

# Evolution, determinants and impacts of physical activity and other health-related behaviours on health outcomes

Record number : OPR-701

## Overview

### RESEARCH DIRECTION

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Department of Family Medicine

### INFORMATION

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### ADMINISTRATIVE UNIT(S)

Faculté de médecine et des sciences de la santé  
Département de médecine de famille

### LEVEL(S)

2e cycle  
3e cycle  
Stage postdoctoral

### LOCATION(S)

Campus conjoint de Moncton

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## Project Description

Our team uses epidemiological approaches to develop a better understanding of how and why health-related behaviours, particularly physical activity, change among individuals. We also assess impact of changes in behaviours on mental health, quality of life and development of chronic diseases. With this new knowledge, we develop and test novel interventions aimed at improving health-related behaviours of individuals and populations.

To do this, we use a combination of projects, including: Longitudinal studies with over 900 participants followed-up from childhood to adulthood through over more than 20 survey cycles; Clinical studies testing the effectiveness of novel healthcare professionals' interventions to promote health-related behaviour changes; Pilot studies to test new concepts; and Secondary data analyses using other studies or administrative data.

Our team is dynamic and therefore oversees multiple projects related to physical activity, lifestyle behaviours, prevention and management of chronic diseases. This said, opportunities for students evolve constantly. Contact us for more details.

Studentships are offered. They vary based on the excellence of candidates, project selected and availability of funds.

Specific requirements:

Excellent academic record; Good writing skills; Interest in physical activity or other health-related behaviours, and/or epidemiology.

IMPORTANT NOTE: Lab located in Moncton.

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Faculty recommendations:

[USherbrooke.ca/recherche](http://USherbrooke.ca/recherche)

- Before registering an official application for admission, contact a researcher who will agree to supervise your studies.
- For international candidates, it is essential to apply for admission two terms in advance in order to obtain the Study Permit (Government of Canada) and the Certificate of Acceptance of Quebec (Government of Quebec ).

## **Discipline(s) by sector**

## **Funding offered**

Yes

### **Sciences de la santé**

Diététique et nutrition, Kinésiologie,  
Médecine familiale, Médecine préventive  
et communautaire

The last update was on 23 February 2026. The University reserves the right to modify its projects without notice.