

Curriculum Vitae

Updated: December 2013

Robert D. KILGOUR

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Department of Exercise Science
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Department Website: <http://excsci.concordia.ca/facultyandresearch/bios/kilgour.php>
Research Website: <http://www.mnupal.mcgill.ca>
PERFORM Website: <http://www.performcentre.ca>

EDUCATION

Post-doctoral experience

Fonds de la Recherche en Santé du Québec Research Fellow, Meakins-Christie Laboratory,
Department of Medicine, McGill University, September 1984 - 1985

Medical Research Council Research Fellow, Meakins-Christie Laboratory, Department of Medicine,
McGill University, September 1983 - 1984

Ph.D.

Doctor of Philosophy in Movement Science (Emphasis in Exercise Physiology & Biochemistry),
Florida State University, July 1983.

MSc

Master of Science in Physical Education (Emphasis in Exercise Physiology and Biochemistry)
Dalhousie University, October 1978

BSc (Cum Laude)

Bachelor of Science in Bio - Physical Education, Concordia University, June 1976.

EMPLOYMENT HISTORY

Full Professor, Department of Exercise Science, Concordia University, 06/03 - present

Associate Professor (Tenured), Department of Exercise Science, Concordia University, 06/91- 06/03

Assistant Professor, Department of Exercise Science, Concordia University, 06/86 - 06/91

Director, Cardiac Rehabilitation Program, YMCA Centreville, Montréal, 07/85 - 05/86

TEACHING EXPERIENCE (1986 – present)Undergraduate Courses

Neuromuscular-Endocrine Physiology
 Cardiovascular-Respiratory Physiology
 Human Physiology
 Physiology of Exercise
 Advanced Physiology of Exercise
 Fundamental Nutrition (Department of Biology)
 Research Methods
 Therapeutic Exercise Physiology
 Pathophysiology I & II
 Introduction to Exercise Science, Physical Activity, and Health

Graduate Courses

Special Topics (Thermoregulation during rest and exercise)
 Special Topics (Diabetes mellitus and stress)
 Special topics (Cancer cachexia)

Special Individual Program (SIP-PhD)

SPEC 823V “Autonomic nervous system command” Fall 2009
 SPEC 837A “Chronic obstructive pulmonary disease and cachexia” Fall 2010

TEACHING EXPERIENCE (prior to 1986)

Part-time Faculty Member, Department of Exercise Science, Concordia University, 09/85 - 4/86
 Graduate Research Assistant, Florida State University, 09/80 - 07/83
 Lecturer, Department of Exercise Science, Concordia University, 09/78 - 06/80
 Graduate Research Assistant, Dalhousie University, 09/76 - 05/78

RESEARCH ASSOCIATIONS

Adjunct Professor, Department of Physical Education, McGill University, 09/98 - 09/00

Research Associate, Division of Clinical Epidemiology, Centre for Cardiovascular Risk Assessment, Department of Medicine, Montreal General Hospital, 09/96 - present.

Professeur accrédité, Le programme de M.Sc., Sciences de l'activité physique du Département de l'éducation physique, Université de Montréal, 10/89 - 10/91.

Research Associate, Département de l'éducation physique, Université de Montréal, 03/88 - 10/89.

Research Associate, Meakins-Christie Laboratory, Department of Medicine, McGill University, 01/87 - 04/88.

Associate Director, McGill Nutrition and Performance Laboratory (MNUPAL), McGill University Health Centre (MUHC), 11/06-present

RESEARCH PUBLICATIONS

1. Vigano A, Di Tomasso J, **Kilgour RD**, Trutschnigg B, Lucar E, Morais JA. The abridged Patient-Generated Subjective Global Assessment is a useful tool for early detection and characterization of cancer cachexia. *J Acad Nutri Dietetics* (in press) doi.org/10.1016/j.jand.2013.09.027
2. **Kilgour RD**, Vigano A, Trutschnigg B, Lucar E, Borod M, Morais JA. Handgrip strength predicts survival and is associated with markers of clinical and functional outcomes in advanced cancer patients. *J Support Care Cancer* 2013; 21: 3261-3270. doi:10.1007/s00520-013-1894-4
3. Newman AL, Rosenthal L, Towers A, Hodgson P, Shay C, Tidhar D, Vigano A, **Kilgour RD**. Determining the precision of dual energy x-ray absorptiometry and bioelectric impedance spectroscopy in the assessment of breast cancer-related lymphedema. *Lymphatic Res and Biol* 2013; 11: 104-109. doi:10.1089/lrb.2012.0020
4. Trutschnigg B, **Kilgour RD**, Morais JA, Lucar E, Hornby L, Molla H, Vigano AAL. Metabolic, nutritional and inflammatory characteristics in elderly women with advanced cancer. *J Geriatric Oncol* 2013; 4: 183-189.
5. Scheede-Bergdahl C, Watt HL, Trutschnigg B, **Kilgour RD**, Lucar E, Haggarty A, Tremblay ML, Sanguineti M, Vigano A. Is IL-6 the best pro-inflammatory biomarker of clinical outcomes of cancer cachexia? *Clinical Nutrition* 2012; 31:85-8.
6. **Kilgour RD**, Vigano A, Trutschnigg B, Hornby L, Lucar E, Bacon SL, Morais JA. Cancer-related fatigue: the impact of skeletal muscle mass and strength in patients with advanced cancer. *J Cachexia Sarcopenia Muscle* 2010; 1: 177-185.
7. Vigano, AAL., Piccioni, M., Trutschnigg, B., Hornby, L., Chaudhury, P., **Kilgour, RD**. Male hypogonadism associated with advanced cancer: A systematic review. *Lancet Oncology* 2010; 11: 679-684.
8. Vigano A., Trutschnigg B., **Kilgour, RD.**, Hamel N., Hornby L., Lucar E., Foulkes W., Tremblay ML., Morais JA. Relationship between angiotensin-converting enzyme gene polymorphism and body composition, functional performance, and blood biomarkers in advanced cancer patients. *Clin Cancer Res*. 2009; 15: 2442-2447.
9. Trutschnigg B., **Kilgour, RD.**, Reinglas J., Rosenthal L., Hornby L., Morais JA., Vigano A. Precision and reliability of strength (Jamar vs Biodex handgrip) and body composition (dual-energy X-ray absorptiometry vs. bioimpedance analysis) measurements in advanced cancer patients. *Appl Physiol Nutr Metab*. 2008; 33: 1232-1239.
10. **Kilgour, RD.**, Jones, DH., and Keyserlingk, JR. Effectiveness of a self-administered, home-based exercise rehabilitation program for women following a modified radical mastectomy and axillary node dissection. A preliminary study. *Breast Cancer Res Treat*. 2008; 109: 285-295.
11. Jones DH., **Kilgour, RD.**, Comtois, AS. Test-retest reliability of pressure pain threshold measurements in the upper limb and torso in young healthy women. *JPain* 2007; 8: 650-656.
12. **Kilgour, RD.**, (with D. Hammerschmidt & C. Olson). Institutional review boards and the use of human subjects. *Science Editor* 2000; 23: 12.

