



SCAPPS

Conference Program

Ottawa, ON, Canada

October 1-3, 2026



*Société Canadienne d'Apprentissage Psychomoteur et de Psychologie du Sport
Canadian Society for Psychomotor Learning and Sport Psychology*

Indigenous Affirmation

Office of Indigenous Affairs, uOttawa

Ni manàdjiyànàni Màmìwininì Anishinàbeg, ogog kà nàgadawàbandadjig iyo akì eko weshkad. Ako nongom egawikàd kì mìgiwewàdj.

Ni manàdjiyànàni kakina Anishinàbeg ondaje kaye ogog kakina eniyagizidjig enigokamigàg Kanadàng eji ondàpinangig endàwàdjìn Odàwàng.

Ninisidawinawànàni kenawendamòdjig kije kikenindamàwin; weshkinìgidjig kaye kejeyàdizidjig.

Nigijeweninmànàni ogog kà nìgàni sòngideyedjig; weshkad, nongom; kaye àyànikàdj.

We pay respect to the Algonquin people, who are the traditional guardians of this land. We acknowledge their longstanding relationship with this territory, which remains unceded. We pay respect to all Indigenous people in this region, from all nations across Canada, who call Ottawa home. We acknowledge the traditional knowledge keepers, both young and old. And we honour their courageous leaders: past, present, and future.

Listen to the [audio file](#) made by Joan Commanda Tenasco, an Anishinàbekwe from Kitigàn Zìbing near Maniwaki, Quebec. She is a semi-retired Algonquin language teacher and continues to develop curriculum. She also works as a translator to ensure the continuous existence of the Anishinàbe language.



Tabaret Hall Lawn

'She dances with the earth, water, and sky' | Sculpture by Mohawk and Oneida artist David General



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**Thursday, October 1st**

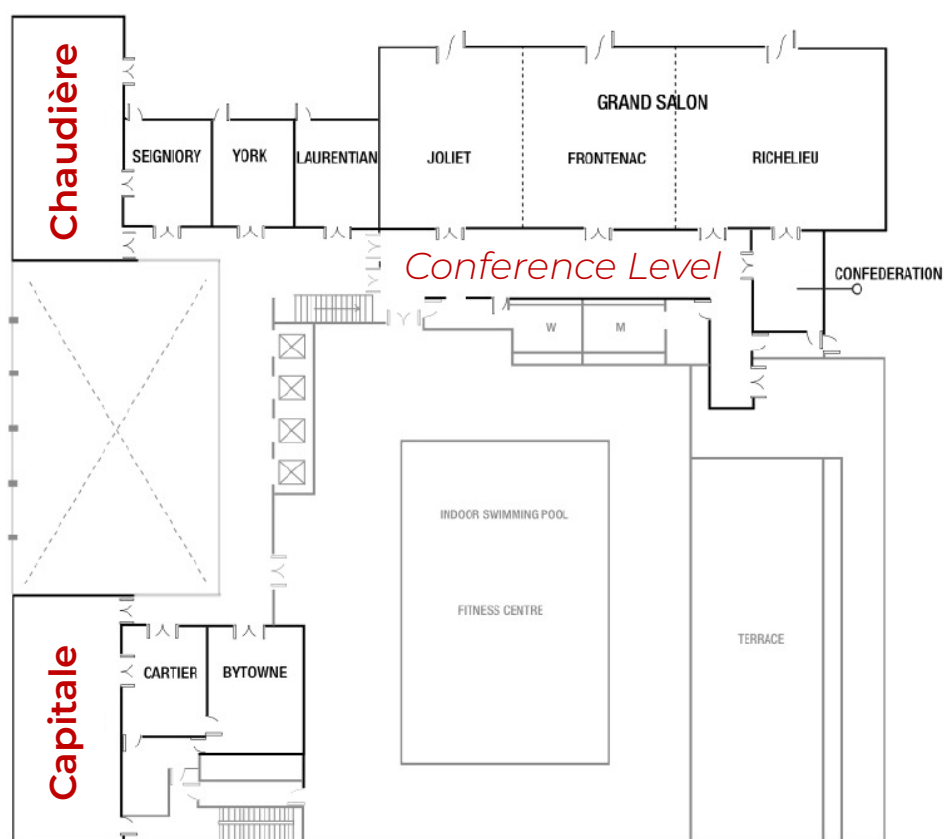
1:00-2:30PM	CSPA Workshop #1	Capitale Room
2:30-4:30PM	Motor Control/Learning Workshop	Chaudière Room
3:00-4:30PM	CSPA Workshop #2	Capitale Room
5:00-5:20PM	Welcoming Remarks	Ballroom AB
5:25-5:55PM	Young Scientist Award: Motor Control/Learning	
5:55-6:25PM	Young Scientist Award: Exercise Psychology	
6:25-6:55PM	Young Scientist Award: Sport Psychology	
7:00-9:00PM	Wine & Cheese Reception	Ballroom C

Friday October 2nd

8:00-9:30AM	Motor Control/Learning Oral Session #1 Chaudière Room	Exercise Psychology Oral Session #1 Capitale Room	Sport Psychology Oral Session #1 Ballroom AB
9:30-9:45AM	Coffee break		
9:45-11:00AM	Motor Control/Learning Oral Session #2 Chaudière Room	Exercise Psychology Symposium #1 Ballroom AB	Sport Psychology Oral Session #2 Capitale Room
11:15-12:15PM	Keynote Tricia McGuire-Adams		Ballroom AB
12:15-1:30PM	AGM Lunch		Ballroom AB
1:30-2:45PM	Interdisciplinary Forum		Ballroom AB
2:45-3:00PM	Break		
3:00-4:30PM	Motor Control/Learning Oral Session #3 Chaudière Room	Exercise Psychology Oral Session #2 Capitale Room	Sport Psychology Oral Session #3 Ballroom AB
4:30-5:15PM	Poster Session #1 (Odd numbers)		Penthouse
5:15-6:00PM	Poster Session #2 (Even numbers)		Penthouse
6:00-7:30PM	BIPOC Social		TBA
7:00PM-Late	Student Social at MacLaren's on Elgin Street		
7:30PM-Late	Faculty and Professional Practitioner Social		TBA

Saturday October 3rd

8:30-10:00AM	Motor Control/Learning Oral Session #4 Chaudière Room	Exercise Psychology Oral Session #3 Capitale Room	Sport Psychology Oral Session #4 Ballroom AB
10:00-10:15AM	Coffee break		
10:15-11:15AM	Keynote Paul Cisek		Ballroom AB
11:15-12:30PM	Lunch on your own		
12:30-1:45PM	Exercise Psychology Oral Session #3 Capitale Room	Sport Psychology Symposium #1 Ballroom AB	
1:45-2:00PM	Coffee break		
2:00-3:00PM	Keynote Mark Beauchamp		Ballroom AB
3:00-3:15PM	Break		
3:15-4:30PM	Motor Control/Learning Oral Session #5 Chaudière Room	Exercise Psychology Symposium #2 Ballroom AB	Sport Psychology Oral Session #5 Capitale Room
4:30-5:15PM	Poster Session #3 (Odd numbers)		Penthouse
5:15-6:00PM	Poster Session #4 (Even Numbers)		Penthouse
6:30PM-12AM	Banquet Dinner & Dance		Ballroom AB



Penthouse level (26th floor) for **Poster Sessions** is accessed by pressing “P” in the guest elevators.



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SCAPPS CONFERENCE | OTTAWA

Thursday

October 1st, 2026

Thursday October 1st, 2026

CPSA PRE-CONFERENCE WORKSHOP #1 | 1:00 – 2:30PM | Capitale Room

Consulting with para sport populations

Clare Fewster, Christie Gialloreto, Sommer Christie

MOTOR CONTROL/LEARNING PRE-CONFERENCE WORKSHOP | 2:30 – 4:30PM | Chaudière Room

National Motor Behaviour Day: Development of an activity-based knowledge translation toolkit for motor behaviour researchers

April Karlinsky, Sarah Kraeutner, Gerome Manson, Heather Neyedli, Tim Welsh

CPSA PRE-CONFERENCE WORKSHOP #2 | 3:00 – 4:30PM | Capitale Room

Get in TOPE shape for consulting

Jason Boivin & Brendan Dinsdale

5:00 – 5:20PM | Ballroom AB

Conference opening remarks

YOUNG SCIENTIST AWARD, MOTOR CONTROL/LEARNING | 5:25 – 5:55PM | Ballroom AB

“Imagine me and you, and you and me”: Motor imagery of joint action is shaped by assumed partner ability and challenged by cognitive demands

Molly Brillinger, *University of Toronto*

YOUNG SCIENTIST AWARD, EXERCISE PSYCHOLOGY | 5:55 – 6:25PM | Ballroom AB

Examining the bidirectional between- and within-person associations between psychological stress and physical activity

Benjamin Hives, *Carleton University*

YOUNG SCIENTIST AWARD, SPORT PSYCHOLOGY | 6:25 – 6:55PM | Ballroom AB

A[head] of the game: Lessons from disability sport for inclusive research design

Roxy O'Rourke, *York University & University of Toronto*

7:00 – 9:00PM | Ballroom C

Wine & Cheese Reception



SCAPPS CONFERENCE | OTTAWA

Friday

October 2nd, 2026

Friday October 2nd, 2026

MOTOR CONTROL/LEARNING ORAL PRESENTATION SESSION #1

Neural Mechanisms & Modulation Methods

8:00 – 9:30AM | Chaudière Room | Moderator: Romeo Chua (University of British Columbia)

8:00 – 8:15AM

Individualized low-intensity noisy vestibular stimulation can improve balance without vision

Cassie Chan¹, Sameeha Jafri¹, Leah Bent², Avril Mansfield¹, Jennifer L. Campos¹, Luc Tremblay¹

¹University of Toronto, ²University of Guelph

8:15 – 8:30AM

The influence of visual and vestibular input on body perception during body position localization

Jonathan Pitino, Gerome Manson

Queen's University

8:30 – 8:45AM

Body composition and sex differences influence lower-limb responses to transcutaneous spinal stimulation

Jermyl Allen Acuzar, Catrina Chebae, Aila Payrovelia, Evie Turner, Gerome Manson

Queen's University

8:45 – 9:00AM

Attenuation of cognitive fatigue effects on psychomotor performance following auricular tVNS: A sham-controlled pilot study

Kathleen J. Peters, Anthony N. Carlsen

University of Ottawa

9:00 – 9:15AM

Subcortical contributions to choice reaction time

Meaghan Lapierre, Dana Maslovat, Anthony N. Carlsen

University of Ottawa

9:15 – 9:30AM

Does acute aerobic exercise enhance sensorimotor adaptation retention and M1 excitability?

