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17th Annual

ECSEPS 2013

Eastern Canada Sport & Exercise Psychology Symposium

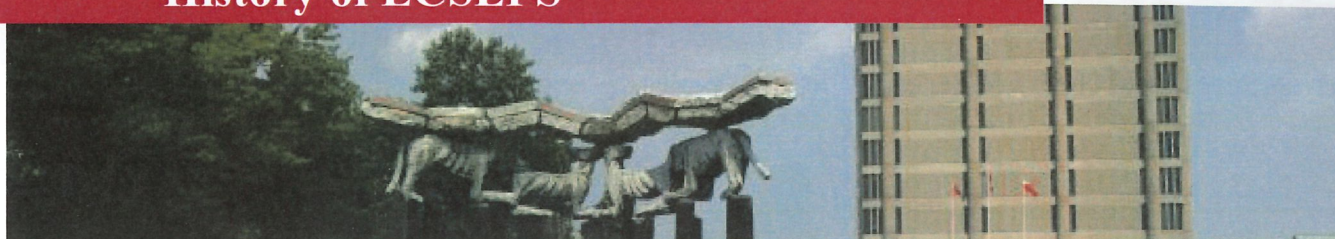


March 21 - 23, 2013

Department of Kinesiology

Faculty of Applied Health Sciences

Brock University, St. Catharines, Ontario, Canada



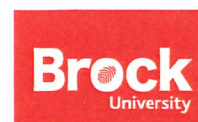
We are pleased to invite you to the 17th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS). Originally founded in 1996 by graduate students at the University of Ottawa, ECSEPS provides students with an opportunity to present their proposed, ongoing, and completed research projects. This first ECSEPS included 18 oral presentations devoted to topics in sport psychology and applied intervention strategies. Since its humble beginning, ECSEPS has continued to grow in size over the last 17 years and has successfully promoted prominent research in the health, exercise, and sport psychology field.

We, here at Brock University, are excited to be hosting ECSEPS 2013. Brock last hosted ECSEPS in 2004, and we are thrilled to have this opportunity again. This year, we have an exceptional group of 98 student-presenters in addition to our keynote speaker, Dr. Joe Baker from York University and our banquet speakers: Jessica Lewis, Paralympian (Bermuda) and Colin Russell, Olympian (Canada), who both competed in London 2012. ECSEPS 2013 will also feature the Canadian Sport Psychology Association (CSPA) semi-annual general meeting and CSPA workshop presented by Dr. Judy Goss, Director of Sport Science at the Canadian Sport Institute Ontario.

On behalf of our ECSEPS 2013 organizing committee, and the Faculty of Applied Health Sciences at Brock University, we hope you enjoy the conference and your time in the Niagara region.

Past Hosts of ECSEPS:

1996: University of Ottawa
 1998: University of Ottawa
 1999: University of Ottawa
 2000: Queen's University
 2001: Western University
 2002: McMaster University
 2003: McGill University
 2004: Brock University
 2005: The University of Windsor
 2006: University of Ottawa
 2007: Queen's University
 2008: Laurentian University
 2009: York University
 2010: McGill University
 2011: Wilfrid Laurier University
 2012: Western University
 2013: Brock University



March 2013

Dear ECSEPS 2013 Attendees:

On behalf of the Department of Kinesiology at Brock University, I would like to welcome you to the 2013 Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS). As a two-time host and regular contributor to ECSEPS, the students and faculty of our department recognize the value of this conference.

I would like to thank you for attending the conference, and the graduate students in our department who have done so much work to prepare an excellent event. I hope that you enjoy your stay on Brock campus and in the Niagara Region.

Sincerely,

Philip Sullivan

Philip Sullivan, Ph.D.
Professor and Chair
Department of Kinesiology
Brock University

March 2013

ECSEPS Attendees

Dear attendees of the Eastern Canada Sport and Exercise Psychology Symposium, as Dean of the Faculty of Applied Health Sciences it gives me great pleasure to welcome you to Brock University. Members of The Organizing Committee are delighted to host student delegates from across Ontario and Quebec to our beautiful campus, and trust you will find the symposium informative and rewarding.

Conferences can be intellectually stimulating, but they also provide opportunities to make new friends and to socialize with existing friends. I would urge you to seek out and embrace these interactions, in addition to your focus on the academic program. If you find the time, walk through the Brock campus and the surrounding escarpment trails. For those who wish to explore the region, you can visit Niagara Falls, a multitude of wineries, interesting historical sites and enchanting communities.

So, welcome to Brock University, I am very glad you are here and trust that your visit will be enjoyable and productive.

A handwritten signature in black ink that reads "Neil McCartney". The signature is written in a cursive, flowing style.

Neil McCartney PhD
Professor and Dean

To ECSEPS attendees at ECSEPS Brock, 2013.

I wish to extend a warm welcome to you from Brock University and the Niagara area. The next few days promise to be an distinctive experience for you. I encourage you to make the most out of this opportunity to connect with graduate students and faculty researchers from the various institutions stretching across Ontario to Quebec and Canada's east coast.

