



Eastern Canada Sport and Exercise Psychology Symposium

An AASP International Regional Conference



March 27—28th, 2015

School of Human Kinetics, University of Ottawa

Ottawa, Ontario, Canada

Welcome to the nineteenth annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS). ECSEPS was founded here, at the University of Ottawa, in 1996, as an opportunity for students to present their proposed, ongoing, and completed research projects and applied work. Each year, ECSEPS continues to grow and has become both a valuable experience and excellent learning opportunity for students in the fields of sport, exercise, and health psychology.

The University of Ottawa is honoured to host ECSEPS for the fourth time. With 117 student presentations scheduled over the course of two days, this will be a valuable weekend for not only discovering current research being conducted in the field, but also for the exchange of knowledge and networking. We are also pleased to welcome our two keynote speakers for the conference: Dr. Catherine Sabiston from the University of Toronto who will present at lunch on March 27, 2015, and Dr. Gordon Bloom from McGill University at the banquet dinner on March 28, 2015.

In addition to ECSEPS, we hope that you will be able to enjoy some time exploring the city of Ottawa. The conference hotel is situated right downtown, within minutes of walking to the Byward Market. Take a walk or run along the Rideau Canal or visit one of the many museums in downtown Ottawa (for more tourist information, please visit <http://www.ottawatourism.ca/en/>).

On behalf of the 2015 ECSEPS Organizing Committee, and the School of Human Kinetics at the University of Ottawa, thank you for attending the conference and we hope you have a great stay in Ottawa.

The 2015 ECSEPS Organizing Committee



Dear ECSEPS Delegates,

It is with great pleasure that I welcome you to the 19th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), hosted by our student leaders in sport and exercise psychology of the School of Human Kinetics (SHK). The strong roots of this conference originated from Professors within the SHK at the University of Ottawa. The first symposium was organized by our very own Dr. Natalie Durand-Bush in 1996 in her student representative role for the Association for the Advancement of Sport Psychology. ECSEPS has grown from that one-day symposium that included 18 presentations and one keynote to this two-day conference with close to 120 presentations and two impressive keynote speakers; Dr. Catherine Sabiston from the University of Toronto and Dr. Gordon Bloom from McGill University (who happened to be one of the student organizing team members for that inaugural ECSEPS in 1996!).

Thanks to the continued student leadership, ECSEPS is now a major event providing student researchers a constructive, stimulating, and supportive environment to share their findings and ideas. We look forward to hosting these sessions and hope that you make the most of this enriching academic experience and may your exercise, sport, and health psychology research network expand as a result of your participation. I would also like to acknowledge the SHK student organizing committee for this exciting event; your time and efforts are recognized and appreciated.

While in our extraordinary city—the Nation's Capital—be sure to take advantage of all that it has to offer. You can walk, run, bike, or blade along the various paths that take you through the heart of our city while taking in the beauty of the Ottawa River and Rideau Canal. Also, enjoy Ottawa's world class museums and landmarks, such as Parliament Hill, that are within walking distance of the University. Later in the evening, head down to the ByWard Market for some fine dining and entertaining nightlife and explore the beauty of the city at night; there is much to enjoy.

On behalf of the SHK and the organizing committee, we thank you for attending what I am sure will be a fantastic ECSEPS!

Diane Ste-Marie
Director and Associate Dean / Directrice et doyenne associée
School of Human Kinetics / École des sciences de l'activité
physique
Faculty of Health Sciences / Faculté des sciences de la santé
University of Ottawa / Université d'Ottawa



Chers/chères délégué(e)s ECSEPS,

C'est avec grand plaisir que nous vous souhaitons la bienvenue à cette 19^e édition du Symposium de la Psychologie du Sport et de l'Exercice de l'Est du Canada (ECSEPS), organisé par nos étudiants gradués en psychologie du sport et de l'exercice à l'École des sciences de l'activité physique. ECSEPS a débuté à l'Université d'Ottawa; le premier symposium étant organisé en 1996 par Dr. Natalie Durand-Bush, qui était étudiante au doctorat à ce moment. ECSEPS a grandi depuis ce premier symposium pour devenir une conférence qui s'étend sur deux jours et inclut près de 120 présentations. Cette année, nous avons la chance de recevoir deux impressionnants conférenciers invités; Dr. Catherine Sabiston de l'Université de Toronto et Dr. Gordon Bloom de l'Université McGill (qui était d'ailleurs l'un des étudiants membres de l'équipe organisatrice de la conférence inaugurale ECSEPS en 1996!).

Grâce au leadership constant des étudiants, ECSEPS est maintenant un événement majeur qui procure aux étudiants-chercheurs un environnement stimulant pour partager leurs résultats et leurs idées. Nous sommes excités de vous accueillir et nous espérons que vous retirerez le meilleur de cette expérience académique enrichissante. Votre participation contribuera à développer votre réseau de recherche en psychologie de l'exercice, du sport et de la santé. J'aimerais souligner que le temps et les efforts de nos étudiants membres du comité organisateur sont reconnus et grandement appréciés.

