## SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
<th>Location – Topic</th>
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<tbody>
<tr>
<td>8:30 – 9:00 a.m.</td>
<td>Registration &amp; Refreshments</td>
<td>2nd Floor Benson Lobby &amp; Lounge</td>
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<tr>
<td>9:00 – 9:15 a.m.</td>
<td>Welcome: Professor Ira Jacobs, Dean</td>
<td>Benson 307</td>
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<tr>
<td>9:30 – 10:45 a.m.</td>
<td>Session I</td>
<td>Muscle Physiology I (BN302)</td>
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<td>Brain Health and Cognitive Functioning (BN304)</td>
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<td>Exercise and Chronic Disease (BN307)</td>
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<td>Sport and Exercise Psychology (BN320)</td>
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<td>Women’s Health and Movement (BN330)</td>
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<td>Motor Performance I (BN113)</td>
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<td>Exercise Physiology (WS2007)</td>
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<td>10:45 – 11:15 a.m.</td>
<td><strong>BREAK</strong></td>
<td>2nd Floor Benson Lounge</td>
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<tr>
<td>11:15 – 12:30 p.m.</td>
<td>Session II</td>
<td>Motor Performance II (BN302)</td>
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<td>Psychosocial Health (BN304)</td>
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<td>Topics in Biophysical Sciences (BN307)</td>
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<td>Muscle Physiology II (BN330)</td>
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<td>Sport Performance (BN113)</td>
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<td>Assessment (WS2007)</td>
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<td>12:30 – 1:30 p.m.</td>
<td><strong>LUNCH</strong></td>
<td>2nd Floor Benson Lounge</td>
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<tr>
<td>1:30 – 2:45 p.m.</td>
<td>Session III</td>
<td>Physical Activity and Mental Health (BN302)</td>
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<td>Supplementation (BN304)</td>
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<td>Pre and Postoperative Exercise (BN307)</td>
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<td>Biomechanics of Human Movement (BN330)</td>
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<td>Programming and Policy (BN113)</td>
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<td>Aging (WS2007)</td>
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<td>2:45 – 3:15 p.m.</td>
<td><strong>BREAK</strong></td>
<td>2nd Floor Benson Lounge</td>
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<tr>
<td>3:15 – 4:15 p.m.</td>
<td>Keynote: Dr. Parissa Safai</td>
<td>&quot;Being an Academic in Turbulent Times: Resisting the Optical Illusion of Separateness&quot; (BN307)</td>
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<td>4:15 – 4:20 p.m.</td>
<td>The Undergraduate Journal of Exercise Science (UJES)</td>
<td>Benson 307</td>
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<tr>
<td>4:20 – 4:30 p.m.</td>
<td>Awards &amp; Closing Remarks</td>
<td>Benson 307</td>
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### ABOUT THE KEYNOTE SPEAKER

Parissa Safai is an Associate Professor in the School of Kinesiology and Health Science in the Faculty of Health at York University. Her research interests focus on the critical socio-cultural study of sport at the intersection of risk, health and healthcare. This includes research on sports’ “culture of risk”, the development and social organization of sport and exercise medicine, as well as the material and political determinants of athletes’ health. Her research and teaching interests also centre on sport and social inequality with focused attention paid to the impact of gender, socio-economic, and ethno-cultural inequities on accessible physical activity for all. She has co-authored one book, co-edited two others and has been published in such journals as the *Sociology of Sport Journal*, the *International Review for the Sociology of Sport*, *Sport History Review* and the *Canadian Bulletin of Medical History/Bulletin Canadien d’histoire de la médecine*.

