



2026 AASP Eastern Canada Sport and Exercise Psychology Symposium

March 20th and 21st, 2026

Sponsored By



Centre for Healthy
Youth Development
through Sport



Full Program

Friday March 20th, 2026	
Registration and Coffee (7:30am to 9:00am)	
Opening Remarks (9:00am to 9:30am)	
Session 1 (9:30am to 10:30am)	
Sport Injury Rehabilitation <i>Drummond North Moderator: Carley Jewell</i>	
9:30am - 9:40am	Exploring alexithymic athletes' emotional experiences during injury rehabilitation using arts-based methods ^a <i><u>Kirsten Hutt</u>, Katherine Tamminen</i>
9:40am – 9:50am	Dancing towards wellbeing: A proposed study to explore the expected benefits of dance for women after stroke and perceived successful program elements ^a <i><u>MacKenzie Aubin</u>, Jennifer Brunet</i>
9:50am – 10:00am	Recovering together: Using daily diaries to explore the role of social support during athletic injury recovery ^a <i><u>Kaitlin N. Fortier</u>, Stuart G. Wilson, Jeffrey G. Caron, Luc J. Martin</i>
10:00am – 10:10am	A longitudinal exploration of coach-athlete dyads during rehabilitation and return-to-sport of injured football players ^a <i><u>Louis-David Bernier Cloutier</u>, Leslie Podlog, Theresa Bianco, Louise Davis, Quinn Johnsson</i>
10:10am – 10:20am	Development of a novel measure to assess adolescents' psychological readiness to return to sport after injury ^a <i><u>Quinn Johnsson</u>, Leslie Podlog, Jeffrey G. Caron, Miriam Beauchamp, Marie-Lyne Nault, Isabelle Doré, Ross Wadey, Noémie Demers, Louis-David Bernier-Cloutier</i>

^a Study proposal or in progress, 8-minute presentation with 2 minutes of questions

^b Completed study, 12-minute presentation with 3 minutes of questions

Underlined names are presenters

10:20am – 10:30am	<p>Preliminary Research Exploring the Antecedents of Psychological Readiness to Return to Competition from an Injury among Adolescent Athletes ^a</p> <p><i>Quinn Johnsson, Leslie Podlog, Maxime Charron, David Keatley, James A. Dimmock, Jeffrey G. Caron, Marie-Lyne Nault</i></p>
<p>Body Image Drummond South Moderator: Kirina Angrish</p>	
9:30am - 9:40am	<p>Investigating the Relationship between Yoga and Body Image in Middle-Aged Women: A Cross-sectional Quasi-Experimental Study ^a</p> <p><i>Alyssa Enns</i></p>
9:40am – 9:50am	<p>Investigating the effects of self-compassion framing on muscle-building behaviour in a sample of young adult men ^a</p> <p><i>Zach Staffell, Katarina Huellemann, Eva Pila</i></p>
9:50am – 10:00am	<p>Serving Under Surveillance: Body Image in High Performance Female Tennis Players ^a</p> <p><i>Matea Folprecht, Jordan Koch</i></p>
10:00am – 10:15am	<p>Positive and Negative Body-Related Emotions Among Post-Secondary Students: A Latent Profile Analysis ^b</p> <p><i>Isabella L. Tremonte, Avery J. Hinchcliffe, Sarah E. Ryan, Catherine M. Sabiston</i></p>
10:15am – 10:30am	<p>Are body image and physical self-concept one and the same? ^b</p> <p><i>Isabella L. Tremonte, Chelsi Ricketts, Roxy H. O'Rourke, Delaney E. Thibodeau, Catherine M. Sabiston</i></p>
<p>Quality Participation in Sport and Physical Activity Grand Ballroom Moderator: Ann-Marie McNutt</p>	
9:30am - 9:40am	<p>Integrating the COM-B Model Into Quality Participation Tools to Enhance Sport Program Leader Confidence ^a</p> <p><i>Adelyne Heyes, Amy Latimer-Cheung, Marley Mullan, Avery Lorbetskie</i></p>
9:40am – 9:50am	<p>Fostering Quality Participation in Community-Based Exercise Programs for Persons with Physical Disabilities and Chronic Conditions ^a</p> <p><i>Priya Shah, Jennifer Tomasone, Krista Best, Gabrielle Bedard, Shane Sweet</i></p>