13. **Kilgour, RD.**, and Williams, PA. Diabetes affects heart rate and blood pressure responses during acute hypothermia. *Acta. Physiologica Scandinavica* 1998; 162: 27 - 32.
14. **Kilgour, RD.**, Carranza, A, and Findlay, R. Suppression of the reactive hyperemic response of the forearm due to local hand cooling. *Aviation, Space and Environmental Medicine* 1997; 68: 46-50.
15. **Kilgour, RD.**, and Williams, PA. Effects of diabetes and food deprivation on shivering activity during progressive hypothermia in the rat. *Comparative Biochemistry and Physiology* 1996; 114A: 159-165.
16. **Kilgour, RD.**, Mansi, JA and Williams, PA. Cardiodynamic responses during seated and supine recovery from supramaximal exercise. *Canadian Journal of Applied Physiology* 1995 20:52-64.
17. **Kilgour, RD.** and Carvalho, J. Gender differences in the cardiovascular responses to the cold hand pressor test and facial cooling. *Canadian Journal of Physiology and Pharmacology* 1994; 72: 1193-1199.
18. **Kilgour, RD.**, and Williams, PA. Impaired cardiovascular responsiveness to an acute cold wind stress in streptozotocin-diabetic rats. *Comparative Biochemistry and Physiology* 1994; 107A: 537-543.
19. Williams, PA, and **Kilgour, RD.** Cardiovascular responses to facial cooling during low and moderate intensity exercise. *European Journal of Applied Physiology* 1993; 67: 53-58.
20. **Kilgour, RD.**, Gariépy, P and Rehel, R. Cardiovascular responses during recovery from exercise and thermal stress. *Aviation, Space, Environmental Medicine* 1993; 64: 224-229.
21. **Kilgour, RD.**, Gariépy, P and Rehel, R. Facial cooling does not benefit cardiac dynamics during recovery from exercise hyperthermia. *Aviation, Space, Environmental Medicine* 1991; 62: 849-854.
22. Riggs CE. Jr., and **Kilgour, RD.** Cardiac glycogenolysis in trained and untrained ischemic rat hearts. *Journal of Sport Medicine and Physical Fitness* 1991; 31: 442-446.
23. **Kilgour, RD.**, Gardiner, K., and Gardiner, PF. Diabetes affects retrograde but not anterograde transport of sciatic nerve phosphofructokinase in Sprague-Dawley rats. *Canadian Journal of Physiology and Pharmacology* 1990; 68: 1317-1321.
24. **Kilgour, RD.**, and Sellers, WR. Ascending aortic blood flow dynamics following intense exercise. *International Journal of Sports Medicine* 1990; 11: 383-386.
25. **Kilgour, RD.** and Riggs, CE Jr. Biochemical and physiological responses of the diabetic rat heart to induced myocardial ischemia. *Diabetes Research* 1987; 6:77-80.
26. **Kilgour, RD.** and Riggs, CE. Jr. Glycogenolysis and lactogenesis in the ischemic diabetic rat heart. *Diabetes Research* 1987; 4: 27-29.
27. Riggs, CE. Jr. and **Kilgour, RD.** Role of ovarian hormones in the glycogenic response to endurance training. *Journal of Sports Medicine and Physical Fitness* 1986; 26: 241-244.
28. Riggs, CE. Jr., Johnson, D., **Kilgour, RD** and Titlow, L. Exercise heart rate and skin temperature responses of younger and older males to cold wind. In *Current Selected*

Research in Exercise Physiology; eds., Dotson, C. and Humphrey, J., AMS Press, Inc., New York, 1985, pp. 129 - 138.

29. Riggs, CE. Jr., **Kilgour, RD** and Belowich, D. Muscle glycogen storage and the effects of taper training. *Journal of Sports Medicine and Physical Fitness* 1983; 23:131-135.
30. Riggs, CE. Jr., Johnson, DJ., **Kilgour, RD** and Konopka, BJ. Metabolic effects of facial cooling in exercise. *Aviation, Space and Environmental Medicine* 1983; 54: 22-26.
31. Riggs, CE.Jr, Johnson, DJ., Konopka, BJ and **Kilgour, RD**. Exercise heart rate response to facial cooling. *European Journal of Applied Physiology* 1981; 47, 323-330.
32. Bonen, A., Malcolm, SA., **Kilgour, RD.**, MacIntyre KP, and Belcastro. AN Glucose ingestion before and during intense exercise. *Journal of Applied Physiology, Respiration, Environmental and Exercise Physiology* 1981; 50: 766-771.

MANUSCRIPTS (in preparation / under review)

1. **Kilgour RD**, Chadnova E, St-Onge N, Courtemanche R. Age-related differences in maximal voluntary rate performance are characterized by changes in kinematics and muscle activation patterns. *Exp Gerontol* (in preparation).
2. Newman AL, Rosenthal L, Towers A, Hodgson P, Shay C, Tidhar D, Vigano A, **Kilgour RD**. A comparison of three treatment methods for women with breast cancer related lymphedema. (in preparation)
3. Fuoco D, **Kilgour RD**, Vigano A. Synergism between ghrelin (agonists) and resistance exercise: Biochemical and physiological aspects. *J Cachexia Sarcopenia Muscle*. (in preparation)
4. Adams S, **Kilgour RD**, Schondorf R, Benoit J. Impact of cancer and chemotherapy on autonomic nervous system function and cardiovascular reactivity in young adults with cancer: A feasibility study (in preparation)
5. Morais JA, Fulop T, Khalil A, Dionne I, Tessier D, Trutschnigg B, **Kilgour RD**, Vigano A, Energy utilization and fatigue in frail older women in relation to walking. *Exp Gerontol* (under revision).

PUBLISHED ABSTRACTS

1. **Kilgour RD**, Chadnova E, St-Onge N, Courtemanche R (2013). The age-related decline in maximal voluntary rate performance is characterized by changes in kinematics and muscle activation patterns but not measures of peripheral fatigue. *Appl Physiol Nutr Metab* 38: 1047.
2. **Kilgour RD**, Morais JA, Fulop T, Khalil A, Dionne I, Tessier D, Trutschnigg B, Vigano A (2013). Low physical performance is associated with energy inefficiency and perceived fatigue in frail elderly women. *Appl Physiol Nutr Metab* 38: 1047.
3. Vigano A, Del Fabbro E, Morais JA, **Kilgour RD**, Borod M (2013). From consensus to bedside: Is the staging of cancer cachexia clinically feasible and relevant? *Support Care Cancer* 21; (Suppl 1): S298.
4. Fuoco D, **Kilgour RD**, Vigano A (2012). Effect of ghrelin agonist on muscle mass and function: synergism with exercise. *J Cachexia Sarcopenia Muscle* 3: 282.

5. **Kilgour RD**, Vigano A, Trutschnigg B, Lucar E, Newman A, Chadnova E, Morais JA (2012). Handgrip predicts survival and hospitalization in advanced cancer patients. *Support Care Cancer* 20; (Suppl 1): S275.
6. Vigano A, **Kilgour RD**, Trutschnigg B, Lucar E, Newman A, Chadnova E, Morais JA (2012). Handgrip predicts sarcopenia, leg strength, and quality of life in advanced cancer patients. *Support Care Cancer* 20; (Suppl 1): S258-59.
7. Vigano A., **Kilgour RD**, Glance R, Chadnova E, Boqaileh R, Newman A, Rheaume C, Morais J, Borod M (2011). Profiling pre-cachexia, cachexia and refractory cachexia in palliative care: results from the nutrition and performance in advanced cancer trial (NPACT). *Support Care in Cancer* 19; (Suppl 2): S319-S320.
8. Vigano AAL, Del Fabbro E, Morais J, Lucar E, Trutschnigg B, Pronovost A, **Kilgour RD**, Bruera E, Borod M (2011). Diagnostic stages for cancer cachexia: Are they clinical relevant? *J Cachexia Sarcopenia Muscle* 2: 107
9. Vigano A., **Kilgour RD**, Glance R, Chadnova E, Boqaileh R, Newman A, Rheaume C, Morais J, Borod M (2011). Profiling pre-cachexia, cachexia and refractory cachexia in palliative care: results from the nutrition and performance in advanced cancer trial (NPACT). *Support Care in Cancer* 19; (Suppl 2): S319-S320.
10. **Kilgour RD**, Trutschnigg B, Hornby L, Lucar E, Bacon SL, Morais JA, Vigano AAL (2010) Cancer related fatigue: the impact of skeletal muscle mass and strength in newly diagnosed patients with advanced cancer. *J Cachexia Sarcopenia Muscle* 1: 107.
11. Piccioni M, Trutschnigg B, **Kilgour RD**, Chaudhury P, Hornby L, Vigano AAL (2010) Functional, nutritional and quality of life correlates of hypogonadism in advanced cancer: a qualitative systematic review of the literature. *J Cachexia Sarcopenia Muscle* 1: 113.
12. Trutschnigg B, **Kilgour RD**, Morais JA, Lucar E, Hornby L, Vigano AAL (2010) Metabolic, nutritional and inflammatory characteristics in elderly women with newly diagnosed advanced cancer. *J Cachexia Sarcopenia Muscle* 1: 114.
13. Scheede-Bergdahl C, Trutschnigg B, **Kilgour RD**, Lucar E, Haggarty A, Tremblay M, Sanguineti M, Vigano AAL (2010) Does IL-6 best reflect cachexia in advanced cancer patients? *J Cachexia Sarcopenia Muscle* 1: 115.
14. Molla H, Chaudhury P, Hassanain M, **Kilgour RD**, Trutschnigg B, Sanguineti M, Lucar E, Scheede-Bergdahl C, Vigano AAL (2010) Profiling nutritional and performance characteristics in patients undergoing surgery for liver and pancreatic cancer: A pilot study. *J Cachexia Sarcopenia Muscle* 1: 105.
15. Vigano AAL, Lucar E, Sanguineti M, Trutschnigg B, Molla H, Scheede-Bergdahl C, **Kilgour RD** (2010) Does the new operational definition of cachexia (ODC) help with profiling nutrition and performance characteristics in advanced cancer patients? *J Cachexia Sarcopenia Muscle* 1: 55.
16. Vigano AAL, Trutschnigg B, Lucar E, Piccioni M, Molla H, Sanguineti M, **Kilgour RD** (2010) Male hypogonadism in advanced cancer patients: nutritional, functional and quality of life correlates. *J Cachexia Sarcopenia Muscle* 1: 113.