In her keynote presentation, Dr. Safai will share insights into her development from student to academic and back again as points of entry into a larger conversation about the ever-heightened need for personally committed and socially connected research in these turbulent times. Drawing on some of her research in the area of pain/injury, the “culture of risk” and the provision of medical care to athletes, Dr. Safai will examine the tensions that arise in attempts to connect the personal to the political in an academic domain (Kinesiology) that too often fosters disconnected silos of knowledge.
ORDER OF THE DAY

Registration and Refreshments: 8:30 – 9:00 a.m. (2nd Floor Benson Lobby & Lounge)

Welcome: 9:00 – 9:15 a.m. (Benson 307)

Session I: 9:30 – 10:45 a.m.
- Muscle Physiology I (BN302)
- Brain Health and Cognitive Functioning (BN304)
- Exercise and Chronic Disease (BN307)
- Sport and Exercise Psychology (BN320)
- Women’s Health and Movement (BN330)
- Motor Performance I (BN113)
- Exercise Physiology (WS2007)

Muscle Physiology I

Session Moderator: Danielle Hirsch

9:30 a.m.
The impact of 2-week unilateral leg immobilization on skeletal muscle strength, mass, and volume in young healthy women: a pilot study
Student Researcher: Evangelia E. Tsakiridis, Faculty Advisors: Chris McGlory and Stuart Philips
Co-Investigators: Ravinder Bahniwal, Michael J. Kamal
McMaster University

9:45 a.m.
Muscle stress response following three different contraction types
Student Researcher: John-Peter Bonello, Faculty Advisor: Marius Locke
University of Toronto

10:00 a.m.
The role of coactivator-associated methyltransferase 1 during exercise-induced skeletal muscle plasticity
Student Researcher: Tania Tajik
Co-Investigators: Tiffany VanLieshout, Derek Stouth, Faculty Advisor: Dr. Vladimir Ljubicic
McMaster University

10:15 a.m.
The heat shock response in skeletal muscle
Student Researcher: Trisha Pinto, Faculty Advisor: Dr. Marius Locke
University of Toronto

10:30 a.m.
The role of AMP-activated protein kinase on utrophin expression in skeletal muscle
Student Researcher: Paul Rooprai, Faculty Advisor: Dr. Vladimir Ljubicic
McMaster University

Brain Health and Cognitive Functioning

Session Moderator: Rachel Micay

9:30 a.m.
Analyzing the effects of meditation on brain activity
Student Researcher: Anirudh Kumar, Faculty Advisor: Dr. Norman Farb
University of Toronto
9:45 a.m.
Sweat so you don't forget: Optimizing student attention in lecture through exercise breaks
Student Researcher: Louise Twells, Faculty Advisor: Jennifer Heisz
Co-Investigators: Gali Katznelson, Michelle Ogrodnik, Barbara Fenesi
McMaster University

10:00 a.m.
Evaluating Brain Injury Serum Biomarkers Following Low-Level Blasts in a Population of Breachers and Controls: A Cross-Sectional Study
Student Researcher: Hussein Fawzy, Faculty Advisors: Dr. Scott Thomas & Dr. Shawn Rhind
University of Toronto

10:15 a.m.
Neuropsychological performance and cerebral blood perfusion in the acute phase following sport-related concussion
Student Researcher: Naomi Maldonado-Rodriguez, Faculty Advisor: Dr. Michael Hutchison
University of Toronto

10:30 a.m.
Examination of clinical presentation and outcomes following sport related concussions: the nature of sex differences in symptoms and return to play
Student Researcher: Karly Zammit, Faculty Advisor: Dr. Michael Hutchison
University of Toronto

Exercise and Chronic Disease

Session Moderators: Sarkis Hannaian & Efthymios Papadopoulos Room BN307

9:30 a.m.
REVIEW: COPD, Asthma and Asthma-COPD Overlap Syndrome (ACOS) – Differentiating between the Diseases
Student Researcher: Edward Lin, Faculty Advisor: Dr. Dennis Jensen
McGill University

9:45 a.m.
Limitations to Exercise in Patients with NSCLC who have Received Pulmonary Resection with Curative Intent
Student Researcher: Rachel Parker, Faculty Advisor: Dr. Neil Eves
University of British Columbia

