

# Dr S.WAYNE LEE

## EDUCATION

- ◆ **PhD**, Exercise Physiology \ Ergonomics  
University of Alberta, Edmonton, Alberta - 1992
- ◆ **MSc**, Exercise Physiology  
University of Alberta, Edmonton, Alberta - 1983
- ◆ **BEd**, Secondary Education  
Acadia University, Wolfville, Nova Scotia - 1981
- ◆ **BSc**, Physical and Health Education  
Acadia University, Wolfville, Nova Scotia - 1975

## SUMMARY OF QUALIFICATIONS

Progressively increasing responsibility culminating in appointment as Director of Human Performance and Health Promotion responsible for all programs and activities in Physical Fitness education and Health Promotion and Soldier On program for disabled CF members delivery at local, regional and national levels within the Department of National Defence for the Government of Canada. Extensive experience in:

- ◆ Conducting problem solving and in-depth studies;
- ◆ organizing, directing, and controlling through subordinate administrators physical education, health promotion delivery, sport, recreation, cultural and amenity programs for the CF;
- ◆ creating, editing and issuing Canadian Forces (CF) Regulations and Orders;
- ◆ ensuring application of departmental directives including finance, personnel management and operational directives;
- ◆ establishing long and short term strategic goals and programs;
- ◆ presenting written and oral briefs to Minister, Chief of Defence Staff and other senior departmental officials and other senior government departments;
- ◆ chairing boards and committees;
- ◆ Managing a public operations budget; and
- ◆ Organizing, managing and directing the CF research and development program in physical fitness standards and programs.

## EMPLOYMENT HISTORY

**1996 - Present Director of Human Performance and Health Promotion  
Responsible for research and development and  
delivery of all physical fitness standards and  
health promotion programs for the CF.**

**Responsible for:**

- ◆ conducting and supervising inter-disciplinary research and development studies;
- ◆ directing the delivery of health promotion programs for the CF
- ◆ directing the research, development and delivery of physical fitness standards and programs for the CF;
- ◆ directing the development and delivery of the Soldier On program for Sailors, soldiers, airman and airwoman with a disability for the CF;
- ◆ organizing, directing, and controlling departmental physical education and health programs;
- ◆ creating, editing and issuing relevant Canadian Forces Policy, Regulations and Orders;
- ◆ ensuring application of departmental directives including finance, personnel management and operational directives;
- ◆ establishing long and short term goals and programs;
- ◆ presenting written and oral briefs to Minister, Chief of Defence Staff and other senior departmental officials and other senior government and international departments;
- ◆ chairing and organizing research committees in NATO and scientific workshops;
- ◆ supervising a professional staff of 40 full time personnel and contract professional personnel; and
- ◆ liaison with Canadian Human Rights Commission to ensure scientific rigour of CF physical fitness standards

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**1995 - 1996 Director of Physical Education, Sports, Recreation  
and Amenities for the CF at National Defence  
Headquarters, Ottawa, Ontario.**

**Responsible for:**

- ◆ developing the policy, providing the administration, and co-ordinating the research and development for all physical fitness programs and standards for the CF;
- ◆ developing sports policy and overseeing the organization of 14 National Sports Championships and 10 international sports teams;
- ◆ ensuring CF fitness and sports policies conform with the Canadian Human Rights Act Bona Fide Occupational Requirements guidelines and is in line with government policy in the area of equality rights;
- ◆ establishing the policy and providing the amenities support to all CF personnel serving overseas, on ships and at isolated locations ie. newspapers, books, movies, television entertainment (live and taped) and live entertainment shows);
- ◆ developing the national policy for all CF community based cultural and recreational programs;
- ◆ co-ordinating the construction of all fitness, sports and

recreation facilities;

- ◆ supervising a local professional staff of 18 personnel with an annual operating budget of \$5,000,000. Overall responsibility on a regional and national level for 350 full time professionals

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**1990 -1995      *Senior Officer responsible for Physical Fitness Policy, Plans, Programs, and Research and Development at National Defence Headquarters.***

***Responsible for:***

- ◆ conducting and supervising inter-disciplinary research and development studies;
- ◆ organizing, directing, and controlling departmental physical education, health, recreation, cultural and amenity programs;
- ◆ creating, editing and issuing relevant Canadian Forces Policy, Regulations and Orders;
- ◆ ensuring application of departmental directives including finance, personnel management and operational directives;
- ◆ establishing long and short term goals and programs;
- ◆ presenting written and oral briefs to Minister, Chief of Defence Staff and other senior departmental officials and other senior government and international departments;
- ◆ chairing and organizing research committees in NATO and scientific workshops; and
- ◆ supervising a professional staff of 6 personnel.