17. Keyserlingk J, Laurent B, Keyserlingk J, Sabiston CM, Comtois A, **Kilgour RD**, & Jones D (2008) The Ville Marie Women's Health and Fitness Center Project. *American Journal of Clinical Oncology*, 31.
18. Vigano, A., Trutschnigg, B, **Kilgour RD**, Lucar, E and Morais, JA (2008) Effects of age on measures of nutrition, quality of life, physical function and body composition in patients with advanced cancer. *Canadian J Geriatrics* 11: 43.
19. Jones, DH, Rehel, R, **Kilgour, RD**, and Comtois, AS (2008) Skin-fold thickness and pressure pain threshold measurements of the upper arm and torso in young healthy women. *Medicine and Science in Sports and Exercise*. 40 Suppl.: S301.
20. Vigano A A, Hamel, N, Morais, J, Foulkes, W, **Kilgour, RD**, Bond, R, Trutschnigg, B. Brar, S, Theberge, J, Tremblay, M (2007) Angiotensin-converting enzyme gene polymorphism (ACEGP) and cancer cachexia (CC): is there a link? *J Clin Oncol* 25: 495s.
21. **Kilgour, RD**, and Williams, PA (1996) Diabetes affects heart rate and blood pressure responses during acute hypothermia. Abstract Proceedings of the New England Chapter of the American College of Sports Medicine.
22. **Kilgour, RD**, and Williams, PA (1994) Effect of diabetes and food deprivation on shivering in the urethane-anesthetized rat. Abstract Proceedings of the New England Chapter of the American College of Sports Medicine.
23. **Kilgour, RD** and Carvalho, J (1993) Gender differences in the cardiovascular responses to the cold hand pressor test and facial cooling. Abstract Proceedings of the New England Chapter of the American College of Sports Medicine.
24. Williams, PA, and **Kilgour, RD** (1993) Shivering EMG in streptozotocin-diabetic rats during an acute cold stress. Abstract Proceedings of the Québec Diabetes Association.
25. Williams, PA, and **Kilgour, RD** (1992) Central hemodynamics responses to an acute cold stress in streptozotocin diabetic rats. Abstract Proceedings of the Québec Diabetes Association.
26. Williams, PA, and **Kilgour, RD**. (1992) Cardiovascular effects of facial cooling during low and moderate intensity exercise *Medicine and Science in Sports and Exercise*. 24, S157.
27. **Kilgour, RD**, and Garipey, P. (1991) Effects of heat loading and exercise on the cardiovascular system during passive recovery. *Medicine and Science in Sports and Exercise*. 23, S156.
28. **Kilgour, RD**. and Garipey P (1990) The effects of facial cooling on cardiovascular responses during recovery from exercise-induced hyperthermia. Abstract Proceedings of the New England Chapter of ACSM.
29. Garipey, P, **Kilgour, RD**, Gardiner, K and Gardiner, PF (1990) Histochemical quantification of cell body succinate dehydrogenase activity in rat motoneurons: effect of streptozotocin-induced diabetes. Congress Proceedings of the Canadian Medical Association.
30. Sellers, WR, **Kilgour, RD**, and Rehel, R. (1990) An assessment of the physiological profile of elite judo athletes by weight classification. *Canadian Journal of Sports Sciences*.

31. **Kilgour, RD**, Cochrane, JE and Montgomery, C. (1989) Cardiovascular and thermoregulatory responses to facial cooling during isometric activity in healthy men. *Medicine and Science in Sports and Exercise*. 21: S57.
32. **Kilgour, RD**. and Sellers, WR. (1988) Aortic blood flow dynamics following anaerobic exercise. *Medicine and Science in Sports and Exercise*. 20:S13.
33. Simkus, J., **Kilgour, RD** and Roussos, CH. (1984) Effect of contraction rate on blood flow and oxygen consumption in dog gastrocnemius. *Federation Proceedings*. 43: 816.
34. Riggs, CE, **Kilgour, RD** and Rowan, RW. (1983) Ischemic cardiac glycogenolysis and lactate production in trained and untrained rats. *Medicine and Science in Sport and Exercise* 15: 128.
35. Bonen, A, Malcolm, S, **Kilgour, RD**, MacIntyre, K, and Belcastro, AN. (1978) Relationship between blood glucose utilization and insulin availability during exercise. *Can. J. Appl. Sport Sciences* 3: 182.

CONFERENCE PRESENTATIONS

- 1 **Kilgour RD**, Chadnova E, St-Onge N, Courtemanche R. The age-related decline in maximal voluntary rate performance is characterized by changes in kinematics and muscle activation patterns but not measures of peripheral fatigue. Poster presentation to the Canadian Society for Exercise Physiology (CSEP) Annual Conference, Toronto, October 2013.
- 2 **Kilgour RD**, Morais JA, Fulop T, Khalil A, Dionne I, Tessier D, Trutschnigg B, Vigano A. Low physical performance is associated with energy inefficiency and perceived fatigue in frail elderly women. Poster presentation to the Canadian Society for Exercise Physiology (CSEP) Annual Conference, Toronto, October 2013.
- 3 Ciutto L, Khan S, Di Tomasso J, Morais JA, **Kilgour RD**, Vigano A. From consensus to bedside: is the staging of cancer cachexia clinically applicable and relevant? Poster presented at the McGill University Research Day, June 2013.
- 4 Vigano A, Del Fabbro E, Morais JA, **Kilgour RD**, Borod M. From consensus to bedside: Is the staging of cancer cachexia clinically feasible and relevant? Accepted as a poster presentation to the MASCC/ISOO Conference, Berlin, June 2013.
- 5 **Kilgour RD**, Vigano A, Trutschnigg B, Lucar E, Newman A, Chadnova E, Morais JA. Handgrip predicts survival and hospitalization in advanced cancer patients. Presented at the International Symposium on Multinational Association of Supportive Care in Cancer (MASCC/ISOO), New York City, USA, June 2012.
- 6 Vigano A, **Kilgour RD**, Trutschnigg B, Lucar E, Newman A, Chadnova E, Morais JA. Handgrip predicts sarcopenia, leg strength, and quality of life in advanced cancer patients. Presented at the International Symposium on Multinational Association of Supportive Care in Cancer (MASCC/ISOO), New York City, USA, June 2012.
- 7 Vigano AAL, Del Fabbro E, Morais J, Lucar E, Trutschnigg B, Pronovost A, **Kilgour RD**, Bruera E, Borod M. Diagnostic stages for cancer cachexia: Are they clinical relevant? Presented at the 6th Cachexia Conference, Milan, Italy, December, 2011.
- 8 Vigano A, **Kilgour RD**, Glance R, Chadnova E, Boqaileh F, Newman A, Rheaume C, Morais J, Borod M. Profiling pre-cachexia, cachexia and refractory cachexia in palliative care: Results from the Nutrition and Performance in Advanced Cancer Trial (NPACT). Accepted for a poster presentation at the International Symposium on Multinational Association of

Supportive Care in Cancer International Symposium MASCC/ISOO, Athens, Greece, June 2011.

