

Kathleen Martin Ginis

Professor, School of Health and Exercise Sciences at University of British Columbia

Kelowna, BC, CA

Mental health benefits of exercise | Body Image | Exercise behaviour change | Disability | Women | Knowledge Translation

Biography

Dr. Kathleen Martin Ginis is a Professor, and Distinguished University Scholar, in the School of Health and Exercise Sciences, University of British Columbia, Canada. Her area of expertise is exercise behavioural science/exercise psychology.

Her research program focuses on understanding (a) why and how people start and maintain exercise programs and (b) the psychological benefits of exercise (e.g., improved body image, decreased risk of depression, better mood). She has a particular interest in knowledge translation and advancing physical activity participation among people with spinal cord injury and other physical disabilities.

BIOGRAPHY

Dr. Kathleen Martin Ginis joined UBC in July 2016. From 1999-2016, she was a faculty member in the Department of Kinesiology, McMaster University, where she also served as Inaugural Director of the McMaster University Physical Activity Centre of Excellence.

Dr. Martin Ginis is the Founding Director of SCI Action Canada (www.sciactioncanada.ca), a national alliance of community-based organizations and university-based researchers working together to advance physical activity participation in people living with spinal cord injury. She is also the Principal Investigator of the Canadian Disability Participation Project (www.cdpp.ca). The CDPP is a SSHRC-funded Partnership Grant that brings together nearly 50 university, public, private and government sector partners to enhance community participation among Canadians with physical disabilities.

Dr. Martin Ginis has received over \$11 million in research funding, including nearly \$4M from SSHRC to fund three community-university research partnerships. She has published over 250 peer-reviewed research articles and book chapters.

Her research frequently appears in the media and has been featured on CBC's Quirks & Quarks, and in The Globe & Mail, The National Post, The New York Times, "O" The Oprah Magazine, Men's Health & Fitness, and Shape Magazine, among others.

In 2014, the Government of Ontario recognized Dr. Martin Ginis's long-standing contributions to science designed to improve the lives of people with spinal cord injury, by awarding her the Ontario Medal of Good Citizenship.

Dr. Martin Ginis resides in Kelowna, British Columbia. She is an avid runner and traveler.

Industry Expertise

Sport - Amateur, Health and Wellness, Non-Profit/Charitable

Areas of Expertise

Exercise Psychology, Health Behaviour Change, Exercise behaviour change, Exercise and mental health, Body Image, Disability, Disability Access and Advocate, Spinal Cord Injury, Social Participation, exercise adherence, Fitness, Psychology

Affiliations

International Collaboration on Repair Discoveries (ICORD), Scientist/Principal Investigator, McMaster University, Department of Kinesiology, Adjunct Professor, National University of Ireland, Galway, School of Engineering & Informatics, Adjunct Professor, Loughborough University, School of Sport, Exercise & Health Sciences, Adjunct/Visiting Professor, SCI Action Canada, Founding Director

Education

Wake Forest University

Post-Doctoral Fellowship Health Psychology; Behavioural Medicine

University of Waterloo

Ph.D. Kinesiology

University of Toronto

B.Sc. Psychology

Accomplishments

Distinguished University Scholar, University of British Columbia

The Distinguished University Scholar (DUS) program recognizes exceptional members of faculty who have distinguished themselves as scholars in research and/or teaching and learning, or who have the potential to demonstrate such leadership.

Ontario Medal for Good Citizenship

Awarded by the Lieutenant-Governor of the Province of Ontario, for exceptional long-term efforts and contributions to the well-being of the community. This award recognizes Dr. Martin Ginis's research and personal contributions to the spinal cord injury community.

Spinal Cord Injury Ontario, John Gibbons Counsell Award

For contributions to advancing the cause of people living with spinal cord injury.

National Academy of Kinesiology, International Fellow

Elected membership honours persons who have directly or indirectly contributed significantly to the study of and/or application of the art and science of human movement and physical activity.

McMaster University President's Award for Excellence in Graduate Supervision

For recognition of outstanding graduate student supervision.

Harold Yuker Research Excellence Award

Awarded by the American Psychological Association, Division 22, in recognition of best research paper published in Rehabilitation Psychology in the year 2007.

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