. *The Qualitative Report*, 17.

Brunet, J., Sabiston, C. M., & Meterrisian, S. (2011). Physical activity and breast cancer survivorship: A review for health practitioners. *The American Journal of Lifestyle Medicine*.

Banack, H., Sabiston, C. M., Bloom, G. (2011). Paralympic athletes' perceptions of coach autonomy support and intrinsic motivation. *Research Quarterly for Exercise & Sport*.

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Michaud-Paquette Y., Magee P., Turcotte R.A., Pearsall D.J. (2011). Predictors of scoring accuracy: whole body coordination during ice hockey wrist shot mechanics. *Sports Biomechanics* 10(1): 12-21

Refereed Conference Proceedings/Presentations

BLOOM, Gordon

Rathwell, S., Bloom, G.A . A proposed study on the leadership skills and knowledge of successful university head football coaches: The selection and development of the assistant coach. Paper presented at the 15th annual

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Blummer, P., Emery, K., and Côté, J. N. Temporal characteristics of cervical muscle activation patterns before, during and after the completion of a repetitive arm task. Proceedings, 15th Nordic-Baltic Conference on Biomedical Engineering

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Harvey, W.J., Wilkinson, S., Pressé, C., Joobar, R., & Grizenko, N. (June, 2011). Out of the mouths of babes: Physical activity voices of children with ADHD. Paper presentation

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Jensen D. Webb KA, O'Donnell DE. Multi-dimensional evaluation of perceived respiratory discomfort during incremental cycle exercise in health and COPD. *American Journal of Respiratory and Critical Care Medicine*. 183: A5813, 2011. Presented as part of (1) a Thematic Poster Session and (2) Annual Canadian Thoracic Society Poster Competition at the American Thoracic Society Annual General Meeting, Denver, CO, USA, May 2011.

MILNER, Theodore

Vahdat, S., Darainy, M., Milner, T.E ., and Ostry, D.J. (2011) Motor learning alters sensorimotor resting-state networks in the brain. *Soc. Neurosci. Abs.* 37

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Scarapicchia, T., O'Loughlin, E., Sabiston, C. M. (2011). The Association Between Social Support and Physical

Taivassalo, T. (May 29, 2011). Presidential lecturer at the *European Neurological Society* annual meeting, entitled "Exercise therapy in muscle disease: a current overview", Lisbon, Portugal.

Taivassalo, T. (April 13, 2011). Muscle Biology Group-sponsored Featured Topic entitled " *Mitochondrial Involvement in Sarcopenia: Do We Have More Questions than Answers?*" at annual Experimental Biology meeting, Washington, DC.

Taivassalo, T. (March 30th, 2011). Seminar in the *Systems Biology/Bioinformatics Series, McGill University*. "Mitochondrial DNA mutations in human skeletal muscle: cellular and physiological effects", Montreal.

Book Chapters

BLOOM, Gordon

Bloom, G.A. (2011) Coaching psychology in Sport and Exercise Psychology: A Canadian Perspective, 2nd edition, P.R.E. Crocker, ed., Toronto; Pearson, 2011, pp. 278-305.

GARCIA, Enrique

García Bengoechea, E. (2011). Contexto interpersonal, contexto de actividad y factores motivacionales en una muestra de deportistas adolescentes canadienses [Interpersonal context, activity context, and motivational factors in a sample of Canadian adolescent sport participants]. In F. Ruiz Juan, D. de la Cruz Manjón, M. Lucena Zurita, G. Barbero Reyes, & G. Barbero Montesinos (Eds.), *Competencias profesionales y retos educativos para una vida saludable. Intervención en el sedentarismo y la obesidad [Professional Competencies and Educational Challenges: Interventions in sedentarism and obesity]*. Editorial y Centro de Formación Alto Rendimiento.

MILNER, Theodore

Lambercy, O., Dovat, L., Salman, B., Gassert, R., Milner, T., Burdet, E. and Teo, C.L. (2011) Robot-assisted rehabilitation of hand function after stroke. In Tong, R.

PUBLICATIONS	70	32	57	169	158
NON-REFEREED PUBLICATIONS					
Reviews (e.g., books)	1	0	0	0	-
Non-refereed Journal/Magazine	-				
Articles		4	3	0	6
Manuals	-	0	0	2	6
TOTAL NON-REFEREED					

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. A. E. Wilkinson Award	M.A. Scholarship	Charles Antoine-Sinotte	800	800
. D. Marisi Award	M.A. Scholarship	Tanja Scarapicchia	500	500
. David L. Montgomery	Doctoral Award	Fabio Minozzo	500	500
	Doctoral Award	Martin Picard	500	500
. Bloomberg-Manulife	Ph.D. Fellowship	Jeffrey Caron	22,500	22,500
		Maddy Purves-Smith	22,500	22,500

TEACHING
ASSISTANTSHIPS

Appendix VI: Consulting activities

Name of Faculty Member	Number of days			Total
	Private Sector Consulting	Public Sector Consulting	Other (please explain)	
G. Bloom	Professional NHL Player			20
		Centre National Multisport Montreal		30
		Lester B. Pearson School Board		5
	Elevation Research Group			10
	Right to Play International			20
W. Harvey	Jansen Ortho Pharmaceutical			2
T. Milner		European Commission		50
D. Pearsall	Impakt Protection			50
				Total 137

Appendix VII: Professional Relevant Community Service

Name of Faculty Member	Name of Organization	Committee Title	Office or Position, Role
G. Bloom	McGill Athletics	J. Caron (swimming), S. Rathwell (m. hockey + m basketball), K. Egleton (volleyball) , W. Falcao (m soccer)	Sport Psych Internship Supervisor
	McGill Athletics	Football, w. hockey, w. basketball	Sport Psych consultant
J. Côté	CBC Radio		Interviewee
E. Garcia	Basque Government (Spain)	Expert advisory committee on Basque Plan for Physical Activity and Health	Member of advisory committee in charge of providing feedback on successive drafts of the new Basque Plan for Physical Activity and health and recommending strategies

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			prevention initiatives
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		Clinical Practices to Optimize Health and Well-being
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