10:00 a.m.
Differences in the magnitude of blood pressure change during an orthostatic challenge in individuals with stroke compared to healthy older adults
Student Researcher: Shereen Khattab, Faculty Advisor: Dr. Ada Tang
McMaster University

10:15 a.m.
The neuroprotective effects of caffeine in neurodegenerative diseases
Student Researcher: Mahshad Kolahdouzan, Faculty Advisor: Dr. Mazen Hamadeh
York University

10:30 a.m.
Identifying non-physiologic reasons for VO2max test termination in cancer patients
Student Researcher: Camilla Diniz, Faculty Advisor: Dr. Daniel Santa Mina
University of Toronto
Sport and Exercise Psychology

Session Moderator: Steven Hirsch Room BN320

9:30 a.m. Exploring the use of self-monitoring tools for enhancing physical activity cognitions and behavior in a therapy-based physical activity program: a pilot study
Student Researcher: Allison Pensa, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

9:45 a.m. Examining the Effect of Athletic Participation on Academic Attainment in Canadian Intercollegiate Sport: A Temporal Analysis
Student Researcher: Mai Wageh, Faculty Advisor: Dr. Philip G. White
McMaster University

10:00 a.m. The distribution of learning styles amongst first, second, and third year undergraduate kinesiology students
Student Researcher: Serena Celebre Feizi, Faculty Advisor: Dr. David Frost
University of Toronto

10:15 a.m. Examining the Link Between Body-Related Self-Conscious Emotions and Perceived Variety in Exercise among Adult Runners
Student Researcher: Amy Nesbitt, Faculty Advisor: Dr. Benjamin Sylvester, Dr. Catherine M. Sabiston
University of Toronto

10:30 a.m. Mindfulness among elite hockey players: Examining the relationship between performance and mindfulness
Student Researcher: Kyle Kokotailo, Faculty Advisor: Katherine Tamminen
University of Toronto

Women’s Health and Movement

Session Moderator: Urooj Shahzadi Room BN330

9:30 a.m. A critical analysis of sport for development and women’s reproductive health initiatives
Student Researcher: Mikaela Lowe, Faculty Advisor: Dr. Simon Darnell
University of Toronto

9:45 a.m. Examining the effects of oral contraceptive pill use on endothelial function in healthy premenopausal women
Student Researcher: Vanessa Rizzuto, Faculty Advisor: Dr. Maureen MacDonald
McMaster University

10:00 a.m. Re-evaluating protein requirement for female weight-trained athletes using the indicator amino acid oxidation techniques
Student Researcher: Julia Malowany, Faculty Advisor: Dr. Dan Moore
University of Toronto

10:15 a.m. Adolescent female responses to knowledge repetition range
Student Researcher: Nehara Herat, Faculty Advisor: Dr. David Behm
Memorial University of Newfoundland
10:30 a.m.
*Effects of High Protein Intake and Caloric Restriction Combined With Step Reduction in Older Women*
Student Researchers: Lisa D'Souza
Co-Investigators: Oikawa SY, Faculty Advisor: Dr. Stuart Phillips
McMaster University

**Motor Performance I**

Session Moderator: Rachel Goodman

9:30 a.m.
*The effects of a spatial tonal relationship on keyboard typing proficiency*
Student Researcher: Steve Foglia, Faculty Advisor: Dr. James Lyons
McMaster University

9:45 a.m.
*The use of visual feedback to facilitate learning of applied medical tasks*
Student Researcher: Natalie Sloof, Faculty Advisor: Dr. James Lyons
McMaster University

10:00 a.m.
*The influence of stair design and lighting condition on the gaze behavior of young adults during stair navigation*
Student Researcher: Rebecca Greene, Faculty Advisor: Dr. Alison Novak
Co-Investigator: Bella Boyaninska
Memorial University of Newfoundland

