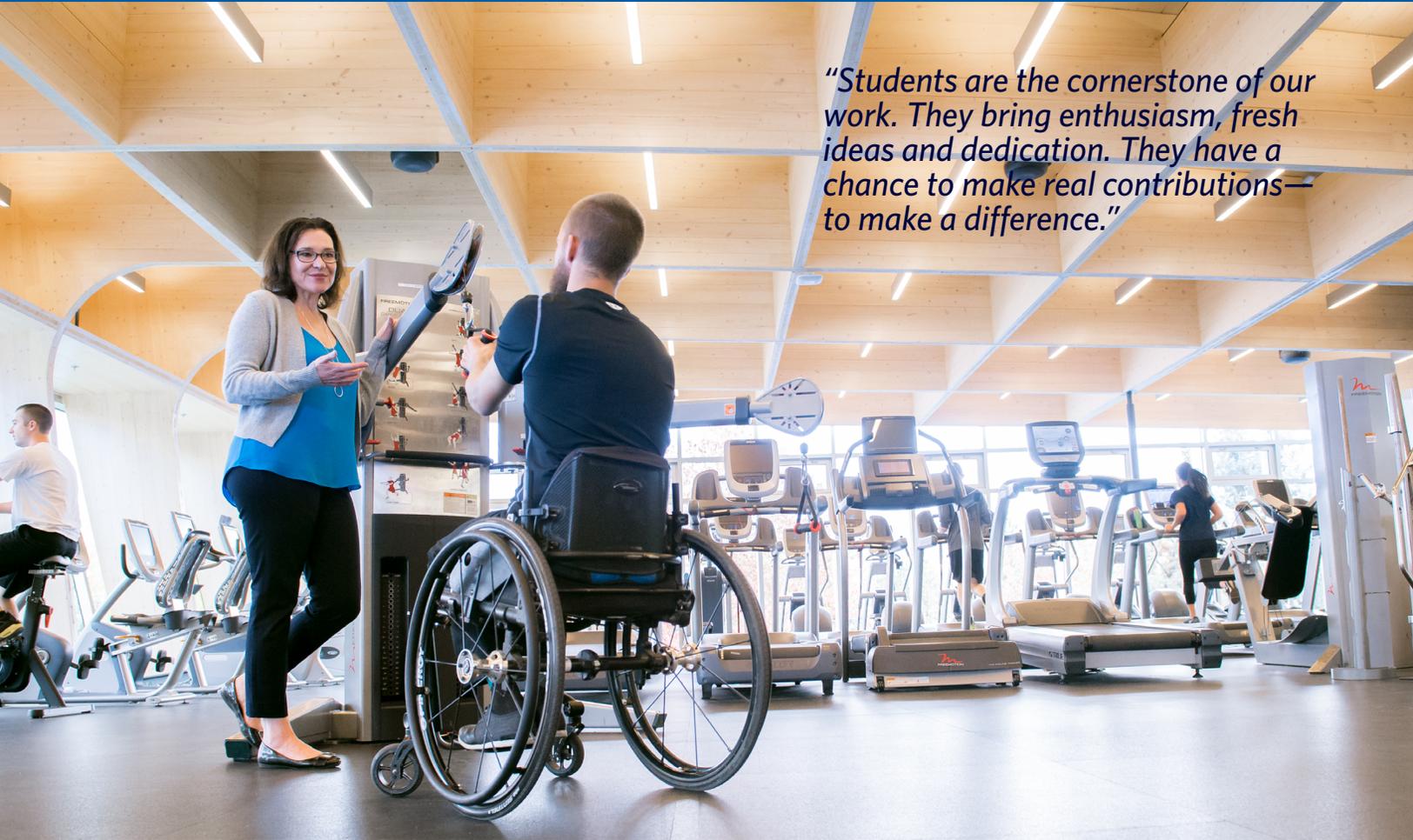


*“Students are the cornerstone of our work. They bring enthusiasm, fresh ideas and dedication. They have a chance to make real contributions—to make a difference.”*



Through community-engaged research, Martin Ginis and her team design, test and share strategies with policy makers, health-care providers, and not-for-profit organizations to help people live more active lives.

