## SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
<th>Location – Topic</th>
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<tbody>
<tr>
<td>8:30-9:00am</td>
<td>Registration &amp; Refreshments</td>
<td>2nd Floor Benson Lobby &amp; Lounge</td>
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<tr>
<td>9:00-9:15am</td>
<td>Welcome: Dr. Gretchen Kerr, Professor and Acting Dean</td>
<td>Benson 307</td>
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<tr>
<td>9:30-10:45am</td>
<td>Session 1</td>
<td>Exercise and Chronic Disease (BN302)</td>
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<td>Improving Physical Performance (BN304)</td>
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<td>Children and Youth (BN307)</td>
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<td>Injury Prevention and Management (BN330)</td>
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<td>Protein Supplementation (WS 2007)</td>
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<tr>
<td>10:45-11:15am</td>
<td>BREAK</td>
<td>2nd Floor Benson Lounge</td>
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<tr>
<td>11:15am-12:30pm</td>
<td>Session 2</td>
<td>Violence and Sport (BN302)</td>
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<td>Topics in Cardiovascular Physiology (BN304)</td>
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<td>Movement Patterns and Performance (WS2007)</td>
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<tr>
<td>12:30-1:30pm</td>
<td>LUNCH</td>
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<tr>
<td>1:30-3:00pm</td>
<td>Session 3</td>
<td>Exercise Metabolism (BN302)</td>
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<td>Psychology of Sport and Exercise (WS2007)</td>
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<td>3:00-3:15pm</td>
<td>BREAK</td>
<td>2nd Floor Benson Lounge</td>
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<tr>
<td>3:15-4:15</td>
<td>Keynote: Dr. Kathleen Martin Ginis</td>
<td>“Enhancing Community-Based Physical Activity Participation: The SCI Action Canada Story“ (BN307)</td>
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<tr>
<td>4:15-4:30pm</td>
<td>Award Presentation &amp; Closing Remarks</td>
<td>Benson 307</td>
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### 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

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**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

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**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 Zulfqar, 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**

<table>
<thead>
<tr>
<th>Session Moderator: Michael Mazzulla</th>
<th>Room WS2007</th>
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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-Chained 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  
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: Srikesh 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

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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 Kolahdouzan, 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

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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

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**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

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**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 "Keeogo" Dermoskeleton: 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

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**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 Ljubicic
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 Ljubicic
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 Ljubicic
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
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 Ljubicic
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

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-spired? 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 Parasport 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)