- 9 Newman A, Towers A, Hodgson P, Shay C, Rosenthal L, Vigano A, **Kilgour RD**. Assessment of breast cancer-related lymphedema using dual x-ray absorptiometry and multi-frequency bioelectric impedance spectroscopy. Accepted for an oral presentation, 3rd Annual International Lymphoedema Framework, Toronto, ON, June 2011.
- 10 Newman A, Towers A, Tidhar D, Hodgson P, Rosenthal L, Vigano A, **Kilgour RD**. To compare the effectiveness of three limb volume reduction and maintenance treatments for women with breast cancer-related lymphedema. International Graduate Course-Concordia University/University of Copenhagen, Montreal, QC, October 2010.
- 11 **Kilgour RD**, & Vigano AL. Prescribing physical activity to terminal cancer patients: The W5 approach. Accepted for presentation at the 18th International Congress on Palliative Care. Montreal, QC, October 5-8, 2010.
- 12 Vigano AL, Glance R, **Kilgour RD**. Profiling cancer cachexia: research and clinical perspectives. Accepted for presentation at the 18th International Congress on Palliative Care. Montreal, Canada, October 5-8, 2010.
- 13 **Kilgour RD**, Scheede-Bergdahl C, Bacon SL, Morais JA, Chaudhury P, Vigano AL. From MNUPAL to PERFORM: Improving research and education on cancer cachexia. Accepted for presentation at the 6th Research Congress of the European Association for Palliative Care. Glasgow, Scotland, June 10-12, 2010.
- 14 Vigano AL, Scheede-Bergdahl C, **Kilgour RD**, Trutschnigg B, Lucar E, Sanguineta M, Tremblay ML. Beyond the tip of the iceberg: The Human Cancer Cachexia Database. Accepted for presentation at the 6th Research Congress of the European Association for Palliative Care. Glasgow, Scotland, June 10-12, 2010.
- 15 Molla H, Hassanain M, Metrakos P, Vigano AL, **Kilgour RD**, Trutschnigg B, Lucar E, Sanguineta M, Chaudhury P. Specialized pre-surgical assessment in patients with hepato-pancreato-biliary cancers: Preliminary results. Accepted for presentation at the 9th World Congress of the International Hepato-Pancreato-Biliary Association. Buenos Aires, Argentina, April 18-21, 2010.
- 16 **Kilgour RD**, Trutschnigg B, Hornby L, Lucar E, Bacon SL, Morais JA, Vigano AAL. Cancer related fatigue: the impact of skeletal muscle mass and strength in newly diagnosed patients with advanced cancer. Presented at the 5th Cachexia Conference, Barcelona, Spain, December, 2009.
- 17 Piccioni M, Trutschnigg B, **Kilgour RD**, Chaudhury P, Hornby L, Vigano AAL. Functional, nutritional and quality of life correlates of hypogonadism in advanced cancer: a qualitative systematic review of the literature. Presented at the 5th Cachexia Conference, Barcelona, Spain, December, 2009.
- 18 Trutschnigg B, **Kilgour RD**, Morais JA, Lucar E, Hornby L, Vigano AAL. Metabolic, nutritional and inflammatory characteristics in elderly women with newly diagnosed advanced cancer. Presented at the 5th Cachexia Conference, Barcelona, Spain, December, 2009.
- 19 Scheede-Bergdahl C, Trutschnigg B, **Kilgour RD**, Lucar E, Haggarty A, Tremblay M, Sanguineta M, Vigano AAL. Does IL-6 best reflect cachexia in advanced cancer patients? Presented at the 5th Cachexia Conference, Barcelona, Spain, December 2009.

- 20 Molla H, Chaudhury P, Hassanain M, **Kilgour RD**, Trutschnigg B, Sanguineti M, Lucar E, Scheede-Bergdahl C, Vigano AAL. Profiling nutritional and performance characteristics in patients undergoing surgery for liver and pancreatic cancer: A pilot study. Presented at the 5th Cachexia Conference, Barcelona, Spain, December 2009.
- 21 Vigano AAL, Lucar E, Sanguineti M, Trutschnigg B, Molla H, Scheede-Bergdahl C, **Kilgour RD**. Does the new operational definition of cachexia (ODC) help with profiling nutrition and performance characteristics in advanced cancer patients? Presented at the 5th Cachexia Conference, Barcelona, Spain, December 2009.
- 22 Vigano AAL, Trutschnigg B, Lucar E, Piccioni M, Molla H, Sanguineti M, **Kilgour RD**. Male hypogonadism in advanced cancer patients: nutritional, functional and quality of life correlates. Presented at the 5th Cachexia Conference, Barcelona, Spain, December, 2009.
- 23 **Kilgour, RD**. Identifying the Role and Importance of Exercise for Patients with Colorectal Cancer. Presented to the Colorectal Cancer Group, Montreal QC, Sept 2009 (invited speaker sponsored by sanofi-aventis)
- 24 Vigano A., Trutschnigg B., Morais JA., Chaudhury P., Lucar E., Metrakos P., Hassanain M., Molla, H., Hornby, L., **Kilgour RD**. Use of the scored Patient-Generated Subjective Global Assessment (PG-SGA) to characterize cachexia in newly diagnosed advanced cancer. Presented at the 2009 American Society of Clinical Oncology (ASCO) Annual Meeting, Orlando, Florida, May 2009.
- 25 Vigano A., Trutschnigg B., Morais JA., Chaudhury P., Lucar E., Metrakos P., Hassanain M., Molla, H., Hornby, L., **Kilgour RD**. Use of the new operational definition of cachexia to characterize nutrition and performance characteristics in newly diagnosed advanced cancer. Presented at the European Society for Medical Oncology (ESMO) Symposium on Cancer and Nutrition, Zurich, Switzerland, March 2009.
- 26 **Kilgour, RD**. Cancer-related fatigue, skeletal muscle strength, and appendicular lean mass: Is there a link? Oral communication to the 1st International Cancer-related Fatigue Symposium. Montreal, QC, September 2008
- 27 Vigano, A, Trutschnigg, B, Morais, JA, Chaudhury, P, Hornby, L, Lucar, E, Reinglas, J, Molla, H, Bacon, S, **Kilgour RD**. Epidemiology and prognostic value of weight loss in newly diagnosed advanced cancer patients: a multidimensional perspective. Poster presentation to the 17th International Congress on Palliative Care, Montréal, QC, September, 2008.
- 28 Vigano, A, Trutschnigg, B, Kilgour, RD, Hamel, N, Hornby, L, Lucar, E, Foulkes, W, Tremblay, M., Morais, JA. Impact of angiotensin-converting enzyme gene polymorphism on nutritional and performance characteristics of advanced cancer patients: multidimensional and translational findings. Poster presentation to the 17th International Congress on Palliative Care, Montréal, QC, September, 2008.
- 29 Jones DH, Grace C, Griffiths T., **Kilgour RD**, Comtois AS. The influence of skin-fold thickness in determining the presence or absence of trigger point nodules. Poster presentation to the European College of Sports Sciences 13th Annual congress, Estoril, Portugal, July 2008.
- 30 Vigano, A., Trutschnigg, B., **Kilgour, RD.**, Hamel, N., Hornby, L., Lucar, E., Foulkes, W., Tremblay, M., Morais, JA. Impact of angiotensin-converting enzyme gene polymorphism on nutritional and performance characteristics of advanced cancer patients. Poster presentation to the MUHC Institute 7th Annual Research Day; Health Outcomes and Public Health and Preventative Medicine Axes; Montreal, QC, June, 2008.

- 31 Trutschnigg, B., **Kilgour, RD**, Reinglas, J., Rosenthal, L., Hornby, L., Morais, JA., Vigano. A. Strength and Body Composition Measurements in Advanced Cancer Patients: Precision and Reliability of Dual-energy X-ray Absorptiometry, Bioimpedance Analysis, Jamar[®] and Biodex. Oral communication to the MUHC Institute 7th Annual Research Day; Health Outcomes and Public Health and Preventative Medicine Axes; Montreal, QC, June, 2008.
- 32 Reinglas, J., **Kilgour, RD.**, Hornby, L., Trutschnigg, B., Lucar, E., Rosenthal, L., Vigano. A. Appendicular strength characteristics of newly-diagnosed advanced cancer patients: test-retest reliability and correlational analyses. Oral communication to the MUHC Institute 7th Annual Research Day; Health Outcomes and Public Health and Preventative Medicine Axes; Montreal, QC, June, 2008.
- 33 Molla, H., Trutschnigg, B., Morais, JA., Chaudhury, P., Hassanain, M., **Kilgour, RD.**, Vigano, A. Comparison of Three Methods of Nutritional Assessment in Advanced Cancer Patients: Subjective Global Assessment, Body Composition Analysis Using DXA and Nutritional Recalls. Poster presentation to the MUHC Institute 7th Annual Research Day; Health Outcomes and Public Health and Preventative Medicine Axes; Montreal, QC, June, 2008.
- 34 Jones, DH., Rehel, R., **Kilgour, RD.**, Comtois, AS. Skin-fold thickness and pressure pain threshold measurements of the upper arm and torso in young healthy women. Poster presentation to the American College of Sports Medicine 55th annual conference, Indianapolis, Indiana, May 2008.
- 35 Vigano, A., Trutschnigg, B., **Kilgour, RD.**, Lucar, E., and Morais JA. Effects of age on measures of nutrition, quality of life, physical function and body composition in patients with advanced cancer. Poster presentation to the Canadian Geriatric Society, Montreal, QC, April 2008.
- 36 **Kilgour RD.**, Vigano, A., Trutschnigg, B., Hornby, L., Bacon, S., Morais, J. Body composition and functional performance characteristics of newly-diagnosed cancer patients with and without weight loss. 4th Cachexia Conference, Tampa, FL. 6-9 December 2007
- 37 Trutschnigg, B., **Kilgour, RD.**, Reinglas, J., Rosenthal, L., Hornby, L., Vigano, A. Handgrip dynamometry measurements in elderly cancer patients: A comparison of two instruments (JAMAR versus BIODEX). 4th Cachexia Conference, Tampa, FL. 6-9 December 2007
- 38 Reinglas J*, **Kilgour, RD.**, Hornby, L., Trutschnigg, B., Rosenthal, L., Vigano, A. Assessing quadriceps muscle strength in newly-diagnosed, advanced cancer patients: Test-retest reliability and correlational analyses. 4th Cachexia Conference, Tampa, FL. 6-9 December 2007. * *Winner of the Young Investigator Award*
- 39 Vigano AA., Trutschnigg, B., Morais, JA., Hornby, L., **Kilgour RD.**, Rosenthal, L. Precision of dual energy X-ray absorptiometry and bioelectrical impedance in patients with advanced cancer. 4th Cachexia Conference, Tampa, FL. 6-9 December 2007
- 40 Vigano AA., Morais, J., and **Kilgour, RD.** Action-research in palliative care: the McGill Nutrition and Performance Laboratory (MNUPAL) research program. Canadian Hospice Palliative Care Conference, Toronto ON, November 4-7, 2007
- 41 Vigano AA., Trutschnigg, B., Bond, R., Hornby, L., Morais, J., and **Kilgour, RD.** Taxonomy for cancer cachexia: usefulness of blood counts, albumin, and C-reactive protein. Multinational Association of Supportive Care in Cancer, St. Gallen, Switzerland, June 27-30, 2007.
- 42 Vigano A A., Hamel, N., Morais, JA., Foulkes, W., **Kilgour, RD.**, Bond, R., Trutschnigg, B., Brar, S., Theberge, J., Tremblay, M. Angiotensin-converting enzyme gene polymorphism

