

SCHEDULE OF EVENTS

Time	Item	Location – Topic
8:30-9:00am	Registration & Refreshments	2 nd Floor Benson Lobby & Lounge
9:00-9:15am	Welcome: Dr. Gretchen Kerr, Professor and Acting Dean	Benson 307
9:30-10:45am	Session 1	Exercise and Chronic Disease (BN302) Improving Physical Performance (BN304) Children and Youth (BN307) Injury Prevention and Management (BN330) Protein Supplementation (WS 2007)
10:45-11:15am	BREAK	2 nd Floor Benson Lounge
11:15am-12:30pm	Session 2	Violence and Sport (BN302) Topics in Cardiovascular Physiology (BN304) Topics in Exercise Physiology (BN307) Sociocultural Perspectives on Sport and Physical Activity (BN330) Biomechanics of Human Movement (BN113) Movement Patterns and Performance (WS2007)
12:30-1:30pm	LUNCH	2 nd Floor Benson Lounge
1:30-3:00pm	Session 3	Exercise Metabolism (BN302) Lives, Experiences and (Socio-Cultural) Implications (BN304) Muscle Physiology (BN307) Sport, Physical Activity and Gender (BN330) Feedback and Performance (BN113) Psychology of Sport and Exercise (WS2007)
3:00-3:15pm	BREAK	2 nd Floor Benson Lounge
3:15-4:15	Keynote: Dr. Kathleen Martin Ginis	<i>“Enhancing Community-Based Physical Activity Participation: The SCI Action Canada Story”</i> (BN307)
4:15-4:30pm	Award Presentation & Closing Remarks	Benson 307

ABOUT THE KEYNOTE SPEAKER



Dr. Kathleen Martin Ginis is a Professor in the Department of Kinesiology at McMaster University and the Founding Director of *SCI Action Canada*. Her research program focuses on physical activity behaviour change, and the psychosocial consequences of physical activity participation. Much of her research focuses on adults with spinal cord injury. Dr. Martin Ginis is a co-author of *The Psychology of Exercise: Integrating Theory and Practice* (4th ed.), has published over 200 peer-reviewed research articles and received over \$10 million in research funding.

In her keynote presentation, Dr. Martin Ginis will talk about *Enhancing Community-Based Physical Activity Participation: The SCI Action Canada Story*. People with disabilities face many challenges and barriers to being active in their communities. Innovative strategies and practices are needed to facilitate physical activity among this population. Dr. Martin Ginis will provide an overview of the research and knowledge translation activities of SCI Action Canada--a partnership of community organizations and scientists working together to advance physical activity knowledge and participation among adults living with spinal cord injury.

ORDER OF THE DAY

Registration and Refreshments: 8:30-9:00am (2nd Floor Benson Lobby & Lounge)

Welcome: 9:00-9:15am (BN307)

Session I: 9:30-10:45am

- Exercise and Chronic Disease (BN302)
- Improving Physical Performance (BN304)
- Children and Youth (BN307)
- Injury Prevention and Management (BN330)
- Protein Supplementation (WS2007)

Exercise and Chronic Disease

Session Moderator: Jessica Caterini Room BN302

9:30am

Exercise in Men and Women with Pre-Dialysis Chronic Kidney Disease: A Review

Student Researcher: Lauren Garnett, Faculty Advisor: Sarah West
Trent University

9:45am

Body Under Attack: The Untold Stories of Autoimmune Inflammatory Disease in Sport

Student Researcher: Rheanna Bulten, Faculty Advisor: Dr. Michael Atkinson
University of Toronto

10:00am

The Effects of Moderate-Intensity Aerobic and Resistance Training on the 6 min Walk Test in Lung Cancer Patients Prior Pulmonary Segmentectomy

Student Researcher: Sepehr Pouresa, Faculty Advisor: Nada Abu Merhy
McGill University

10:15am

Living with Multiple Sclerosis: Brain Tired or Body Tired

Student Researcher: Jin Li Xiong, Faculty Advisor: Audrey Hicks
McMaster University