Pendant votre séjour dans la capitale nationale, profitez des nombreux sentiers au cœur de la ville qui vous permettront d'admirer la rivière des Outaouais ainsi que le Canal Rideau. De plus, vous pouvez profiter des nombreux musées de renommée internationale et des lieux historiques comme la colline parlementaire, qui est à quelques pas de l'Université. En soirée, vous pouvez vous diriger vers le marché By pour un souper raffiné et goûter à l'ambiance de fête qui règne dans la ville lors du printemps!

Au nom de l'École des sciences de l'activité physique et du comité organisateur, nous vous remercions de votre présence à ce qui, je suis convaincu, sera une fantastique conférence ECSEPS!

Diane Ste-Marie
Director and Associate Dean / Directrice et doyenne associée
School of Human Kinetics / École des sciences de l'activité physique
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Keynote Address: Friday March 27th, 2015

Dr. Catherine M. Sabiston

Dr. Catherine M. Sabiston is an Associate Professor of exercise and health psychology at the University of Toronto. Dr. Sabiston earned her PhD degree from the University of British Columbia in 2006 and worked at McGill University (2007-2012) prior to her appointment at the University of Toronto. Her research examines physical and social self-perceptions and health behaviour motivation, with a primary focus on physical activity and at risk populations. Dr. Sabiston has over 120 peer reviewed articles, as well as numerous book chapters and has been involved in over 250 conference presentations. She has received numerous new investigator awards including the Franklin Henry young scientist award (SCAPPS), the early career distinguished scholar award (NASPSPA), and the young investigator award in health psychology (CPA). She was also identified as a top young scientist in Quebec in 2010. Her research has been funded by all three tri-council agencies (SSHRC, CIHR, NSERC) as well as multiple provincial agencies (FRSQ, FQRSC, Connaught) and cancer agencies (CCSRI, Movember). She has held nearly \$14 million in funding to conduct her research. Finally, Dr. Sabiston has worked with over one thousand breast cancer survivors in various capacities, including as a mental health trainer for dragon boat racing cancer teams, volunteer facilitator for exercise and wellbeing workshops, and in her research involving interviews, focus groups, and interventions.



We are pleased to welcome Dr. Sabiston for her keynote address on recent and ongoing research in Exercise and Health Psychology at 12:30pm on Friday March 27th, 2015 (Tabaret Hall, room 112).

John Salmela Keynote Address: Saturday March 28th, 2015

Dr. Gordon Bloom

Dr. Gordon Bloom is an Associate Professor and director of the Sport Psychology Research Laboratory in the Department of Kinesiology & Physical Education at McGill University. He earned his PhD degree from The University of Ottawa in Sport Psychology and has been working in the field for 20 years. Dr. Bloom has developed an internationally-recognized research program that has two main streams that focus on various psychosocial aspects surrounding the sport environment: coaching and concussions. Dr. Bloom is best known for his research in coaching science where he has been invited to speak around the world on aspects related to coaching knowledge, leadership, mentoring, and behaviours employed by both elite and youth sport coaches that help create a positive environment for excellence and participation in sport. As a well-published scholar of scientific articles and book chapters, funding for Dr. Bloom's research has come from the Social Sciences and Humanities Research Council of Canada, Fonds de la recherche en santé du Québec, and the Coaching Association of Canada. In addition to his teaching and research responsibilities, Dr. Bloom is a member of the managing council of the Canadian Sport Psychology Association. In his professional practice, Dr. Bloom has consulted with amateur, professional, and Olympic athletes and taught them how to use mental skills to accelerate their level of performance in sport and life. When he's not engaged in one of his professional duties, Dr. Bloom can be found coaching his children on their community sports teams.



We are pleased to welcome Dr. Bloom for his keynote address on recent and ongoing research within the Sport Psychology Research Laboratory during the banquet on Saturday March 28th, 2015 (Novotel Hotel).