Zivar Beyraghi, Jean-François Lepage, Pierre-Michel Bernier

Université de Sherbrooke

Friday October 2nd, 2026

EXERCISE PSYCHOLOGY ORAL PRESENTATION SESSION #1

Supporting Physical Activity Across Contexts

8:00 – 9:30AM | Capitale Room | Moderator: Meghan McDonough (University of Calgary)

8:00 – 8:15AM

Towards building physical activity-based supportive care for cancer-related cognitive impairment: Qualitative insights from oncology patients and healthcare providers

Sitara Sharma, MacKenzie Aubin, Jennifer Brunet

University of Ottawa

8:15 – 8:30AM

From consensus to competence: Co-developing essential competencies for qualified exercise professionals working with persons experiencing disability

Alexandra J. Walters¹, Jennifer R. Tomasone², Amy E. Latimer-Cheung²

¹University of Alberta, ²Queen's University

8:30 – 8:45AM

A case study of trauma-informed physical activity at a fitness studio in Western Canada: Understanding participant experiences of the Moving Through Healing 6A Framework

Evan Bishop¹, Zita Dube-Lockhart², Toni Harris², Taha Thomure¹, Shivani Sivalingam¹

¹University of Toronto, ²Action Potential Fitness

8:45 – 9:00AM

“You got to fill up your own cup before you help someone else”: How self-compassion shapes fitness professionals’ social support provision in adult physical activity

Bobbie-Ann P. Craig¹, Meghan H. McDonough¹, Sarah J. Kenny¹, S. Nicole Culos-Reed¹, Amber D. Mosewich²

¹University of Calgary, ²University of Alberta

9:00 – 9:15AM

Believability and fitness inspiration online: An exploration of behavioural beliefs and outcome expectations

Elaine M. Ori¹, Sean R. Locke²

¹Mount Royal University, ²Brock University

9:15 – 9:30AM

Discussant: Meghan McDonough

University of Calgary

Friday October 2nd, 2026

SPORT PSYCHOLOGY ORAL PRESENTATION SESSION #1

Coaching in Sport

8:00 – 9:30AM | Ballroom AB | Moderator: Gordon Bloom (McGill University)

8:00 – 8:15AM

Trust in the coach-athlete dyad: From a personal construct psychology perspective

Madeline Schmidt, Stuart Wilson, Jean Côté

Queen's University

8:15 – 8:30AM

Creating value through case studies: Coaches' engagement with an AI-generated composite vignette on creativity

François Rodrigue¹, Isabelle Fortin-Delisle¹, Liam McCarthy²

¹Université du Québec en Outaouais, ²Leeds Beckett University

8:30 – 8:45AM

Creating value through mentorship: Supporting women coaches' development in sport

Rabia Ozturk Kizilkaya, Diane Culver, Siobhan Rourke

University of Ottawa

8:45 – 9:00AM

Mental health resources for NextGen athletes: Exploring athletes' and coaches' perceptions regarding barriers and facilitators to help-seeking

Lara Pomerleau-Fontaine, Véronique Boudreault, Juliette Maurin, Sophie Brassard

Université de Sherbrooke

9:00 – 9:15AM

You have to understand me first: How Black university athletes interpret coaches' behaviours within coach-athlete relationships

Jonathan Hood¹, Madeline Kwan²

¹St. Francis Xavier University, ²Dalhousie University

9:15 – 9:30AM

A global examination of the career and learning experiences of Special Olympics coaches

Madison Fraser¹, Danielle Alexander-Urquhart², Majidullah Shaikh¹, Fiona Murray³, Jeff Lahart³, Gordon Bloom⁴, Diane Culver⁵, Bettina Callary¹

¹Cape Breton University, ²Université de Montréal, ³Special Olympics International,

⁴McGill University, ⁵University of Ottawa

Friday October 2nd, 2026

MOTOR CONTROL/LEARNING ORAL PRESENTATION SESSION #2

Reward-Based Decision-Making | Fatigue & Postural Control

9:45 – 11:00AM | Chaudière Room | Moderator: Cheryl Glazebrook (University of Manitoba)

9:45 – 10:00AM

Reward-penalty asymmetries in MEG-based movement decisions

Sara Thompson¹, Heather Neyedli², Timothy Welsh¹

¹University of Toronto, ²Dalhousie University

10:00 – 10:15AM

Brain mechanical properties relate to deliberation expressed via online movement

Truc Ngo, Jan Calalo, Nicholas Muscara, Seth Sullivan, John Buggeln, Matthew Short, Nicholas Pyontek, Mary Kramer, Curtis Johnson, Joshua Cashaback

University of Delaware

10:15 – 10:30AM

Tradeoffs between instrumental utility and social rewards shape preferences for costly cooperation

Mikayla Lalli¹, Nour Al Afif¹, Jiaqiao Tang¹, Michael M. Croteau¹, Rakshith Lokesh², Scott Rathwell³, Joshua G.A. Cashaback⁴, Michael J. Carter¹

¹McMaster University, ²Northeastern University, ³University of Lethbridge, ⁴University of Delaware

10:30 – 10:45AM

The effect of auditory and visual cognitive load and visual biofeedback on postural control

Haley Ong, Lucas Michaud, Yves Lajoie

University of Ottawa

10:45 – 11:00AM

Neuromuscular responses to ankle fatigue suggest compensatory postural control during challenging backward leaning

Lucas Michaud, Martin Bilodeau

University of Ottawa

Friday October 2nd, 2026

EXERCISE PSYCHOLOGY SYMPOSIUM #1

“The explanations for why you do certain things”: Theories, stories, steps, and perspectives of authentic qualitative research with Indigenous peoples

9:45 – 11:00AM | Ballroom AB | *Moderator: Heather Foulds (University of Saskatchewan)*

9:45-10:00AM

“It’s just easier to show people than tell them”: Centring Indigenous qualitative research methods

Leah Ferguson

Métis Nation (Saskatchewan) and University of Saskatchewan

10:00 – 10:15AM

“Métis people always tell a story”: Engaging Métis community in health research

Shara Johnson

University of Saskatchewan

10:15 – 10:30AM

“I didn’t feel pressured to just hurry up and get the words out”: Actualizing steps in thematic analysis

Shaunda Kracher

Métis Nation (Saskatchewan) and University of Saskatchewan

10:30 – 10:45AM

“We do feel like we are overlooked”: The importance of community perspectives in thematic analysis

Kiley Grona

Métis Nation (Saskatchewan) and University of Saskatchewan

10:45 – 11:00AM

Discussant: Heather Foulds

University of Saskatchewan

Friday October 2nd, 2026

SPORT PSYCHOLOGY ORAL PRESENTATION SESSION #2

Program Evaluation & Multi-study Appraisals

9:45 – 11:00AM | Capitale Room | Moderator: Corliss Bean (Brock University)

9:45 – 10:00AM

Evaluating mental health literacy and resilience programming in elite youth hockey

Majidullah Shaikh¹, Ramond Phipps², Katie O'Connell²

¹Knowledge in Motion Consulting, ²Movember Foundation

10:00 – 10:15AM

Advancing athlete maltreatment research in sport: Insights from a multi-study program

Michael Jorgensen¹, Sasha Gollish¹, Isabella Tremonte¹, David Brown¹, Roxy O'Rourke¹, Delaney Thibodeau¹, Avery Hinchcliffe¹, Amy Nesbitt¹, Tara-Leigh McHugh², Catherine Sabiston¹

¹University of Toronto, ²University of Calgary

10:15 – 10:30AM

Evaluating the acceptability and feasibility of the More Than Sport – Youth (MTS-Y) program in youth soccer academy athletes

Cassidy L. Brooks¹, Meredith Schertzinger¹, Colin D. McLaren², Katrien Fransen³, Brenda Bruner¹, Mark W. Bruner¹

¹Nipissing University, ²Cape Breton University, ³KU Leuven

10:30 – 10:45AM

From strategy to practice: Evaluating the first year of implementation of a national sport organization's mental health strategy

Mikaela Papich¹, Natalie Durand-Bush¹, Marie-Josée Bellemare², Janet Petras², Robert B. Shaw³

¹University of Ottawa, ²Tennis Canada, ³Peer Program, Spinal Cord Injury BC

10:45 – 11:00AM

Advancing research in sport psychology through family partnership – a process evaluation

Alessia Capone¹, Alexandra Walters², Heather Gainforth³, Kelly Arbour-Nicitopoulos¹

¹University of Toronto, ²University of Alberta, ³University of British Columbia

Friday October 2nd, 2026

Keynote Presentation

11:15AM – 12:15PM | Ballroom AB

Title: TBA

Tricia McGuire-Adams

University of Toronto

AGM Lunch

12:15PM – 1:30PM | Ballroom AB

Interdisciplinary Forum

1:30 – 2:45PM | Ballroom AB

Interdisciplinarity as "value-added" in a specialized academic world

**David J. Hancock¹, Timothy Welsh², Luc Tremblay², Nicola J. Hodges³, Joe Baker²,
Heather Neyedli⁴, Bradley W. Young⁵, Rouwen Cañal-Bruland⁶ & Catherine M. Sabiston²**