10:30am

Influence of Chronic Exercise Adaptations in a Pre-Clinical Model of Spinal Muscular Atrophy

Student Researcher: Sean Ng, Faculty Advisor: Dr. Vladimir Ljubicic
McMaster University

Improving Physical Performance

Session Moderator: Danielle Carnegie Room BN304

9:30am

Stair climbing as a practical model of sprint-interval training: Characterizing the acute responses to different exercise protocols

Student Researcher: Jessica Baglole, Faculty Advisor: Dr. Martin Gibala
McMaster University

9:45am

The Effect of Work to Rest Ratios During Sprint Interval Training on Aerobic and Anaerobic Performance: Preliminary Findings

Student Researcher: Greg McKie, Faculty Advisor: Tom Hazell
Wilfrid Laurier University

10:00am

Evaluating forces and loading profiles exerted on handholds following unexpected perturbations for balance and stability

Student Researcher: Konika Nirmalanathan, Faculty Advisor: Dr. Tyson Beach
University of Toronto

10:15am

Systems-Based Approach to the Study of Spinal Control: A Review of Literature and a Proposed Intervention to Improve the Speed of Information Relay

Student Researcher: Victor Chan, Faculty Advisors: Dr. Tyson Beach & Dr. David Frost
University of Toronto

10:30am

Does Wearing a Garment Made of Cooling Fabric Improve 20-km Cycling Time Trial Performance in Competitive Athletes?

Student Researcher: James Taylor, Faculty Advisor: Dennis Jensen
McGill University

Children and Youth

Session Moderators: Patrick Jachyra & David Di Fonzo

Room BN307

9:30am

Recreational Play Room to Promote Physical Activity in Pediatric Cancer Patients

Student Researcher: Jack Prins, Faculty Advisor: Dr. Caroline Fusco
University of Toronto

9:45am

Factors Associated with Improving Fitness in an Exercise Medicine Clinic for Children with a Chronic Medical Condition

Student Researcher: Madeline McDonald, Faculty Advisor: Dr. Brian Timmons
McMaster University

10:00am

The role of challenge and personally relevant learning in meaningful physical education and youth sport experiences

Student Researcher: Stephanie Beni, Faculty Advisor: Dr. Tim Fletcher
Brock University

10:15am

Motives and social context as determinants for physical activity behaviours in youth

Student Researcher: Molly Klintworth, Faculty Advisor: Dr. Catherine Sabiston
University of Toronto

10:30am

The Impact of Teachers' Attitudes Towards Physical Activity on Physical Literacy Instruction in the Primary Classroom

Student Researcher: Bryana van Leeuwen, Faculty Advisor: Dr. Joey Farrell
Lakehead University

Injury Prevention & Management

Session Moderator: Rachel Micay

Room BN330

9:30am

Psychosocial Antecedents of Injury Among Ballet Dancers and Recommendations for Injury Management

Student Researcher: Ita Ellis Martin-Wylie, Faculty Advisor: Dr. Lynda Mainwaring
University of Toronto

9:45am

Exploring the potential relationship between DAMPs and the HPA axis in athletes with a history of concussion

Student Researcher: Sarah Watling, Faculty Advisor: Dr. Michael Hutchison
University of Toronto

10:00am

Social Class and Injury

Student Researcher: Mohammad Zulfiqar, Faculty Advisor: Dr. Parissa Safai
York University

10:15am

Burnout or burning out? A qualitative analysis of physiotherapist burnout

Student Researcher: Karen Wang, Faculty Advisor: Dr. Michael Atkinson
University of Toronto

10:30am

Innovative Technology Applied to a Cycling Helmet to Increase Protection Performance Against Head Injuries

Student Researcher: Thomas Blaine Hoshizaki, Faculty Advisor: Dr. Carlos Zerpa
Lakehead University

Protein Supplementation

Session Moderator: Michael Mazzulla

Room WS2007

9:30am

Whey protein, Whey better! A review of current literature

Student Researchers: Lucy Samoilov & Gabriel Simchovich, Faculty Advisor : Dr. Mazen J Hamadeh
York University