Day 1: March 27th, 2015 8:30am-4:15pm

8:00-11:45am	CONFERENCE REGISTRATION Tabaret Hall Rm 112 (550 Cumberland St)		
	Desmarais (DSM) 12110	Desmarais (DSM) 12102	Tabaret (TBT) Hall 112
8:30-9:30am	Session 1A: Mental Health	Session 1B: Older Adults & Physical Activity	Session 1C: Psychological Skills Training
9:30-9:45am	COFFEE BREAK		
9:45-10:45am	Session 2A: Women's Physical Activity & Health	Session 2B: Outcomes of Physical Activity	Session 2C: Transformational Leadership
11:00-12:00pm	Session 3A: Physical Competence	Session 3B: Concussion	No Session
12:00-1:30pm	LUNCH Tabaret Hall (rm 112) Keynote Address: Dr. Catherine Sabiston, University of Toronto		
1:45-2:45pm	Session 4A: Sedentary Populations	Session 4B: Parents & Physical Activity	Session 4C: Coach-Athlete Relationship
3:00-4:15pm	Session 5A: Physical Activity & Disability	Session 5B: Obesity & Diabetes	Session 5C: Coach Learning

Day 2: March 28th, 2015 8:30am-4:00pm

8:00-11:45am	CONFERENCE REGISTRATION Faculty of Social Sciences (FSS) Building Rm 11003 (120 University Pvt)		
	FSS 1006	FSS 1007	FSS 1030
8:30-9:30am	Session 6A: Cancer & Physical Activity	Session 6B: Group Processes	Session 6C: Expertise & Elite Sport
9:30-9:45am	COFFEE BREAK		
9:45-10:45am	Session 7A: Life Skill Transfer	Session 7B: Message Framing	Session 7C: High Performance Sport
11:00-12:15pm	Session 8A: Sport & Disability	Session 8B: Positive Youth Development	Session 8C: Cultural Influences & Sport
12:15-1:30pm	LUNCH Pick up Subway Box Lunch from FSS 11003		
1:45-2:45pm	Session 9A: Body Image	Session 9B: Messages, Feedback, & Physical Activity	Session 9C: Antecedents of Performance
3:00-4:00pm	Session 10A: Spinal Cord Injuries	Session 10B: Youth & Physical Activity	Session 10C: University Sport
6:30pm-12:00am	BANQUET Novotel Hotel, 33 Nicholas Street Dinner at 7:00pm Keynote Address: Dr. Gordon Bloom, McGill University		

Day 1: Friday March 27, 2015 8:30am - 4:00pm

Session 1A: Mental Health	8:30-9:30am (DSM 12110)
RISE@School: Piloting an Internet-delivered walking intervention for students seeking mental health treatment Omran, J., Arbour-Nicitopoulos, K. P., & Faulkner G.*	
Investigating the effects of physical activity counselling (PAC) on physical activity levels and overall mood in female undergraduate students suffering from depression: A single subject design McFadden, T., Guérin, E., & Fortier, M.*	
Does a short bout of physical activity improve executive functioning among individuals with schizophrenia? Subramaniapillai, M., Tremblay, L., Remington, G., & Faulkner, G.*	
Schizophrenia and leisure: Time is of the essence Wilkinson, S., & Harvey, W.*	

Session 1B: Older Adults & Physical Activity	8:30-9:30am (DSM 12102)
Older adults' perceived exertion and affect during an acute bout of exercise: Preliminary findings Speranzini, N., & Brunet, J.*	
The positive effects of maintaining physical fitness in old age on quality of life Spake, C., Taran, S.,* Taivassalo, T.*, & Sabiston, C. M.*	
Predicting adherence to an exercise program in older adult women Gray, R., Lamarche, L., Gammage, K. L.*, & Adkin, A. L.	
Curling for confidence: Self-efficacy for falls and balance in older adult curlers Stone, R. C., Rakhamilova, Z., Baker, J.*, & Gage, W.*	

Session 1C: Psychological Skills Training	8:30-9:30am (TBT 112)
Self-talk in sport: Literature review and practical recommendations Boudreault, V., Trottier, C.*, & Provencher, M. D.*	
The impact of a repeated performance-profiling intervention on athletes' intrinsic motivation (IM) and adherence to psychological skills training Drum, S., & Sullivan, P.*	
How mentally tough are adolescent athletes? An examination of the relationship between imagery use and mental toughness Geikie, T., & Munroe-Chandler, K. J.*	
Talking your way to record times: Instructional vs. motivational self-talk and 10 km time-trial performance Rebner, J. N., & Duncan, L. R.*	

Session 2A: Women's Physical Activity & Health	9:45-10:45am (DSM 12110)
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Body-related shame and pride predict quality of sport participation experiences in adolescent girls

Gilchrist, J. D., & Sabiston, C. M.*

The impact of directed mirror focus and technique cues on psychological, cognitive and emotional exercise correlates in an introductory weight training orientation

Cameron, C., & Gammage, K. L.*

The role of stereotype threat in women's resistance training

Howe, H. & Sabiston, C. M.*

An examination of psychosocial variables during the first-trimester of pregnancy as predictors of physical activity levels in the second trimester

Workun-Hill, M. M., Duncan, L. R.*, & Da Costa, D.*

Session 2B: Outcomes of Physical Activity	9:45-10:30am (DSM 12102)
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Examining the dose-response relationship between physical exercise and cognitive function in older adults

Kovacevic, A., & Heisz, J. J.*

The effects of acute aerobic exercise on long-term memory in younger adults

Fang, H., Chen, A., & Heisz, J. J.*

Psychological well being and physical activity post-cardiac rehabilitation: A proposed study

Saunders, C., & Sweet, S. N.*

Session 2C: Transformational Leadership	9:45-10:45am (TBT 112)
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Athlete leaders' use of transformational behaviours and its effect on trust in the leader and individual outcomes

Cubitt, A. M., & Eys, M. A.*

Use of transformational leadership behaviours among spinal cord injury peer mentors

Shaw, R., Martin Ginis, K.*, & McBride, C.

