**Christina Ziebart BSc, MSc, MPT/PhD student**

*PhD Student* | Health and Rehabilitation Sciences

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To: Dr. Kristie Campbell

Associate Head- Research, UBC Department of Physical Therapy

Email: [Kristin.campbell@ubc.ca](mailto:Kristin.campbell@ubc.ca)

212-2177 Wesbrook Mall, Vancouver, BC V6T 1Z3

Dear Dr. Campbell,

I am writing to apply for the position of an Assistant Professor (tenure track) in the Department of Physical Therapy at the University of British Columbia. My curriculum vitae, as well as a statement describing my teaching dossier are enclosed. Dr. Joy C. MacDermid, and Dr. Lora Giangregorio have agreed to provide letters of recommendation on my behalf, and their contact information is also enclosed.

My research program focuses on

1. Exercise interventions for osteoporosis and fracture prevention, and recovery

2. Sex and gender as determinants of health behaviors and outcomes

3. Evidence synthesis to define best practice in PT

4. Understanding clinician and patient prirorities and behaviors

I am currently completing my final year of my PhD, but have completed enrollment of my randomized trial participants of a new and am completing the follow-ups in preparation for spring defense. This means I would complete all my degree requirement prior to the start date for this position. I recently completed my MPT degree at Western University and I am currently practicing in a private clinic with a musculoskeletal focus. Throughout my degrees I have taken opportunities to develop and advance my skill as a health, rehabilitation and aging researcher, as well as taking opportunities to teach and educate peer clinicians researchers, and the general public on health and aging. I am passionate about educating older adults to lead healthier lifestyles, while also passing my knowledge on to the next generation of students.

My bachelors and masters degrees were both completed at the University of Waterloo. Through my bachelor’s degree I took a keen interest in clinical research with a focus on exercise in people with osteoporosis. My master’s research focused on implementing exercise recommendations in people with osteoporosis over the age of 65. Through my PhD, I advanced this knowledge by working with people at risk of fracturing, targeting those age 50-65. I became interested in fracture prevention strategies and educating adults on the risks of osteoporosis and the subsequent fractures. Through my PhD thesis work I collaborated with an endocrinologist at McMaster University, several surgeons at St. Joseph’s Health Centre in London, Ontario, physical therapists at Western University and St. Joseph’s Centre and occupational therapists at Western University and St. Joseph’s Health Centre. Beyond my PhD thesis work, I worked on several projects related to osteoporosis management, fracture prevention and knowledge translation and methods. Through this work I have improved my knowledge in implementing physical therapy interventions, pain management and measurement properties of outcome measures. Through these projects I have collaborated with researchers across Canada at Dalhousie University, University of Toronto, Lakehead University and Marshall University in the United States, and mostly importantly with patient partners in the community. I constantly seek out opportunities to form strong collaborations and believe that I would be able to collaborate well with other scientists and clinical faculty at UBC, within the Fraser Health Authority and develop partnership with community stakeholders.

As a clinician scientist I have focused my education around rehabilitation research. I continue to strive to improve health access to community dwelling people in general, and the underserved population more specifically. I work as the Editor-in-Chief of a student-run rehabilitation sciences magazine. This magazine works to disseminate health and rehabilitation knowledge to a lay audience, informing the general public on recent advances of health and rehabilitation research and social changes. A recent special issue of the magazine highlighted social issues in rehabilitation such as access to care, under-represented individuals, and supporting family members while caring for their relatives. In this issue, I co-authored two articles: one on health equity for transgendered people, and second, an article on recognizing the value of person-centered care for people with disabilities. Additionally, I am part of a student run health clinic offered to underserved population in London. Unfortunately, the pandemic has delayed the clinic launch date, but so far, I have represented and advocated for the value of physical therapy for these community dwelling underserved individuals. Our vision is to have a physical therapy student providing care to the community for free during all operating hours of the clinic. Finally, as a physiotherapist I have worked to advocate for my patients and provide the support they need on their trajectory to recovery. Although right now I am working in general orthopedics I plan on specializing in pelvic health and advance the knowledge of osteoporosis research through a pelvic health lens.

Related to my teaching, I have experience in both teaching students on a variety of health and rehabilitation topics, but also developing new programs and curriculums. I have given lectures on falls prevention, the effect of microgravity on bones, bone health and aging, non-pharmacological management of osteoporosis, cardiovascular and respiratory response to exercise, and exercise prescription for older adults. I also worked closely with a physician to offer an exercise class to people with osteoporosis, where I developed the program and taught the exercise class. I am one of only a handful of individuals trained to teach BoneFit, a training course for clinicians to learn more about how to prescribe exercise to people with osteoporosis. Finally, through my PhD project I developed an online education program, teaching adults about non-pharmacological management of osteoporosis. Beyond an academic setting, I worked as a swim instructor and first aid instructor for many years.

Through my teaching, I hope to encourage the students to become curious and take ownership of their learning. I will create a safe learning environment where students are encouraged to ask questions and learn both independently and in small peer-groups. I will create a learning environment that provides students with up-to-date evidence, and provide the students with tools on how to practically apply the theory. Finally, I will continue to learn from my students. I believe there is always learning and growth to be made, and I plan to take immediate feedback to facilitate a productive and encouraging environment for the students.

I am highly committed to achieving and excelling in as a Assistant Professor in Physical Thearpy at the University of British Columbia. I believe that my past experiences teaching those of all ages both in person and virtually, devotion to inclusion, strong community partner organization relationships, as well as my skills, dedication and knowledge will make me an asset to the Department of Physical Therapy.

Please contact me with any questions you may have and thank you for considering my application.

Sincerely,

Christina Ziebart, MSc, MPT, PhD Student