9:50am – 10:00am	Assessing the Construct Validity of a Quality Participation Observation Tool Across Inclusive Sport Contexts ^a <i>Ariel Saulnier, Mia KurtzFavero, Izzy Coupland, Marley Mullan, Maya Hardowar, Nishi Patel, Tessa Griffin¹, Amy Latimer-Cheung</i>
10:00am – 10:10am	Quality Participation: Assessing the Feasibility of Implementing QP Building Blocks to Enhance Quality Participation in Special Olympics Swim Program. ^a <i>Avery Lorbetskie, Amy Latimer-Cheung, Marley Mullan, Adelyne Heyes</i>
10:10am – 10:20am	Evaluating quality participation through sporting event volunteer and elite para-athlete interactions ^a <i>Isabel Coupland, Amy Latimer-Cheung</i>
BREAK (15 Minutes)	
Session 2 (10:45am to 11:45am)	
Youth Sport <i>Drummond North Moderator: Jess Malcolm</i>	
10:45am – 10:55am	Investigating psychological differences in adolescents competing in risky versus less risky sports. ^a <i>Gillian Ramsay, Joe Baker</i>
10:55am – 11:05am	Personality development through youth sport participation: Perspectives of former youth athletes ^a <i>Parker Triano</i>
11:05am – 11:15am	Exploring the Effect of Self-Complexity on Resilience and Burnout in Competitive Youth Sport ^a <i>Kaden Jagoe, Karl Erickson</i>
11:15am – 11:25am	Assessing Changes in Physical Activity and Quality of Life in Youth with Mental Distress Following a Lifestyle E-Intervention Program ^a <i>Eesha Mehra, Patricia Longmuir</i>
11:25am – 11:35am	Reimagining Equitable and Accessible Youth Sport: Insights from Canadian sport leaders ^b

	<i>Theepiga Mohanachandran, Mikayla McEwan, Keira Dyck, Megan Sutton, Roxy O'Rourke, Corliss Bean, Catherine Sabiston, Sasha Gollish</i>
11:35am – 11:45am	Investigating psychological differences in adolescents competing in risky versus less risky sports. ^a <i>Gillian Ramsay, Joe Baker</i>
Disability in Sport and Physical Activity Grand Ballroom Moderator: Jayden Miller	
10:45am – 10:55am	Quality Improvement Follow-up Evaluation of the Canadian Disability Participation Project 2.0 Summer Institute ^a <i>Christina Gee, Jenson Price, Mahadeo Sukhai, Kirsti Van Dornick, Jennifer Tomasone</i>
10:55am – 11:05am	Understanding Sport Participation Among Children with Probable Developmental Coordination Disorder: A Qualitative Study of Psychosocial and Socio-environmental Factors ^a <i>Ann-Marie McNutt, Terrence Wade, Matthew Kwan, Sarah Wellman-Earl</i>
11:05am – 11:15am	Representation of Social Identities in Intersectional Disability Physical Activity Research ^a <i>Benjamin Solmon, Owen Juan, Luxshmi Nageswaran, Jennifer R. Tomasone</i>
11:15am – 11:25am	The process of fostering quality participation in a community-based recreation program for adults who have intellectual and developmental disabilities ^a <i>Maya Perera</i>
11:25am – 11:35am	A qualitative evaluation of a physical activity behaviour change program for university students with physical disabilities and chronic conditions ^a <i>Emily Lindquist, Natara Ng, Gabrielle D. Bedard, Jennifer R. Tomasone, Jordan D. Herbison, Shane N. Sweet</i>
11:35am – 11:45am	“From undergrad to my masters, and I am still working on the same project...”: Reflections from a novice researcher about project management challenges during a scoping review. ^a <i>Owen Juan, Jennifer R. Tomasone</i>
Psychological Skills Training Drummond South Moderator: Burgandy Thiessen	