9:45am

Immediate versus delayed post-exercise protein ingestion and its effects on exercise adaptation after short-term variable intensity training

Student Researcher: Sarkis Hannaian, Faculty Advisor: Dr. Daniel Moore
University of Toronto

10:00am

The effect of Immediate Versus Delayed Post-Exercise Protein Ingestion on the Recovery of Performance from Daily Variable Intensity Exercise Sessions

Student Researcher: Mark Orlando, Faculty Advisor: Dr. Daniel Moore
University of Toronto

10:15am

Influence of leucine co-ingestion with mixed meals on integrative myofibrillar protein synthesis in older adults

Student Researcher: Nelson Saddler, Faculty Advisor: Stuart Phillips
McMaster University

10:30am

Branch-Chain Amino Acids: A Systematic Review

Student Researchers: Melvin Liu & Jamesan Poothapillai, Faculty Advisor: Dr. Mazen J Hamadeh
York University

BREAK

10:45 -11:15am (2nd Floor Benson Lounge)

Session II: 11:15-12:30pm

- Violence and Sport (BN302)
- Topics in Cardiovascular Physiology (BN304)
- Topics in Exercise Physiology (BN307)
- Sociocultural Perspectives on Sport and Physical Activity (BN330)
- Biomechanics of Human Movement (BN113)
- Movement Patterns and Performance (WS2007)

Violence and Sport

Session Moderator: Elaine Cook

Room BN302

11:15am

Parent and child perceptions of the frequency and acceptability of spectator behaviours in minor hockey

Student Researcher: Sarah Holman, Faculty Advisor: Dr. Katherine Tamminen

University of Toronto

11:30am

A qualitative examination of severe disciplinary incidents in men's soccer

Student Researcher: Theo Chu, Faculty Advisor: Nicholas Holt

University of Alberta

11:45am

Incidents of Domestic Abuse in Relation to the Televised Broadcast of Significant Sport Events

Student Researchers: Olivia Donnelly & Nicole Ross, Faculty Advisor: Dr. Bill McTeer

Wilfrid Laurier University

12:00pm

The Offensive Line: Are there lines that should not be crossed?

Student Researcher: Alexia Tam, Faculty Advisor: Dr. Michael Atkinson

University of Toronto

12:15pm

Hazing rituals and identity formation: The sociology of emotions and sports

Student Researcher: Stephanie Seymour, Faculty Advisors: Dr. Michael Atkinson & Dr. Caroline Fusco

Fusco

University of Toronto

Topics in Cardiovascular Physiology

Session Moderator: Vanessa Dizonno

Room BN304

11:15am

Examining Acute Endothelial Responses to Bouts of Moderate-Continuous and High-Intensity Interval Exercise in Young Healthy Males

Student Researcher: Taylor Stanojev, Faculty Advisor: Dr. Maureen MacDonald

McMaster University

11:30am

Comparing the influence of hyperglycemia on flow mediated endothelium-dependent vasodilation between healthy males of average fitness and endurance athletes

Student Researcher: Jennifer Williams, Faculty Advisor: Dr. Kyra Pyke

Queens University

11:45am

Differences in Regional Arterial Stiffness Between the Sexes and Menstrual Phases

Student Researcher: Sriresh Rudrapatna, Faculty Advisor: Dr. Maureen MacDonald

McMaster University

12:00pm

Probing the Metaboreflex With Alternative Handgrip Protocols: Impact of Sex Among Middle Aged Adults

Student Researcher: Cindy Nguyen, Faculty Advisor: Dr. Scott Thomas
University of Toronto

12:15pm

Probing the Metaboreflex with Handgrip Exercise: Influence of training status in middle-aged adults

Student Researcher: Emily Vecchiarelli, Faculty Advisors: Dr. Jack Goodman & Dr. Scott Thomas
University of Toronto

Topics in Exercise Physiology

Session Moderator: Sidney Abou Sawan

Room BN307

11:15am

The effect of sleep duration and efficiency on pulse wave velocity in young adults

Student Researcher: Josephine Vescio, Faculty Advisor: Dr. Maureen MacDonald
McMaster University

11:30am

Exercise improves Sleep in Older Adults: At any dose?