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**TEACHING EXPERIENCE**

National Coaching Certification Program - Level 1, 2, 3 Theory and Master Course Conductor for Coaching Association of Canada (1979 - present).

Canadian Society of Exercise Physiology - Fitness Appraisal Certification and Accreditation Program - Professional Fitness and Lifestyle Consultant and Certified Fitness Consultant Course Conductor (1984 - present).

Sessional Lecturer - Human Kinetics Department. University of Ottawa.

Research Associate - Human Kinetics Assessment Centre - University of Ottawa.

Reviewer NSERC "Research Partnerships Program"

Adjunct Professor (2002-present) - Human Kinetics Department. University of Ottawa

Honouary Professor (2007) - Shenyang University, Shanyang, China

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**PROFESSIONAL TRAINING**

- Canadian Forces Staff School Course
  - National Coaching Certification Program  
Course Conductor, Level 1 & 2 Theory
  - Certified Fitness Consultant Course Conductor
  - Professional Fitness and Lifestyle Consultant
  - National Coaching Certification Program  
Level 1, 2 & 3 Theory Course Conductor,
  - National Coaching Certification Program  
Course Conductor Level 3 Theory, Master Course  
Conductor, Coaching Association of Canada - 1992
  - French Language Training - Public Service of Canada  
Certified level C.B.B - 20 December 1994
  - Academic Committee Member:
    - PhD - Mr Pat Gagnon University of Ottawa
    - PhD - Mr Lyndsay Gellhaus University of Victoria
    - PhD - Ms Tanis Farish University of Victoria
    - MSc - Mr Daryl Allard University of Ottawa
    - MSc - Mr Ben Ouellette University of Ottawa
  - External Examiner Thesis defence:
    - Ms Sue Jaenen, Queen's University, MSc Thesis, 1994  
"The Relationships Between Aerobic and Anaerobic Parameters and  
CF Fire Fighters Performance on a Circuit"
    - Mr Neil McKenzie, Queen's University, MSc thesis, 1996  
"A Validation of the Military College Physical Preparation Test"
    - Mr Andrew Morris, University of Toronto, MSc Thesis, 1996  
"Physiological Adaptations to Three Weeks of Combined Aerobic and  
Anaerobic Training"
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**SCIENTIFIC PAPERS, PRESENTATIONS,  
FINAL REPORTS/ MANUALS,  
AND BOOKS**

