



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

Ni manàdjiyànàniḡ kakina Anishinàbeg ondaje kaye ogog kakina eniyagizidjig enigokamigàḡ Kanadàng eji ondàpinangig endàwàdjìn Odàwàng.

Ninisidawinawànàniḡ kenawendamòdjig kije kikenindamàwin; weshkinìgidjig kaye kejeyàdizidjig.

Nigijeweninmànàniḡ 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 Zìbìng 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



DU 1^{ER} AU 3 OCTOBRE 2026

*Salutations de Brian Saunderson,
Ministre du Sport*

Au nom du gouvernement de l'Ontario, j'ai le plaisir de vous souhaiter la bienvenue à la conférence annuelle 2026 de la Société canadienne d'apprentissage psychomoteur et de psychologie du sport (SCAPPS).

Cette conférence rassemble des chercheurs, des praticiens et des étudiants de partout au Canada et du monde entier afin de partager des connaissances, de favoriser la collaboration et de faire progresser les domaines de la psychologie du sport et de l'exercice, de l'apprentissage moteur, du contrôle moteur et du développement moteur.

L'Ontario reconnaît le rôle important que jouent la recherche, la formation et l'innovation en sciences du sport dans le renforcement des systèmes sportifs en Ontario et partout au Canada. Les travaux mis en lumière lors du congrès de la SCAPPS contribueront à soutenir le développement des athlètes, à encourager la participation au sport et à l'activité physique, et à favoriser des communautés plus saines et plus solidaires.

Je tiens à remercier le comité organisateur, les bénévoles, les conférenciers et les commanditaires dont le dévouement a permis de rendre ce congrès possible. Vos efforts créent de précieuses occasions de collaboration, d'apprentissage et de perfectionnement professionnel.

Je vous souhaite une conférence fructueuse et stimulante, et j'espère que tous les participants apprécieront leur séjour à Ottawa.

Cordialement,

L'hon. Brian Saunderson
Ministre du Sport



OCTOBER 1ST – 3RD, 2026

*Greetings from Brian Saunderson,
Minister of Sport*

On behalf of the Government of Ontario, I am pleased to extend a warm welcome to the 2026 annual conference of the Canadian Society for Psychomotor Learning and Sport Psychology/Société Canadienne D'Apprentissage Psychomoteur et de Psychologie du Sport (SCAPPS).

This conference brings together researchers, practitioners and students from across Canada and around the world to share knowledge, foster collaboration and advance the fields of sport and exercise psychology, motor learning, motor control and motor development.

Ontario recognizes the important role that sport science research, training and innovation play in strengthening sport systems in Ontario and across Canada. The work highlighted at the SCAPPS conference will help support athlete development, encourage participation in sport and physical activity and contribute to healthier and more connected communities.

I would like to thank the organizing committee, volunteers, speakers and sponsors whose dedication has helped make this conference possible. Your efforts create valuable opportunities for collaboration, learning and professional development.

I extend my best wishes for a successful and engaging conference and hope all participants enjoy their time in Ottawa.

Best regards,



The Honourable Brian Saunderson
Minister of Sport



SCAPPS 2026 Organizing Committee

Catalina Belalcazar	Martin Camiré	Anthony Carlsen
Erin Cressman	Bradley W. Young	

SCAPPS 2026 Student Volunteers

Catalina Belalcazar	Melissa Chik	Justine Cotnoir
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SCAPPS 2026 Conference Program Design

Derrik Motz

SCAPPS Executive

President	David Hancock
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Student Representative	Alyssa Hughes



**Thursday, October 1st**

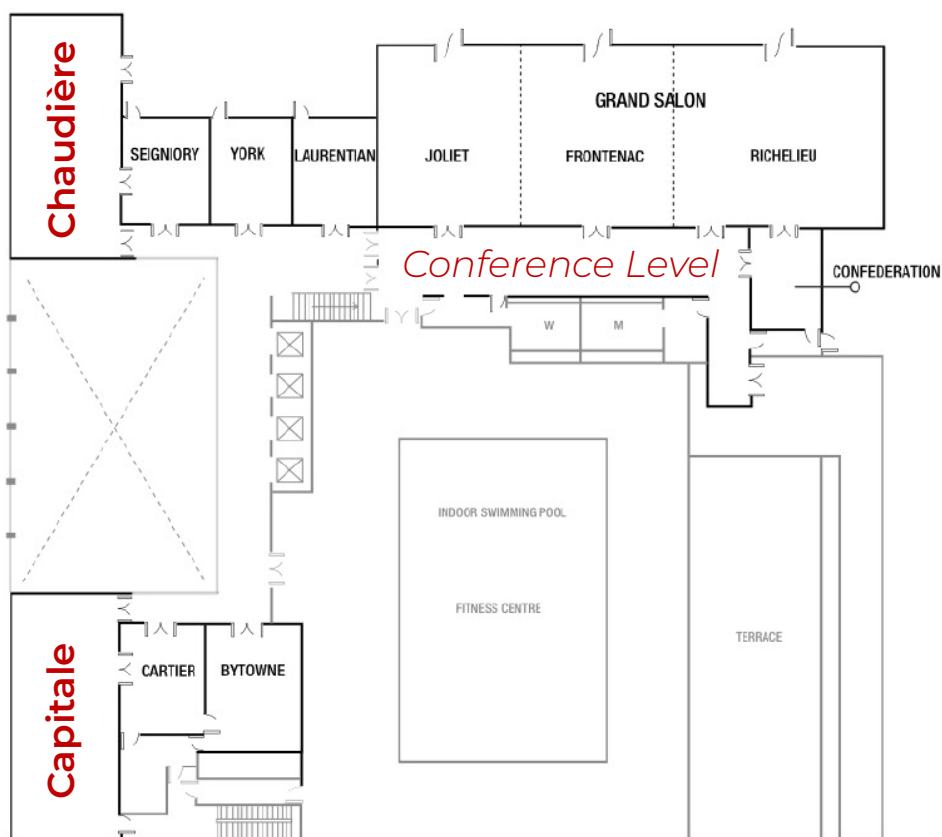
1:00-2:30PM	CSPA Workshop #1	Capitale Room
2:30-4:30PM	Motor Control/Learning Workshop	Ballroom AB
3:00-4:30PM	CSPA Workshop #2	Capitale Room
5:00-5:20PM	Welcoming Remarks	Ballroom AB
5:25-5:55PM	Young Scientist Award: Motor Control/Learning	
5:55-6:25PM	Young Scientist Award: Exercise Psychology	
6:25-6:55PM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