¹Memorial University of Newfoundland, ²University of Toronto, ³University of British Columbia, ⁴Dalhousie University, ⁵University of Ottawa, ⁶Friedrich Schiller University Jena



National Art Gallery of Canada, 380 Sussex Drive

Friday October 2nd, 2026

MOTOR CONTROL/LEARNING ORAL PRESENTATION SESSION #3

Reaching, Aiming & Sensorimotor Feedback

3:00 – 4:30PM | Chaudière Room | *Moderator: Timothy Welsh (University of Toronto)*

3:00 – 3:15PM

Pre-movement beta activity reflects feedback gain modulation during reaching under uncertainty

Dominique Delisle-Godin, Pierre-Michel Bernier

Université de Sherbrooke

3:15 – 3:30PM

Precision isn't always optimization: Dissociating the roles of visual and reward feedback in optimal aiming

Samantha Manieri, Heather Neyedli, Kevin Leblanc

Dalhousie University

3:30 – 3:45PM

The presence of visual context exerts differential effects on movements to visual and somatosensory targets

Tejiri Inikori, Jonathan Pitino, Sadiya Abdulrabba, Gerome Manson

Queen's University

3:45 – 4:00PM

Go before you Fitts('s Law): Investigating the influence of target size and movement amplitude on reaching under uncertainty

Natalie Harris¹, Gerome Manson¹, Heather Neyedli²

¹Queen's University, ²Dalhousie University

4:00 – 4:15PM

Attention does not follow the moving hand in older adults: Evidence from actual and imagined reaching

Noah Britt¹, James Lyons¹, Sarah N. Kraeutner², Nicola J. Hodges³

¹McMaster University, ²University of British Columbia - Okanagan, ³University of British Columbia

4:15 – 4:30PM

Metacognitive evaluations modulate trial-to-trial error correction

Gabriela Oancea, Luc Tremblay

University of Toronto

Friday October 2nd, 2026

EXERCISE PSYCHOLOGY ORAL PRESENTATION SESSION #2

Body, Self, & Physical Activity

3:00 – 4:30PM | Capitale Room | Moderator: Katie Gunnell (Carleton University)

3:00 – 3:15PM

Embodying self-compassion: An evaluation of an intervention with kinesiology students

Danielle Cormier, Paula M. Mazur, Jimena E. Lopez Lamas, Emily Noton, Sara Sereda, Amber D. Mosewich

University of Alberta

3:15 – 3:30PM

Appearance and fitness-related self-consciousness during physical activity: A daily diary study of within-person coupling

Zach Staffell, Katarina Huellemann, Eva Pila

Western University

3:30 – 3:45PM

Beyond mean levels: Exploring within-person variability in physical self-conscious emotions and physical activity in daily life

Kelsey Sick¹, Eva Pila¹, Catherine M. Sabiston²

¹Western University, ²University of Toronto

3:45 – 4:00PM

Tests of objectification theory constructs within inactive women's exercise experiences

Samantha J. Adler, Ruby Kagan, MacLean Press, Eva Pila

Western University

4:00 – 4:15PM

Do perceptions of identity matter for physical activity? Evidence from samples of undergraduate students in Canada and South Korea

Heejun Lim

Queen's University

4:15 – 4:30PM

Discussant: Katie Gunnell

University of Saskatchewan

Friday October 2nd, 2026

SPORT PSYCHOLOGY ORAL PRESENTATION SESSION #3

Groups & Leadership

3:00 – 4:30PM | Ballroom AB | Moderator: Todd Lougheed (University of Windsor)

3:00 – 3:15PM

At the edge of choice: What we can learn from experts about the antecedents, phenomenology, and consequences of group decision-making in mountaineering

Anna Elisabeth Bergauer¹, Svenja A. Wolf², Andrea Schittenhelm¹, Vanessa Wergin³

¹Technical University of Munich, ²German Association of Sport Psychology, ³University of Queensland

3:15 – 3:30PM

Do I need my teammates to reach my personal goals? Early developments of self-oriented goal outcome interdependence scales

Seth Papineau¹, Zakry Walsh¹, Anthony Griffo¹, M. Blair Evans², Mark Eys¹

¹Wilfrid Laurier University, ²Western University

3:30 – 3:45PM

Towards a sport-specific understanding of negative athlete leadership: Findings from round 1 of a Delphi study

Mason Sheppard, Todd Lougheed, Krista Munroe-Chandler, Samantha Pinto

University of Windsor

3:45 – 4:00PM

A narrative inquiry of Colombian adult swimmers' collective sense of community

Catalina Belalcazar¹, Bettina Callary², Bradley W. Young¹

¹University of Ottawa, ²Cape Breton University

4:00 – 4:15PM

United in joy and misery?! The experience of collective emotions predicts members' team identification and commitment

Katharine Stewart¹, Stefanie Atkinson¹, Kieran McBride¹, Kyra McKinnon¹, Gabe Suessenbacher-Fu², Hannah LaBreche¹, Desmond McEwan¹

¹University of British Columbia, ²University of Victoria

4:15 – 4:30PM

The prospective relationships between teamwork and athlete thriving

Svenja A. Wolf¹, Vanessa Wergin², Talia Aronson³

¹University of Alberta, ²University of Queensland, ³Florida State University

Friday October 2nd, 2026

Poster Session #1

4:30 – 5:15PM | Penthouse (26th floor)

#

You've done this before! An experimental study examining the effects of self-efficacy enhancing messaging on university students' intentions to increase activity and decrease sitting

1

Bailey Gitzel, Kate Jarotski, Ava Radics, Kevin S. Spink

University of Saskatchewan

Exploring participant experiences in a self-led Nordic walking program for adults with Parkinson's disease: A qualitative study

3

MacKenzie Aubin, Julie Nantel, Jennifer Brunet

University of Ottawa

Effects of combined cognitive-physical warm-ups on pre-exercise psychological and affective states in older adults

5

Carmen McKay, Steven Bray, Lucille Goes

McMaster University

Stories of success from inclusive municipal recreation programs

7

Janet Lawson¹, Meredith Wing², Taryn Barry³, Amy Latimer-Cheung⁴

¹University of Manitoba, ²University of Ottawa, ³Active Abilities Canada, ⁴Queen's University

Gynecologic cancer survivors' experiences of a 12-week yoga program: An exploratory qualitative study reveals potential mechanisms of action

9

Adrienne Kamerman¹, Jenson Price², Jennifer Brunet³

¹Queen's University, ²Trent University, ³University of Ottawa

Excellencism and perfectionism show different patterns across physical activity behaviour and identity: An exploratory study

11

Lara Winnemore¹, Katie Gunnell¹, Patrick Gaudreau²

¹Carleton University, ²University of Ottawa

Friday October 2nd, 2026

Poster Session #1

4:30 – 5:15PM | Penthouse (26th floor)

#

Sociocultural factors of physical activity behaviour change among university students with chronic conditions: A preliminary thematic analysis

13

Elizabeth Dorvil, Gabrielle D. Bedard, Shane N. Sweet

McGill University

A scoping review of sedentary behaviour among older adults living with and beyond cancer

15

M. Lauren Voss¹, Andrew H.M. Alvarez¹, Aoyu Yang¹, Vanessa Coulbeck¹, Jeff K.H. Vallance², Daniel Santa Mina¹, Catherine M. Sabiston¹

¹University of Toronto, ²Athabasca University

Sleep matters: Sleep as a buffer of intersectional identity-linked mental health concerns among 52,880 South Korean adolescents

17

Heejun Lim

Queen's University

A scoping review of coaching strategies for youth athletes with attention-related challenges

19

Matt Alexander Taylor

St. Francis Xavier University

Establishing initial structural and external validity evidence of the Negativity Bias in Sport Scale

21

Benjamin J. Sereda, Geralyn R. Ruissen, Margo E. K. Adam, Amber D. Mosewich

University of Alberta

More than a spectator: Perfectionism, excellencism, and parents' identity investment in their child's sport journey

23

Thomas L. D. Boivin

University of Ottawa

Friday October 2nd, 2026

Poster Session #1

4:30 – 5:15PM | Penthouse (26th floor)

#

Coach leadership reflection tool: An examination of a structured reflective intervention for youth coaches

25

Mia Kurtz Favero, Stuart Wilson, Jean Côté

Queen's University

Understanding the real-world effectiveness of psychological skills training programs: A scoping review

27

Samantha D'Agostino-Pinto, Krista Munroe-Chandler, Ashley Flemington, Mason Sheppard, Christopher Coady

University of Windsor

What do athletes want to feel in practice? Using the PNA-77 to describe athletes' emotional preferences across types of practice and competition

29

Royden Radowits, Bradley W. Young

University of Ottawa

Self-compassion in sport: Closing the gap between evidence and practice

31

Paula Mazur¹, Sterling Kerr², Kent C. Kowalski², Leah J. Ferguson²

¹University of Alberta, ²University of Saskatchewan

Applying neurofeedback training in sport: A case study on the use of a consumer-grade device

33

Tobias Cheung, Sophia O'Brien-Doerksen, Sommer Christie

University of Ottawa

Coaching the human: A mixed-methods study of compassionate coaching and women athletes' thriving

35

Keira Dyck¹, Karissa L. Johnson¹, Benjamin J. I. Schellenberg², Leah J. Ferguson¹

¹University of Saskatchewan, ²University of Manitoba

It's not easy to ask for help: A meta-study of athletes' mental health help-seeking experiences

