

# **Shilpa Dogra, PhD**

**Associate Professor, Director of Kinesiology, Faculty of Health Sciences at University of Ontario Institute of Technology**

Oshawa, ON, CA

Exercise physiologist focused on improving health and performance through evidence-based exercise prescription

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Exercise is medicine, and it is vital for healthy, successful aging. Assistant Professor in the Faculty of Health Sciences, Shilpa Dogra, PhD, is flexing her exercise science muscle to enable older adults to remain physically active and shift the focus from activities they can no longer do to exercises they can and should do to keep fit. Broadly speaking, her research focuses on the effects of physical activity among two populations: older adults and adults with asthma. Her research explores the effects of sedentary time on the biopsychosocial components of health of older adults. She recently led the development of an international consensus statement to address this, and is planning studies to reduce sedentary time across the spectrum of older adults, from those living in assisted care facilities to masters athletes.

Growing up with asthma, she learned from having a progressive physician that asthma shouldn't prevent anyone from being physically active. This firm belief motivates her exercise science research to determine the optimal intensity and duration of exercise for adults with asthma. Her work aims to inform future exercise prescription guidelines for this population. She is also studying the prevalence of asthma among Special Olympic athletes and assessing whether coaches need education programs to help manage and improve these athletes' performance.

A community expert, Dr. Dogra works with local organizations to conduct fitness testing of sports teams and athletes including the Oshawa Generals, which also enables her students to gain hands-on experience. Before joining UOIT in 2013, Dr. Dogra was an Assistant Professor in the School of Recreation Management and Kinesiology at Acadia University in Nova Scotia. She was also Director of the Acadia Active Aging Program, a community-based exercise program that paired older adults with Kinesiology students. During that time, she held a summer research visitorship in Cardiovascular Exercise Physiology and Aging at the University of Western Ontario. She completed her Doctorate in Exercise Science, her Master of Science and Bachelor of Science (Specialized Honours) in Kinesiology and Health Science at York University.

She is a Certified Exercise Physiologist with the Canadian Society for Exercise Physiology as well as a Master Instructor/Examiner. Her passion to help older adults stay active has led to several partnerships including the Oshawa Senior Citizens Centres and Lakeridge Health Oshawa.

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Education/Learning, Fitness, Health and Wellness, Leisure / Recreation, Research, Sport - Amateur, Sport - Professional

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Asthma in Adults, Exercise-Induced Asthma in Adults, Active Aging, Sedentary Behaviour in Older Adults, Physical Activity for Chronic Disease Prevention and Management

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Canadian College for Exercise Physiology, American College of Sports Medicine

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**Sedentary Behaviour Consensus Statement for Older Men and Women: Development and Results**  
Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS 2016)

**Factors Influencing Sedentary Behaviour in Older Adults: An Ecological Approach**  
SCAPPS 2016

**Self-Reported Sedentary Time Among Masters and Recreational Athletes Aged 55 years and Older**  
SCAPPS 2016

**Physical Activity and Mental Health in University Students: A Systematic Review**  
Ontario Shores' 5th Annual Research Day

**Investigating the Feasibility of a 9-week Community-Based Exercise Program for Persons with Stroke, and a 9-week Support Program for their Caregivers**  
2015 Canadian Stroke Congress

**U-SMART. Correlates of Mental Health in Students Aged 15-24 years by Gender**  
SCAPPS 2014

**Different Types of Sedentary Activities and their association with Perceived Health and Wellness among Middle-Aged and Older Adults**  
SCAPPS 2014

**Differences in Functional Fitness and Adherence between Chinese and Non-Chinese Older Adults Participating in a Tai Chi Intervention**  
SCAPPS 2012

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**York University**  
PhD Exercise Science

**York University**  
MSc Kinesiology and Health Science

**York University**  
BSc Specialized Honours Kinesiology and Health Science

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**Certified Exercise Physiologist**

Accredited by the Canadian Society for Exercise Physiology, Dr. Dogra has also been a Certified Exercise Physiologist Instructor and Examiner since 2010, and a Certified Personal Trainer Master Instructor and Examiner since 2013.

**Chair, Certified Exercise Psychologist Committee**

Within the Canadian Society for Exercise Psychology, Dr. Dogra also serves as a member of its Professional Standards Committee.

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