

RESEARCHER OF THE MONTH

Jennifer Gruno is currently a Doctoral Student and Sessional Instructor in the School of Exercise Science, Physical & Health Education at the University of Victoria. For the past twelve years she has taught Physical and Health Education and English in the Sooke School District, British Columbia. She has served as the BC and Yukon representative on the PHE Canada's board of directors for the past three years and is a frequent contributor of articles to the PHE Journal. Her research interests include alternative curricula in PHE, the use of teambuilding exercises, teaching dance, young women in PHE, and nature-based physical activity.



Why it's important to be connected to the PHE Canada Research Council?

It is important to be connected to the PHE Canada Research Council in order to be a part of the network of top researchers in the field of physical and health education in Canada. Through the Research Council, we stay informed of the most current and influential research occurring in PHE today. Through their journals and listserv, the Research Council provides us with a platform to share our research as well as learn pedagogical, social, cultural, and philosophical PHE research from others. We also have the chance to connect in person and strengthen professional networks due to the research forum portion of the yearly PHE Canada National Conference.

Jennifer's most recent presentations:

Gruno, J., Gibbons, S. L., Baker, K. (Accepted, 2018). Using Instagram to nurture relatedness amongst girls in physical and health education. *Physical and Health Education Journal*, 84(1).

Gibbons, S. L., Ebbeck, V., **Gruno, J.**, & Battey, G. (2018). Impact of adventure based approaches on the self-conceptions of middle school students. *Journal of Experiential Education*, 1-13.

Gruno, J. & Gibbons, S. L. (Accepted, 2017). Girls in Action: Fostering relatedness in and beyond physical and health education. *Strategies: A Journal for Physical and Sport Educators*, 18 pages.

Gruno, J. & Gibbons, S. L. (2016). Developing a relatedness-supportive learning environment in dance: Small group learning activities. *Physical and Health Education Journal*, 82(4).