(ACEGP) and cancer cachexia (CC): is there a link? American Society of Clinical Oncology Annual meeting, Chicago 1-5 June 2007.

- 43 Jones, DH., **Kilgour, RD.**, Comtois, AS., Regional differences in pressure pain threshold measurements in the upper arm and torso of young healthy women. Canadian Athletic Therapists Association Annual meeting, Winnipeg, Manitoba, May 2007.
- 44 **Kilgour, RD.**, and Jones, DH. Effectiveness of a therapeutic exercise rehabilitation program for breast surgery patients, McGill University Health Centre, Division of Clinical Epidemiology, Montreal, February 2002 (invited).
- 45 **Kilgour, RD.**, Tri-Council Policy Statement: Ethical conduct for research involving humans, Council of Biology Editors, 42nd Annual Meeting, Montreal, Quebec, May 1999 (invited)
- 46 **Kilgour, RD.**, and Williams. PA., Diabetes affects heart rate and blood pressure responses during acute hypothermia. Abstract Proceedings of the New England Chapter of the American College of Sports Medicine. Boxborough, MA, November, 1996.
- 47 **Kilgour, RD.**, and Williams, PA. Effect of diabetes and food deprivation on shivering in the urethane-anesthetized rat. Abstract Proceedings of the New England Chapter of the American College of Sports Medicine. Boxborough, MA, November, 1994.
- 48 **Kilgour, RD.** Gender differences in the cardiovascular response to local cooling. Central States Chapter of the American College of Sports Medicine, Wichita, KS, October 1993 (invited).
- 49 **Kilgour, RD.**, and Carvalho, J. Gender differences in the cardiovascular responses to the cold hand pressor test and facial cooling. New England Chapter of the American College of Sports Medicine, Boxborough, MA, November, 1993.
- 50 Williams, P., and **Kilgour, RD.** Shivering EMG in streptozotocin-diabetic rats during acute cold stress. Annual Meeting of the Québec Diabetes Association, Québec City, November, 1993.
- 51 Williams, P., and **Kilgour, RD.** Central hemodynamic responses to an acute cold stress in streptozotocin-diabetic rats. Annual Meeting of the Québec Diabetes Association, Montréal, November 1992.
- 52 Williams, P., and **Kilgour, RD.** Cardiovascular effects of facial cooling during low and moderate intensity exercise. American College of Sports Medicine, Dallas, May, 1992.
- 53 **Kilgour, RD.** and Garipey, P. Effects of heat loading and exercise on the cardiovascular system during passive recovery. American College of Sports Medicine, Orlando, June 1991.
- 54 **Kilgour, RD.** and Garipey, P. The effects of facial cooling on cardiovascular responses during recovery from exercise-induced hyperthermia. New England Chapter of the American College of Sports Medicine, Marlborough, November 1990.
- 55 Garipey, P., **Kilgour, RD.**, Gardiner, K., and Gardiner, PF. Quantification histochimique de l'activité de la succinate déshydrogénase dans les corps cellulaire des motoneurones chez le rat: l'effet du diabète induit par la streptozotocine. Association du diabète du Québec, Montréal, Octobre, 1990.
- 56 **Kilgour, RD.**, and Garipey, P. Cardiovascular responses during recovery from exercise-induced hyperthermia. Department of Exercise Science Free Communication Series. Montréal, September, 1990.

- 57 Sellers, WR., **Kilgour, RD.**, and Rehel,R. An assessment of the physiological profile of elite judo athletes by weight classification. Canadian Association of Sport Sciences Annual Meeting, Montréal, November, 1989.
- 58 **Kilgour, RD.**, Cochrane, JE and Montgomery. C. Cardiovascular and thermoregulatory responses to facial cooling during isometric exercise in healthy men. American College of Sports Medicine Annual Meeting, Baltimore, June, 1989.
- 59 Gosselin, M., and **Kilgour, RD.** The effects of isometric exercise on aortic blood flow dynamics. Annual meeting of the Association Québécoise des Sciences de l'activité Physique. Montréal, March, 1989.
- 60 **Kilgour, RD.**, and Sellers, WR. Aortic blood flow dynamics following anaerobic exercise. American College of Sports Medicine Annual Meeting. Dallas, May, 1988.
- 61 **Kilgour, RD.**, and Sellers, WR. Determination of aortic blood flow dynamics using continuous wave Doppler ultrasound following exercise to exhaustion. Ontario Medical Association Sports Medicine Conference, Toronto, January, 1988.
- 62 Riggs, CE., Johnson, DJ., **Kilgour, RD** and Titlow, L. Myocardial oxygen consumption during exercise with and without facial cooling. American Alliance for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1983.
- 63 **Kilgour, RD.**, Riggs, CE., Johnson, DJ and Titlow, L. Relationship between exercise and recovery heart rates and skin temperature. Florida Association for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1982.
- 64 Riggs, CE., **Kilgour, RD.**, and Rowan, RW. Heart rate responses of trained and untrained rats to induced myocardial ischemia. Florida Association for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1982.
- 65 Riggs, CE., Johnson, DJ., **Kilgour, RD.**, and Titlow, L. Exercise heart rate and skin temperature response to cold wind. American Alliance for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1982.
- 66 Riggs, CE., **Kilgour, RD.**, Cotton, M and Johnson, DJ. Glycogen utilization in trained and untrained ischemic rat hearts. Southeast Regional American College of Sports Meeting, 1982.
- 67 **Kilgour RD.**, and Riggs, CE. Glycogen storage in male and female rats: effects of endurance training. Florida Association for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1981.
- 68 Riggs, CE., **Kilgour, RD.**, and Belowich, D. Glycogen storage and the effects of taper training. Florida Association for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1981.
- 69 **Kilgour, RD.**, Riggs, CE and Johnson, DJ. Endurance training and liver glycogen storage in male and female rats. Southeast Regional American College of Sports Medicine Meeting, 1981.
- 70 Riggs, CE., Johnson, DJ., Konopka, BJ and **Kilgour, RD.** Substrate responses to prolonged exercise with and without facial cooling. American Alliance for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1981.

- 71 Spitler, DL., Makuch, DL., **Kilgour, RD.**, and Rehel, R. The effect of oral contraceptives on the female response to submaximal exercise. American Alliance for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1981.
- 72 **Kilgour, RD.**, Bonen, A., Malcolm, S and Belcastro, AN. Effects of exhaustive exercise on muscle glycogen stores during a prolonged fast. Florida Association for Health, Physical Education, Recreation and Dance Meeting - Research Section, 1980.