Student Researcher: Sruthi Thomas, Faculty Advisor: Dr Jennifer Heisz
McMaster University

11:45am

Caffeine and exercise: a systematic review on performance and physiological mechanisms of action

Student Researchers: Kashif Khan & Mahshad Kolahehdouzan, Faculty Advisor: Dr Mazen J Hamadeh
York University

12:00pm

The Effects of Creatine Monohydrate on Resistance Exercise

Student Researchers: Amrita Khemraj & Frank Rubino, Faculty Advisor: Dr Mazen J Hamadeh
York University

12:15pm

The role of testosterone on skeletal muscle across the male lifespan: does supplemental testosterone provide a functional advantage in older men?

Student Researcher: Sarkis Hannaian, Faculty Advisor: Dr. Catherine Amara
University of Toronto

Sociocultural Perspectives on Sport and Physical Activity

Session Moderator: Peter Nash

Room BN330

11:15am

Sport versus Play: An Investigation behind the framework for Development

Student Researcher: Konstantina Nicolopoulos, Faculty Advisor: Dr. Simon Darnell
University of Toronto

11:30am

Racial Representation in a Sample of CIS Sports: A Pilot Study

Student Researcher: Madison Danford, Faculty Advisor: Dr. Peter Donnelly
University of Toronto

11:45am

Immigrant Settlement, Sport, and Cultural Capital

Student Researcher: Robyn Smith, Faculty Advisor: Professor Alison Doherty
University of Western Ontario

12:00pm

An Evaluation of the Active Assist fee assistance program for low-income individuals within the City of Mississauga

Student Researcher: Konika Nirmalanathan, Faculty Advisor: Dr. Katherine Tamminen
University of Toronto

Biomechanics of Human Movement

Session Moderator: Stefanie Bronson

Room BN113

11:15am

How variable are the force-time characteristics of a vertical jump? Exploring the within-subject, between-day variation

Student Researcher: Omar El-Temtamy, Faculty Advisor: Dr. David Frost
University of Toronto

11:30am

The Effect of Kinesiotaping Compared to No Tape on Resisted Isometric Shoulder Strength and Surface EMG Activity of the Shoulder Muscles During Overhead Functional Movements

Student Researcher: Kenneth Groop, Faculty Advisor: Dr. Paolo Sanzo
Lakehead University

11:45am

Teaching to Lift: A Constraints-Based Approach

Student Researcher: Steven Hirsch, Faculty Advisor: Dr. David Frost
University of Toronto

12:00pm

Impact of Load and Time Under Tension on Muscle Activation in Different Resistance Exercise Protocols

Student Researcher: Amanda Jones, Faculty Advisor: Stuart Phillips
McMaster University

Movement Patterns and Performance

Session Moderator: John de Grosbois

Room WS2007

11:15am

Texting While Walking Does Not Affect Gait Patterns in University Students

Student Researcher: Kevin Cheng, Faculty Advisor: Caroline Paquette
McGill University

11:30am

The Effects of Dual Processing on Gait Pattern: An Analysis of Texting and Walking

Student Researcher: Brittany Pennock, Faculty Advisor: Dr. Carlos Zerpa
Lakehead University

11:45am

Establishing a Criterion for the "Keeego" Deroskeleton: A Feasibility Study

Student Researcher: Jonathan Mcleod, Faculty Advisor: Dr. Audrey Hicks
McMaster University

12:00pm

The Effect of Prophylactic Ankle Bracing on Physical Performance Measures in Jumping Athletes

Student Researcher: Zachariah J. Henderson, Faculty Advisor: Dr. Paolo Sanzo

Lakehead University

12:15pm

Objectifying 'comfort': investigating physiological explanations for the adoption of different grip selection strategies