Youth sport coaches' reflections on transformational leadership behaviors

McGuckin, M. E., Bruner, M. W.*, Côté, J.*, & Evans, M. B.

The influence of transformational leadership coaching behaviors on positive youth developmental outcomes

Lefebvre, J., Evans, M. B., & Côté, J.*

Session 3A: Physical Competence	11:00-11:45am (DSM 12110)
Examining the relationships among motor skill proficiency, perceived competence, and physical activity within the framework of physical literacy Fortier, J., Law, B.*, & McAuliffe, J.*	
Competence levels within recreational gymnastics Razavi, P., & Sullivan, P.*	
A needs and assets assessment for implementing physical literacy in Ontario elementary schools McKenna, H., & Lévesque, L.*	

Session 3B: Concussion	11:00-12:00pm (DSM 12102)
The influence of multidimensional perfectionism and affective reactions on the occurrence of concussion in varsity athletes Chan, J., & Mainwaring, L.*	
Overview of a multiphase concussion education program for high school athletes Caron, J. G., & Bloom, G. A.*	
The benefits of contact sports? Examining mental health outcomes Ashdown-Franks, G., Sabiston, C. M.*, Hutchison, M., Jewett, R., & O'Loughlin, J.	
Pre-injury variables and risk of sport concussion Mylabathula, S., & Mainwaring, L.*	

Session 4A: Sedentary Populations	1:45-2:45pm (DSM 12110)
Predicting sedentary intentions and behaviour: An application of Protection Motivation Theory Wong, T., Gaston, A., DeJesus, S., & Prapavessis, H.*	
The effect of acute exercise on self-conscious emotions in inactive women Pila, E., Scarapicchia, T., & Sabiston, C. M.*	
Balance is key: Exploring the impact of daily physical activity and sedentary behaviours on the health status of older adults Panten, J., Stone, R. C., & Baker, J.*	
“Excuses, excuses”: Exploring the relationship between sedentary behaviours, health status, and reasons for not participating in sport for older adults Stone, R. C., & Baker, J.*	

Session 4B: Parents & Physical Activity	1:45-2:45pm (DSM 12102)
Understanding the role of parents in supporting children’s physical activity participation Soltani, Y., Tristani, L., Sweet, S. N., Rhodes, R., & Bassett-Gunter, R.*	
Understanding the role of parents in supporting physical activity among children and youth with physical disabilities: A Theory of Planned Behaviour perspective Tanna, S., Bassett-Gunter, R.*, Arbour- Nicitopoulos, K., & Rhodes, R. E.	
Perceived parental controlling and supportive behaviours relates to youth’s physical activity participation in- and out-of-school Wing, E. K., Belanger, M., & Brunet, J.*	
Exploring the influences of the demands of the youth sport experience on mothers’ health Chima, K., Bean, C., & Fortier, M.*	

Session 4C: Coach-Athlete Relationship	1:45-2:45pm (TBT 112)
Examining interpersonal style in the coach-athlete dyad Surya, M., Eys, M. A.*, & Sadler, P.	
The effects of coaches’ observable emotions on youth athletes’ self-reported enjoyment in a recreational basketball league Braun, C., Vierimaa, M., & Côté, J.*	
Intercollegiate coaches’ perceptions of the coach-athlete relationship with first-year student-athletes Kim, J., & Bloom, G. A.*	
Examining the relationship between athletes’ perceptions of coaching staff cohesion and collective efficacy Guerin, E. A., Tomayer, J. A., Loughhead, T. M.*, & Munroe-Chandler, K. J.*	

Session 5A: Physical Activity & Disability	3:00-4:00pm (DSM 12110)
Evaluating the theoretical content of physical activity information for children and youth with physical disabilities: An internet based website analysis Tristani, L., Tanna, S., & Bassett-Gunter, R.*	
Barriers and facilitators to physical activity participation in populations with disability: A systematic review of reviews Ma, J.K., & Martin Ginis, K.A.*	
Examining changes in physical activity levels among youth with and without physical disabilities participating in an inclusive activity program using accelerometers: A proposed study Boross-Harmer, A., Nicolopoulos, G., Arbour-Nicitopoulos, K. P.*, Wright, V., & Faulker, G.	
A proposed systematic review of outcomes resulting from quality sport participation for people with physical disabilities Lithopoulos, A., Evans, M. B., Côté, J., Martin Ginis, K. A., & Latimer-Cheung, A. E.*	