**OF**

**DR S. WAYNE LEE**

## SCIENTIFIC PAPERS

1. **Lee, S.W.** *A Canadian Forces Perspective for Globalization & Sport In Developing Countries*. Keynote Speaker. Globalization & Sport In Developing Countries International Conference. Shenyang Normal University, Shenyang, China June 2006
2. **Lee, S.W.** *Canadian Forces Perspective on Physical Fitness Standards and Programs*. . Conseil Internationale du Sport Militaire Technical Committee. Guangzhou, China, Nov 2001
3. Couture, R.T., Singh, M., **Lee, W.**, Chahal, P., Wankel, L., Oseen, M., Wheeler, G. *Can Mental Training Help Police Improve Shooting Performance?* Policing; An International Journal of Police Strategies & Management. Vol. 22 Number 4 , page 696-711, 1999.
4. **Lee, S.W.** *Gender and Military Performance*. Technical Proceedings AC/243 (Panel 8)TP/13 - Optimizing the Performance of Women in the Armed Forces of NATO. Defence Research Group, Panel 8 on the Defence Application of Human and Bio-Medical Sciences. London, England, Sep 97.
5. **Lee, S.W.** *Task Related Physical Fitness and Performance Standards - A Canadian Forces Approach*. Technical Proceedings AC/243 (Panel 8)TP/13 - Optimizing the Performance of Women in the Armed Forces of NATO. Defence Research Group, Panel 8 on the Defence Application of Human and Bio-Medical Sciences. London, England, Sep 97.
6. Oseen, M., Singh, M., Chahal, P., Couture, R., **Lee, S.W.**, & G. Wheeler. *The relationship between muscular strength and endurance, body composition, body cathexis and the performance of field tasks by women in the Canadian Armed Forces*. Advances in Industrial Ergonomics and Safety, 1283-1289, 1992.
7. Chahal, P., Couture, R., **Lee, S.W.**, Oseen, M., Singh, M., & G. Wheeler. *Establishment of task related work performance standards: A proposed approach*. International Journal of Industrial Ergonomics, Vol 9, No 2, p. 127-136. February, 1992.
8. **Lee, S.W.**, Singh, M., Chahal, P., Wheeler, G., Oseen, M., & R. Couture. *A treadmill weightload marching test of maximum oxygen uptake*. The 1992 International Conference on Physical Activity Fitness and Health. Toronto, Ontario, May, 1992.
9. **Lee, S.W.** *Age and gender related performance capabilities in military populations*. NATO Research Study Group on Biomedical Aspects of Physical Training - Final Report. Brussels, Belgium, 1992.
10. **Lee, S.W.** *Physical fitness and performance standards for the Canadian Army*. Portugese Military Medicine Review, 1992.
11. Couture, R., Singh, M., **Lee, S.W.**, Chahal, P., Oseen, M., & G. Wheeler. *The effect of mental training on the performance of military endurance tasks in the Canadian Infantry*. Journal of Applied Psychology. July, 1991.
12. **Lee, S.W.**, Singh, M., Chahal, P., & G. Wheeler. *Development of physical performance standards for the Canadian Army*. Department of Physical Education and Sports Studies, University of Alberta, Edmonton, Alberta and Chief of Research and Development, Department of National Defence, Ottawa, Ontario, 1990.
13. **Lee, S.W.**, Singh, M., Chahal, P., & G. Wheeler. *Development of physical performance standards for the Canadian Army*. Canadian Defence Quarterly, Toronto, Ontario, April, 1990.
14. **Lee, S.W.**, & M. Singh. *A literature review related to development of army occupational performance and fitness standards*. Department of Physical Education and Sports Studies, University of Alberta, Edmonton, Alberta,

1990.

15. Jacobs, I., Bell, D.G., Pope, J., & **S.W. Lee**. *Effects of hydraulic resistance circuit training on physical fitness performance of potential relevance to +GZ tolerance*. Aviation Space and Environmental Medicine: 58: 754-760. Toronto, Ontario, 1987.
16. **Lee, S.W.**, & M. Singh. *Physical fitness program for high performance jet pilots to improve G-stress capability*. Department of Physical Education and Sports Studies, University of Alberta, Edmonton, Alberta, 1983.
17. **Lee, S.W.**, & M. Singh. *Development of a Canadian Forces recruit physical training program*. Department of Physical Education and Sports Studies, University of Alberta, Edmonton, Alberta, and Chief of Research and Development for Department of National Defence, Ottawa, Ontario, 1983.
18. **Lee, S.W.**, & H.A. Quinney. *A critical evaluation of training equipment for military training rooms*. Department of Physical Education and Sports Studies, University of Alberta, Edmonton, Alberta, 1982.
19. **Lee, S.W.**, & D. Syrotuk. *Individual conditioning program for military pre-parachutist trainees*. Department of Physical Education and Sports Studies, University of Alberta, Edmonton, Alberta, 1981.
20. **Lee S.W.**, & H.A. Quinney. *Physical fitness and the military fire fighter - A Suggested Program*. Department of Physical Education and Sports Studies, University of Alberta, Edmonton, Alberta, 1981.
21. **Lee, S.W.** *The value of using biofeedback techniques to reduce stress in Air Traffic Controllers*. Canadian Forces College, Toronto, Ontario, 1979.