Student Researcher: Raquel Burgess, Faculty Advisor: James L. Lyons

McMaster University

LUNCH

12:30-1:30 pm (2nd Floor Benson Lounge)

Session III: 1:30-3:00pm

- Exercise Metabolism (BN302)
- Lives, Experiences and (Socio-Cultural) Implications (BN304)
- Muscle Physiology (BN307)
- Sport, Physical Activity and Gender (BN330)
- Feedback and Performance (BN113)
- Psychology of Sport and Exercise (WS2007)

Exercise Metabolism

Session Moderator: Sidney Abou Sawan

Room BN302

1:30pm

NSAID and Their Effect on Bone Remodelling and Repair

Student Researcher: Andrew Beardsall, Faculty Advisor: Dr. Peter Keir

McMaster University

1:45pm

The effects of an acute bout of plyometric exercise on serum sclerostin levels in premenopausal women

Student Researcher: Kathryn Denize, Faculty Advisor: Dr. Nota Klentrou

Brock University

2:00pm

Effects of an exercise training program for weight management and bone health in overweight and obese adolescent females

Student Researcher: Amanda McKinnon, Faculty Advisor: Andrea Josse

Brock University

2:15pm

The role of exercise intensity in mediating acute metabolic responses to single-legged cycling

Student Researcher: Nathaniel Morris, Faculty Advisor: Martin Gibala

McMaster University

2:30pm

Two weeks of physical inactivity in older adults induces insulin resistance and impairs glycemic control and physical function

Student Researcher: Tanner Stokes, Faculty Advisor: Stuart Phillips

McMaster University

Lives, Experiences and (Socio-Cultural) Implications

Session Moderators: Ritu Sharma & Alvin Ma Room BN304

1:30pm

Tracing Back from Commodity to Source: The (In)Visible Role of Animals at the 2015 Pan American Games

Student Researcher: Stephanie Woodworth, Faculty Advisor: Dr. Caroline Fusco
University of Toronto

1:45pm

Counsellor experiences with youth with disabilities in an integrated camp: A qualitative case study analysis

Student Researcher: Megan D'Souza, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

2:00pm

The Water War: A Critical Analysis of the Global Water Crisis

Student Researcher: Stephanie Woodworth, Faculty Advisors: Dr. Michael Atkinson & Dr. Caroline Fusco, University of Toronto

2:15pm

Bloody sights, real flesh, and sensual passions: The Mise-en-scene of anonymous corpses

Student Researcher: Stephanie Seymour, Faculty Advisor: Dr. Michael Atkinson
University of Toronto

2:30pm

Does Pure Altruism Exist? The Evolution of Altruistic Behaviour from Social Media Exposure

Student Researcher: Casandra Brown, Faculty Advisor: Dr. Michael Atkinson
University of Toronto

Muscle Physiology

Session Moderator: Danielle Hirsh Room BN307

1:30pm

The roles of distinct protein arginine methyltransferases in skeletal muscle differentiation

Student Researcher: Stephen Toepp, Faculty Advisor: Dr. Vladimir Ljubcic
McMaster University

1:45pm

The effects of a novel AMPK activator R419 on acute autophagy signalling in dystrophic skeletal muscle

Student Researcher: Paul Rooprai, Faculty Advisor: Dr. Vladimir Ljubcic
McMaster University

2:00pm

The Cellular Mechanisms of Exercise Adaptation in a Pre-Clinical Model of Myotonic Dystrophy Type 1

Student Researcher: Alexander Manta, Faculty Advisor: Dr. Vladimir Ljubcic
McMaster University

2:15pm

Does Fibrosis Differ by Obesity Response in the Vastus Lateralis Muscles of Rats?