At your meeting, you'll find a community of researchers who share a commitment to making a difference in the broad scope of fields involving sport, exercise and health. The symposium will focus on gaining a better understanding as to why people are motivated to participate in sport and exercise in the way that they do — from individual pursuits to organized group activities.

There is much to learn from being part of a forum where frank academic discussions occur. The symposium is truly a showcase of an exciting world of research where techniques and methodologies are being applied to address conceptual, philosophical, and theoretical issues in health science. The more we know, the more we can contribute to promoting and encouraging active lifestyles to benefit people of all ages.

I also hope that you will take the time to explore the Niagara region. There is much to discover starting here at Brock where we are situated on the Niagara Escarpment, a UNESCO World Biosphere Reserve, to the region's award-winning wineries, the charm and history of Niagara-on-the-Lake and the wonders of Niagara Falls.

Sincerely

Michael Plyley

Michael Plyley
Dean, Faculty of Graduate Studies

Dr. Judy Goss - CSPA Applied Workshop Speaker



Judy Goss received her Ph.D. in Sport Psychology from the University of Maryland and is a Certified Consultant by the Association of Applied Sport Psychology. As an associate member of the American Association for Marriage & Family Therapy she also is qualified in the area of family and marriage counseling. Presently, Judy is employed by the Canadian Sport Institute Ontario as the Director, Sport Science, developing programs and initiatives as well as leading Integrated Support Teams.

She is a Mental Performance Consultant working with National and Olympic Team members in Ontario. She also maintains a private consulting practice working with athletes from a wide variety of sports, in particular Wheelchair Basketball Canada, Skate Canada and Gymnastics Canada. Judy has written numerous articles and presented at national and international conferences. Her interests focus on hardiness, injury, burnout, transition, stress, and peak performance.

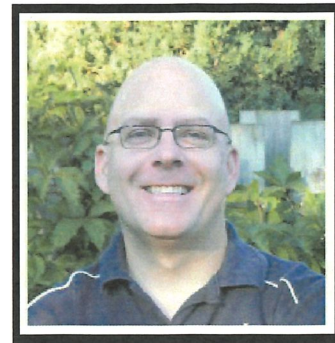
CSPA Applied Workshop: Thursday March 21st, 2013

6:00pm-7:00pm - Pond Inlet

Mental Performance Consulting with in the Canadian Sport System

Working for a National Sport Organization is rewarding and challenging. Providing effective services and meeting the needs of the athletes and coaches is foremost on any Mental Performance Consultants mind. However, working within the NSO's mandate and within the confines of an Integrated Support Team (IST) has its challenges. ISTs provide you with expertise and experience from different practitioners but how do you maneuver within the IST to be successful in providing services. Judy will provide some insight into how an IST is developed and funded. As well as the ins and outs of providing mental performance services to national teams athletes while working within an IST.

Dr. Joe Baker - Conference Keynote Speaker



Dr. Joe Baker is currently an Associate Professor at the School of Kinesiology and Health Science at York University. As an alumnus of Brock, Dr. Baker received his BPhEd and MEd before completing both his PhD and post doctoral fellowship at Queens University. His research interests focus on optimal human development aimed specifically at the development and maintenance of expert performance and the psychosocial factors influencing involvement in physical activity throughout the lifespan.

His notable achievements include: Author/Editor of 5 books, over 100 peer-reviewed journal articles, Chair of 'Own the Podium' research panel on Talent Identification and Development, past-president of the Canadian Society for Psychomotor Learning and Sport Psychology, and was awarded the Franklin Henry Young Scientist Award (SCAPPS). In his free time Dr. Baker is an avid runner and cyclist, and enjoys collecting rare books.

ECSEPS 2013 Keynote Address: Friday March 22nd, 2013

12:45pm-1:45pm - Pond Inlet

Palm Reading, Astrology and Predicting the Future: Understanding the Process of Developing Talent in Sport

Increasingly, sporting nations around the world are focusing on the process of athlete development, with particular attention to the early identification of 'talent'. Although some of this work may seem similar to discredited practices like astrology and palm reading, there is an emerging and rapidly developing evidence base informing our understanding of this process. This address will review our 15-year research program investigating issues relating to the nuances of athlete development including how seemingly innocuous factors like birth date and hand measurements predict athlete attainment.



Jessica Lewis

Ms. Lewis is currently a Brock University student majoring in inclusive and therapeutic recreation and recently competed at the London 2012 Paralympic games representing her home country of Bermuda. This marks the first time that Bermuda has been represented by a track and field athlete at the Paralympic level. Jessica was born with Diastematomyelia, a congenital disorder in which a part of the spinal cord is split by a bone spur. Jessica has accumulated a number of awards and distinctions for her outstanding athletic achievements over the years and was chosen to present a TED talk in October 2012. An athlete from a young age, Jessica first swam at the age of 2, began horseback riding at age 5 and began playing basketball and tennis at 10 years old. More recently, Jessica trained with Canada's National Women's wheelchair basketball team.