10:15 a.m.
*A day in the life of a starfish: anthropomorphization of cartoon characters*
Student Researcher: Aarohi Pathak, Faculty Advisor: Dr. Tim Welsh
University of Toronto

10:30 a.m.
*Can you feel it? The use of proprioception for online control during goal-directed action*
Student Researcher: Tyler Huang, Faculty Advisor: Dr. Luc Tremblay
University of Toronto

**Exercise Physiology**

Session Moderator: Emily Vecchiarelli

9:30 a.m.
*The effects of acute sympathetic activation on carotid artery longitudinal wall motion in young healthy men*
Student Researcher: Paula Bochnak, Faculty Advisor: Dr. Maureen MacDonald
Co-Investigators: Valentino SE, Au JS, Cheng JL
McMaster University

9:45 a.m.
*Effects of brief intermittent stair climbing on glycemic control in individuals with type 2 diabetes: a work in progress*
Student Researcher: Madi Jenkins, Faculty Advisor: Dr. Martin Gibala
Co-Investigators: Beth Godkin, Jonathan Little, Zafreen Nazarali
McMaster University

- 7 -
10:00 a.m.
*Weight Regain, Physical Activity, and Sedentary Time Across Follow-Up Periods Post-RYGB*
Student Researcher: Matthew Lassman, Faculty Advisor: Yasmine Zen
Co-Investigators: Ryan ER Reid, Tamara E Carver, Kathleen M Andersen, Nicolas V Christou, Ross E Andersen
McGill University

10:15 a.m.
*Examining the relationship between initial metabolic stress during exercise and the adaptive response to endurance training*
Student Researcher: Camille LeBlanc, Faculty Advisor: Dr. Brendon Gurd
Queen’s University

10:30 a.m.
*Does True Inter-Individual Variability Exist in Individual Responses After Exercising at a Fixed Percentage of VO\textsubscript{2}peak Over a Training Period?*
Student Researcher: Simo Lu
Co-Investigators: C. LeBlanc, M. Nelms, L. Robins, N. Preobrazenski, J. T. Bonafiglia
Faculty Advisor: Dr. Brendon Gurd
Queen’s University

**BREAK:** 10:45 – 11:15 a.m. (2\textsuperscript{nd} floor Benson Lounge)

**Session II:** 11:15 – 12:30 p.m.
- Motor Performance II (BN302)
- Psychosocial Health (BN304)
- Topics in Biophysical Sciences (BN307)
- Muscle Physiology II (BN330)
- Sport Performance (BN113)
- Assessment (WS2007)

**Motor Performance II**

Session Moderator: Victor Chan

11:15 a.m.
*Reaching for good timing: upper limb sensorimotor synchronization in patients with chronic mechanical neck disorder*
Student Researcher: Amy Connell, Faculty Advisor: Dr. Vickie Galea
Co-Investigators: Anita Gross, Tim Rogers
McMaster University

11:30 a.m.
*The effect of dual tasking on motor performance: upper extremity muscle activation*
Student Researcher: Bronte Vollebregt, Faculty Advisor: Dr. Carlos Zerpa & Dr. Kathryn Sinden
Lakehead University

11:45 a.m.
*Proprioception contributions to movement planning and online control during physical guidance protocols*
Student Researcher: Sarah Holman, Faculty Advisor: Dr. Luc Tremblay
University of Toronto

12:00 p.m.
*Do the clothes make the (star)man? Anthropomorphization of a cartoon starfish*
Student Researcher: Shikha Patel, Faculty Advisor: Timothy Welsh
University of Toronto
12:15 p.m.
Investigating the relationship between extraversion and corticospinal excitability
Student Researcher: Mahdiya M. Hameer
Co-Investigators: Jenin El-Sayes, Hunter J. Fassett, Christelle B. Ah Sen
Faculty Advisor: Dr. Aimee Nelson
McMaster University