10:45am – 10:55am	A qualitative exploration of the perceptions of effective PST programming in sport ^a <i>Samantha D'Agostino-Pinto, Krista Munroe-Chandler</i>
10:55am – 11:05am	From Learning to Application: Understanding Canadian University and Collegiate Coaches' Use of Psychological Skills ^a <i>Darcee J. Hall, Krista J. Munroe-Chandler, PhD, Todd M. Loughead, PhD</i>
11:05am – 11:15am	Investigating the Psychological Skill Use of Canadian Sport Officials ^a <i>Christopher J. Coady, Krista J. Munroe-Chandler, Todd L. Loughead</i>
11:15am – 11:30am	Locating the Self-Regulated Sport Practice Survey Among Popular Psychological Skills Assessments: A Scoping Review ^b <i>Erin Teschuk, Bradley W. Young, Lori Dithurbide</i>
11:30am – 11:45am	Exploring Determinants and Impacts of Performance Anxiety Among Student-Athletes ^b <i>Ariane Sagala, Véronique Boudreault</i>
LUNCH (11:45am TO 1:10pm)	
Session 3 (1:10pm to 2:15pm)	
Concussion <i>Drummond North Moderator: Jess Malcolm</i>	
1:10pm – 1:20pm	Examining concussion coverage of women athletes in Canadian media: A comparative discourse analysis from 2010-2018 and 2019-2025 ^a <i>Kelly Dao, Braeden McKenzie, Kaleigh Pennock</i>
1:20pm – 1:30pm	Understanding athlete confidence during return to sport following sports-related concussion: Preliminary findings ^a <i>Amanda McCue, Leslie Podlog, Jeffrey Caron</i>
1:30pm – 1:40pm	Stories that support: Co-designing a youth hockey social support intervention for concussion return to sport ^a

	<i>Carley B. Jewell, Jacqueline van Ierssel, Philip Sullivan, Sean Locke, Amanda M. Black</i>
1:40pm – 1:50pm	Exploring the lived experiences of female ice hockey players with sport-related concussion: A proposed qualitative study ^a <i>Chloe Oleksiuk, Danielle Alexander-Urquhart, Jeffrey Caron</i>
1:50pm – 2:00pm	Concussions and team norms: A proposed social relations model and network analysis ^a <i>Maxime R. Landry-Lurette, Luc J. Martin, Jeffrey G. Caron</i>
2:00pm – 2:15pm	Making the invisible visible: A research program on the burden of sport-related concussions in female artistic sport athletes ^b <i>Gabrielle Cadotte, Jeffrey G. Caron</i>
Advancing the Field with Technology Grand Ballroom Moderator: Quinten Carfagnini	
1:10pm – 1:20pm	Psychological Mechanisms of Within-Session Persistence in Digital Health Interventions: Evidence from Large-Scale Behavioral Logs ^a <i>Haeyong Chun, Youngsoo Park, Hyo Young Kim</i>
1:20pm – 1:30pm	Mapping Movement: How Built Environments Shape University Students' Physical Activity ^a <i>Jayden Miller, Matthew Kwan</i>
1:30pm – 1:40pm	A Daily Diary Study Using a Generative AI Conversational Agent to Explore Behaviour Change Techniques for Physical Activity Among University Students with Physical Disabilities and Chronic Conditions ^a <i>Gabrielle D. Bedard, Jiangbo Yu, Audrey C. Wong, Zhiyang Shi, Jordan D. Herbison, Gordon A. Bloom, Jennifer R. Tomasone, Shane N. Sweet</i>
1:40pm – 1:55pm	Validation of an Augmented Reality Tool for Real-Time Smartphone-Based Exercise Repetition Counting ^b <i>Aryan Sadghian, Marc Mitchell</i>
Mental Health in Sport and Physical Activity Drummond South Moderator: Burgandy Thiessen	
1:10pm – 1:20pm	Adult Amateur Equestrian's Lived Experiences: An IPA Study ^a <i>Sophie Litalien</i>