FUNDED GRANTS

1. CIHR Catalyst Grant (2010-2011): Title: Towards the identification of optimal predictors of surgical complications in elderly cancer patients: A pilot study. PIs: Vigano A, and Gilbert L. Co-Investigators: Aprikian A, Chaudhury P, Kilgour RD, Liberman A, Morais J. Amount: \$86235.00
2. Ministère du Développement économique, de l'Innovation et de l'Exportation (MDEIE) – Knowledge Infrastructure Programme (KIP) Grant (2009-2014): Title: The **P**revention, **E**valuation, **R**ehabilitation, and **F**ORMation (**PERFORM**) Centre. PI : L. Dandurand; Co-Investigators : Kilgour RD, Bacon SL, Jones DH, Rehel R. Amount: \$34,972,317.
3. Concordia University Seed Funding Program 2007 (co-investigator) Title: Neural correlates of Thermal Comfort and Discomfort. Amount: \$15,000.00
4. General Research Fund (Concordia University), 2005 - 2006 Title: A pilot project to test the effectiveness of a resistance training program for adolescents with insulin-dependent diabetes mellitus. Amount: \$3800.00
5. Regroupement Provinciale de Recherché en Imagerie Cerebrale (REPRIC), 2005 Title: Neural correlates of thermal comfort and discomfort: Functional magnetic resonance (fMRI). Amount: \$10000.00
6. General Research Fund (Concordia University), 2003 - 2004 Title: Assessment of central thermoregulatory control in experimental diabetes. Amount: \$5000.00
7. Ville Marie Oncology Foundation (Montreal, Quebec), 2000 - 2001 Title: Effectiveness of a therapeutic exercise rehabilitation program for breast surgery patients. Amount: \$5750.00
8. CASA General Research Fund (Concordia University), 1999 - 2000 Title: Gender differences in heart rate variability: influence of local cooling and heating. Amount: \$1825.00
9. CASA General Research Fund (Concordia University), 1997-1998 Title: Effectiveness of a therapeutic exercise rehabilitation program for breast cancer patients during the early post-surgical stages of recovery. Amount: \$3000.00
10. CASA General Research Fund (Concordia University), 1995-1996 Title: Quantitative assessment of fluid dynamics through an artificial arm using strain-gauge and impedance plethysmography. Amount: \$3000.00
11. CASA General Research Fund (Concordia University), 1994-1995 Title: Countermeasures against post-exercise hypotension. Amount: \$3500.00

12. NSERC General Research Fund, 1993-94 Title: Neuromuscular activation of shivering thermogenesis in streptozotocin-diabetic rats. Amount: \$2000.00
13. CASA General Research Fund, 1992-93 Title: Electromyographic activity of skeletal muscle during an acute cold stress in streptozotocin diabetic rats. Amount: \$1000.00
14. NSERC General Research Grant, 1991-92 Title: Central thermoregulatory control in experimental diabetes. Amount: \$2424.00
15. Faculty of Arts and Science CASA General Research Grant, 1991-92 Title: Central thermoregulatory control in experimental diabetes. Amount: \$2424.00
16. General Research Fund, Concordia University, 1991 Title: Regeneration and reinnervation of alpha motoneurons in experimental diabetes. Amount: \$3200.00
17. Charles H. Best Research Grant Award (Canadian Diabetes Association) 1990-91 Title: Functional adaptations of motoneurons in experimental diabetes. Amount: \$12,235.00
18. General Research Fund, Concordia University, 1989 Title: The effects of facial cooling during recovery from exercise hyperthermia. Amount: \$492.00
19. Charles H. Best Research Grant Award (Canadian Diabetes Association) 1989-90 Title: Motoneuron adaptation in experimental diabetes. Amount: \$24,470.00
20. General Research Fund, Concordia University, 1988 Title: Effects of endurance training on fast axonal transport of protein in motoneuron of diabetic rats. Amount: \$1200.00
21. General Research Fund, Concordia University, 1987 Title: Effects of endurance exercise training on heart function in the diabetic animal. Amount: \$2700.00
22. General Research Fund, Concordia University, 1986 Title: Cardiovascular responses to facial cooling during isometric activity. Amount: \$2000.00
23. FRSQ Post-doctoral Research Fellowship, Meakins-Christie Laboratory, Department of Medicine McGill University, 1984 Title: Respiratory muscle fatigue. Amount: \$23,000.00
24. MRC Post-doctoral Research Fellowship, Meakins-Christie Laboratory, Department of Medicine, McGill University, 1983 Title: Respiratory muscle fatigue. Amount: \$18,000.00

FUNDED STUDENT AWARDS

1. CIHR Master's Award; Frederick Banting and Charles Best Canada Graduate Scholarship 2010 (Ms. Eva Chadnova) Project Title: Towards an understanding of the factors that contribute to neuromuscular fatigue in cancer. Amount : \$17000.00
2. CIHR Master's Award; Frederick Banting and Charles Best Canada Graduate Scholarship 2007 (Ms. Barbara Trutschnigg) Project Title: Epidemiological and prognostic value of clinical and biological markers of cancer cachexia. A prospective, multicenter correlative study. Amount : \$17000.00
3. Association du diabète du Québec Bourse d'été 2000. (Ms. Celene Scheede) Project Title: Assessment of neuromuscular function during hypothermia in the streptozotocin-diabetic rat. Amount: \$3600.00

4. Association du diabète du Québec Bourse d'été 1994. (Mr. P. Williams) Project Title: Effects of aminophylline on the intramuscular EMG responses during acute cold stress in the streptozotocin-diabetic rat. Amount: \$3600.00
5. Association du diabète du Québec Bourse d'été 1993. (Mr. P. Williams) Project Title: Electromyographic activity of skeletal muscle during an acute cold stress in streptozotocin-diabetic rats. Amount: \$3600.00
6. Association du diabète du Québec Bourse d'été 1992. (Mr. P. Williams) Project Title: Influence of cold wind stress on central hemodynamic responses in streptozotocin-diabetic rats. Amount: \$3600.00
7. Association du diabète du Québec Bourse d'été 1991. (Mr. P. Gariepy) Project Title: Histochemical quantification of cell body succinate dehydrogenase activity in rat motoneurons: effect of streptozotocin-induced diabetes. Amount: \$3600.00
8. Challenge 91 Summer Student Award (Mr. Paul Williams) Project Title: Determination of cardiac output in the rat using thoracic impedance cardiography. Amount: \$2030.00
9. Association du diabète du Québec Bourse d'été 1990. (Mr. P. Gariepy) Project Title: Histochemical quantification of cell body succinate dehydrogenase activity in rat motoneurons: effect of streptozotocin-induced diabetes. Amount: \$2400.00
10. Association du diabète du Québec Bourse d'été, 1988 (Ms. S. Sherker) Project Title: Phosphofructokinase activity in the sciatic nerve of sedentary and endurance-trained diabetic rats. Amount: \$2400.00
11. Challenge 88 Summer Student Award, 1988 (Mr. P. Nower) Project Title: Measurement of phosphofructokinase activity in the rat sciatic nerve. Amount: \$2300.00
12. Association du diabète du Québec Bourse d'été, 1987. (Mr. C. Montgomery) Project Title: Myocardial compliance and contractility in the isolated perfused diabetic rat heart. Amount: \$2400.00

GRADUATE STUDENT DIRECTION

MSc Supervision and Co-supervision:

1. Cesare, Sabrina (Thesis Director). Thesis Title: TBD, (MSc in Exercise Science; enrolled, September, 2013)
2. Uscatescu, Irina (Thesis Director). Thesis Title: TBD, (MSc in Exercise Science; enrolled, September, 2013)
3. Ciutto, Lorella (Thesis Co-Director with J.A. Morais and A. Vigano). Thesis Title: Effect of essential amino acid administration on physical performance, strength and quality of life in patients with advanced non-small cell lung cancer: a pilot study. (MSc in Human Nutrition and Dietetics, McGill University, enrolled, September, 2012)
4. Chadnova, Eva (Thesis Director). Thesis Title: Challenging the limits of the motor system: Differential kinematic and electromyographic outcomes associated with age. (MSc in Exercise Science; graduated, June 2013)