**Psychosocial Health**

Session Moderator: Krystn Orr & David Di Fonzo

11:15 a.m.
Understanding psychological health in Crossfit: Does coach behaviour matter?
Student Researcher: David Kuzmochka-Wilks, Faculty Advisor: Catherine Sabiston
University of Toronto

11:30 a.m.
Examining the Relationship between Concussion and Mental Health in Athletes
Student Researcher: Kyla Pyndiura, Faculty Advisor: Dr. Michael Hutchison
University of Toronto

11:45 a.m.
If at first you don’t succeed, pedal, pedal again: The cumulative benefit of exercise training on state anxiety in university students
Student Researcher: Michelle Tan, Faculty Advisor: Dr. Jennifer Heisz
Co-Investigators: Kristen Lucibello, Justin Parker, & Emily Paolucci
McMaster University

12:00 p.m.
Impact of a Prehabilitation Program on Psychosocial Wellbeing in Individuals Undergoing Breast Cancer Surgery: A study protocol
Student Researcher: Priya Brahmbhatt, Faculty Advisor: Dr. Daniel Santa Mina
University of Toronto

12:15 p.m.
On the hunt: searching for and finding information and policies regarding parent and athlete concerns in youth hockey
Student Researcher: Shgufa Docter, Faculty Advisor: Dr. Katherine Tamminen
University of Toronto

**Topics in Biophysical Sciences**

Session Moderator: Danielle Carnegie

11:15 a.m.
Arterial endothelial function responses to oscillatory blood flow patterns applied at different phases of the cardiac cycle
Student Researcher: Joey Bacauanu, Faculty Advisor: Dr. Maureen MacDonald
McMaster University

11:30 a.m.
Subjective Limitation to Exercise in Patients with Chronic Obstructive Pulmonary Disease: Pathophysiological Mechanisms
Student Researcher: Lauren Tracey, Faculty Advisor: Dr. Dennis Jensen
McGill University

- 9 -
11:45 a.m.  
*Does the proportion of individuals exercising above MLSS at a fixed percentage of VO$_2$peak work rate decrease over a training period?*

Student Researcher: Matthew Nelms, Faculty Advisor: Dr. Brendon Gurd  
Co-Investigators: C. LeBlanc, L. Robins, S. Lu, N. Preobrazenski, J. T. Bonafiglia  
Queen’s University

12:00 p.m.  
*The effects of sympathetic activation on left ventricular twist in young healthy males*

Student Researchers: Sydney Valentino, Faculty Advisor: Maureen MacDonald  
Co-Investigators: Bochnak PA, Au JS, Cheng JL  
McMaster University

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**Muscle Physiology II**

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<th>Session</th>
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<tr>
<td>11:15 a.m.</td>
<td><em>Effects of 3 days of single leg immobilization on muscle mass, strength, and expression of protein breakdown markers</em></td>
<td>BN330</td>
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<td>Student Researcher: Iman Banerji, Faculty Advisor: Dr. Stuart M. Phillips</td>
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<td>Co-Investigators: Stefan H. Gorissen, Yang Hu</td>
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<td>McMaster University</td>
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<td>11:30 a.m.</td>
<td><em>Development of viable skeletal muscle-specific coactivator-associated arginine methyltransferase 1 knockout mice</em></td>
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<td>Student Researcher: Satyam Choudhuri, Faculty Advisor: Dr. Vladimir Ljubicic</td>
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<td>Co-Investigators: Tiffany L vanLieshout, Derek W Stouth</td>
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<td>McMaster University</td>
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<td>11:45 a.m.</td>
<td><em>The Shocking Truth: Exploring HSPs in muscle vs plasma and corresponding disease implications</em></td>
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<td>Student Researcher: Rheanna Bulten, Faculty Advisor: Dr. Marius Locke</td>
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<td>University of Toronto</td>
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<td>12:00 p.m.</td>
<td><em>Protein arginine methyltransferase 1 inhibition attenuates skeletal muscle differentiation</em></td>
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<td>Student Researcher: Stephen Toepp, Faculty Advisor: Dr. Vladimir Ljubicic</td>
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<td>McMaster University</td>
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<td>12:15 p.m.</td>
<td><em>Optimal timing and distribution of protein in relation to resistance exercise</em></td>
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<td>Student Researcher: David Moore, Faculty Advisor: Dr. Mazen J Hamadeh</td>
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<td>York University</td>
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**Sport Performance**

