Gaming? Dog walking? Whatever it takes to get off the couch

Rhodes and his dog Sydney

Rhodes, video games, dogs—UVic’s behavioural psychologist Dr. Ryan Rhodes has studied a variety of motivations to get people off the couch and into a more active lifestyle. He and fellow researchers have examined whether owning a dog motivates people to maintain a regular walking schedule and has demonstrated that using computer games bikes to power the gaming process is effective in helping people stick to an exercise regime.

Rhodes was recently recognized for his work and awarded one of two 2011 Canadian Cancer Society Senior Scientist Awards worth $500,000 over five years. The award frees Rhodes from his teaching duties to devote more time to his research.

“I’m very honoured to be given this award and opportunity,” says Rhodes, who is director of UVic’s Behavioural Medicine Laboratory. “The next series of studies on exercise games, conducted during the tenure of this award, will be focused on evaluating these games in the family home. Prior research has shown positive outcomes in terms of adherence and fitness benefits, but the studies are lab-based and comprised of young males. There is a compelling link between physical activity and reductions in the prevalence of several cancers. The problem is motivating people to exercise. I want to see if the result I’ve achieved in the lab hold up in the home where there are far more distractions.”

One distraction that Rhodes and his fellow researchers welcome is the family dog.

“Research has shown that walking is a very effective means of achieving physical activity levels and adherence—those that, in turn, prevent breast and colorectal cancer. It also increases long-term fitness benefits and quality of life.”

BY PATTY PITTS
TUNING UP
Two new conductors lead the School of Music in fresh directions by JOHN THRELLFALL

UVic’s School of Music has a pair of new leaders in the person of both an young and innovative, each offering a unique perspective on the music they conduct.

Award-winning European composer and conductor Andrey Cholouk has handpicked the scores of the current season, which will be launched with a concert at the Alumni Auditorium on Feb. 3. The program features works by Britten, Stravinsky, and Debussy.

Andrey Cholouk is a well-known conductor and composer who has performed extensively in Europe and Asia. He has a strong background in contemporary music and has worked closely with many emerging composers.

Cholouk’s first concert at UVic will be titled “The Power of Stories” at 7:30 p.m. Wednesdays (Jan. 12, Feb. 16, March 29) in room 105 of the Hickcox Building. Tickets are available at www.uvic.ca/ca/v_awards.html.

Cholouk is a musicologist who has written extensively on the works of modern composers, particularly those from the Soviet Union. He is a strong advocate of contemporary music and has worked to promote new works by emerging composers.

As part of the UVic School of Music’s commitment to community engagement, Cholouk will be offering a series of masterclasses and workshops for local high school students. These sessions will be held on dates to be announced.

Cholouk’s approach is deeply rooted in the idea that music has the power to bring people together and to inspire change. He believes that music can be a powerful tool for social and political change.

Cholouk’s concerts will feature a wide range of works, from early modern music to contemporary compositions. He is particularly interested in works that explore the intersection of music and social issues.

In his concerts, Cholouk will explore the themes of identity, community, and resilience. He believes that music can be a powerful tool for creating a sense of belonging and for promoting understanding and cooperation.

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UVic moves to a rabbit-free campus

PATTY PITT

Last month the University of Victoria invited its long-term feral rabbit management plan to eliminate the proposed "rabbit control zone" from the inner part of the campus and designate the entire campus "rabbit free." Over 400 rabbits have been removed from campus through trapping permits granted by the Province of BC. Twenty of 30 rabbits remain. UVic said to remove all of the remaining rabbits by Feb. 24 to give permit holders sufficient time to sterilize the rabbits, allow for transportation and transport them to sanctuaries before their permits expire. After Feb. 26, any rabbit found on campus will be humanely trapped and killed.

TELESCOPE CONTINUED FROM P1

TIME represents a change of scale for astronomers," says Simard. "We're used to building instruments that are the size of a small car. Now we're talking about instruments that are the size of a house.

WEDNESDAY, JANUARY 18

Music 2-7 p.m. : "Indian Legends" by Simon Estes. Saxe Canton College, Room 200.