37

Grace French, Katharine Stewart, Sara Kramers, Desmond McEwan

University of British Columbia

Friday October 2nd, 2026

Poster Session #1

4:30 – 5:15PM | Penthouse (26th floor)

#

Athlete-informed assessment of mental health and wellness priorities in Canadian varsity sport

39

Cassie Ellis, Ryan Power, Catherine Ireland

Western University

Mapping the intellectual architecture of social identity research in sport and exercise: A citation network analysis

41

Colin McLaren¹, Mark Bruner²

¹Cape Breton University, ²Nipissing University

Evaluating the impact of a mental health champion intervention in university athletics

43

Bo Vink, Joshua Celebre, Philip Sullivan

Brock University

Supporting coach-led delivery of the Together For Us (T4Us) intervention: Co-development of an implementation guide and video resource

45

Sophia Milner¹, Meredith Schertzinger¹, Colin D. McLaren², Luc J. Martin³, Brenda Bruner¹, Mark W. Bruner¹

¹Nipissing University, ²Cape Breton University, ³Queen's University

Visualizing lived experience: Participants' insights on using arts-based methods within sport psychology research

47

Mikayla McEwan, Caroline Hummell, Mandisa Lau, Corliss Bean

Brock University

Factors and intervention approaches in athletes' yips experience: A scoping review with focus on emotional factors

49

Dohee Kim, Hyeong Ju Lee, Jungbin Lee

Sogang University

Friday October 2nd, 2026

Poster Session #1

4:30 – 5:15PM | Penthouse (26th floor)

#

Exploring concussion symptom profiles among Canadian Special Olympics athletes

51

Dylan Silver¹, Nick Reed¹, Emily Bremer², Victoria Formusa³, Tom Davies³, Hui Xiao¹, Kelly P. Arbour-Nicitopoulos¹

¹University of Toronto, ²Acadia University, ³Special Olympics Canada

Masculinity under pressure: Examining football athletes' psychological readiness to return to sport after a sport-related concussion

53

Riley VanDeHogen¹, Kaleigh Pennock¹, Jill Tracey²

¹University of Waterloo, ²Wilfrid Laurier University

Mental skills profiles of open-water swimmers: Foundation skills predict competitive level and relate to training volume

55

Gabriel Torres Vieira da Costa^{1,2}, Ana Catarina Gomes³, Renato Melo Ferreira³, Mikaela Christina Papich¹, Caitlyn Brannon¹, Rebecca Misiasz¹, Franco Noce², Natalie Durand-Bush¹

¹University of Ottawa, ²UFMG – Federal University of Minas Gerais – Brasil, ³UFJF – Federal University of Juiz de Fora – Brazil

Learning to live with uncertainty: A phenomenological study of coaches' experience

57

Isabelle Fortin-Delisle, François Rodrigue

Université du Québec en Outaouais

Mental health literacy in Canadian high-performance sport

59

Nate Taylor, Lauryn Bons, Philip Sullivan

Brock University

Do explicit aim reports influence implicit adaptation?

61

Nick Butler, Quaila Trang, J. Timothy Inglis, Hyosub Kim, Romeo Chua

University of British Columbia

Friday October 2nd, 2026

Poster Session #1

4:30 – 5:15PM | Penthouse (26th floor)

#

Identifying neuromotor determinants of vertical jump performance: A phase-based analytical framework for personalized coaching

63

Eugene Masala¹, Arianna Masala²

¹Canadian Nuclear Laboratories, ²University of Guelph

Developing the Effect-Engage-Evolve framework: Qualitative insights into motor imagery and the role of imagined action effects

65

Juliet Rowe¹, Shanon Phelan¹, Shaun Boe^{2,1}

¹Dalhousie University, ²Western University

Explicit engagement during learning to reach with a small mirror reversed distortion: Generalization, savings, and interference

67

Sarvenaz Heirani Moghaddam¹, Gerome A. Manson², Erin K. Cressman³

¹University of British Columbia, ²Queen's University, ³University of Ottawa

Caregiver perceptions of sensorimotor decline in Alzheimer's disease

69

Jack Tang¹, Mikayla Lalli¹, Vida Sussman¹, Emilia Shlomit-Katz¹, Jeffrey Caron², Joshua Cashaback³, Michael Carter¹

¹McMaster University, ²University of Montreal, ³University of Delaware

Response timing and sequencing are selected in advance but compiled just prior to response initiation

71

Braeden Fancy¹, Nick Gohar¹, Dana Maslovat¹, Stuart T. Klapp², Anthony N. Carlsen¹

¹University of Ottawa, ²California State University

Flexibility in hand selection but stability in end state comfort: Effects of object location in peri-hand space

73

Sara Scharoun Benson, Danielle Salters, Savannah Lohnes, Rebecca Nicolas

University of Windsor

Friday October 2nd, 2026

Poster Session #1

4:30 – 5:15PM | Penthouse (26th floor)

#

“I, robot”. Self-other body mapping occurs with bodies with differing upper limb morphologies

75

Timothy Welsh, Zainab Bilal, Aaroohi Pathak

University of Toronto

The effect of height and hydration status on transcutaneous spinal stimulation responses in healthy female participants

77

Catrina Chebae, Gerome Manson, Jermyn Acuzar

Queen's University

Pre-crastination during perceptual decision-making

79

Nour Al Afif¹, Mikayla Lalli¹, Tara Esbati¹, Eshaa Tariq¹, Kaylen Rathwell¹, Joshua G.A. Cashaback², Michael J. Carter¹

¹McMaster University, ²University of Delaware

Reticular contributions to lower-limb voluntary responses: Evidence from startle

81

Kyleigh McNichol, Leo Dolenko, Dana Maslovat, Anthony N. Carlsen

University of Ottawa

Perceptual skills in movement education: Discrimination as a prerequisite for appraisal and behavioural change

83

Ksenia Shcherbakova

Baseworks

Beat-coupled grip routines improve timing in bass drummers

85

Tristan Loria, Skyler King, Christopher Wilson

Washington State University

A prelude to action: How static emotional expressions shape our willingness to engage in an object handover task

87

Spencer D. Bussieres, Olivia Crossman, Melanie Y. Lam

St. Francis Xavier University

Friday October 2nd, 2026

Poster Session #2

5:15 – 6:00PM | Penthouse (26th floor)

#

Does movement need to stop when we get to work? Examining the effects of physical activity messages on employees' intentions to move more at the office

2

Bailey Gitzel, Kevin S. Spink

University of Saskatchewan

Validity of the Kinarm approach-avoidance task for assessing automatic approach-avoidance tendencies towards physical activity and sedentary behaviours

4

François Jabouille¹, Timothée Dumas¹, Matthieu P. Boisgontier^{1,2}, Kayne Park¹

¹University of Ottawa, ²Institut du Savoir Montfort

Crafting physical activity experiences: Psychological need crafting is associated with psychological needs, mental health, and self-reported physical activity

6

Katie Gunnell, Ahmed Al-Zehhawi, Lara Winnemore

Carleton University

More than just gym intimidation: How gender, SPA, and self-efficacy shape the perceptions of the campus recreation facility environment and exercise behaviour

8

Emily Hossack, Alex Engel, Paige Pope

University of Lethbridge

Do 24-hour movement behaviours buffer gender × socioeconomic status intersectional identity-linked mental health concerns among Canadian adolescents? Evidence from the 2023 Health Behaviour in School-aged Children study

10

Heejun Lim

Queen's University

Friday October 2nd, 2026

Poster Session #2

5:15 – 6:00PM | Penthouse (26th floor)

#

Self-compassion change is associated with behavioural and psychological outcomes among adults with prediabetes in a physical activity intervention

12

Shaelyn M. Strachan¹, Sasha M. Kullman¹, Rashid Ahmed², Leah, J. Ferguson³, Michelle Fortier⁴, Kent, C. Kowalski³, Jon McGavock¹, Sandra C. Webber¹, Mary E. Jung⁵

¹University of Manitoba, ²Montclair State University, ³University of Saskatchewan

⁴University of Ottawa, ⁵University of British Columbia

Can self-compassion training help people with prediabetes increase physical activity? A qualitative study

14

Abigail Storey, Sasha Kullman, Shaelyn Strachan

University of Manitoba

Mental fatigue, planning, and persuasive message exposure: A unique perspective in the context of physical activity

16

Nicholas Santino¹, Johdeth Dela Cruz¹, Joseph Baker², Maggie Toplak¹, Rebecca Bassett-Gunter¹

¹York University, ²University of Toronto

Enjoyment in youth sport: A scoping review

18

Olivia Christendat, Stuart G. Wilson, Kimberleigh Cormier, Jay Solomon, Jean Côté

Queen's University

Co-designing a self-compassion imagery resource for competitive athletes

20

Jessica McBride, Cadence Bissky, Jessamy Sundby, Kent Kowalski

University of Saskatchewan

Exploring the implementation of co-designed resources to enhance quality participation in Special Olympics Canada sport programs

22

Marley A. R. S. Mullan¹, Ariana Bechtold¹, Emma Fugard¹, Adelyne Heyes¹, Avery Lorbetskie¹, Geoffrey Dudding², Camille Slack², Jennifer R. Tomasone¹, Amy E. Latimer-Cheung¹

¹Queen's University, ²Special Olympics Ottawa

Friday October 2nd, 2026

Poster Session #2

5:15 – 6:00PM | Penthouse (26th floor)

#

The development of interpersonal and intrapersonal knowledge, and social learning facilitation: Assessing the needs of coaches and learning facilitators

24

Mohammed Aslimani, Diane Culver

University of Ottawa

Evaluating the content of an online athlete leadership development training program: A pilot study

26

Zoe Beaulieu¹, Todd Loughhead¹, Mason Sheppard¹, Krista Munroe-Chandler¹, Gordon Bloom², Mackenna Schiavo¹

