

## Dr. Jim Carter

BSc., MSc., PhD.



Jim has a unique combination of education and work experience. Originally from Nova Scotia, Jim started his academic career by obtaining a BSc. in Zoology from the University of Manitoba. During this time he realized that he enjoyed learning about human physiology and decided to further his education by studying Kinesiology at Simon Fraser University. Jim completed a BSc. in Kinesiology from SFU and then took a job as a firefighter with Port Coquitlam Fire and Emergency Services. His passion for physical activity and challenging work made the career of firefighting a great fit. While working as a professional firefighter Jim was able to return to SFU and complete a Masters degree where his research studied the effect of heat stress on firefighters. With a new passion for research, he decided to pursue a PhD at SFU focusing on cardiovascular changes resulting from endurance training. This research was completed with the help of a research fellowship through the Heart and Stroke Foundation of B.C.

Jim started working as a sessional instructor for the Justice Institute of B.C. (JIBC) in January 1996. The first courses that he instructed were for the Fire Fighter Recruit Program. In the initial years he was responsible for instructing fire theory and a variety of fire fighter skills. Between 1998 and 2013 he was responsible for the fitness testing and fitness training for all of the JIBC fire fighter candidates. In 2002 he started teaching a variety of courses for the Justice Institute. Some of these courses were delivered at the New Westminster campus as part of the Fire Officer program. Other courses were delivered to Fire Departments throughout B.C. Instructing these courses for the JIBC provided him with an exceptional teaching experience. The subject area for these courses was diverse and provided a very good blend of theory and practical experience.

In August 2016, Jim retired after a 26 year career in the Fire Service. He then took a full-time Lecturer position in the Department of Biomedical Physiology and Kinesiology (BPK) at SFU. Dr. Carter has instructed 8 different courses within the Department and is currently responsible for instructing the Human Physiology Laboratory and Introduction to Kinesiology courses. Jim continues to do some online instructing for the JIBC. He currently instructs the Human Anatomy and Physiology (Biol 2203) and Pathophysiology (Path 2214) courses.

Dr. Carter has been a Research Associate with the JIBC since 2009. During this time he completed research evaluating the effectiveness of firefighter rapid intervention teams. He also evaluated several different makes of breathing apparatus in order to determine the most cost effective option for the JIBC's fire fighter training facility. Dr. Carter has written some reports for the JIBC on future firefighter fitness assessments and completed an extensive literature review on rail car safety.