Session 5B: Obesity & Diabetes	3:00-4:00pm (DSM 12102)
The impact of post-bariatric surgery behavioural interventions on psychosocial outcomes in adults: A systematic review Liu, R. H., & Irwin, J. D.*	
HeatSteps™ in the Workplace: Prescribing Exercise and Healthy Eating to Reduce the Risk of Diabetes Paton, C., Bruner, B. G.*, Karvinen, K. H.*, Law, B., Mairs, K., & Petrella, R. J.	
Examining the quality of if-then plans and their relation to hours of sedentary behavior Chamandy, M., Sasson, M., Ivanova, E., Rogers, V., Xu, Z., & Knauper, B.*	

Session 5C: Coach Learning	3:00-4:15pm (TBT 112)
Concept maps: A tool to capture and represent coaches' knowledge He, C., Rodrigue, F., & Trudel, P.*	
Perceptions of parkour coach education programs Greenberg, E., & Culver, D.*	
A critical review of athlete centred coaching Preston, C., & Fraser-Thomas, J.*	
Assessing value creation within communities of practice: Linking coach learning with athlete outcomes in youth sport Bertram, R., & Culver, D.*	
Investigating a coach's facilitation of learning situations among Masters athletes and youth athletes MacLellan, J., Callary, B., & Young, B. W.	

Day 2: Saturday March 28, 2015 8:30am – 4:15pm

Session 6A: Cancer & Physical Activity 8:30-9:30am (FSS 1006)

Exploring the links between physical activity and health-related quality of life in adolescents with cancer: A proposed research study

Wurz, A., & Brunet, J.*

Prevalence and pattern of lifestyle behaviours among breast cancer survivors: The year post-treatment

Amireault, S., Fong, A. J., & Sabiston, C. M.*

Physical activity patterns after treatment for breast cancer: Why do women follow different patterns?

Saunders, S. M. & Brunet, J.*

Moving physical activity out of the lab and into the real world: A proposed program of research to evaluate an online physical activity program for breast cancer survivors

Fong, A. J., & Sabiston, C. M.*

Session 6B: Group Processes 8:30-9:30am (FSS 1007)

The role of team cohesion and coach behaviors in athletes' need support, motivation and sport experience

Desmarais, P., Rocchi, M., Beaudry, S., & Pelletier, L.

Perfectionism and team cohesion: An exploratory study

Pennock, K. F., Apitzsch, E.*, & Mainwaring, L.

Applying polynomial regression with response surface analysis to examine how perceptions of role performance influence role acceptance and cohesion

Benson, A. J., Surya, M., Eys, M. A.*, & Bray, S.

Misery loves company: A proposal to explore mixed martial artists' experiences of pain with teammates and coaches

Smith, K., & Tamminen, K.*

Session 6C: Expertise & Elite Sport 8:30-9:30am (FSS 1030)

Personality traits and expertise development in sports: The perspective of coaches

Tedesqui, R. A. B., & Young, B. W.*

Explaining the relationship between deliberate practice, self-regulation and athletes' consideration of future consequences in expert versus novice athletes

Bartulovic, D., & Young, B. W.*

Exploring sport involvement timelines of elite middle- and long-distance runners: A proposed study

Allan, V., Evans, M. B., & Côté, J.*

Relative influence of familial and demographical factors on the development of elite athletes

Cho, Y., & Baker, J.*

Session 7A: Life Skill Transfer	9:45-10:45am (FSS 1006)
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Examining the factors that influence the process of life skill transfer: A proposal Kendellen, K., & Camiré, M.*
A pilot study: Using journaling to explore transfer of life skills in youth basketball Beesley, T., & Fraser-Thomas, J.*
Perceptions of elite female figure skaters and their female coach on the development and transfer of life skills Marsollier, E., & Trottier, C.*
Former youth athletes perceptions and experiences of life skill transfer from an intensive sport camp Pierce, S., & Gould, D.*

Session 7B: Message Framing	9:45-10:45am (FSS 1007)
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Action planning: A risky behavior? Michalovic, E., Duncan, L. R., Basset-Gunter, R., & Sweet, S. N.*
Helping parents help children: Message framing effect on parent's cognitions related to children's physical activity Nair, P., Kamarhie, A., Stone, R., Jarvis, J., Latimer-Cheung, A. E., & Bassett-Gunter, R.*
Gain-framed messaging intervention to promote adult sport: Effects of the number of arguments and self-efficacy information on attitudes, intentions and sport behaviour Littlejohn, M., & Young, B. W.*
Understanding the effects of message framing on physical activity action planning: The role of risk perception and elaboration Hall, S., Michalovic, E., Bassett-Gunter, R.*, Sweet, S. N., & Duncan, L. R.

