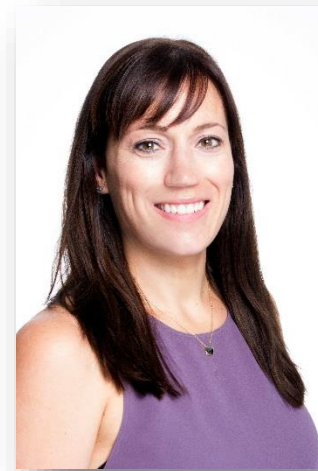


# RESEARCHER OF THE MONTH

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**Dr. Lauren Sulz** is an Assistant Professor in the Department of Secondary Education at the University of Alberta. She joined the U of A as a faculty member in 2015, after completing her Ph.D. at the University of Victoria. Dr. Sulz is passionate about working with local teachers and served two years as the Chair of Alberta's Teacher Educators of Physical and Health Education. Lauren is also the Incoming Chair of the Physical and Health Education Canada Research Council.



Dr. Sulz's primary research commitments focus on school-based strategies to promote active, healthy lifestyles among children and youth. In particular, she works collaboratively with teachers and community stakeholders to enhance students' overall well-being through changes to school curricula, school policy, and school environments. Through this research, Dr. Sulz aims to create a whole-school community where student health is an essential foundation for schools' core mission of learning. Dr. Sulz is currently the Principal Investigator on an SSHRC Insight Grant entitled: "School Sport and Educational Success: Exploring KidSport's Stay-in-School initiative for Low-Income Youth in Alberta." Dr. Sulz teaches physical and health education curriculum and pedagogy undergraduate courses. At the graduate level, Lauren teaches courses in whole-child education and development, whole-school approaches to student health, and physical and health literacy.

## Why is it important to be connected to the PHE Canada Research Council?

The PHE Canada Research Council offers a forum for scholars and professionals of physical and health education to collaborate, advance, and disseminate knowledge in our field. Being connected to the Research Council has provided an opportunity to work alongside researchers who share a passion for promoting and supporting active, healthy communities. The Research Council allows us to share and put forth a common Canadian research agenda on topics and issues in physical and health education, which can be shared more broadly. I am inspired by, and thoroughly enjoy working with, the people connected to the PHE Canada Research Council and look forward to continuing this involvement for many years to come.

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## Dr. Sulz's most recent publications:

Gleddie, D., **Sulz, L.**, Humbert, L. & Zajdel, A. (Accepted, 2019). If you must cut athletes from school sport teams: consider best practices. *Journal of Physical Education, Recreation, & Dance*.

**Sulz, L.**, Balderson, D., Gleddie, D., Hickson, C., Chorney, C. & Kell, S. (2018). Research-informed tips for teaching physical and healthy education. *Runner*, 49(1).

**Sulz, L.D.** & Gibbons, S.L. (2016). Whole-School approaches to health promotion in high schools: a review of four recent interventions. *International Journal of Physical Education*, 53(2), 2-15.

**Sulz, L.D.,** Gibbons, S.L., Naylor, P.J., & Wharf Higgins, J. (2016). Complexity of choice: teachers' and students' experiences implementing a choice-based Comprehensive School Health model. *Health Education Journal, 75*(8). doi: 10.1177/0017896916645936

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