1:20pm – 1:30pm	Development of a Measure of State Psychological Stress For Athletes ^a <i>Sarah Doyle, Kylee Speedy, Dr. Ryan Hamilton, Dr. Janine Olthuis</i>
1:30pm – 1:40pm	Mentee Perspectives on the ‘Movement Mentors for Mental Health’ Program: An Exploratory Qualitative Study ^a <i>Paniz Abadi, Rebecca Bassett-Gunter, Larkin Lamarche, Karl Erickson</i>
1:40pm – 1:50pm	UWorkItOut UWin: Exercise as a First-line Treatment Approach ^a <i>Travis Woods, Christopher Coady, Krista Munroe-Chandler</i>
1:50pm – 2:00pm	Establishing a Quality Masters Sport Participation Framework: A Proposed Study ^a <i>Justine Cotnoir, Bradley W. Young, M. Blair Evans, Bettina Callary, Liza Stathokostas, Scott Rathwell</i>
2:00pm – 2:15pm	Falling short of my ideal: emotional pathways linking fitness self-discrepancy to mental health ^b <i>Samira Sunderji, Catherine M. Sabiston</i>
BREAK (15 Minutes)	
Session 4 (2:30pm to 3:30pm)	
Coaching and Leadership <i>Grand Ballroom Moderator: Caroline Hummell</i>	
2:30pm – 2:40pm	A Proposed Study Exploring how Elite Soccer Coaches Manage Coach-Athlete Relationships with Players who Receive Limited Playing Time ^a <i>Luke Berryman, Dr. Gordon Bloom</i>
2:40pm – 2:50pm	Making Laps Less Boring: How Model Coaches Spark Situational Interest in Competitive Youth Swimming ^a <i>Olivia H. D. Christendat, Haley H. Smith, Stuart Wilson, Jean Côté</i>
2:50pm – 3:00pm	Exploring the Dark Side of Athlete Leadership: A Delphi Study of Destructive Leadership in Sport ^a

	<i>Mason B. Sheppard, Todd M. Loughead, Krista J. Munroe-Chandler, Gordon A. Bloom</i>
3:00pm – 3:10pm	A proposed study exploring the role of athlete leaders in managing and supporting athlete mental health in elite women's ice hockey ^a <i>Claudia Zeppetelli, Gordon A Bloom, Todd M Loughead</i>
3:10pm – 3:25pm	Leading from the trenches: How assistant coaches shape positional subgroup identity and team alignment in professional football ^b <i>Marc Glaude, Gordon A. Bloom, Luc J. Martin</i>
Safe Sport <i>Drummond North Moderator: Jayden Miller</i>	
2:30pm – 2:40pm	Athlete's Perception of Clean Sport in Cycling ^a <i>Alexandra Galarneau, Véronique Boudreault</i>
2:40pm – 2:50pm	Exploring how coach gender influences perceived psychological safety and comfort disclosing concerns in female youth athletes ^a <i>Victoria Iwaniura¹, Corliss Bean¹</i>
2:50pm – 3:00pm	Compassion in action: Exploring other-focused compassion in elite sport ^a <i>Morgan Leeder¹, Jordan Sutcliffe², Luc J. Martin¹</i>
3:00pm – 3:15pm	Risk Factors and Disclosure Barriers in Sexual Violence Among Higher Education Student Athletes: Implications for Sport Psychology ^b <i>Samantha Burelle, Karl Erickson, Parissa Safai</i>
3:15pm – 3:30pm	Understanding of how safety and risk are negotiated and leveraged in rugby policies ^b <i>Julia Topart, Émilie Lemelin, Véronique Boudreault, Sylvie Parent</i>
Group Dynamics <i>Drummond South Moderator: Ann-Marie McNutt</i>	
2:30pm – 2:40pm	Conceptualizing coach and collective humility in the sport context: A qualitative exploration ^a <i>Anthony S. Griffo, Mark Eys</i>
2:40pm – 2:50pm	Translating a reconceptualization of cohesion to exercise: A critical review ^a

	<i>Zakry Walsh, Mark Eys</i>
2:50pm – 3:00pm	Enhancing team cognition and decision-making through video-led debriefing: A proposed action research study in high-performance ice hockey ^a <i>Mitchell Profeit, Luc Martin</i>
3:00pm – 3:15pm	The relationships among peer motivational climate, team preparation, and mental toughness in youth soccer players ^b <i>Jae-Hoon Hwang, KeonYoung Chung, Marcelo Cabral, Spyridoula Vazou, Yong-Gwan Song</i>