¹University of Windsor, ²McGill University

Player-coaches in the Cape Breton Women's Hockey League

28

Jennifer Moore, Bettina Callary

Cape Breton University

Initial confirmatory factor analyses of the AIMS-3G demonstrate its promise for assessing athletic identity among adult athletes

30

Derrik Motz¹, Bradley W. Young¹, Scott Rathwell²

¹University of Ottawa, ²University of Lethbridge

Seeing through uncertainty: The role of experience in sport officials' eye movements during ambiguous decisions

32

Ally Elaine Hudder, David J. Hancock

Memorial University of Newfoundland

A comparative analysis of emerging technologies for developing decision-making in interdependent sport

34

Mitchell Profeit¹, David J. Hancock², Vladislav A. Bepomoshchnov³, Luc J. Martin¹

¹Queen's University, ²Memorial University, ³Norwegian School of Sport Sciences

Friday October 2nd, 2026

Poster Session #2

5:15 – 6:00PM | Penthouse (26th floor)

#

How is attentional focus operationalized and defined among experienced participants in motor performance research? A scoping review

36

Quinten Carfagnini, Philip Sullivan, Jae Patterson

Brock University

Program evaluation of quality participation at the OneAbility Games: Creating meaningful experiences for individuals experiencing disability engaged in sport

38

Rayona Silverman¹, Meg Varden¹, Andrea Carey², Kelly Arbour-Nicitopoulos³, Emily Bremer¹

¹Acadia University, ²OneAbility Games, ³University of Toronto

"It's worth every penny in the end": Making meaning of parental sacrifice in youth sport

40

Shannon Pynn, Emily DeLisle, Travis Dorsch

Utah State University

Relational adaptability in sport psychology consultants: Conceptualizing trust-cue diagnosis and calibration in multi-stakeholder contexts

42

Jungbin Lee

Sogang University

The affective and motivational experiences of student-athletes during a swimming season: A longitudinal exploratory study

44

Maélie Gagnon¹, Meredith Rocchi¹, Bradley Crocker², Shane N. Sweet², Laura Hallward², Brigitte Lefebvre-Okankwu¹, Jordan D. Herbison³

¹University of Ottawa, ²McGill University, ³Vancouver Island University

Perfectionism vs. excellencism in sport: Emotional and motivational outcomes across

46

Zachari Racine, Patrick Gaudreau

University of Ottawa

Friday October 2nd, 2026

Poster Session #2

5:15 – 6:00PM | Penthouse (26th floor)

#

Exploring the conceptual overlap between transformational coaching and quality participation 48

Tessa Griffin, Mia Kurtz Favero, Ariel Saulnier, Marley Mullan, Isabel Coupland, Maya Hardowar, Nishi Patel, Amy Latimer-Cheung

Queen's University

Employment of certified mental performance consultants in Canada: An update 50

Sarah B. E. Hough^{1,2}, Margaret Nieto^{1,2}, Sarica Mohandas², Sebastian Harenberg²

¹St Francis Xavier University, ²Memorial University

Exploring Canadian athletes' experiences in mixed-gender sporting dyads 52

Joohee Jin, Zakry Walsh, Mark Eys

Wilfrid Laurier University

Learning through innovation: Understanding value creation for varsity sport members in a Design Thinking project 54

Sydney Graper¹, Diane Culver¹, Natalie Durand-Bush¹, Kurtis Pankow²

¹University of Ottawa, ²Swansea University

When competition stops being competitive: A quantification of (dis)parity in women's junior ice hockey 56

Zoe McGee, Ben Csiernik, Nick Wattie

Ontario Tech University

Mental health promotion in Canadian community sport: Evidence, resources, and gaps in evaluation 58

Ross M. Murray¹, Jordan T. Sutcliffe², Catherine M. Sabiston¹

¹University of Toronto, ²Royal Military College of Canada

"Eggs don't last forever. Fertility is just as important as sports": Female athletes' experiences of egg freezing and in vitro fertilization 60

Fallon R. Mitchell

University of Alberta

Friday October 2nd, 2026

Poster Session #2

5:15 – 6:00PM | Penthouse (26th floor)

#

Enhanced implicit adaptation in an isometric visuomotor rotation task reduces explicit contribution to adaptation

62

Annika Szarka, Elsa Sun, Romeo Chua

University of British Columbia

The effect of acute short-form video viewing on go/no-go performance

64

Reyhana Wilson, Heather, F. Neyedli, Cory, A. Munroe

Dalhousie University

Assessing hand pose estimation accuracy in augmented reality applications for hand impaired populations during real-object interactions

66

Damian M. Manzone^{1,2}, Mathew Szymanowski², Olga Taran³, Shuo Cai², Melissa Marquez-Chin², Tammy Zeng¹, Hardeep Singh², Cesar Marquez-Chin^{1,2}, José Zariffa^{4,2}

¹KITE Research Institute - Toronto Rehabilitation Institute - University Health Network, ²University of Toronto, ³ETH Zurich

The intensity of an irrelevant acoustic stimulus influences perceptual decision making when visual information is sparse

68

Lana Khaddaj, Grace Otto, Anthony Carlsen

University of Ottawa

Not quite the same: Cognitive process in skill acquisition versus visuomotor adaptation

70

Darrin Wijeyaratnam, Erin K. Cressman

University of Ottawa

Condition-specific movement signatures in a quantitative lower-limb coordination task

72

Igor Nader Serafini, Natalie McIntosh, Gerome Manson

Queen's University

Friday October 2nd, 2026

Poster Session #2

5:15 – 6:00PM | Penthouse (26th floor)

#

Multimodal brain imaging of mild traumatic brain injuries in athletes: A systematic review

74

Anna Bergauer^{1,2}, Fabio Richlan²

¹Technical University of Munich, ²University of Salzburg

Preparation of response timing and sequencing involves two independent sub-processes

76

Nicholas Gohar¹, Braeden Fancy¹, Dana Maslovat¹, Stuart T. Klapp², Anthony N. Carlsen¹

¹University of Ottawa, ²California State University

Robotic and clinical assessments of visuospatial working memory are associated with proprioceptive function after stroke

78

Amelia Decarie¹, Joanna E. Hoh¹, Sidra Manzoor¹, Tarkeshwar Singh², Darcy S. Reisman¹, Jennifer A. Semrau¹

¹University of Delaware, ²Pennsylvania State University

"Slow and steady still loses": Gradual learning disrupts consolidated motor memory

80

Aarohi Pathak, Nathan Castanheiro, Timothy Welsh

University of Toronto

Developmental differences in rapid online motor corrections: A kinematics comparison of children and adults

82

Shujing Zhang, Haemee Chae, Lucas Hart, Anna Calegari, Will Filippo, Ariel Kim, Ella Mucciolo, Elizabeth O'Neal, Joseph Kearney, Jodie Plumert

University of Iowa

Different control points on a tool facilitate the formation of multiple motor memories: A replication of Heald et al. (2018)

84

Michael M. Croteau¹, Nour Al Afif¹, Joshua G.A. Cashaback², Michael J. Carter¹

¹McMaster University, ²University of Delaware

Over the top or way too long: Sex differences in chuck grip regulation within discrete and continuous conditions

86

Michelle Campbell, Steve Hansen

Nipissing University



SCAPPS CONFERENCE | OTTAWA

Saturday

October 3rd, 2026

Saturday October 3rd, 2026

MOTOR CONTROL/LEARNING ORAL PRESENTATION SESSION #4

Motor Learning, Practice, & Individual Differences

8:30 – 10:00AM | Chaudière Room | Moderator: Maxime Trempe (Bishop's University)

8:30 – 8:45AM

Fitts' task as a window into developing visuomotor control in childhood

Dildare Yurtsever, Xiaoxin Chen, Lisa Christian, Ewa Niechwiej-Szwedo

University of Waterloo

8:45 – 9:00AM

It takes time: Autistic traits predict motor encoding after extended practice

Cheryl M. Glazebrook, Elena M. Broeckelmann

University of Manitoba

9:00 – 9:15AM

Knowledge of human and algorithm learning rates is required to shape human performance during coadaptation

Matthew Short¹, John Buggeln¹, Nicholas Muscara¹, Seth Sullivan¹, Truc Ngo¹, Jan Calalo¹, Nour Al Afif², Michael Croteau², Michael Carter², Joshua Cashaback¹

¹University of Delaware, ²McMaster University

9:15 – 9:30AM

No action required: Investigating the extent to which motor learning occurs through different types of covert practice

Kyle Vallido, Nicola J. Hodges, Sarah Kraeutner

University of British Columbia

9:30 – 9:45AM

Implicit vs. explicit practice of structured piano sequences: Performance and retention outcomes

Kate Moses, Rony Lee, Gerome Manson

Queen's University

9:45 – 10:00AM

Algorithmic strategies for sensorimotor learning approach automaticity with extensive practice

Jeremy J. Thomas, Yoyo Luk, Hyosub E. Kim

University of British Columbia

Saturday October 3rd, 2026

EXERCISE PSYCHOLOGY ORAL PRESENTATION SESSION #3

Experiences & Meanings of Physical Activity

8:30–10:00AM | Capitale Room | Moderator: Tara-Leigh McHugh (University of Calgary)

8:30 – 8:45AM

Queer women's experiences in a group-based physical activity intervention

Megan Sutton¹, Jade Bailey², Seairra Němeček¹, Eva Pila¹

¹Western University, ²McGill University

8:45 – 9:00AM

"It's like putting frosting on a cake of shit.": Exploring how exercise is experienced and discussed in the r/depression subreddit

Jérôme Sayer, Jason Dellatolla, Lindsay R. Duncan

McGill University

9:00 – 9:15AM

How do retired varsity athletes renegotiate the meaning of physical activity within their daily lives?