5. Newman, Anne (Thesis Director). Thesis Title: Comparison of the efficacy of three methods of treatment for women with breast cancer-related lymphedema: A pilot study. (MSc in Exercise Science; graduated, June 2013)
6. Adams, Scott (Thesis Director). Thesis Title: The impact of chemotherapy on autonomic nervous system functioning and cardiovascular reactivity in young adults with cancer. (MSc in Exercise Science; graduated, June 2013).
7. Piccioni, Melissa (Thesis co-Director with A. Vigano, Faculty of Medicine, McGill University). Thesis Working Title: Functional, nutritional, and quality of life correlates of hypogonadism in advanced cancer. (MSc in Exercise Science; withdrew from program, Sept 2010)
8. Molla, Haneen (Thesis co-Director with A. Vigano and JA Morais). Thesis Title: Investigating the link between nutritional status with surgical outcomes in patients with liver and pancreatic cancer: A pilot. (MSc in Dietetics and Human Nutrition, McGill University; completed, June 2010)
9. Trutschnigg, Barbara (Thesis co-Director with A. Vigano, Faculty of Medicine, McGill University). Thesis Title: Characterizing cancer cachexia in elderly patients: a pilot study. (MSc in Experimental Medicine; completed February 2010)
10. Jones, David H. (Thesis Co-Director with Dr. A. Comtois, Département de Kinanthropologie, Université du Québec à Montréal). Thesis Title: The use of a hand held algometer to evaluate pressure pain thresholds in the upper extremity and torso of college aged women. (MSc; completed; September 2007)
11. Williams, Paul A. (Thesis Director; Dr. R. Kilgour, Department of Exercise Science, Concordia University) Thesis Title: "The effects of streptozotocin-diabetes and food deprivation on electromyographic activity in urethane-anesthetized hypothermic rats." M.Sc. (Special Individual Program) received August, 1994

Ph.D supervisory committee (Member)

1. Rizk, Amanda (Thesis Director, Dr. Veronique Pepin, Department of Exercise Science, Concordia University, PhD, Special Individual Program, Fall 2012)
2. Rossi, Amanda (Thesis Director, Dr. Simon Bacon, Department of Exercise Science, Concordia University, PhD, Special Individual Program, Fall 2011)
3. Palaez, Sandra (Thesis Director, Dr. Simon Bacon, Department of Exercise Science, Concordia University, PhD, Special Individual Program, Fall 2008).
4. Prieur, Thierry (Thesis Director, Dr. N. Segalowitz, Department of Psychology, Concordia University; Ph.D., Special Individualized Programme, Fall 1994)

Ph.D thesis committee (External member)

1. Saunders, Saneeta (Thesis Director, Dr Syd Miller, Department of Psychology). Dissertation Title: Risk Factors for Hypertension in a Black Canadian Population: Stress, Cardiovascular Reactivity, Cardiovascular Recovery, Gender, Dietary Sodium, Ambulatory Blood Pressure, Blood Pressure Dipping, Anger Expression, and Perceived Racism. (PhD. defence; Sept 2012).

2. Newmark, Erwin (Thesis Director, Dr. Syd Miller, Department of Psychology). Dissertation Title: The Effects of Acute Tryptophan Depletion and Psychological Traits on Cardiovascular and Mood Responses to Interpersonal Conflict. (Ph.D defence; Sept 2011)
3. Salerno, Frank (Thesis Director, Dr. A. Schwartzman, Department of Psychology). Dissertation Title: Risk Processes Implicated in the Development of Depression and Anxiety-Spectrum Disorders.(Ph.D defence; April 2009)
4. Bogdan, Nicoleta (Thesis Co-Directors, J. Capobianco & M. Morin, Department of Chemistry and Biochemistry) Dissertation Title: Nanoparticules recouvertes de carbohydrates comme biocapteurs de lectines (Ph.D defence; March 2009)
5. Ghobadi, Elham (Thesis Director – Dr. John Capobianco, Department of Chemistry and Biochemistry, Concordia University) Dissertation Title: Molecular Dynamics Simulation of Lead Germanate Glasses. (Ph.D defence; January 2008)
6. Parsi, Kata (Thesis Director - Dr. Anna-Beth Doyle, Department of Psychology, Concordia University). Dissertation Title: Anxious and Avoidant Attachment to Parents and Psychological Distress in Early Adolescence and Young Adulthood. (Ph.D defence; Sept 2006)
7. Vetrone, Francesco (Thesis Director - Dr. John Capobianco, Department of Chemistry and Biochemistry). Dissertation Title: Luminescence Spectroscopy of Er³⁺ Doped inorganic Nanocrystals - An Investigation into their Upconversion Properties. (Ph.D defence; Sept 2005)
8. Friese, Marianne (Thesis Director- Dr. Syd Miller, Department of Psychology, Concordia University). Dissertation Title: Hostility, negative emotional valence, sadness, rumination to sadness, and cardiovascular reactivity. (Ph.D defence; Sept 2003)
9. Fulton, Stephanie (Thesis Director- Dr. Peter Shizgal, Department of Psychology, Concordia University). Dissertation Title: Functional heterogeneity in brain reward circuitry: characterization of a subpopulation of reward neurons linked to energy balance. (Ph.D defence; Sept 2003)
10. Lavoie, Kim (Thesis Director - Dr. Syd Miller, Department of Psychology, Concordia University). Dissertation Title: Myocardial ischemia and reduced heart rate variability in coronary artery disease patients with mood and anxiety disorder: The impact of anxiety sensitivity. (Ph.D defence; Sept 2003)
11. Dolgoy, Lisa (Thesis Director- Dr. Syd Miller, Department of Psychology, Concordia University). Dissertation Title: Defensive hostility: Its role in cardiovascular reactivity and health-risk behaviours. (Ph.D defence; June 2003)
12. Bonneville, Lucie (Thesis Director - Dr. Tannis Arbuckle-Maag, Department of Psychology, Concordia University). Dissertation Title: Depth of processing and the negative priming effect: age differences in inhibitory functioning. (Ph.D defence; Sept 2002)
13. Sita, Francesco Aurelio (Thesis Director – Dr. Syd Miller, Department of Psychology, Concordia University). Dissertation Title: Cognitive functioning, cardiovascular activity, and state affect in men with and without a parental history of hypertension. (Ph.D defence; Sept 1999)

14. Bortolussi, Lina (Thesis Director – Dr. Dolores Pushkar, Department of Psychology, Concordia University). Dissertation Title: The correlates and consequences of alcohol consumption in elderly social drinkers. (Ph.D defence; Jan 1998)
15. Grief, Gail (Thesis director – Dr. H. Perreault, Department of Physical Education and Kinesiology, McGill University). Thesis Title: "Disturbance in the control of heart rate during exercise following intracardiac repair: Contribution of the cardiopulmonary bypass surgery. (M.A. defence; Sept 1992)
16. Hovey, Richard (Thesis director – Dr. D. Montgomery, Department of Physical Education and Kinesiology, McGill University). Thesis Title: Examination of the Bosco Jump Test. (M.A. defence; Sept 1989).
17. McGruer, David (Thesis director – Dr. D. Montgomery, Department of Physical Education and Kinesiology, McGill University). Thesis Title: Inclined treadmill running and uphill running performance. (M.A. defence; Sept 1989)

DEPARTMENT ADMINISTRATIVE EXPERIENCE

Department Leadership:

2003 - 2012	Chair, Department of Exercise Science (3 x 3-yr terms)
1997 - 1999	Chair, Department of Exercise Science (1 x 3-yr term)
1996	Acting Chair, Department of Exercise Science (1-yr term)
1994 - 1996	Academic Advisor, Undergraduate Programs in Exercise Science
1988 - 1989	Academic Advisor, 1 st year students, Department of Exercise Science
1987	Acting Chair, Department of Exercise Science (1-yr term)
1986 - 1988	Director, Exercise Science Co-Op Program

Department Committee Leadership:

2003 - 2012	Chair, Department Personnel Committee
2003 - 2012	Chair, Department Tenure Committee
2003 - 2012	Chair, Department Hiring Committee
2003 - 2008	Chair, Department Part-time Faculty Hiring Committee
1995	Chair, Department Curriculum Committee
1995	Chair, Personnel Committee (Geology)
1994 - 1996	Chair, Space Planning Committee
1991 - 1994	Chair, Department Curriculum Committee
1991 - 1992	Chair, Departmental Personnel Committee
1986 - 1988	Chair, Exercise Science Co-Op Program Committee

Department Committee Membership:

2003 - 2009	Member, Department Curriculum Committee
2003 - 2009	Member, Department Graduate Program Committee
2003 - 2006	Member, Department Ethics Committee
1993 - 1996	Member, Department Personnel Committee
1990 - 1993	Member, <i>Ad hoc</i> Department Research Committee
1989 - 1992	Member, Departmental Personnel Committee
1986 - 1988	Member, Departmental Personnel Advisory Committee

FACULTY ADMINISTRATIVE EXPERIENCE:**Faculty Leadership:**

2001 - 2003 Vice-Dean, Student Affairs
 2000 - 2001 Vice-Dean, Curriculum and Appraisals

Faculty Committee Leadership:

2003 Chair, Advisory Search Committee for Chair (Department of Religion)
 2003 Chair, Advisory Search Committee for the Principal of Science College
 2002 Chair, Advisory Search Committee for Chair (Department of Communication Studies)
 2001 - 2003 Chair, Faculty Student Request Committee
 2001 - 2003 Chair, Faculty Honours Committee
 2000 - 2001 Chair, Faculty Curriculum Committee

Faculty Committee Membership:

2012 Member, Advisory Search Committee for the PERFORM Chair / Scientific Director
 2011 Member, Selection Committee, Chief Administrative Officer, PERFORM Centre
 2010 Citation reader, Honorary doctorate for Richard W. Pound, Summer Convocation
 2006 - 2010 Presenter, Annual New Faculty Orientation Day
 2003 - 2009 Member, Arts and Science Council Steering Committee (elected)
 2004 - 2009 Member, Arts and Science Faculty Committee-Honorary Degrees
 2004 - 2006 Member, Faculty Personnel and Tenure Committee (FPTC)
 2004 - 2006 Member, Summer NSERC Studentship Program Committee
 2004 - 2005 Member, Advisory Search Committee for the Dean of Arts and Science
 2004 Member, Advisory Search Committee for Chair (Applied Human Sciences)
 2003 Member, Arts and Science Undergraduate Student Award Committee
 2002 - 2004 Member, General Education Committee
 2000 Member, Advisory Search Committee for the Principal of Science College
 1997 Member, Advisory Search Committee for Chair (Department of Biology)
 1997 - 2000 Member, Faculty of Arts and Science Curriculum Committee
 1996 - 2009 Member, Arts and Science Faculty Council
 1994 - 1996 Member, University Human Research Ethics Committee
 1994 Member, Psychology Department Appraisal Committee
 1994 Member, Advisory Search Committee for Chair (Leisure Studies Program)
 1994 Member, Advisory Search Committee for Chair (Department of Exercise Science)
 1991 - 1993 Member, General Research Fund Committee
 1989 - 1999 Member, Faculty of Arts and Science Student Request Committee
 1988 - 1991 Member, Arts and Science Faculty Council
 1988 - 1990 Member, Human Research Ethics Committee
 1987 Member, Advisory Search Committee for Chair (Department of Exercise Science)

UNIVERSITY ADMINISTRATIVE EXPERIENCE**University Leadership:**

1999 - 2000 Associate Chair, Academic Programs Committee (Appointed by the Provost)

Committee Membership:

2011 - 2012 Member, PERFORM Steering Committee (Appointed by the President)
 2004 - 2007 Member, University Senate (elected)

2005 - 2007	Member, University Senate Steering Committee (elected)
2004 - 2008	Member, University Academic Hearing Panel
2003 - 2008	Member, University Advocate Team, Code of Rights and Responsibilities Board
2000 - 2003	Member, University Human Research Appeals Board
2000 - 2003	Member, Joint Grievance Committee

PERFORM Centre Activities and General Responsibilities

2009 - present

- Credited with generating the concept and idea of the PERFORM Centre
- Assembled a “development team” for the pre-planning stage (2008) with CIM consultants
- Assisted in the organization and writing of the Knowledge Infrastructure Program (KIP) grant
- Meetings with the Concordia Facility management team and their consultant group (Genivar)
- Architects, structural, electrical, and mechanical engineers on the design and functional layout of the building
- Consulted with the design and specifications of the different “platforms” or core facilities within the building:
 - 1) *Imaging Suite,*
 - 2) *Metabolic Kitchen and Dining,*
 - 3) *Rehabilitation,*
 - 4) *Cardio-pulmonary,*
 - 5) *Athletic Therapy Clinic,*
 - 6) *Clinical Science laboratory*
- Consulted with the design specifications for the core research laboratories
- Consulted with Concordia Environmental Health and Safety
- Member of the PERFORM Working Group (weekly meetings to determine operational issues and to develop strategic plans for implementation)
- Member of the Exterior Building Art Selection Committee between the University and the government ministry
- Assisted in the development of a governance model for PERFORM
- Assisted in the development of a staffing model
- Assisted in the creation of a staff hiring plan
- Assisted in the creation of a faculty hiring plan
- Drafted employment descriptions for new faculty and staff
- Negotiated for new faculty and staff for PERFORM
- Assisted with the development of a space plan for the Exercise Science area of the SP building
- Assisted with the business case of PERFORM
- Worked with the business case consultant to develop a plan for the flow of the building, usage of space and effective use of time, potential revenue generation, costing of programs,
- Assisted with identifying the programs that will be offered to the community through PERFORM
- Interacted with Recreation & Athletics to develop a “time sharing” arrangement with associated costs / revenues for PERFORM
- Assisted with the IT requirement planning
- Conducted visitations to the JGH, Ville Marie Women’s Health Centre, Montreal Neurological Institute, Centre Geriatrique de Montreal, MUHC

PERFORM Team (Kilgour and Bacon) presentations:

- 1) Arts and Science Faculty Council,
- 2) Department of EXCI,
- 3) Senior management of the university (M Di Grappa, VP Services),
- 4) Senior management of the Jewish General Hospital (JGH),
- 5) Ville Marie Women's Health Centre,
- 6) Montreal Neurological Institute,
- 7) Centre Geriatrique de Montreal,
- 8) MUHC representatives (Radiology and Nuclear Med),
- 9) University of Copenhagen (Department of Biomedical Sciences & the International Student Exchange Office)
- 10) Heart and Stroke Foundation of Quebec,
- 11) Director of the FRSQ (Dr. Howard Bergman)
- 12) Recreation and Athletics, Concordia University
- 13) Director of the Cancer, Nutrition, and Rehabilitation (CNR) program of the Segal Cancer Centre of the JGH
- 14) Board of Governors

- Planning for the PERFORM Symposium as part of the Canadian Society for Exercise Physiology (CSEP)
- Contributed to the Communication Plan for PERFORM
- Participated in workshop to develop Vision and Mission statements
- Assisted in the planning and development of the PERFORM webpage.
- Contributed to the selection of the interior colour design including flooring carpeting
- Meeting with vendors for the Imaging Suite (GE, Siemens, and Phillips) and the Rehabilitation Area (Technogym)
- Meet with the senior administration of the JGH to develop collaborative plan with Concordia and PERFORM
- Given authority to be the DES sign off on major equipment purchases ("bundles")

PROFESSIONAL OFFICES AND EXTERNAL COMMITTEES

2004 - 2006	Chair, Maurice Gross Wellness Center Lay Committee, Cummings Jewish Center for Seniors
2000 - 2011	Chair, Institutional Review Board, MDS Pharma Services, a Division of (Canada) Inc.
1998 - 2002	Member, The Vanier College Foundation
1995 - 1999	Chair, Institutional Review Board, Phoenix International Life Sciences, Montréal, Québec
1994 - 2004	Member of the Board, The Maurice Gross Family Wellness Centre, Golden Age Association.
1994 - 1995	Member of the Board, YMCA Centreville, Montréal
1989	Member, Organizing Committee, Annual Meeting of the Canadian Association of Sport Sciences.
1988 - 1995	External reviewer, Fonds de la Recherche en Sante du Québec (FRSQ).
1988 - 1996	External reviewer, Canadian Fitness and Lifestyle Research Institute (CFLRI)
1985 - 1990	Member, Editorial Board of <u>Success in Fitness</u>
1982 - 1983	Member, Graduate School Review Committee, Florida State University
1977 - 1978	Member, Dalhousie University Association of Graduate Students, Dalhousie University

PROFESSIONAL MEMBERSHIPS

2004 - present	Canadian Society for Exercise Physiology
2000 - 2006	Quebec Diabetes Association
1996 - 1998	Canadian Association of Cardiac Rehabilitation
1993 - 2004	New England Chapter of the American College of Sports Medicine
1989	Canadian Diabetes Association; Clinical and Scientific Section
1988 - 1992	Canadian Association of Sports Sciences
1980 - 1995	American College of Sports Medicine
1980 - 1983	Southeast Regional Chapter of the American College of Sports Medicine
1980 - 1983	Phi Epsilon Kappa Fraternity
1980 - 1983	Florida Association of Health, Physical Education and Recreation

AWARDS

2012	Concordia Academic Leadership Award
2007	Merit Award for Outstanding Academic Performance
1999-2004	Merit Award for Outstanding Academic Performance
1998	Merit Award for Outstanding Academic Performance and Leadership
1991	Fellow of the American College of Sports Medicine (FACSM)
1988	Merit Award for Outstanding Academic Performance
1980 - 1983	Graduate Research Assistantship, Florida State University
1977 - 1978	Graduate Research Fellowship, Dalhousie University
1972 - 1976	Imperial Oil Scholarship Award

Updated: December 2013