**STUDENT SOCIAL 7pm to 11pm
Blackburn Brew House
8001 Blackburn Pkwy, Niagara Falls**

Saturday March 21st, 2026

Coffee (9:00am to 9:30am)

Session 1 (9:30am to 10:30am)

Athlete Development

Grand Ballroom | Moderator: Quinten Carfagnini

9:30am – 9:40am

Becoming a Major Junior Player”: An Interpretative Phenomenological Analysis of Ice Hockey Players’ Transition into a Major Junior League ^a

Gabriel Delage, Jean-Baptiste Bertrand, Véronique Boudreault

9:40am – 9:50am

Exploration of “Playing Up” Experiences in Youth Rugby Through Athlete, Coach, and Parent Perspectives ^a

Amy Yeung, Aaryan Dalal, Kaden Jagoe, Samantha Burelle, Karl Erickson

9:50am – 10:00am

Congratulations! You’ve been drafted, now what? ^a

Antonia Cattle, Kathryn Johnston, Joseph Baker

10:00am – 10:10am

Latin American Coaches' Narratives of Learning and Adapting to Coaching in Canada ^a

Carol Cárdenas-Castro, Diane M Culver

10:10am – 10:25am

Breaking Through the Chaos: Pathways to the National Hockey League ^b

Cameron Hubscher, Nick Wattie

Mental Health and Interventions

Drummond North | Moderator: Burgandy Thiessen

9:30am – 9:40am

Staff and Faculty Perceptions of Thrive@Work ^a

Cecil J. Wright, Christopher J. Coady, Krista J. Munroe-Chandler, Todd M. Loughead

9:40am – 9:50am

A pilot study evaluating the usability, acceptability and relevance of the Leadership Excellence Athlete Driven (LEAD) Program ^a

Zoe Beaulieu, Todd M. Loughead, Mason B. Sheppard, Krista J. Munroe-Chandler, Gordon A. Bloom, Mackenna Schiavo

9:50am – 10:00am	From Debilitative to Facilitative: A Feasibility Study of Acceptance and Commitment Therapy for Performance Anxiety Interpretation in University Athletes ^a <i>Bo Vink, Philip Sullivan</i>
10:00am – 10:10am	Eating Disorder Screening in Developing Elite Athletes: A Scoping Review and Delphi Study ^a <i>Florence Bastien, Véronique Boudreault, Pascale Morin</i>
10:10am – 10:20am	Examining Gender Disparities in Movement Behaviours and Mental Health Among Children in Antigua and Barbuda ^a <i>Kelechi Kemnele, Alisha Thomas, Julia Nord-Leth, Danielle Walwyn, Leslie Walwyn, Ian Janssen¹, Kate Storey⁵, Jo Sheppard, Lucie Lévesque</i>
10:20am-10:30am	Exploring the Relationship Between Training Load, Performance Anxiety and Tumbling Consistency in Competitive Cheerleading ^a <i>Payton O'Connor</i>
Inclusivity and Body Image <i>Drummond South Moderator: Caroline Hummell</i>	
9:30am – 9:40am	Stories Worth Telling: A Master's Student Reflections on Conducting Narrative Research within the BIPOC SCI Community ^a <i>Elizabeth Dorvil, Shane Sweet</i>
9:40am – 9:50am	Toward culturally competent teams: Examining racialized bias in interdependent sport ^a <i>Kiyara Letlow, Courtney Szto, Luc Martin</i>
9:50am – 10:00am	Implications for a Rights-Based Future of Youth Sport ^a <i>Habiba Shafey, Joseph Gurgis</i>
10:00am – 10:10am	Experience of Disordered Eating and Exercise Addiction among Former Student-Athletes ^a <i>Juliette Maurin, Véronique Boudreault</i>
10:10am – 10:25am	When does exercise become dysfunctional? The role of perfectionism and body-related self-conscious emotions in appearance-driven exercise ^b <i>Avery J. Hinchcliffe, Catherine M. Sabiston</i>
BREAK (15 Minutes)	

Session 2 (10:45am to 11:50am)

