



School of Kinesiology Distinguished Speaker Series

Professor Nanette Mutrie, MBE
Chair in Physical Activity for Health,
Director of the Physical Activity for Health
Research Centre (PAHRC),
University of Edinburgh



‘Is walking the best buy for public health? – talking the walk’

Nanette Mutrie has been Chair of Physical Activity for Health at the University of Edinburgh since July 2012. She directs the Physical Activity for Health Research Centre (PAHRC) in the Institute for Sport, Physical Education and Health Sciences. She is also a visiting Professor at the MRC Social and Public Health Sciences Unit at the University of Glasgow and at the University of Ulster. In January 2015 Nanette was awarded an MBE in the New Year's Honours list for services to physical activity for health in Scotland.

Nanette is a Chartered Psychologist with the British Psychological Society and a Fellow of the British Association of Sport and Exercise Sciences. She has extensive experience of conducting interventions aimed at increasing physical activity. With her students and colleagues she has more than 200 peer reviewed publications in this area. The third edition of a textbook, first co-authored with Stuart Biddle in 1991, was published by Routledge in January 2015 (Biddle, Mutrie, Gorely 'Psychology of physical activity: determinants, well-being, and interventions'). She has also contributed to policy, for example, 'let's make Scotland more active' and the National Institute of Health and Clinical Excellence (NICE) programmes on physical activity and the environment and the promotion of walking and cycling. She is currently a member of the National Strategic Oversight Group for Physical Activity in Scotland.

Host: Dr. Guy Faulkner (Professor, UBC School of Kinesiology)

***Following the Seminar presentation, students (and interested others) are invited to stay for a 20-30 min discussion on broader themes related to the talk and of interest to graduate students. This will be led by the KIN student reps and graduate co-directors.**

Tuesday, January 14, 2020 | 12:30 pm – 2:00 pm
Centre for Brain Health, Rudy North Theatre (LL101)
11:45 – 12:30 Light Lunch