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)		Ballroom C
5:15-6:00PM	Poster Session #2 (Even numbers)		Ballroom C
6:00-7:30PM	BIPOC Social @ Baton Rouge on Albert Street		
7:00PM-Late	Student Social @ MacLaren's on Elgin Street		
7:30PM-Late	Faculty & Professionals Social @ Lieutenant's Pump on Elgin Street		

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 (check our coupons in the pages below)		
12:30-1:45PM	Exercise Psychology Oral Session #4 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)		Ballroom C
5:15-6:00PM	Poster Session #4 (Even Numbers)		Ballroom C
7:00PM-12AM	Banquet Dinner & Dance		Ballroom AB



Penthouse level (26th floor) for the **Wine & Cheese Reception** is accessed by pressing “P” in the guest elevators.

SCAPPS 2026 Conference Sponsors

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SCAPPS 2026 Discounts and Coupons



Flash your conference badge!

SCAPPS attendees can use their email address or mobile number to sign up for a wide range of discounts at various attractions, restaurants, and more.

Click here to sign up for your discounts in Ottawa!

Provided by Ottawa Tourism

Gooney's

294 Albert Street, Ottawa, ON

15% off when you order a sandwich, Latin bowl, or arepa.

Show **(1) this coupon** AND **(2) your SCAPPS conference badge**.

This coupon is only valid during the SCAPPS conference from Oct. 1st-3rd, 2026.



240 Sparks Street, Ottawa, ON

15% off your food order with the purchase of a beverage.

Show **(1) this coupon** AND **(2) your SCAPPS conference badge**.

This coupon is only valid during the SCAPPS conference from Oct. 1st-3rd, 2026.

Looking for things to do while in Ottawa?

Check out the [Visitor Guide](#) for SCAPPS 2026 Conference!

Are you a runner? We are offering a group run starting from the Delta Hotel on Thursday Oct. 1st at 10:30AM. Please [email Royden](#) if you are interested.



SCAPPS CONFERENCE | OTTAWA

Thursday

October 1st, 2026

Thursday October 1st, 2026

CSPA 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 | Ballroom AB

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

CSPA 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

Welcoming 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 | Penthouse Floor

Wine & Cheese Reception



SCAPPS CONFERENCE | OTTAWA

Friday

October 2nd, 2026

Friday October 2nd, 2026

MOTOR CONTROL/LEARNING ORAL PRESENTATION SESSION #1

Neural Mechanisms and 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

Zita Dube-Lockhart¹, Evan Bishop², Toni Harris¹, Taha Thomure², Shivani Sivalingam²

¹Action Potential Fitness, ²University of Toronto

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: Rafael Tedesqui (Bishop's 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 and 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 and 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

Enacting Indigenous health resurgence

Tricia McGuire-Adams

University of Toronto

Annual General Meeting (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 Lim¹, Eun Jung², Suryeon Ryu³, Christine C. Moon¹, Yeonjae Oh⁴, Joohee Choi⁵, Guy Faulkner⁴, Chung Gun Lee⁵, Dong Hoon Lee⁶, Kyeongtak Song⁶, Eunhye Yoo⁹, Jieun Yu¹⁰, Kyoung June Yi¹¹, Eun-Young Lee^{16,1}

¹Queen's University, ²Toronto Metropolitan University, ³Center for Children's Healthy Lifestyles & Nutrition, Children's Mercy Kansas City, ⁴University of British Columbia, ⁵Seoul National University, ⁶Yonsei University, ⁹Yong In University, ¹⁰Seoul Women's University, ¹¹McMaster University