Retired Athletes and Mentorship Grand Ballroom | Moderator: Ann-Marie McNutt

10:45am – 10:55am	Project SAIL: Structure, Autonomy (Support), Involvement, and Living Beyond Sport ^a <i>Emily Bonisteel, Diane Mack, Nathan Hall, Philip Wilson</i>
10:55am – 11:05am	What Athletes Carry Forward: How Youth Sport Shapes Exercise Behaviour in the Gym Environment ^a <i>Alexa Fowler, J. Paige Pope</i>
11:05am – 11:15am	Understanding mentorship through the eyes of girl athletes: Insights from an arts-based qualitative approach ^a <i>Caroline Hummell, Corliss Bean</i>
11:15am – 11:25am	Exploring informal peer mentorship to support mental health in varsity athletes: A proposal ^a <i>Lucy Lee, Corliss Bean</i>
11:25am – 11:40am	The Acute Effect of Peer Motivational Climate on Young Adults' Basic Psychological Needs, Enjoyment, and Physical Activity Intention ^b <i>KeonYoung Chung, Marcelo Cabral, Caitlin McClugage, Spyridoula Vazou</i>

Health and Wellbeing Drummond North | Moderator: Malak Shaath

10:45am – 10:55am	Examining Heart Rate Variability Among Post-Menopausal Women Before and After a Self-Directed Mindfulness-Based Stress Reduction Intervention: A Feasibility Study ^a <i>Mackenzie Barnard, Andra Smith, Jennifer Brunet</i>
10:55am – 11:05am	The digital arena: Using creative methods to explore the role of social media use in shaping student-athletes' well-being within Ontario universities ^a <i>Mikayla McEwan, Corliss Bean</i>

11:05am – 11:20am	<p>Excellencism, Perfectionism, and Motivation: Understanding Psychological Functioning in Student-Athletes Enrolled in Sport-Study Program in Quebec ^b</p> <p><i>Janie Locas, Frédéric Langlois, Paule Miquelon</i></p>
11:20am – 11:30am	<p>Elite Youth Athletes' Social Network and Experiences of Mental Health ^a</p> <p><i>Angela Heinisch, Courtney Walton, Katherine Tamminen</i></p>
11:30am – 11:45am	<p>Association between behavioral phenotypes and paid mHealth app subscription and renewal: A 6-month latent class analysis study ^b</p> <p><i>Youssef Genaidy, Roshan Hasan, Julia Incitti, Erika Bloom, Marc Mitchell</i></p>
<p>Youth Mental Health Drummond South Moderator: Carley Jewell</p>	
10:45am – 10:55am	<p>Identifying priority mental health and psychological skill needs in adolescent competitive dance ^a</p> <p><i>Alyssa Hughes, Scott Rathwell, Afra Foroud, Paige Pope</i></p>
10:55am – 11:05am	<p>Anxiety Sensitivity as a Predictor of Basic Psychological Need Satisfaction in Adolescent Athletes ^a</p> <p><i>Kylee Speedy, Janine Olthuis, Ryan Hamilton, Taylor McAulay</i></p>
11:05am – 11:15am	<p>Exploring Psychosocial Challenges and the Impact of Competitive Sport on Mental Health among High School Student-Athletes ^a</p> <p><i>Frédérique Laflamme, Véronique Boudreault, Janie Locas</i></p>
11:15am – 11:30am	<p>Youth Perspectives on Implementing Injury Prevention Strategies in Youth Sport ^b</p> <p><i>David Shodipo, Elijah Kpioyo, Kelisha Bulgin-Dixon, Princess A. Ulona, Nicole Chimera, Carley B. Jewell, Nicola Odu, Corliss Bean, Philip Sullivan, Rob Millington, Carla Edwards, Gina Dimitropoulos, Amanda M. Black</i></p>
11:30am – 11:45am	<p>Coach the coach: Youth-identified priorities and resources to enhance mental health resource application in youth sport ^b</p> <p><i>Isabella Perco, Audrey Susa, Atsuhiko Morimoto, Carley B. Jewell, Nicola Odu, Princess Ulona, Corliss Bean, Nicole Chimera, Philip Sullivan, Rob Millington, Carla Edwards, Gina Dimitropoulos, Amanda M. Black</i></p>

LUNCH (11:45am TO 1:15pm)