Session 7C: High Performance Sport	9:45-10:45am (FSS 1030)
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Exploring young female athletes' perceptions of their modified sport environment McCalpin, M., Evans, M. B., & Côté, J.*
Applied psychophysiology in sport: A review Dupee, M., Forneris, T., & Werthner, P.*
How can our research be applied? Optimizing learning and performance in Canadian sport Lemez, S., Wattie, N., & Baker, J.*
Exploring relationships between behavioural regulations, motives for sport, and sport performance among adolescents Lemoyne, J., Rivard, M., & Dubreuil, P.

Session 8A: Sport & Disability	3:00-4:15pm (FSS 1006)
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Understanding leadership behaviours of peer athlete mentors in disability sport programs Donald, B. R., Perrier, M. J., Latimer-Cheung, A. E.*, Beauchamp, M. R., & Martin Ginis, K. A.
Factors affecting development of Para sport athletes: Focus on wheelchair basketball Dehghansai, N., Lemez, S., Wattie, N., & Baker, J.*
An analysis of messages conveyed during television coverage of the Invictus Games Shirazipour, C. H., & Latimer-Cheung, A. E.*
Understanding the development of Parasport athletes Lemez, S., Wattie, N., Dehghansai, N., & Baker, J.*

Session 8B: Positive Youth Development	3:00-4:15pm (FSS 1007)
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Positive youth development through sport: A state of conditions Webb, E., & Karlis, G.*
Does achievement orientation influence how young athletes will positively develop through sport? Marini, M., & Sullivan, P.*
Analysis of life skills research in sport Marsollier, E., & Trottier, C.*
Facilitators and barriers to contribution in varsity athletes Hutchinson, K. A., Deal, C. J., & Camiré, M.*
Life skills development: The mental performance consultant's role Patricia, L., & Trottier, C.*

Session 8C: Cultural Influences & Sport	3:00-4:15pm (FSS 1030)
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Exploring how parents influence role acceptance of youth athletes Godfrey, M., & Eys, M. A.*
Examining the relationship between junior ice hockey participation and alcohol consumption: A proposal Roy, J., & Camiré, M.*
Investigating the organizational culture of CrossFit Bailey, B., & Bruner, M. W.*
Investigating social identity and hormone response in combative sports athletes Root, Z., Bruner, M. W.*, & Carré, J. M.
Short-term impact of a training workshop on recreation provider confidence to plan and implement culturally relevant physical activity, recreation and sport programming for Aboriginal community members. Moucessian, A., Baillie, C. P. T., Cargo, M., Aubé, I., McComber, A. M., Moore, D. S., & Lévesque, L.*

Session 9A: Body Image	1:45-2:45pm (FSS 1006)
Is there a positive body image halo effect? Investigating a potential protective factor against weight bias Cline, L., & Gammage, K. L.*	
Examining exercise as a moderator of body shame and cortisol responses to an acute social-evaluative body image threat in men Smyth, A., & Gammage, K. L.*	
Updating your body image status: The relationship between Facebook use and body image in university men and women Dimas, M. A., Lamarche, L., & Gammage, K. L.*	
Can we work together? Improving body image experiences using action research Bailey, A., & Gammage, K. L.*	

Session 9B: Messages, Feedback, & Physical Activity	1:45-2:45pm (FSS 1007)
An exploration of adolescents' reactions to messages encouraging cancer-prevention behaviours from the perspectives of message framing and fuzzy trace theory Elman, A., & Duncan, L. R.*	
Reducing sedentary behaviour using text messages Cotton, E., & Prapavessis, H.*	
Cognitive versus affective messages in the promotion of lifestyle physical activity Gharib, H., LaBarge, M.*, & Lévesque, L.*	
Choice, feedback, and motivation: A proposed experimental test in exercise Kitner, S., Conti, J., Pearson, A., Sweet, S. N.*, & Duncan, L. R.*	

Session 9C: Antecedents of Performance	1:45-2:45pm (FSS 1030)
Does order of KR affect the self-efficacy-performance relationship in a continuous sport task? Marini, M., LaForge-MacKenzie, K., & Sullivan, P.*	
The effect of physical positioning and changes in perceived effort during group exercise Richards, D., Bruner, B. G.*, Bruner, M. W., & Arnocky, S.	
Proposed study of interpersonal emotion regulation among varsity volleyball athletes Palmateer, T., & Tamminen, K.*	
The effect of participant-selected and researcher-selected music in a running task in regards to psychological, physiological, and performance outcomes Pierre, J., & Gammage, K.*	