Anne-Sophie Le Rudulier, Marianne Clark

Acadia University

9:15 – 9:30AM

"Gym days are good days": Quality participation and exercise maintenance among people with disabilities

Haley A. Berrisford, Kathleen A. Martin Ginis

University of British Columbia – Okanagan

9:30 – 9:45AM

The Affective Exercise Experiences instrument (AFFEXX) in women: Psychometric evidence and associations with body image

Katarina Huellemann, Eva Pila

Western University

9:45 – 10:00AM

Discussant: Tara-Leigh McHugh

University of Calgary

Saturday October 3rd, 2026

SPORT PSYCHOLOGY ORAL PRESENTATION SESSION #4

Novel approaches to research methods and intervention

8:30 – 10:00AM | Ballroom AB | Moderator: Martin Camiré (University of Ottawa)

8:30 – 8:45AM

Exploring embodiment among women who have experienced eating disorders in sport: A photo-elicitation study

Olivia Feng, Lindsay R. Duncan

McGill University

8:45 – 9:00AM

Smile for the camera! Developing emotional intelligence through photo-elicitation

James Shaw¹, Sydney Graper², Diane Culver²

¹Iron Minds, ²University of Ottawa

9:00 – 9:15AM

Critical realist exploration of athletic identity across three successive adult age cohorts using elaborative think-aloud interviews

Derrik Motz¹, Scott Rathwell², Bradley W. Young¹

¹University of Ottawa, ²University of Lethbridge

9:15 – 9:30AM

Using logbooks to bring attention to self-talk and improve performance in golfers

Conrad Kozak, Lori Dithurbide

Dalhousie University

9:30 – 9:45AM

Drawing connections: Examining girl athletes' understandings and experiences of sport-based mentorship using a novel arts-based approach

Caroline Hummell, Corliss Bean

Brock University

9:45 – 10:00AM

An immersive inquiry exploring the more-than-human flows of tight/loose movements entangling through the Rideau Canal Skateway

Evan Bishop¹, Martin Camiré²

¹University of Toronto, ²University of Ottawa

Saturday October 3rd, 2026

Motor Learning/Control Keynote Presentation

10:15AM – 11:15AM | Ballroom AB

The blurry borders between deciding and acting

Paul Cisek

Université de Montréal

Lunch Break

11:15 – 12:30PM | Check out the SCAPPS Conference discounts/coupons on **Page 6**



Saturday October 3rd, 2026

SPORT PSYCHOLOGY SYMPOSIUM #1

Rethinking perfectionism in sport: New research and insights from the Model of Excellencism and Perfectionism

12:30 – 1:45PM | Ballroom AB | Moderator: Patrick Gaudreau (University of Ottawa)

12:30 – 12:45PM

Perfectionism and excellencism in two samples of collegiate athletes: Associations with athlete engagement and burnout

Benjamin J. I. Schellenberg

University of Manitoba

12:45 – 1:00PM

Excellencism, basic psychological needs, and the functioning of high school students in extracurricular sporting activities and in school

Jérémie Vernier-Fillion

Université du Québec en Outaouais

1:00 – 1:15PM

High standards or perfectionistic standards? A meta-analytic adjustment of the relationship between perfectionism and achievement goals

Giovanni Andrade

University of Ottawa

1:15 – 1:30PM

The Model of Excellencism and Perfectionism as a multidimensional theory: New conceptual and empirical advances

Patrick Gaudreau

University of Ottawa

1:30 – 1:45PM

Discussant: Patrick Gaudreau

University of Ottawa

Saturday October 3rd, 2026

EXERCISE PSYCHOLOGY ORAL PRESENTATION SESSION #3

Advancing physical activity research: Reviews, measurement and engagement

12:30 – 1:45PM | Capitale Room | *Moderator: TBA*

12:30 – 12:45PM

Youth engagement in identifying physical activity priorities for children and youth with disabilities in Canada

Jenna Smith¹, Lauren De Luca², Madison Klaas¹, Alessia Capone¹, Kelly Arbour-Nicitopoulos¹, Youth Advisory Committee³

¹University of Toronto, ²University of Plymouth, ³Canadian Disability Participation Project

12:45 – 1:00PM

Revisiting the contributions of cohesion in exercise contexts: A state-of-the-art review

Zakry Walsh, Mark Eys

Wilfrid Laurier University

1:00 – 1:15PM

Strategies for implementing an intersectional lens in disability physical activity research and/or knowledge mobilization: A scoping review

Owen Juan¹, Jenson Price², Luxshmi Nageswaran¹, Heejun Lim¹, Michele Chittenden¹, Eun-Young Lee¹, Mahadeo Sukhai⁵, Danielle Peers³, Jennifer R. Tomasone¹

¹Queen's University, ²Trent University, ³University of Alberta

1:15 – 1:30PM

State embodied movement: Introducing a novel construct and testing a momentary instrument

Eva Pila, Samantha Adler, Rachel Calogero

Western University

1:30 – 1:45PM

Identifying the conceptual attributes of physical activity maintenance among adults with physical disability: 6-month results

Tayah M. Liska¹, Lauren Tozer², Jenna C. Gibbs¹, Shane N. Sweet¹

¹McGill University, ²Ability New Brunswick

Saturday October 3rd, 2026

Sport Psychology Keynote Presentation

2:00 – 3:00PM | Ballroom AB

Promoting physical activity across the life course: A group-mediated precision medicine approach

Mark Beauchamp

University of British Columbia



Rideau Canal Skateway

Saturday October 3rd, 2026

MOTOR CONTROL/LEARNING ORAL PRESENTATION SESSION #5

Virtual/Augmented Reality & Multisensory Perception

3:15 – 4:30PM | Chaudière Room | Moderator: TBA

3:15 – 3:30PM

Active movements enhance sensitivity to visual feedback delays: An EEG study

Dhruvi Mehta, Jean-François Lepage, Pierre-Michel Bernier

University of Sherbrooke

3:30 – 3:45PM

Effects of the vergence-accommodation conflict on online movement control in virtual reality: Disparity matching predicts mean endpoint error but not distance scaling

Xiaoye Michael Wang¹, Digby Elliott², Damian M. Manzone³, Luc Tremblay⁴, Gavin P. Lawrence⁵, Catherine M. Sabiston⁴, Timothy N. Welsh⁴

¹University of Waterloo, ²Liverpool John Moores University; McMaster University,

³Toronto Rehabilitation Institute, ⁴University of Toronto, ⁵Bangor University

3:45 – 4:00PM

Translating laboratory-based fatigue measures to the field: Subjective, physiological, and performance indicators of fatigue during commercial shrimp fishing

John Cullen, Elizabeth Sanli

Memorial University of Newfoundland

4:00 – 4:15PM

Hand function rehabilitation using augmented reality: Assessing perceptions of feasibility and meaningfulness among individuals with cervical spinal cord injury

Damian M. Manzone¹, Olga Taran², Hardeep Singh¹, Cesar Marquez-Chin¹, José Zariffa¹

¹University of Toronto, ²ETH Zurich

4:15 – 4:30PM

Effect of virtual batting practice on visual-search strategies in baseball batters

Fabian Alberto Romero Clavijo¹, Thomas Romeas², Zachary Besler³, Maxime Trempe⁴

¹Bishop's University, Institut national du sport du Québec, ²Institut national du sport du Québec, Université de Montréal, York University, ³Langara College, ⁴Bishop's University

Saturday October 3rd, 2026

EXERCISE PSYCHOLOGY SYMPOSIUM #2

All are welcome? Disrupting the dis/ableist norm through dialogue, discomfort, and disciplinary accountability

3:15 – 4:30PM | Ballroom AB | Moderator: Jenson Price (Trent University)

PART 1:

Making the invisible visible

Jenson Price

Trent University

PART 2:

Reflections from attempts at disrupting dis/ableism

Jennifer R. Tomasone

Queen's University

PART 3:

Practicing with tension

Nathan Fawaz

University of Alberta

Discussant: Jenson Price

Trent University

Saturday October 3rd, 2026

SPORT PSYCHOLOGY ORAL PRESENTATION SESSION #5

Athletes' needs: Performance, mental health & well-being

3:15 – 4:30PM | Capitale Room | *Moderator: Luc Martin (Queen's University)*

3:15 – 3:30PM

“Each day is different”: Women athletes' sport performance perceptions across the menstrual cycle

Grace Spilchak, Amber D. Mosewich, Margo E.K. Adam

University of Alberta

3:30 – 3:45PM

Moments of rest: Exploring how psychological resting experiences relate to recovery, stress, and positive sport engagement among Canadian university athletes

Stuart G. Wilson, Kaitlin N. Fortier, Adam Doyle, Luc J. Martin, Jean Côté

Queen's University

3:45 – 4:00PM

The conditional status of ADHD in sport: A critical realist multiple-case study of ADHD in organized youth team sport

Justine Cotnoir¹, Paige Pope¹, Stéphanie Turgeon², Scott Rathwell¹

¹University of Lethbridge, ²Université du Québec en Outaouais

4:00 – 4:15PM

“Women shouldn't be dancing”: An interpretative phenomenological analysis of women's experiences in the cultural sport of bhangra

Ariel J. Dimler, Jasleen Gill, Jessie Dinh, Tara-Leigh F. McHugh

University of Calgary

4:15 – 4:30PM

Explaining mental health and psychological skill needs in adolescent competitive dance through mixed methods integration

Alyssa Hughes, Scott Rathwell, Afra Foroud, Paige Pope

University of Lethbridge

Saturday October 3rd, 2026

Poster Session #3

4:30 – 5:15PM | Penthouse (26th floor)

#

A new theory of proprioceptive working memory

1

John Buggeln¹, Nicholas Muscara¹, Matthew Short¹, Truc Ngo¹, Michael Carter², Joshua Cashaback¹

¹University of Delaware, ²McMaster University

Computational and behavioural insights into localization of the unseen hand

3

Jack Darley¹, Eric Jin, Romeo Chua, Hyosub Kim

University of British Columbia

The influence of speed-dependent changes in motor variability within movement decision-making

5

Daniel Everard, Mark Carpenter, Romeo Chua

University of British Columbia

Learning through the experts' eyes: Eye-movement modelling examples for air traffic control decision-making training

7

Jacob Sargent, John D. Cullen, David J. Hancock, Hiwa Rahmani, Kimberley L. Cullen

Memorial University of Newfoundland

Does hand-to-target information contribute to implicit adaptation of target-directed reaching?