FRIDAY, JANUARY 20

Music 7 p.m. : "The Second Coming" by John Bell. Victory Centre, Mon., Feb. 27.

TUESDAY, JANUARY 24

Music 8-9:30 p.m. : "Beethoven's Diaries" by the Choral Resource. Penhold United Church, 3800 50 Ave. S.E. 20th & 30th Ave. S.E.

WEDNESDAY, JANUARY 25

Cineplex Odeon - University - "The Second Coming" by John Bell. Victoria Conference Centre, 720 Blanshard Street W. 2 p.m., 7 p.m.

THE RING

cadboro bay merchants

Yvon Chouinard, President & CEO, Patagonia Inc.

The 11th annual Symposium on Business Ethics at UVic’s Gustavson School of Business invites you to "Reimagine Business - A Colloquium on Ethics and Social Value." This year's event features keynote speaker Yvon Chouinard, President and CEO of Patagonia, Inc., who will be sharing his insights about business ethics.

The symposium will take place on November 16, 2017, at the Victoria Conference Centre, 720 Blanshard Street W. , Victoria, British Columbia. Registration is now open, and tickets can be purchased online through the UVic Office of Special Events.

Join us for this thought-provoking event and help shape the future of business ethics.

For more information, please contact UVic Special Events at 250-721-6325 or events@uvic.ca.
UVic's Senate reaffirmed the university's commitment to diversity and equity in a motion passed at the Senate's Feb. 9 meeting. The motion, which followed a wide-ranging discussion of a presentation by graduate student member Jordan Bly, was passed. The new motion draws on the previous Senate plan, and Senate will submit it to the Planning and Priorities Committee as part of the renewal of the plan. It states: “UVic reaffirms that the University of Victoria is committed to providing environments for work and study that are safe, supportive, inclusive and healthy, and foster mutual respect. We aim to recruit and retain a diverse group of exceptionally talented students, faculty and staff without prejudice, to support them in ways that allow them to achieve their highest potential.”

**DOG WALKING CONTINUED FROM P.1**

for optimum health,” says Rhodes. “And we know that dog owners walk more than non-dog owners. Our observational snapshot of park use supports earlier work that dogs are motivational support for their owners’ walking practices through fair and foul weather.”

Rhodes and other researchers studied walkers with and without dogs in six area parks. While more people walk dogs (71 per cent) visited parks than those with dogs (27 per cent) during the months of fair and poor weather, non-dog walking and vigorous activity levels did significantly—by 35 per cent and 7 per cent respectively—when the weather turned foul. However, visits to parks by dog owners for walking increased during months of winter weather by almost 6 per cent.

The researchers want to expand on their research and are looking for more comprehensive data (on their dog’s) less than four times a week for a minimum of 30 minutes at a brisk pace and would like to be more active. Participants will be asked to complete a questionnaire and wear a pedometer for seven days at the start, middle and end of the three-month period.

Honouraria of a $25 gift card will be given to participants at the mid and end points of study. Contact Holly Murray at 250-472-5488 or bml@uvic.ca if you are interested in participating.

Results of the study will be published in the Journal of Physical Activity and Health.

UVic 2010 United Way blasts past goals

The campus community—staff, students, faculty and retirees—has more than 300,000 reasons this year to believe that the annual United Way campaign can change the future for those whose challenges are too great to face alone.

The final tally for the UVic 2010 United Way campaign was declared Jan. 25, exceeding the campaign goal of $8,090,000 and placing UVic as the number-two position for top donors in Canada's 2010 Canadian Biennial for the Arts United Way campaign was declared Jan. 25, exceeding the campaign goal of $6.21 million, raising a total of $8.21 million.

The UVic committee co-chairs, Dean of Social Sciences Peter Keller and Government Relations Executive Director Nikki MacDonald, point to the long and dedicated team of volunteers from the UVic community plus the many generous sponsors both on and off campus who helped contribute to the successful campaign coordination provided by the 2010 United Way, which included the annual Spirit Awards event on Jan. 27. Visit the campaign website at unitedway.uvic.ca for more information and to access links to the campaign’s social media pages including blog posts and Twitter messages.