4:15 – 4:30PM

Discussant: Katie Gunnell

Carleton University

Friday October 2nd, 2026

SPORT PSYCHOLOGY ORAL PRESENTATION SESSION #3

Groups & Leadership

3:00 – 4:30PM | Ballroom AB | Moderator: Todd Loughead (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

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

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

University of Windsor

3:30 – 3:45PM

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

Catalina Belalcázar¹, Bettina Callary², Bradley W. Young¹

¹University of Ottawa, ²Cape Breton University

3:45 – 4:00PM

The prospective relationships between teamwork and athlete thriving

Katharine Stewart¹, Stefanie Atkinson¹, Kieran McBride¹, Kyra McKinnon¹, Gabe

Suessenbacher-Fu², Hannah LaBreche¹, Desmond McEwan¹

¹University of British Columbia, ²University of Victoria

4:00 – 4:15PM

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

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 | Ballroom C

#

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

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

University of Saskatchewan

1

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

MacKenzie Aubin, Julie Nantel, Jennifer Brunet

University of Ottawa

3

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

Carmen McKay, Steven Bray, Lucille Goes

McMaster University

5

Stories of success from inclusive municipal recreation programs

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

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

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

Adrienne Kamerman¹, Jenson Price², Jennifer Brunet³

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

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

Lara Winnemore¹, Katie Gunnell¹, Patrick Gaudreau²

¹Carleton University, ²University of Ottawa

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Friday October 2nd, 2026

Poster Session #1

4:30 – 5:15PM | Ballroom C

#

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

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¹University of Toronto, ²Athabasca University

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¹Queen's University, ²Department of Sport Industry Studies, Republic of Korea

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¹University of Ottawa, ²University of Manitoba

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¹University of Alberta, ²University of Saskatchewan

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¹University of Saskatchewan, ²University of Manitoba

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¹Cape Breton University, ²Nipissing University

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

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

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¹University of Waterloo, ²Wilfrid Laurier University

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¹Canadian Nuclear Laboratories, ²University of Guelph

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¹Dalhousie University, ²Western University

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

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¹McMaster University, ²Université de Montréal, ³University of Delaware

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¹University of Ottawa, ²California State University

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¹University of Ottawa, ²Institut du Savoir Montfort

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¹Queen's University, ²University of Cambridge, ³Yonsei University

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

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¹York University, ²University of Toronto

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¹Queen's University, ²Special Olympics Ottawa

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

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

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

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¹St. Francis Xavier University, ²Memorial University

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¹University of Ottawa, ²Swansea University

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¹University of Toronto, ²Royal Military College of Canada

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¹University of Alberta, ²Physiomum, ³Independent Consultant, ⁴McMaster University, ⁵FIFA Women's Division

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

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¹Technical University of Munich, ²University of Salzburg

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¹University of Ottawa, ²California State University

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¹University of Delaware, ²Pennsylvania State University

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¹McMaster University, ²University of Delaware

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¹University of Guelph, ²Canadian Nuclear Laboratories



SCAPPS CONFERENCE | OTTAWA

Saturday

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MOTOR CONTROL/LEARNING ORAL PRESENTATION SESSION #4

Motor Learning, Practice, and 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 and 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

"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

9:15 – 9:30AM

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

Katarina Huellemann, Eva Pila

Western University

9:30 – 9:45AM

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 9**



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. Schellenberg¹, Alexandra B. Patterson¹, Jérémie Verner-Filion², Patrick Gaudreau³

¹University of Manitoba, ²Université du Québec en Outaouais, ³University of Ottawa

12:45 – 1:00PM

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

Jérémie Verner-Filion¹, Julien Gauthier¹, Anne Holding², Benjamin J. I. Schellenberg³, Patrick Gaudreau⁴

¹Université du Québec en Outaouais, ²McGill University, ³University of Manitoba, ⁴University of Ottawa

1:00 – 1:15PM

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

Giovanni Andrade, Philippe Pétrin-Pomerleau, Thomas L. D. Boivin, Patrick Gaudreau

University of Ottawa

1:15 – 1:30PM

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

Patrick Gaudreau, Thomas L. D. Boivin, Marie Pier Grégoire-Gaul

University of Ottawa

1:30 – 1:45PM

Discussant: Patrick Gaudreau

University of Ottawa

Saturday October 3rd, 2026

EXERCISE PSYCHOLOGY ORAL PRESENTATION SESSION #4

Advancing Physical Activity Research: Reviews, Measurement and Engagement

12:30 – 1:45PM | Capitale Room | Moderator: Jenson Price (Trent University)

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 Sukhai¹, 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: Nicola J. Hodges (UBC)

3:15 – 3:30PM

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

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

Université de 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

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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

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A new theory of proprioceptive working memory

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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

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Jack Darley, Eric Jin, Romeo Chua, Hyosub Kim

University of British Columbia

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

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

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

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

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

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¹Queen's University, ²Université de Montréal

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¹Queen's University, ²OneAbility Games

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¹University of Ottawa, ²Coaching Association of Canada

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Nihon University

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

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

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¹York University, ²University of Toronto

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¹McGill University, ²Vancouver Island University, ³Queen's University

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