## **SCIENTIFIC PRESENTATIONS**

1. **Lee, S.W.** Physical Fitness Standards and Programs in the Canadian Forces - *Benefits of Physical Training on Military Related Activities*. Conseil Internationale du Sport Militaire Technical Committee. Washington, DC, USA, Nov 2006
2. **Lee, S.W.** *A Canadian Forces Perspective for Globalization & Sport In Developing Countries*. Keynote Speaker. Globalization & Sport In Developing Countries International Conference. Shenyang Normal University, Shenyang, China June 2006
3. **Lee, S.W.** *Canadian Forces Perspective on Physical Fitness Standards and Programs*. . Conseil Internationale du Sport Militaire Technical Committee. Guangzhou, China, Nov 2001
4. Wenger, H.A., A. Salmon, G. Stewart, R.Swan, and **Lee, S.W.** *Linking Fitness Levels and programs to Bona Fide Occupational Requirements*. American College of Sports Medicine Annual Meeting. Baltimore, Washington, USA, May 01.
5. **Lee, S.W.** *Canadian Forces task related physical fitness standards*. Presentation to Austrian Army Panel. Ottawa, Ont, Dec 00.
6. **Lee. S.W.** *Organizational Accommodation – A Canadian Forces Approach*. Guest speaker Bona Fide Occupational Requirements Consensus Forum. Toronto, On. Sep 00
7. **Lee. S.W.** *Fitness and Sports Injuries – Pension Implications*. Guest speaker Veterans Affairs Canada Adjudicators Meeting. Charlottetown, PEI. Jun 00.
8. **Lee. S.W.** *CF Standards and Programs – An Update*. Conference Keynote Speaker. 2nd Annual USN

Physical Fitness Symposium. Pensacola, Fla. Jun 00.

9. **Lee, S.W.** *Fitness and Sports Injuries – Pension Implications*. Guest speaker Veterans Affairs Canada Advocates Meeting. Ottawa. On. Dec 99.
10. **Lee, S.W.** *CF Physical Fitness Standards and Programs*. International Invited Speaker, US Department of Defence Workshop on PF Standards and Measurement within the Military Services. Washington, D.C. Aug 99
11. **Lee, S.W.** *Physical Fitness Programs and Standards – Gender Integration and Employment Issues*. Colloquium to the Ministers Advisory Board on Gender Integration and Employment Equity. Halifax, NS. Aug 99.
12. **Lee, S.W.** *Task Related Physical Fitness Standards – The Way Ahead*. Keynote Speaker. USN International Physical Fitness Training Symposium. Pensacola, Florida, Jun 2000
13. **Lee, S.W.** *The Canadian Forces Task Related Approach to Physical Fitness Standards and Programs*. The First Annual USN International Physical Fitness Training Symposium. Pensacola, Florida, Jun 99
14. **Lee, S.W.** *The development of task related physical fitness standards in the CF*. Colloquium member. Occupational Physiology Presentation to the American Association of Sports Medicine Annual Meeting. Seattle, Washington, USA, May 99.
15. **Lee, S.W.** *Current Issues and Initiatives in Work Physiology in the CF*. Colloquium Chair for the Canadian Association of Exercise Physiology Annual Meeting. Fredericton, NB. Oct 98
16. **Lee, S.W.** *Canadian Forces task related physical fitness standards*. Presentation to Royal Air Force Physical Fitness Panel. Ottawa, Ont, Oct 98.
17. **Lee, S.W.** *Canadian Forces Fire Fighter Physical Fitness Program*. Guest Speaker: The Annual Meeting of the Canadian Association of Fire Chiefs. Penticton, BC. Sep 98.
18. **Lee, S.W.** *The Canadian Forces fire fighter physical fitness program as an option for the US Department of Defence fire fighter program of choice*. Wright-Patterson Air Force Base. Dayton, Ohio, USA, Aug 98.
19. **Lee, S.W.** *Gender and Military Performance*. Optimizing the Performance of Women in the Armed Forces of NATO. Defence Research Group, Panel 8 on the Defence Application of Human and Bio-Medical Sciences. London, England, Sep 97.
20. **Lee, S.W.** *Task Related Physical Fitness and Performance Standards - A Canadian Forces Approach*. Optimizing the Performance of Women in the Armed Forces of NATO. Defence Research Group, Panel 8 on the Defence Application of Human and Bio-Medical Sciences. London, England, Sep 97.
21. **Lee, S.W.** *Physical Fitness and Selection Standards*. Annual Meeting on the NATO Committee on Women. Ottawa, Ontario, May 1993.
22. **Lee, S.W.** *The physical capabilities of women in operational occupations and FMC physical fitness standards*. The United States Presidential Commission, Ottawa, Ontario, August 1992.
23. **Lee, S.W.** *Forces Mobile Command physical fitness standards and women in operational roles*. The Australian Department of Defence Special Study Group, Ottawa, Ontario, September, 1992.
24. **Lee, S.W., Singh, M., Chahal, P., Wheeler, G., Oseen, M., & R. Couture.** *A treadmill weightload marching test of maximum oxygen uptake*. The 1992 International Conference on Physical Activity Fitness and Health. Toronto,



