

Dr. Jeffery Zahavich is a Lab Instructor at Dalhousie University in the School of Health and Human Performance, Kinesiology division. Jeff joined Dalhousie as a faculty member in February 2020. He holds the Clinical Exercise Physiologist designation from the Canadian Society for Exercise Physiology and is a Chartered Professional Coach with the Coaching Association of Canada.



Jeff's research interests span from applied exercise physiology to inclusive coaching to healthy school policy. His recently completed doctoral research used qualitative methods to explore Grade 8 students' PE experiences for the purpose of building knowledge on how PE is supported and implemented in schools throughout Nova Scotia. To better understand the role of the middle school PE teacher, Jeff worked as a health and PE specialist at an independent school during the first year of his PhD training. He described this period as both informative and humbling, as it allowed him to better understand some of the unique challenges that PE teachers experience.

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

I was first introduced to the PHE Canada Research Council (PHECRC) in 2017 as a graduate student. Coming from an institution that does not offer a physical and health education (PHE) program, I was especially grateful to be connected to a community of experts in the field of PHE research. Since becoming a PHECRC member, I have joined the executive committee, acting as the Graduate Student Liaison for the annual Research Forum. As a junior PE researcher, I have benefited from much mentorship and support provided by other PHECRC members. It truly is an inclusive group dedicated to fostering the next generation of PHE researchers, and I am honoured to be the recipient of the PHE Canada Research Council Emerging Scholar Award for 2020.

Dr. Jeffery Zahavich's most recent publication:

Zahavich, J. (In preparation, 2020). Exploring how middle school physical education is supported and implemented in Nova Scotia. *PHEnex Journal*.

Joy, P., **Zahavich, J.** & Kirk S. (In submission, 2020). Gender and body influences on youth participation in physical education in Nova Scotia. *Journal of Gender Studies*.
