

Dr. Jean Buckler is an Associate Professor at the University of Victoria in Exercise Science, Physical and Health Education. Dr. Buckler's research broadly examines how we can change the systems or environments to make participation in physical activity and physical literacy development accessible for everyone. In particular, Dr. Buckler is interested in how we can use time in nature to support physical activity and physical literacy from kindergarten through Grade 12. One of her current projects is in partnership with the BC Parks Foundation, examining how adding nature parks to schools can support physical activity, physical literacy, and socioemotional wellbeing.



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

Schools are one of the few environments where we can equitably reach the majority of children and adolescents all at once. Having the opportunity to connect with other researchers working to build upon the great work being done to support physical literacy and physical activity across Canada is always inspiring. Understanding the breadth and depth of work that is happening in Canada and building connections with researchers with similar goals is critical for making an impact with our work.

Dr. Jean Buckler's recent publications:

Buckler, E. J., González, O. D. J., Naylor, P. J., Marshall-Beaucoup, S., Wright, C., Wolfenden, L., ... & Mâsse, L. C. (2025). Tracking Physical Activity and Nutrition Policies and Practices in Early Childhood Education and Care: Five Years Post-Implementation of a Provincial-Level Active Play Standard. *Childhood Obesity*, 21(3), 273-281.

Ames, M., Gopalan, S. S., Sihoe, C. E., Craig, S. G., Garcia-Barrera, M., Liu, S., ... & **Buckler, E. J.** (2024). Adolescents' Daily Lives (ADL) project: an intensive longitudinal design study protocol examining the associations between physical literacy, movement behaviours, emotion regulation and mental health. *BMJ open*, 14(11), e094225.

Peddie, L., Gosselin Boucher, V., **Buckler, E. J.**, Noseworthy, M., Haight, B. L., Pratt, S., ... & Puterman, E. (2024). Acute effects of outdoor versus indoor exercise: A systematic review and meta-analysis. *Health Psychology Review*, 18(4), 853-883.