Ontario, May, 1992.

- 25 **Lee, S.W.** *An occupational related approach to physical performance standards for police agencies. Police Fitness Personnel of Ontario.* Ontario Police College, Aylmer West, Ontario, May, 1992.
- 26 **Lee, S.W.** *A task-related approach for measurement of physical performance capability for women in the Canadian Forces.* Minister's Advisory Board for Women in the Canadian Forces, Ottawa, Ontario, April, 1992.
27. **Lee, S.W.** *Physical fitness and performance standards for the Canadian Army - Final Report.* NATO Research Study Group on Biomedical Aspects of Physical Training. Oslo, Norway, March, 1992.
28. Couture, R., Singh, M., **Lee, S.W.**, Chahal, P., Oseen, M., & G. Wheeler. *The effect of mental training on the performance of military precision tasks.* 22nd Annual Conference of the Canadian Society for Psychomotor Learning and Sport Psychology, London, Ontario, Canada. November, 1991.
29. Singh, M., Chahal, P., **Lee, S.W.**, Wheeler, G., & M. Oseen. *Isokinetic electric dynamometer for testing and training of various exercise movements.* 1991 Annual Conference of the Canadian Association of Sport Sciences, Kingston, Ontario. October, 1991.
30. Singh, M., Chahal, P., **Lee, S.W.**, Wheeler, G., & C. Williams. *Electric dynamometer for back and abdominal muscle testing and training.* 1991 Commission d'etude du Sport Universitaire Conference, Sheffield, Great Britain. August, 1991.
31. Couture, R., Singh, M., **Lee, S.W.**, Chahal, P., Oseen, M., & G. Wheeler. *The effects of mental training on performance of military endurance tasks in the Canadian Forces.* Symposium on Physical Fitness and Active Living and Occupational Performance - Issues and Challenges & NATO Research Study Group on Biomedical Aspects of Physical Training. Faculty of Physical Education and Recreation, University of Alberta Edmonton, Alberta, July, 1991.
32. Oseen, M., Chahal, P., Couture, R., **Lee, S.W.**, Singh, M., & G. Wheeler. *Relationship between bone density, body composition, strength and performance of selected occupational tasks by women in the Canadian Army.* Symposium on Physical Fitness and Active Living and Occupational Performance - Issues and Challenges & NATO Research Study Group on Biomedical Aspects of Physical Training. Faculty of Physical Education and Recreation, University of Alberta, Edmonton, Alberta, July, 1991.
33. Chahal, P., Couture, R., **Lee, S.W.**, Oseen, M., Singh, M., & G. Wheeler. *Establishment of task related work performance standards.* Symposium on Physical Fitness and Active Living and Occupational Performance - Issues and Challenges & NATO Research Study Group on Biomedical Aspects of Physical Training. Faculty of Physical Education and Recreation, University of Alberta, Edmonton, Alberta, July, 1991.
34. **Lee, S.W.**, Singh, M., Chahal, P., Wheeler, G., Oseen, M., & R. Couture. *Task related aerobic and anaerobic physical fitness standards for the Canadian Army.* Symposium on Physical Fitness and Active Living and Occupational Performance - Issues and Challenges & NATO Research Study Group on Biomedical Aspects of Physical Training. Faculty of Physical Education and Recreation, University of Alberta, Edmonton, Alberta, July, 1991.
35. **Lee, S.W.** *Task related physical fitness standards and performance capabilities of women in regards to minimum performance standards and Army physical fitness standards.* Minister's Advisory Board for Women in the Canadian Forces, Ottawa, Ontario, April, 1991.
36. Couture, R., Singh, M., **Lee, S.W.**, Chahal, P., Oseen, M., & G. Wheeler. *The effect of mental training on the performance of military precision tasks.* Abstracts of 22nd Annual Conference of the Canadian Society for Psychomotor Learning and Sport Psychology, London, Ontario, Canada. November, 1991.
37. Singh, M., Chahal, P., **Lee, S.W.**, G. Wheeler., & M. Oseen. *Isokinetic dynamometer for testing and training of various exercise movements.* Abstracts of 1991 Annual Conference of the Canadian Association of Sport Sciences.

