

Kinesiology Research Projects

Date: December 10, 2018

Running Time: 1:54

Time	Content
0:00 – 0:02	Did you know that half of all pregnancies are unplanned?
0:03 – 0:08	My partner and I decided to base our research on preconception health and women aged 18 to 44.
0:09 – 0:26	Our research found that in those who exercise and manage their weight, their chances of congenital preterm labor, spontaneous abortion, and other pregnancy complications were significantly reduced compared to those who did not take any preconception health measurements.
0:27 – 0:34	It is for this that our research concluded that in order to prevent any kind of complications, women should not wait until they are ready to conceive, that they should be ready to conceive.
0:35 – 0:41	My group and I, what we're doing is we're focusing on cannabis and driving. So with our campaign, it's called the beep campaign.
0:42 – 1:19	What we have is, we're gonna set up a booth at a university or high school, take information from those individuals regarding their buddy system, the B, educate everyone so common myths or side effects, long term effects that are short or long, and then the third part is gonna be the plan ahead. So how will you get home. Transferring all that information to posters that we can post on bus stops, different ubers, taxis. Different kinds of public transportation that they'll see in the area and then they'll see information that they've put onto the board and be able to relate to it.
1:20 – 1:28	Are between the ages of 19 to 25? If so, your brain is still under development and you are still at risk for cognitive impairments caused by cannabis.
1:29 – 1:34	Now that cannabis is legalized in Canada, it's important for you to know your health risks.
1:35 – 1:47	Our Instagram page is designed to give you that information with three key messages. We want you to know that a higher dose of cannabis can lead to a decreased IQ as well as a decrease in memory.
1:48 – 1:50	[Shot with the three students]

1:51 – 1:54 [Guelph-Humber Logo]