9

Nick Butler, Annika Szarka, Elsa Sun, Romeo Chua

University of British Columbia

Motor and perceptual awareness during learning to reach with a small mirror reversed visuomotor distortion

11

Sarvenaz Heirani Moghaddam¹, Gerome A. Manson², Erin K. Cressman³

¹University of British Columbia, ²Queen's University, ³University of Ottawa

Quantifying neuromotor contributions during the countermovement descent: A sensitivity analysis within a phase-based vertical jump framework

13

Arianna Masala¹, Eugene Masala²

¹University of Guelph, ²Canadian Nuclear Laboratories

Saturday October 3rd, 2026

Poster Session #3

4:30 – 5:15PM | Penthouse (26th floor)

#

“You can’t imagine”: Motor imagery does not lead to adaptation in a visuomotor rotation task

15

Timothy Welsh, Jasmina Icacig, Helena Orphanides, Aarohi Pathak

University of Toronto

Modulation of sensorimotor gating following multi-session rTMS in endometriosis-related chronic pain

17

Kathleen J. Peters, Leo Dolenko, Braeden Fancy, Nick Gohar, Lana Khaddaj, Meaghan Lapierre, Kyleigh McNichol, Grace E. Otto, Cassandra M. Santangelo, Linda McLean, Anthony N. Carlsen

University of Ottawa

“Did you hear something?” Response-effect coupling on a serial movement task

19

Markus Lenizky, Martina Kacan, Timothy Welsh

University of Toronto

Learning to look ahead: Eye- hand coordination is optimized for optimal limb visual feedback during motor sequence learning

21

Elena M. Broeckelmann, Cheryl M. Glazebrook

University of Manitoba

Effects of visual biofeedback scaling on centre of pressure dynamics during quiet standing: An analysis of ankle muscle coherence and COP-EMG cross-correlation

23

Melissa Chik, Lucas Michaud, Yves Lajoie

University of Ottawa

Effects of acute nicotine abstinence and e-cigarette use on executive function and craving in young adults

25

Lila Gavigan, Nathan Frewen, Lauren Giuffre, Harry Prapavessis, Matthew Heath

Western University

Saturday October 3rd, 2026

Poster Session #3

4:30 – 5:15PM | Penthouse (26th floor)

#

The effect of compassion focused imagery on pain, quality of life, self-compassion and self-efficacy: A case study of chronic low back pain

27

Mahan Shahrooie¹, Melanie Gregg², Shaelyn Stratchan²

University of Manitoba

Implicit effort approach tendencies moderate the relationship between motivation and physical activity

29

Emily Kotoris, Emily Brown, Caleb Zigby, Cole Akande, Steven R Bray

McMaster University

Implementation evaluation of an 8-week behaviour change technique coaching intervention to support physical activity among university students with disabilities

31

Priya K. Shah, Gabrielle D. Bedard, Amber Ross, Sarah E. Lindsay, Shane N. Sweet

McGill University

Connecting participant experience and instructor behaviour using a quality participation feedback tool in a community recreation program

33

Jenna Smith¹, Maya Perera², Matheson Gillis³, Sofia So⁴, Amy Latimer-Cheung²

¹University of Toronto, ²Queen's University, ³Variety Village, ⁴Dalhousie University

“The cost of doing business”: Exercise, neuropathic pain, and mood in people with spinal cord injury

35

Cameron Gee¹, Calli Dunsmore¹, Andrea Bundon², Kathleen Martin Ginis¹

¹University of British Columbia Okanagan, ²University of British Columbia

Assessing the construct validity of a quality participation observation tool across inclusive physical activity contexts

37

Ariel Saulnier, Mia KurtzFavero, Isabel Coupland, Marley Mullan, Maya Hardowar, Nishi Patel, Tessa Griffin, Amy Latimer-Cheung

Queen's University

Saturday October 3rd, 2026

Poster Session #3

4:30 – 5:15PM | Penthouse (26th floor)

#

Disparities in parental perspectives of psychosocial development outcomes in neurodivergent youth after a one-week overnight camp

39

Fiona Magill¹, Amanda Rymal², Luc Tremblay¹

¹University of Toronto, ²California State University, San Bernardino

“It’s all relative”: The magnitude of contrast effects when rating body types is not impacted by context nor self-perception of body size

41

April Karlinsky¹, Shi Lu Wang², Chris Pilienci², Madison F. Vani², Catherine M. Sabiston², Timothy N. Welsh²

¹California State University, San Bernardino, ²University of Toronto

When support falls short: Using daily diaries to explore the role of social support during athletic injury recovery

43

Kaitlin N. Fortier¹, Stuart G. Wilson¹, Jeffrey G. Caron², Luc J. Martin¹

¹Queen's University, ²Université de Montréal

The ‘Super Crew’ success story: Understanding the volunteer experience at the inaugural OneAbility games

45

Isabel Aileen Coupland¹, Andrea Carey², Tami Tate², Luc J. Martin¹, Amy E. Latimer-Cheung¹

¹Queen's University, ²OneAbility Games

Optimizing self-regulation and sport performance: Integrating biofeedback and neurofeedback within a self-regulation framework

47

Sommer Christie¹, Penny Werthner²

¹University of Ottawa, ²University of Calgary

Perceptions of team video-debriefing in high-performance and professional ice hockey

49

Mitchell Profeit¹, Mark Eys², Luc J. Martin¹

¹Queen's University, ²Wilfrid Laurier University

Saturday October 3rd, 2026

Poster Session #3

4:30 – 5:15PM | Penthouse (26th floor)

#

Embedding knowledge mobilisation in a participatory action research project: Developing a legacy

51

Diane Culver¹, Frances Priest², Tiago Duarte¹, Siobhan Rourke¹

¹University of Ottawa, ²Coaching Association of Canada

Development and preliminary validation of the Japanese version of the Transformational Coaching Scale (TCS-J) among high school team-sport athletes

53

Masashi Fukami

Nihon University

Applying Self-Determination Theory to understand sport officiating retention

55

David J. Hancock¹, Ally Hudder¹, Jacob K. Tingle², Joseph Foran³, Adam Knutson², Brittany L. Jacobs⁴

¹Memorial University of Newfoundland, ²Trinity University, ³Maine Soccer Association, ⁴American Public University System

Between bedtimes and boardrooms: Motherhood as leadership development for women in senior leadership positions in U Sports

57

Jonathan Hood, Nicole Ferguson

St. Francis Xavier University

Exploring attitudes toward sports betting

59

Nate Taylor¹, Philip Sullivan¹, Bruce Kidd², Joel Finley³

¹Brock University, ²University of Toronto, ³KPMG

A coproduction partnership with Special Olympics International to advance global coach development

61

Majidullah Shaikh¹, Madison Fraser¹, Fiona Murray², Jeff Lahart², Danielle Alexander-Urquhart³, Diane M Culver⁴, Gordon Bloom⁵, Bettina Callary¹

¹Cape Breton University, ²Special Olympics International, ³Université de Montréal, ⁴University of Ottawa, ⁵McGill University

Saturday October 3rd, 2026

Poster Session #3

4:30 – 5:15PM | Penthouse (26th floor)

#

A psychometric evaluation of the Self-Compassion Scale factor structure in a sample of athletes

63

Benjamin J. Sereda, Amber D. Mosewich

University of Alberta

Gender differences in self-efficacy following negative performance feedback

65

Jonah Cameron, Emilie Calabrese, Lori Dithurbide

Dalhousie University

Knowledge mobilization for coach support in figure skating: A document analysis of resources addressing body image and disordered eating

67

Erin Rayman, Shannon S. D. Bredin

University of British Columbia

The CHAMPS project: Laying the foundation through a scoping review of strategic mental health initiatives

69

Caitlyn Brannon, Rebecca Misiasz, Natalie Durand-Bush

University of Ottawa

Athlete representation in concussion education materials across Ontario sport organizations

71

Kaleigh Pennock, Mathusiga Sivakumar, Braeden McKenzie

University of Waterloo

How coaches foster a Sense of Community in Colombian Masters sport

73

Catalina Belalcazar¹, Bradley W. Young¹, Bettina Callary²

¹University of Ottawa, ²Cape Breton University

Saturday October 3rd, 2026

Poster Session #3

4:30 – 5:15PM | Penthouse (26th floor)

#

A simulation-based framework for generating athlete-specific neuropsychological norms: Evidence from the Creyos Cognitive Battery

75

Carmel Camilleri¹, Joseph Baker², Magdalena Wojtowicz¹

¹York University, ²University of Toronto

Athlete-centered coaching and athletic burnout: The protective effect of the coach-athlete relationship on manifestations of burnout

77

Felix Gaudreault, Isabelle Green-Demers

Université du Québec en Outaouais

Sport-related concussions: Psychopathology and access to academic support

79

Paige Laplante, Hayley Russell, Erin Austen

St. Francis Xavier University

Mental health outcomes in non-heterosexual and heterosexual student-athletes: A comparison

81

Parker Triano, Phillip Sullivan

Brock University

Saturday October 3rd, 2026

Poster Session #4

5:15 – 6:00PM | Penthouse (26th floor)

#

Effects of muscle vibration during the planning and execution of rapid target-directed movements on movement endpoint bias