1991.

38. Singh, M., **Lee, S.W.**, Chahal, P., & G. Wheeler. *Fitness standards for combat soldiers*. Proceedings of the 1990 Congress of Asian and Oceanic Physiological Societies, New Delhi, India, 1990.
39. **Lee, S.W.** *Final report and recommended task-related physical performance standards for the Canadian Army*. Mobile Command Council General staff, St Hubert, Quebec, December, 1990.
40. **Lee, S.W.**, Singh, M., Chahal, P., & G. Wheeler. *Update and approval of research design for the development of task-related physical performance standards for the Canadian Army*. Mobile Command Council General staff, St Hubert, Quebec, October, 1989.
41. **Lee, S.W.** *Occupationally related physical fitness standards for the Canadian Forces - A compendium of research*. NATO Research Study Group on Biomedical Aspects of Physical Training, Copenhagen, Denmark, September, 1989.
42. **Lee, S.W.** *Recommendations for a task-related approach for the development of physical performance standards for the Canadian Army*. Mobile Command Council General Staff, St Hubert, Quebec, May, 1988.
43. **Lee, S.W.** *The Canadian Forces EXercise PREScriptioN (EXPRES) program*. NATO Research Study Group on Biomedical Aspects of Physical Training, San Diego, California, USA, February, 1987.
44. Bell, D.G., Jacobs, I., & **S.W. Lee**. *Relationship of field tests to laboratory tests of muscular strength and endurance and maximal aerobic power*. Canadian Association of Sports Sciences, Annual Meeting, Ottawa, Ontario, October, 1986.
45. Kimick, A., Jette, M., & **S.W. Lee**. *Comparison between performance on an Indoor Standardized Obstacle Course (ISOC) and selected laboratory measures of fitness*. Canadian Association of Sports Sciences, Annual Meeting, Ottawa, Ontario, October, 1986.
46. Lagarde, F. & **S.W. Lee**. *CF Express Program - Training support material developed in collaboration with ParticipAction*. Canadian Association of Sports Sciences, Annual Meeting, Ottawa, Ontario, October, 1986.
47. Stevenson J.M., Andrew, G.M., Bryant, J.T., Thomson, J.M., Swan, R.D., & **S.W. Lee**. *Development of minimum physical fitness standards for the Canadian Armed Forces: Phase I*. Canadian Association of Sports Sciences, Annual Meeting, Ottawa, Ontario, October, 1986.
48. Thibault, G., Peronnet, F., Plamondon, A., & **S.W. Lee**. *Computerized Physical training program for the Canadian Forces*. Canadian Association of Sports Sciences, Annual Meeting, Ottawa, Ontario, October, 1986.
49. **Lee, S.W.**, Morris, E. & M. Shannon. *Pilot physical fitness program - Effects of hydraulic resistive circuit training on physical fitness components relevant to +Gz force tolerance*. Canadian Association of Sports Sciences, Annual Meeting, Ottawa, Ontario, October, 1986.
50. **Lee, S.W.** & A.V. Ettinger. *A comparison between the standard recruit training program and hydraulic resistive training on aerobic power, strength, and endurance at CFRS Cornwallis*. Canadian Association of Sports Sciences, Annual Meeting, Ottawa, Ontario, October, 1986.
51. **Lee, S.W.** *Canadian Forces jet pilot physical fitness program*. United States Air Force Aviation Safety Conference, San Bernadino, California, USA, 1985.
52. **Lee, S.W.** *"G"- Force Loss of Consciousness. A physical fitness program to increase "G" tolerance for jet pilots*. Directorate of Flight Safety Conference, Transport Canada Training Institute, Cornwall, Ontario, 1984.