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<tr>
<td>11:15 a.m.</td>
<td><em>Literature review: Psychological characteristic differences between high performance and ultra high performance athletes</em></td>
<td>BN113</td>
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<td>Student Researcher: Kyle Kokotailo, Faculty Advisor: Katherine Tamminen</td>
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<td>University of Toronto</td>
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11:30 a.m.  
_Differences in Total Body Fat and Body Fat Percentage Between Performance and Aesthetic Collegiate Athletes_  
Student Researcher: Daniel C. Flegg, Faculty Advisor: Dr. Yasmine Zein  
Co-Investigators: Jessica A. Insogna, Ryan E.R. Reid, Patrick Delisle-Houde, Ross E. Andersen  
McGill University  

11:45 a.m.  
_Quantitative investigation of blade angle in static versus dynamic ice hockey slap shots_  
Student Researchers: Matthew Kaspy & Tianzi Zhao, Faculty Advisor: Dr. David J. Pearsall  
McGill University  

12:00 p.m.  
_Comparison of SCAT-3 baseline testing and electrophysiological function from season to season in university football players_  
Student Researcher: Dillon Richards, Faculty Advisor: Dr. James Dickey  
Western University  

12:15 p.m.  
_Limitations of the CPM 3MT in rowing_  
Student Researcher: Oksana Wankiewicz, Faculty Advisor: Dr. Scott Thomas  
University of Toronto  

**Assessment**  
Session Moderator: Jackie Zehr  
Room WS2007  

11:15 a.m.  
_Static Alignment of the Lower Extremity in the Axial and Coronal Planes: Evaluating the Accuracy and Reliability of Clinical Measures_  
Student Researcher: Tate Newmarch, Faculty Advisor: Dr. Doug Richards  
University of Toronto  

11:30 a.m.  
_A comparison of two motor threshold assessment methods: relative-frequency and adaptive threshold-hunting procedures using transcranial magnetic stimulation_  
Student Researcher: Christelle B. Ah Sen, Faculty Advisor: Dr. Aimee J. Nelson  
Co-Investigators: Hunter J. Fassett, Jenin El-Sayes, Mahdiya M. Hameer  
McMaster University  

11:45 a.m.  
_Agreement across methods of anaerobic lactate threshold prediction_  
Student Researcher: Sean Carter, Faculty Advisor: Dr. Ian Newhouse  
Lakehead University  

12:00 p.m.  
_Using the Exercise Talk Test to Prescribe and Guide Endurance Exercise Intensity: An Individual and Group Analysis_  
Student Researcher: Nicholas Preobrazenski, Faculty Advisor: Dr. Brendon Gurd  
Co-Investigators: M. Nelms, C. Leblanc, S. Lu, L. Robins, J. T. Bonafiglia  
Queen’s University  

12:15 p.m.  
_Investigating the repeatability of brachial flow-mediated dilation in children_  
Student Researcher: Nicole Amatruda, Faculty Advisor: Dr. Maureen MacDonald  
McMaster University  

**LUNCH:** 12:30 – 1:30 p.m. (2nd Floor Benson Lounge)
Session III: 1:30 – 2:45 p.m.

- Physical Activity and Mental Health (BN302)
- Supplementation (BN304)
- Pre and Postoperative Exercise (BN307)
- Biomechanics of Human Movement (BN330)
- Programming and Policy (BN113)
- Aging (WS2007)

### Physical Activity and Mental Health

#### Session Moderator: Ritu Sharma

**Room BN302**

**Promoting Awareness of Depression and Physical Activity among South Asian Immigrant Women: A Critical Review of the Scholarly Literature and Future Directions**

Student Researchers: Shashi Sharma and Cassidy Tinline-Goodfellow

Faculty Advisor: Margaret MacNeill

University of Toronto

1:45 p.m.