Session 10A: Spinal Cord Injuries	3:00-4:00pm (FSS 1006)
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Examining psychosocial factors of physical activity participation in youth with spina bifida: A proposed study Volfson Z., McPherson A., Tomasone J., Faulkner G., & Arbour-Nicitopoulos K. P.*
An examination of the receptivity and feasibility of video-conferencing for delivering group-based physical activity programs among middle-aged adults with a spinal cord injury Jeske, S. J. D., Sabiston, C. M.*, Thomas, S. G., & Arbour-Nicitopoulos, K. P.*
Active living leaders training program for spinal cord injury: A peer training program with key components to influence users' self-efficacy Salci, L. E., Ginis, S., & Martin Ginis, K. A.*
Physical and occupational therapy outpatient services in adults with spinal cord injury: Who needs it and who benefits most? Conti, J., Noreau, L., & Sweet, S. N.*

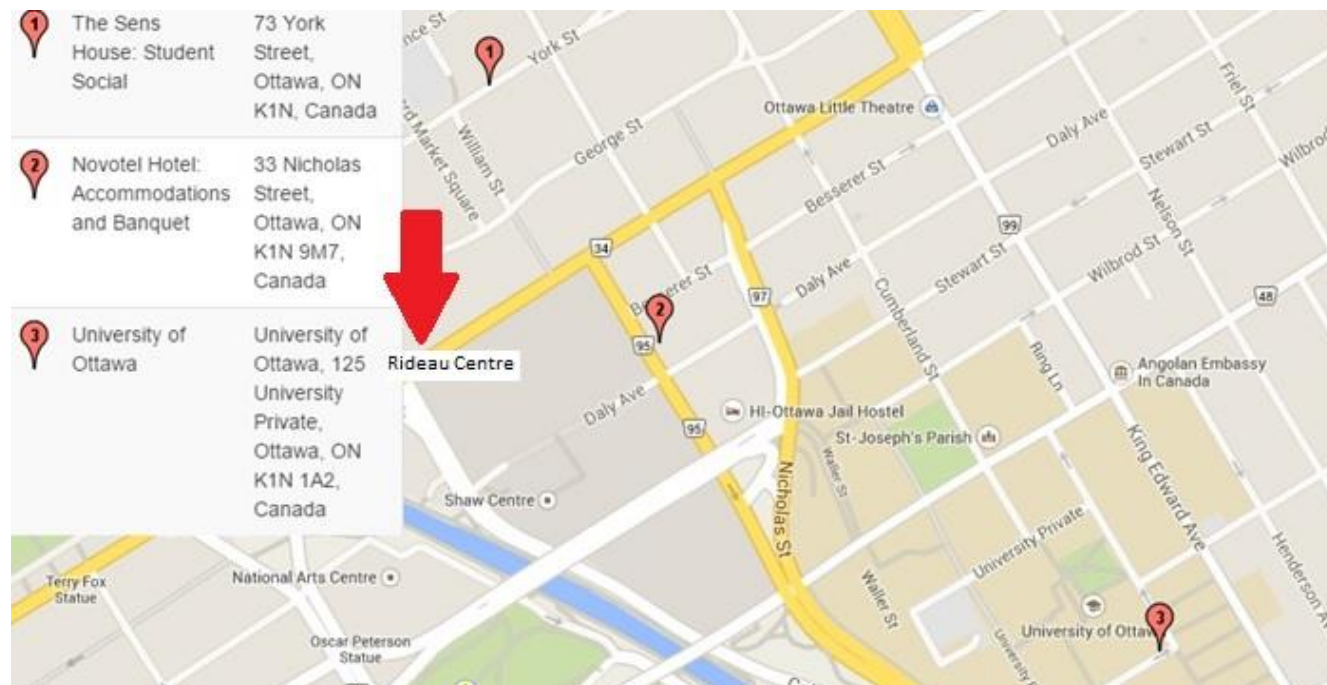
Session 10B: Youth & Physical Activity	3:00-4:00pm (FSS 1007)
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Experiences of youth with ADHD in a PE and social skills program Sayer, V. G., & Harvey, W. H.*
Where do children play? An assessment of our city parks Martin, J., & Munroe-Chandler, K. J.*
The children's active play imagery questionnaire: A validation study Tomayer, J. A., Munroe-Chandler, K. J.*, & Hall, C. R.
An investigation of associations of different modes of physical activity and body composition in Mexican elementary school students Atrooshi, D., Parker, N., Lévesque, L.*, Soltero, E. G., Jauregui, J., Lopez y Taylor, J., Barquera, S., & Lee, R. E.