53. **Lee, S.W.** *Physical fitness and pilots.* Canadian Aeronautics and Space Institute Annual Conference, Ottawa, Ontario, 1984.
54. **Lee, S.W.,** Belcastro, A., Glassford, G., & J. Kraemer. *Training responses to hydraulic exercise.* American College of Sports Medicine Annual Meeting, Montreal, Quebec, 1983.
55. **Lee, S.W.,** Belcastro, A., Glassford, G., & J. Kraemer. *Training responses to hydraulic exercise.* Canadian Association of Sports Sciences, Annual Meeting, Waterloo University, Waterloo, Ontario, 1983.

### **FINAL REPORTS / MANUALS**

1. *Fighting Fire with Fitness.* A Manual Supporting the Fire Fighter physical Fitness Maintenance Program. N. Gledhill., et al., Participaction, **Scientific Authority – S.W. Lee.** Toronto, Ontario. 2001
2. *JTF 2 Pre-Selection.* Physical Fitness Training Program. H. Wenger et al. , Participaction, **Scientific Authority – S.W. Lee.** Toronto, Ontario. 2001
3. *Development and Validation of Canadian Forces Minimum Physical Fitness Standard (MPFS 2000)* J. Deakin et al. Queen’s University Ergonomic Research Group. **Scientific Authority – S.W. Lee.** Kingston, Ontario. 2000.
4. *Army Fitness Manual.* A physical fitness training program for the Canadian Army. H. Wenger., et al., Participaction, **Scientific Authority – S.W. Lee.** Toronto, Ontario. 2000
5. *The Effect of Hyperoxia on the Physiological Stress of Exercise with Firefighting gear and the SCBA.* Petersen, S., et al., University of Alberta. **Scientific Authority – S.W. Lee.** Edmonton, Alberta. 1999.
6. *Development and Validation of a Bona Fide Physical Fitness Test for Canadian Forces Search and Rescue Technicians.* Deakin, J. et al., Queen’s University Ergonomic Research Group. **Scientific Authority – S.W. Lee.** Kingston, Ontario. 1999
7. *Task Related Physical Fitness Training Modules for the Canadian Army.* Singh, M., **Lee, S.W.,** Chahal, P., McGarvey, W.J., & R.W. Dreger. University of Alberta, Edmonton, Alberta. 1998.
8. *Validation of Royal Military College physical fitness standards - Final Report.* McKenzie, N., **Scientific Authority – S.W. Lee..** National Defence Headquarters. Sep 1997.
9. *The Development of a Bona Fide Physical Maintenance Standard for CF and DND Fire Fighters.* Deakin, J., Weber, C., Smith, T. Pelot, R., **Scientific Authority – S.W. Lee.** Queens University Ergonomics Research Group. Kingston, Ontario, 1997.
10. *Physical Fitness for Applicants to the Canadian Forces. Pre-Enrollment Information and Guide to Self Preparation for Basic Training.* Mendes, H., **Lee, S.W.,** Swan, R.D., & F. Lagarde. Canadian Forces Publication. 1997.
11. *CF EXPRES Evaluation - Alternative Aerobic Testing – 20 MSR & MMATT.* Jaenen, S., **Lee, S.W.,** & N. Mckenzie. Canadian Forces Publication. Aug 1994.
12. *Task Related Aerobic and Anaerobic Physical Fitness Standards For The Canadian Army.* **Lee, S.W.** PhD Dissertation, Graduate Studies and Research, University of Alberta. Edmonton, Alberta, 1992.