Keynote Panel 1:15pm to 2:30pm

Featuring Dr. Jeffery Caron, Dr. Corliss Bean, & Dr. Jessica Murphy
Moderated by Carley Jewell

BREAK (15 Minutes)

Session 3 (2:45pm to 3:30pm)

Behaviour Change Techniques Grand Ballroom | Moderator: Jayden Miller

2:45pm – 2:55pm

Exploring the moderating effects of anticipated effort on real-time physical activity behaviour: An ecological momentary assessment study^a

Ryan Chen, Sheereen Harris

2:55pm – 3:05pm

Closing the Effort Gap: How Message Framing Affects Physical Activity in Mentally Fatigued Adults^a

Sucheta Khurana, Sheereen Harris

3:05pm – 3:15pm

Effects of Mental Fatigue and Individual Physical Effort Tendencies on Physical Activity Decision Making in Young Adults^a

Hannah Johnson, Sheereen Harris

3:15pm – 3:25pm

Behaviour Change Techniques and Quality Participation: An N-of-1 study^a

Sarah E. Lindsay, Gabreille D. Bedard, Zhiyang Shi, Tayah Liska, Natara Ng Cheng Hin, Jennifer R. Tomasone, Shane N. Sweet

Sport and Exercise Participation Drummond North | Moderator: Jess Malcolm

2:45pm – 2:55pm

The SCORE! Youth- Sustainability Healthy Active Living (SCORE! YOUTH SHAL)^a

Ava Hsieh, Alexandra Leslie, Jayden Miller, Taylor Rowe, Sujane Kandasamy, Matthew Kwan

2:55pm – 3:05pm	Facilitators and Barriers of Men’s Engagement in Group Exercise Classes ^a <i>Colm Heath, Kimberley Gammage</i>
3:05pm – 3:15pm	What are the knowledge, attitudes, and perceived behaviours of sport stakeholders regarding ADHD in youth team sport? ^a <i>Justine Cotnoir, Paige Pope, Stéphanie Turgeon, Scott Rathwell</i>
3:15pm – 3:25pm	Inclusive physical activity information for families of children and youth with disabilities: A micro-grant program supporting knowledge mobilization in community-based organizations ^a <i>Katerina Disimino, Rebecca L. Bassett-Gunter</i>
Sport and Exercise Participation Drummond South Moderator: Caroline Hummell	
2:45pm – 2:55pm	Sport Participation and Associated Outcomes Among Newcomer Girls in Canada ^a <i>Alexandra Leslie, Taylor Rowe, Matthew Kwan</i>
2:55pm – 3:05pm	Exploring the Experiences of Young Newcomers with Disabilities in Physical Activity Participation ^a <i>Malak Shaath, Taylor Rowe, Matthew Kwan, Terrance Wade</i>
3:05pm – 3:15pm	Exploring School Food Environments and Healthy Eating Behaviours Among Adolescents in Nigeria ^a <i>Folasade Aladesuyi, Lucie Lévesque</i>
3:15pm – 3:30pm	Service Provider Perspectives on Engagement in Community Physical Activity for Newcomer Youth ^b <i>Taylor Rowe, Ann-Marie McNutt, Malak Shaath, Sophia Alongi, Kimberley Curtin, Matthew Kwan</i>
Closing Remarks (3:30pm to 3:45pm) Grand Ballroom <i>Announcement of host institution for ECSEPS 2027</i>	
Banquet Dinner 6:30pm Ruth’s Chris Steakhouse in The Wyndham Grand Fallsview <i>Dinner to be served at 7:00pm</i>	

Upcoming Speaking Opportunity...



Brock
University

#WEAREBADGERS GOBAL G

ENGAGE **COLLABORATE** **EMPOWER**

YOUTH SPORT SUMMIT

 Centre for Healthy
Youth Development
through Sport



MAY 12, 2026

Hosted by Brock's Centre for Healthy
Youth Development through Sport

Brock University
1812 Sir Isaac Brock Way , St. Catharines
ON L2S 3A1

REGISTRATION

January 12, 2026 - May 7, 2026

ABSTRACT SUBMISSION

Closes March 18th, 2026 @ 11:59 pm



REGISTRATION LINK

www.event.fourwaves.com/yss2026

More Information

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