Session 10C: University Sport	3:00-4:00pm (FSS 1030)
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Canadian university coaches' insights on developing a championship team Donoso, D., Bloom, G. A.*, & Caron, J. G.*
A proposed study on the routines and knowledge of NCAA hockey coaches during intermission Allain, J., & Bloom, G. A.*
Does proximity to one's home affect performance in Ontario university athletics? Khalil, K., & Baker, J.*
An investigation into self-handicapping and procrastination behaviours among competitive student-athletes Greenshields, S. L., Marcantoni, W.,* & McKelvie, S.*

Map of Key Locations



Nearby Necessities

Rideau Centre (50 Rideau Street)

- Shoppers Drug Mart
- LCBO
- Tim Hortons (Level 1, and Food Court on Level 2)
- Beer Store across the street from Rideau Centre (209 Rideau Street)

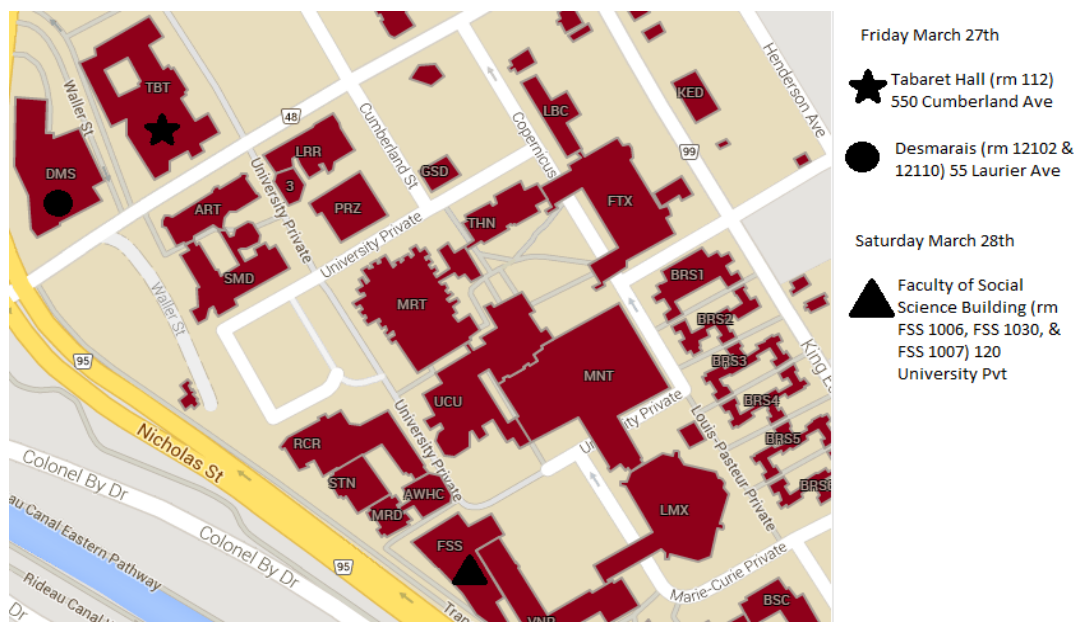
There is also a Starbucks located on the first floor of the Desmarais (DMS) building on campus (55 Laurier Avenue).

Transit Options

Taxi: Blueline – 613-238-1111 (download App at: <http://www.bluelinetaxi.com/>)

Public Transit: OC Transpo <https://www.octranspo.com/> (Bus Buddy App recommended)

Map of University of Ottawa Campus

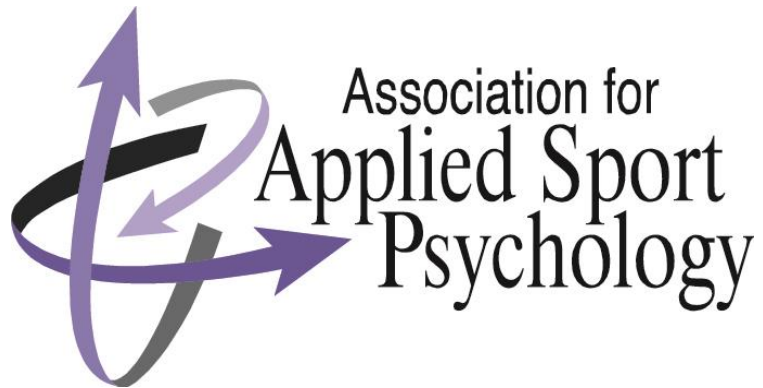


Previous Hosts of ECSEPS:

1996: University of Ottawa
 1998: University of Ottawa
 1999: University of Ottawa
 2000: Queen's University
 2001: Western University
 2002: McMaster University
 2003: McGill University
 2004: Brock University
 2005: University of Windsor
 2006: University of Ottawa

2007: Queen's University
 2008: Laurentian University
 2009: York University
 2010: McGill University
 2011: Wilfrid Laurier University
 2012: Western University
 2013: Brock University
 2014: University of Toronto
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Silver City Cineplex Theatre

Staples

Starbucks Coffee

Target

The Body Shop

The Source

Tim Hortons

True Sport

UofO Bookstore

West 49

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