Singh, M., **Lee, S.W.**, Chahal, P., Oseen, M., & G. Wheeler. Report Submitted to the Force Mobile Command Council. Department of National Defence. The University of Alberta, Edmonton, Alberta. September, 1991.

14. *Physical Performance Characteristics of Female Soldiers of the Canadian Army: A Final Report.* Oseen, M., Singh, M., **Lee, S.W.**, Chahal, P., Couture, R., & G. Wheeler. Submitted to the Force Mobile Command Council. The University of Alberta, Edmonton, Alberta. September, 1991.

15. *Development of Task Related Physical Performance Standards for Male Soldiers of the Canadian Army- A Final Report.* Submitted to the Force Mobile Command Council. Singh, M., **Lee, S.W.**, Chahal, P., Couture, R., Oseen, M., & G. Wheeler. The University of Alberta, Edmonton, Alberta. September, 1991.

16. *Development of minimum physical fitness standards for the Canadian Armed Forces: Phase III.* Stevenson, J.M., Andrew, G.M., Bryant, J.T., Thomson, J.M., Swan, R.D., **Scientific Authority – S.W. Lee.** School of Physical and Health Education, Department of Mechanical Engineering, Queen's University, Kingston, Ontario, and Chief of Research and Development for Department of National Defence, Ottawa, Ontario, Canada, 1988.

17. *Development of minimum physical fitness standards for the Canadian Armed Forces: Phase II.* Stevenson, J.M., Andrew, G.M., Bryant, J.T., Thomson, J.M., Swan, R.D., **Scientific Authority – S.W. Lee.** School of Physical and Health Education, Department of Mechanical Engineering, Queen's University, Kingston, Ontario, and Chief of Research and Development for Department of National Defence, Ottawa, Ontario, Canada, 1986.

18. *Development of minimum physical fitness standards for the Canadian Armed Forces: Phase I.* Stevenson, J.M., Andrew, G.M., Bryant, J.T., Thomson, J.M., Swan, R.D., **Scientific Authority – S.W. Lee.** School of Physical and Health Education, Department of Mechanical Engineering, Queen's University, Kingston, Ontario, and Chief of Research and Development for Department of National Defence, Ottawa, Ontario, Canada, 1985.

19. *Computerized exercise prescription.* Thibault, G., Peronnet, F., **Scientific Authority – S.W. Lee.** University of Montreal, Montreal, Quebec and Chief of Research and Development for Department of National Defence, Ottawa, Ontario, 1984.

20. *Evaluation of parachutist physical performance standards.* Belcastro, A., **Scientific Authority – S.W. Lee.** Department of Physical Education and Sports Studies, University of Alberta, Edmonton, Alberta, and Chief of Research and Development for Department of National Defence, Ottawa, Ontario, 1984.

21. *The effects of circuit training using hydraulic resistive apparatus on aerobic power, muscular strength and endurance.* **Lee, S.W.** MSc Thesis, Graduate Studies and Research, University of Alberta, Edmonton, Alberta, 1983.

## **BOOKS**

1. *Bona Fide Occupational Requirements Proceedings of the Consensus Forum on Establishing Bona Fide Requirements for Physically Demanding Occupations.* **Recognized Contributor.** Toronto Ontario, Canada. September 13-16, 2000

2. *Assessing Readiness in Military Women - The Relationship of Body Composition, Nutrition, and Health.* **Recognized Contributor.** Institute of Medicine. National Academy Press, Washington, D.C., USA, 1998.

3. *The Canadian Physical Fitness and Lifestyle Guide.* **Recognized Contributor.** Canadian Society of Exercise Physiology. Ottawa, Ont. 1997

4. ParticipAction., & **S.W. Lee.** *XPRESS. The fitness programme for busy lives.* Victoria: McPhee Gribble Publishers. Victoria, Australia, 1989.

5. ParticipAction., & **S.W. Lee.** *EXPRES, Programme d'exercices prescrits des forces armees canadiennes.*

*XPRESS*. Editions du Trecarre. St Laurent, Quebec, 1988.

6. ParticipAction., & **S.W. Lee.** *ParticipAction Presents - EXPRES The Exercise Prescription.* Toronto: Macmillan of Canada. Toronto, Ontario, 1986.