

Dr. Stephanie Field is originally from Victoria, British Columbia, where she developed a deep love for aquatics and coastal communities. With a professional background in public recreation, she has spent over 25 years working with community organizations to deliver swimming and water safety programs to the public. In 2021, Stephanie received a PhD from the Faculty Education at the University of Victoria, and since, has been working as an Assistant Professor in School of Human Kinetics and Recreation at Memorial University of Newfoundland. Stephanie is passionate about helping children and youth develop physical literacy in aquatic environments. Stephanie's research program is centred on incorporating swimming and water safety content into K-12 Physical and Health Education curriculum, in an effort to promote safe and enjoyable participation in a range of aquatic activities.



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

My first introduction to the Research Council, was at a graduate student 'Lunch n' Learn' at the 2015 PHE Research Council Forum in Banff. During this session, I met a number of likeminded peers, who would ultimately become my colleagues, and received guidance from knowledgeable and supportive researchers, professors, and educators. This network of professionals has shaped many aspects of my career and research agenda, including collaboration with other members of the PHE Research Council that has led to the development of a number of meaningful physical activity initiatives and projects. This year, I look forward to supporting my own graduate and undergraduate students in attending their first PHE Research Council Forum, and introducing them to the same supportive community that I have the privilege of belonging to.

Dr. Stephanie Field's recent publications:

Field, S. C., & Gruno, J. (2024). Incorporating water safety activities and content in physical and health education. *Physical and Health Education Journal*.

Field, S. C., Foley, J. T., Naylor, P. J., & Temple, V. A. (2024). Perceptions matter! Active physical recreation participation of children with high and low actual and perceived physical competence. *International Journal of Environmental Research and Public Health*. 21, 1129. doi: 10.3390/ijerph21091129

Temple, V. A. & **Field, S. C.** (2023). Evaluation of the Special Olympics Canada Coaching Young Athletes Training: Part 2: How's it going? A study of Active Start and FUNdamentals program implementation: COACHING YOUNG ATHLETES IMPLEMENTATION. *PALAESTRA*. 37(3), 5-10.

Field, S. C., Gruno, J., & Gibbons, S. (2022). 'Blue Spaces' in Physical and Health Education: A global review of curricular aquatic programs. *International Journal of Physical Education*. 59(2), 27-40.