2

Quaila-lee Trang, Gregg Eschelmuller, Romeo Chua

University of British Columbia

Dissociating ocular and manual motor adaptation in a double-step reaching task

4

Lindsay Gauthier, Annika Szarka, Nick Butler, Romeo Chua

University of British Columbia

Active writing confers a mnemonic advantage over passive and observational encoding of unfamiliar text

6

Obaida Al-Naib, Gerome Manson, Will Steednam

Queen's University

Movement smoothness during sequential reaching in older adults: Effects of task complexity and augmented sensory feedback

8

Cheryl Glazebrook, Saba Mohammadalinezhad Kolaheidouz

University of Manitoba

Preserved beta desynchronization during motor preparation in multiple sclerosis despite behavioral deficits

10

Eva Brison, Pierre-Michel Bernier

Université de Sherbrooke

The effect of environment luminance on the visual regulation of manual aiming

12

Nash LeGood, Kiana Burke, Luc Tremblay

University of Toronto

Practice structure and performance outcomes in the training of classical musicians: A scoping review

14

Kathryn Anderson, Erin Rayman, Shannon S. D. Bredin

University of British Columbia

Saturday October 3rd, 2026

Poster Session #4

5:15 – 6:00PM | Penthouse (26th floor)

#

Testing for embodied simulation in the processing of sentences and the moderating role of imagery ability

16

Stephen Snook¹, Nicola J. Hodges¹, Heath Eric Matheson²

¹University of British Columbia, ²Memorial University of Newfoundland

Investigating effector transfer and motor imagery 'equivalence' after observation or motor imagery practice in an adapted dart-throwing task

18

AnnaMae Pond, Carrie M Peters, Sarah Kraeutner, Nicola J. Hodges

University of British Columbia

Motor learning on the golf course: Golfer's and golf coach rationalization of movement acquisition and practice strategies implementation

20

Arya Poorchavoshzadeh¹, Paramjyot Kainth¹, Amanda Rymal², Maxime Trempe³, Bettina Callary⁴, Luc Tremblay¹

¹University of Toronto, ²California State University, San Bernardino, ³Bishop's University, ⁴Cape Breton University

Testing for skill, position, and perspective-specific effects in a volleyball setting action online prediction task

22

Michael Dhaliwal¹, Matthew Krueger², Nicola J. Hodges¹

¹University of British Columbia, ²Newwave Volleyball

The effect of visual biofeedback on auditory and visual cognitive load

24

Emma Lapointe, Haley Ong, Lucas Michaud, Yves Lajoie

University of Ottawa

External focus mindfulness enhances immediate retention and transfer of a rhythmic keypressing sequence

26

Alexander Walker¹, Jalen Hang¹, Sarah Ullrich-French¹, Amanda McMahon¹, Anne Cox¹, Shikha Prashad², Tristan Loria¹

¹Washington State University, ²University of Texas at Arlington

Saturday October 3rd, 2026

Poster Session #4

5:15 – 6:00PM | Penthouse (26th floor)

#

University students' preferences for exercise snacks vs. continuous exercise

28

Coltrane Akande, Caleb Zigby, Sidnie Hoac, Jacob Eddis, Ellie Shantz, Zobair Omar, Steven Bray
McMaster University

Behaviour change technique enactment and quality participation among university students with disabilities: Secondary preliminary analysis

30

Sarah E. Lindsay, Gabrielle D. Bedard, Zhiyang Shi, Tayah Liska, Shane Sweet
McGill University

"I'm not the person I once was": Exploring perimenopause experiences among physically inactive Canadian females

32

Madeline Fabiano, Jérôme Sayeur, Lindsay R. Duncan
McGill University

Fitness inspiration or misinformation? Piloting the FLICC misinformation framework with TikTok fitness inspiration posts

34

Rafaele M. Peñas¹, Sean R. Locke², Elaine M. Ori¹
¹Mount Royal University, ²Brock University

Experiences engaging with a conversational agent for daily diary research on physical activity behaviour change among university students with disabilities

36

Gabrielle D. Bedard¹, Zhiyang Shi¹, Jiangbo Yu¹, Jordan D. Herbison², Gordon A. Bloom¹, Jennifer R. Tomasone³, Shane N. Sweet¹
¹McGill University, ²Vancouver Island University, ³Queen's University

Knowledge mobilization capacity among partners supporting physical activity promotion for persons living with a disability

38

Katerina Disimino¹, Jennifer R. Tomasone², Rebecca L. Bassett-Gunter¹
¹York University, ²Queen's University

Saturday October 3rd, 2026

Poster Session #4 5:15 – 6:00PM Penthouse (26th floor)	#
Effects of a combined physical and cognitive warm-up on psychological readiness, self-efficacy, and cycling performance in competitive athletes Emily Brown, Coltrane Akande, Steven Bray <i>McMaster University</i>	40
Co-designing a self-compassion resource for a group of adult walkers with acquired brain injury Jada Stevenson <i>University of Saskatchewan</i>	42
Shattered strings: Unveiling emotionally abusive coaching experiences among elite female tennis players Emma Shea, Philip Sullivan, Erin Sharpe <i>Brock University</i>	44
Developmental challenges for athlete leaders: Scale construction and initial validation Moe Machida-Kosuga^{1,2}, Risa Hashioka², Sotaro Hatanaka², Shoi Nishioka², Yuki Matsunaga², Yuma Mitsuishi² <i>¹University of Windsor, ²Osaka University of Health and Sport Sciences</i>	46
Exploring athlete development pathways to the NHL Cameron Hubscher, Nick Wattie, Ben Csiernik <i>Ontario Tech University</i>	48
Children's social and motor skill profiles: Differences in participation in social, leisure, and recreational activities Sara Scharoun Benson¹, Danielle Salters¹, Alex Benson² <i>¹University of Windsor, ²Western University</i>	50

Saturday October 3rd, 2026

Poster Session #4

5:15 – 6:00PM | Penthouse (26th floor)

#

A prospective follow up of competitive female athletes' childhood sport activities with early adult soccer "success" and motivation

52

Carrie M. Peters, Camden Izett, Porter M. Trevisan, Nicola J. Hodges
University of British Columbia

More than facilitators: Exploring sport officials' positive experiences at the 2025 Canada Games

54

Christopher J. Coady¹, David J. Hancock², Krista J. Munroe-Chandler¹
¹University of Windsor, ²Memorial University of Newfoundland

Using the Sport Education Model to foster motivation

56

Melanie Gregg¹, Jorge Abellán²
¹The University of Winnipeg, ²Universidad de Castilla – La Mancha

What athletes wear matters: Examining sport uniform experiences among elite and high-performance athletes in Canada

58

Sasha Gollish, Madison Vani, Catherine Sabiston
University of Toronto

Movement mentors for mental health: Informing program development through the perspectives of mental health care professionals

60

Emma Regier, Karl Erickson, Larkin Lamarche, Rebecca Bassett-Gunter
York University

"Tell me again how linemen aren't athletes": Social media construction of athletic identity in American football linemen

62

Tristan Murray
University of Manitoba

Saturday October 3rd, 2026

Poster Session #4 5:15 – 6:00PM Penthouse (26th floor)		#
Athletes' experiences of felt trust in the coach-athlete relationship Stefanie Atkinson, Erica Bennett, Mark Beauchamp, Desmond McEwan <i>University of British Columbia</i>		64
Implementing the quality participation building blocks in a community-based physical activity program for adults with intellectual and developmental disabilities. Maya Perera ¹ , Sofia So ² , Archie Allison ³ , Matheson Gillis, Dylan Silver ⁴ , Jenna Smith ⁵ , Franco Taverna ^{5,6} , Grace Zhang ¹ , Amy E. Latimer-Cheung ¹ <i>¹Queen's University, ²Dalhousie University, ³Variety Village, ⁴Down Syndrome Association of Toronto, ⁵University of Toronto, ⁶Center for Accessible Sport & Play</i>		66
Emotions in sport practice: How athletes describe their emotional preferences across different practice contexts Royden Radowits, Bradley W. Young <i>University of Ottawa</i>		68
The final whistle: Exploring the factors influencing university athletes' retirement from sport Abigail Dancey, Matthew Vierimaa <i>Acadia University</i>		70
Exploring body image among former competitive female athletes in aesthetic sports Amanda Blong, Jennifer Brunet <i>University of Ottawa</i>		72
Implementation and growth of Special Olympics Ontario unified champion schools: A descriptive analysis Madison Klaas ¹ , Brock Reissner ² , Johnny Byrne ² , Jayden Miller-Boothe ² , DJ Brown ² , Kelly Arbour-Nicitopoulos ¹ <i>¹University of Toronto, ²Special Olympics Ontario</i>		74

Saturday October 3rd, 2026

Poster Session #4

5:15 – 6:00PM | Penthouse (26th floor)

#

Insufficient effort responding: The importance of data quality in sport and exercise psychology research

76

Meredith Rocchi¹, Ariane Gauthier²

¹University of Ottawa, ²University of Montreal

How are female and Para athlete health-related needs addressed in pre-participation evaluations of elite athletes? A scoping review

78

Delaney Thibodeau¹, Maryam Marashi¹, Suzanne Leclerc², Mike Wilkinson², Joseph Baker¹, Catherine Sabiston¹

¹University of Toronto, ²Canadian Olympic Committee

From locker room to life: Exploring the lasting effects of coaches' support on former athletes' mental health

80

Emily Bonisteel, Corliss Bean

Brock University

'It's what we strive for, that feeling': Interpreting the Meaningful Physical Education Framework within the context of rural Alberta

82

Autumn Nesdoly¹, Douglas Gleddie², Tim Fletcher³, Tara-Leigh McHugh¹

¹University of Calgary, ²University of Alberta, ³Brock University