Martin Ginis is a Professor in the Southern Medical Program and the School of Health and Exercise Sciences at UBC’s Okanagan campus.

**Every year, around the world, between 250,000 and 500,000 people incur a spinal cord injury (SCI). In Canada, SCI affects more than 85,000 Canadians.**

Although spinal cord damage is often irreversible, new research breakthroughs like Martin Ginis’s work are helping to minimize disability after SCI and improve quality of life for those affected. Her lab’s research studies are some of the first to highlight the benefits and strategies for increasing exercise and sport participation in people with SCI.

Collaborating with an international network of research and knowledge translation partners, Martin Ginis’s research is focused on improving the health and well-being of people with physical disability, with a particular interest in spinal cord injury (SCI).

**Main Research Focus:**

1. Physical activity promotion and behaviour change.
2. Psychological and physical health benefits of physical activity participation.
3. Translation of knowledge into products, tools, and services.



# KATHLEEN MARTIN GINIS

## About

Martin Ginis began her academic career studying psychology at the University of Toronto, before completing her Masters in Kinesiology at Western University and her PhD at University of Waterloo. It was here that Martin Ginis developed a passion for investigating the psychosocial mechanisms and consequences of physical activity behaviour change. Martin Ginis started her career in the Department of Kinesiology at McMaster University in 1999. Community-engaged research and knowledge transfer became deeply embedded in her research program. In 2016, she was recruited to UBC's School of Health and Exercise Sciences and the Southern Medical Program in 2017. Over her career, Martin Ginis has been awarded over \$12 million in research funding and has published over 300 scientific papers. She is the Principal Investigator of the Canadian Disability Participation Project, which brings together nearly 50 university, public, private and government sector partners to enhance community participation among Canadians with physical disabilities. Martin Ginis is also a Fellow of the National Academy of Kinesiology and a recipient of the Ontario Medal for Good Citizenship.

## Research Environment

Martin Ginis leads the Faculty of Medicine's Centre for Chronic Disease Prevention and Management (CCDPM), which serves as a provincial leader for research excellence, knowledge translation and exchange in the urgent field of chronic disease prevention. The CCDPM brings together world-class researchers and trainees with a focus on obesity and diabetes, cardiovascular health, and neurological disorders. In addition, Martin Ginis heads the community-engaged SCI Action Canada Lab at UBC Okanagan, where her team conducts research on how to inform, teach and enable people living with spinal cord injury to initiate and maintain a physically active lifestyle. In both these roles, Martin Ginis is dedicated to the mentorship of her team of graduate and undergraduate students. In 2019, she was recognized as the inaugural recipient of the Brawley and Elliott Award for Excellence in supervision and mentorship, which celebrates outstanding supervisors and mentors.

## Next Stages

Martin Ginis is fostering new opportunities that expand research excellence across BC, in particular within the Interior Health region. Working with key stakeholders—including people with disabilities, clinicians and community organizations— Martin Ginis is working to mobilize UBC research with the aim to improve the lives of people living with physical disabilities.



## FEATURED PROJECT

### Formulation of the first evidence-based physical activity guidelines for people with spinal cord injury

Martin Ginis worked with an international committee to develop the first evidence-based exercise recommendations specifically for the SCI population. *The Scientific Exercise Guidelines for Adults Living with Spinal Cord Injury* were created by an international group of 29 researchers, clinicians, community organizations, knowledge translation specialists and people with SCI to inform people with SCI how much exercise is necessary for important fitness and health benefits. The scientific guidelines were based on gold-standard practices that included reviewing 13,115 published research studies that tested the effects of physical activity on fitness and health among adults with SCI. The 29-member panel reviewed the evidence to agree on the effective frequency, intensity and duration of exercise. Final guidelines were produced based on further market research with adults with SCI and clinicians who assessed the guidelines for usefulness, appropriateness and clarity. The guidelines are available in 12 languages.

## TO LEARN MORE:

Kathleen Martin Ginis

[kathleen\\_martin.ginis@ubc.ca](mailto:kathleen_martin.ginis@ubc.ca)

250 807 9768



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