**The Effects of Sleep Quality, Exercise Frequency and Exercise Intensity on Depression in First Year Undergraduate Students**

Student Researcher: David Brown, Faculty Advisor: Dr. Nota Klentrou

Co-Investigators: A. Josse, P., Gammage, B. Falk, C. Muir

Brock University

2:00 p.m.

**The role of coaches in supporting student-athletes facing depression**

Student Researcher: Honor Walmsley, Faculty Advisor: Dr. Gretchen Kerr

University of Toronto

2:15 p.m.

**Exercise and the Neuroendocrine Hypothesis of Depression: The effects of a moderate intensity exercise program on depression levels in students**

Student Researcher: Adam Vanderleest, Faculty Advisor: Dr. J. Heisz

McMaster University

2:30 p.m.

**The Effect of Depression Symptoms on Cognitive Functioning in Middle-Aged Endurance Athletes: Does neuroticism moderate the relationship?**

Student Researcher: William R. B. Kinney, Faculty Advisor: Dr. Catherine M. Sabiston

Co-Investigators: Dr. Jack Goodman & Dr. Laura Banks

University of Toronto

### Supplementation

#### Session Moderators: Michael Mazzulla

**Room BN304**

1:30 p.m.

**Caffeine's ergogenicity: A systematic review of applications and mechanisms**

Student Researchers: Daniel Voloshin & Bipandeep Dhillon

Faculty Advisor: Dr. Mazen J Hamadeh

York University
1:45 p.m.
*Effects of whey protein supplementation in the amelioration of skeletal muscle function and quantity in inactive and energy-restricted older men*
Student Researcher: Adrienne K. Morgan
Co-Investigators: Sara Y. Oikawa, Faculty Advisor: Dr. Stuart M. Phillips
McMaster University

2:00 p.m.
*Determination of the protein requirements of active, growing children by the indicator amino acid oxidation method*
Student Researcher: Alexandra Rocha, Faculty Advisor: Dr. Daniel Moore
University of Toronto

2:15 p.m.
*The Effect of Whey Protein Plus β-Hydroxy-β-Methylbutyrate (HMB) Supplementation During Resistance Exercise Training on Skeletal Muscle Hypertrophy and Strength: A Randomized Controlled Trial*
Student Researcher: Josh Vandeweerd, Faculty Advisor: Dr. Stuart Phillips
McMaster University

2:30 p.m.
*The Impact of Whey With or Without β-Hydroxy-β-Methylbutyrate Supplementation During Resistance Exercise Training: A Randomized Controlled Trial*
Student Researcher: Edwin Wong, Faculty Advisor: Dr. Stuart Phillips
McMaster University

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**Pre and Postoperative Exercise**

Session Moderator: Cecily Osborne
Room BN307

1:30 p.m.
*Effects of employment status on physical activity and sedentary behaviour long-term post-bariatric surgery*
Student Researcher: Katerina Jirasek, Faculty Advisor: Yasmine Zein
McGill University

1:45 p.m.
*Effect of prehabilitation on physical fitness for patients undergoing breast cancer surgery: a study protocol*
Student Researchers: Christian Lopez & Priya Brahmbhatt, Faculty Advisor: Dr. Daniel Santa Mina
University of Toronto

2:00 p.m.
*The Impact of Time Post Cardiac Event and the Difference in Cardiorespiratory Fitness Between Individuals Who Have and Have Not Undergone Cardiac Surgery*
Student Researcher: Keean Nanji, Faculty Advisor: Dr. Ada Tang
Co-Investigators: Michael Pryzbek, Hanna Fang, Angelica McQuarrie
McMaster University