Student Researcher: Anthony Issler, Faculty Advisor: Dr. Walter Herzog
University of Calgary

2:30pm

The role of AMPK in the expression of the utrophin-associated protein complex at the neuromuscular junction

Student Researcher: Trevor Rice, Faculty Advisor: Dr. Vladimir Ljubcic
McMaster University

Sport, Physical Activity and Gender

Session Moderators: Maureen Coyle & Krystn Orr

Room BN330

1:30pm

Men, Masculinities, and Mental Health - From stadiums to stigmas

Student Researcher: Ernest Manalo, Faculty Advisor: Dr. Michael Atkinson
University of Toronto

1:45pm

Perceptions of masculinity in children who stutter

Student Researcher: Chelsea Testa, Faculty Advisor: Dr. Michael Atkinson
University of Toronto

2:00pm

The Impact of Living On- or Off-Campus on Physical Activity Levels of Female Students Attending First-Year Post-Secondary Education

Student Researcher: Cheryl Luptak, Faculty Advisor: Leanne Smith
Lakehead University

2:15pm

Why Can't Women Play Football? The Inclusion of Women's Football into the Canadian Interuniversity Sport Umbrella

Student Researcher: Debbie Lee, Faculty Advisor: Dr. Caroline Fusco
University of Toronto

2:30pm

The Prohibition of Iranian Women in Watching Sports Events: An Issue Against Gender Mixing or Preservation of the Hegemonic Cultures of Patriarchy and Paternalism

Student Researcher: S. Ardavan Jafari, Faculty Advisor: Dr. Caroline Fusco
University of Toronto

Feedback and Performance

Session Moderator: Rachel Goodman

Room BN113

1:30pm

Investigating the effects of visual and haptic feedback on the emergence of spontaneous interpersonal synchronization during postural sway

Student Researcher: Karen Chiu, Faculty Advisor: James L. Lyons
McMaster University

1:45pm

The Acute Effects of High- To Low-Efficacy Visual Aids on Spine Kinematics during the Performance of a Simulated Lifting Task in Naive Observers

Student Researcher: Victor Chan, Faculty Advisor: Dr. Tyson Beach
University of Toronto

2:00pm

Vision and proprioception use during upper-limb reaching: Optimal or sub-optimal integration?

Student Researcher: Darrin Wijeyaratnam, Faculty Advisor: Dr. Luc Tremblay
University of Toronto

2:15pm

To See or Not to See, That is the Question -- for Firefighters, Kinesiology students and Kinesiologists Observing Lumbar Spine Flexion

Student Researcher: Erica Sacoransky, Faculty Advisor: Dr. Frost
University of Toronto

2:30pm

The effects of spatially compatible auditory feedback on typing performance

Student Researcher: Natalie Sloof, Faculty Advisor: James L. Lyons
McMaster University

Psychology of Sport and Exercise

Session Moderator: Alexandra Boross-Harmer

Room WS2007

1:30pm

Psychological readiness of athletes to return to play after injury

Student Researcher: Matteo Iannace, Faculty Advisor: Dr. Lynda Mainwaring
University of Toronto

1:45pm

Fit-spiced? Exploring the body image perceptions of fitness blog readers

Student Researcher: Vivi Chui, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

2:00pm

The effects of a reduced intensity at the end of exercise on affect and perceived intensity.

Student Researcher: James O'Brien, Faculty Advisor: Dr. Lynda Mainwaring
University of Toronto

2:15pm

Comparing Social Support between Paraspport Athletes with Congenital Versus Acquired Disabilities

Student Researcher: Aateka Rajab, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

2:30pm

An Investigation of the "PLAY" Tool as a Universally Applicable Fundamental Movement Assessment Protocol

Student Researcher: Alexis Lajambe, Faculty Advisor: Glen Paterson
Lakehead University

2:45pm

Unique Selling Propositions and Canadian Inter-university Football

Student Researcher: Jackson Yanchus, Faculty Advisor: Dr. Bill McTeer
Wilfrid Laurier University

BREAK

3:00-3:15pm (2nd Floor Benson Lounge)

KEYNOTE SPEAKER

3:15-4:15pm (BN307)

Dr. Kathleen Martin Ginis

"Enhancing Community-Based Physical Activity Participation: The SCI Action Canada Story"

AWARD PRESENTATION & CLOSING REMARKS

4:15-4:30pm (BN307)