2:15 p.m.
*Objective activity monitoring enhances BMI’s predictability of total body and visceral adipose tissue long-term post-RYGB*
Student Researcher: Hanaa Moussa
Co-Investigators: Ryan ER Reid, Stamatis Kouniaris, Tamara E Carver, Kathleen M Andersen, Nicolas V Christou, Faculty Advisor: Dr. Ross Anderson
McGill University
Biomechanics of Human Movement

Session Moderators: Malinda Hapuarachchi

1:30 p.m.
*Is the force-velocity relationship in a bench press influenced by an individual’s maximum strength or speed?*
Student Researcher: Raffaele Massarotto, Faculty Advisor: Dr. David Frost
University of Toronto

1:45 p.m.
*The effect of a static stretch of the hip flexor muscles on jump height and muscle activity during the vertical jump*
Student Researcher: Kyle Migliazza, Faculty Advisor: Dr. Derek Kivi
Lakehead University

2:00 p.m.
*Is the ability to produce a high peak force and rate of force development dependent on the load lifted?*
Student Researcher: Anthony Rocha, Faculty Advisor: Dr. David Frost
University of Toronto

2:15 p.m.
*The effects of the phase of respiration and foot strike pattern on peak ground reaction force at initial contact of the gait cycle of walking*
Student Researcher: Cassandra Felice, Faculty Advisor: Dr. Paolo Sanzo
Lakehead University

2:30 p.m.
*The influence of bilateral asymmetries in range of motion on movement quality*
Student Researcher: Gabriel Hagan, Faculty Advisor: Dr. David Frost
University of Toronto

Programming and Policy

Session Moderator: Bahar Tajrobehkar & Peter Nash

1:30 p.m.
*A pilot university health program: applying and formalizing a dynamic community engagement model*
Student Researcher: Stephanie Wang, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

1:45 p.m.
*An examination of the social participation of children in the sensory motor instructional leadership experience program*
Student Researcher: Roxy O’Rourke, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

2:00 p.m.
*Exploring the feasibility of delivering the GoodLife4Kids™ School Program in a Northern Ontario elementary school: A case study approach*
Student Researcher: Rebecca Kennedy, Faculty Advisor: Dr. Erin Pearson
Lakehead University

2:15 p.m.
*Newcomers’ Active Health: A Critical Review of Scholarly Literature and Policies*
Student Researcher: Shashi Sharma, Faculty Advisor: Dr. Margaret MacNeill
University of Toronto
1:30 p.m.
*Exercise-induced bone marrow stem cell mobilization: effects of aging*
Student Researchers: Victoria Ivankovic & George Ibrahim, Faculty Advisor: Dr. Gianni Parise
McMaster University

1:45 p.m.
*Examining the relationship between heart rate, heart rate variability and flow mediated dilation (FMD) in post-menopausal women*
Student Researcher: Kathryn Taberner, Faculty Advisor: Dr. Scott Thomas and Dr. Danielle Bentley
University of Toronto

2:00 p.m.
*Influence of handrail height on the speed and accuracy of reach-to-grasp balance reactions: Age-related changes*
Student Researcher: Angela Lam, Faculty Advisor: Alison Novak
University of Toronto

2:15 p.m.
*Alterations in the muscle stem cell niche with aging*
Student Researcher: Aaron Thomas, Faculty Advisor: Dr. Gianni Parise
McMaster University

**BREAK:** 2:45 – 3:15 p.m. (2nd Floor Benson Lounge)

**KEYNOTE:** 3:15 – 4:15 p.m. (BN307)
Dr. Parissa Safai
*“Being an Academic in Turbulent Times: Resisting the Optical Illusion of Separateness”*

**UJES ANNOUNCEMENT:** 4:15 – 4:20 p.m. (BN307)

**AWARDS AND CLOSING REMARKS:** 4:20 – 4:30 p.m. (BN307)