Colin Russell, BSc



Mr. Russell is a two-time Olympic athlete having competed in his second Olympic Games this past summer in both the 4x100 and 4x200 freestyle relay. Colin's notable achievements include a World Record, a World Championship Medal, and multiple CIS records. Colin completed a BSc in Pharmacology and is completing his MSc in Kinesiology at Brock University. When Colin isn't busy training he enjoys cooking, eating, and playing games. His younger sister Sinead also competed in swimming for Canada at the 2012 London Games.

ECSEPS 2013 Banquet Keynote Address: Saturday March 23rd, 2013 7:00pm-9:00pm at Rockway Glen Golf Course & Estate Winery [Athlete Q & A Session]

Please note that in lieu of a traditional keynote speech, Jessica and Colin will engage in a Q&A session throughout the banquet dinner to answer any audience questions. Those in attendance will be encouraged to generate questions during the dinner on question forms made available on individual tables. The questions will be posed by members of the organizing committee during the Q&A session.

Program Schedule Overview: Thursday March 21, 2013

3:00pm-6:00pm	CONFERENCE REGISTRATION - POND INLET
5:00pm-5:55pm	Canadian Sport Psychology Association (CSPA) Semi-Annual General Meeting (OPEN TO ALL)
6:00pm-7:00pm	CSPA Workshop: Dr. Judy Goss, Director of Sport Science at Canadian Sport Institute Ontario TITLE: "Mental Performance Consulting with in the Canadian Sport System" (OPEN TO ALL) <i>Moderator: Dr. Gord Bloom, McGill University</i>

Program Schedule Overview: Friday March 22, 2013

8:00am-12:00pm	CONFERENCE REGISTRATION - SANKEY CHAMBERS		
	SANKEY CHAMBERS	PLAZA 600F	
8:30am-9:30am	Session 1A: Recreation & Education Programs Moderator: <i>Morgan Gagnon</i>	Session 1B: Well-Being & Quality of Life Moderator: <i>Dr. Larkin Lamarche</i>	
9:30am-9:45am	Break (Refreshments Provided)		
9:45am-10:45am	Session 2A: Sport Performance Moderator: <i>Sarah Ditmars</i>	Session 2B: Self & Identity Moderator: <i>Aly Bailey</i>	
10:45am-11:00am	Break		
11:00am-12:00pm	Session 3A: Sport Participation & Commitment Moderator: <i>Brianne Ozimok</i>	Session 3B: Interventions Moderator: <i>Jenna Gilchrist</i>	
12:15pm-2:00pm	Lunch – POND INLET (Lunch Provided)		
	12:45pm-1:45pm Keynote Address: Dr. Joe Baker, York University TITLE: “Palm Reading, Astrology and Predicting the Future: Understanding the Process of Developing Talent in Sport” Moderator: <i>Dr. Jessica Fraser-Thomas, York University</i>		
	PLAZA 600F	PLAZA 500A	PLAZA 501C
2:15pm- 3:30pm	Session 4A: Peer Interactions & Influences Moderator: <i>Kimberly Brooks</i>	Session 4B: Consulting & Education Perspectives Moderator: <i>Tammy Whitaker- Campbell</i>	Session 4C: Attention & Motor Control Moderator: <i>Kaitlyn LaForge- MacKenzie</i>
3:30pm-3:45pm	Break		
3:45pm-5:00pm	Session 5A: Concussions Moderator: <i>Sarah Ditmars</i>	Session 5B: Exercise & Physical Activity Participation Moderator: <i>Kimberly Brooks</i>	Session 5C: Leadership & Group Dynamics Moderator: <i>Morgan Gagnon</i>
7:30pm-10:30pm	Student Social: STELLA’S Address: 45 James Street, St. Catharines, ON, L2R 5B9		

Program Schedule Overview: Saturday March 23, 2013

8:15am-12:00pm	CONFERENCE REGISTRATION - PLAZA 408		
	PLAZA 409	PLAZA 410	PLAZA 411
8:45am-9:45am	Session 6A: Cohesion & Team-Building Moderator: <i>Sarah Ditmars</i>	Session 6B: Body Image Moderator: <i>Sarah Howard</i>	Session 6C: Youth Sport Moderator: <i>Matthew Marini</i>
9:45am-10:00am	Break (Refreshments Provided)		
10:00am-10:45am	Session 7A: Aging & Physical Activity Moderator: <i>Lindsay Cline</i>	Session 7B: Physical Education Moderator: <i>Aly Bailey</i>	Session 7C: Imagery Moderator: <i>Jermel Pierre</i>
10:45am-11:00am	Break		
11:00am-12:00pm	Session 8A: Coach Behaviours & Development Moderator: <i>Sarah Howard</i>	Session 8B: Physical Activity Motivation Moderator: <i>Jenna Gilchrist</i>	
12:15pm-2:00pm	Lunch – POND INLET (Lunch Provided)		
2:00pm- 3:00pm	Session 9A: Coach & Athlete Relationships Moderator: <i>Brianne Ozimok</i>	Session 9B: Parent & Family Influences Moderator: <i>Dr. Larkin Lamarche</i>	
3:00pm-3:15pm	Break		
3:15pm-4:15pm	Session 10A: Elite Sport Moderator: <i>Kaitlyn LaForge-MacKenzie</i>	Session 10B: Special Populations Moderator: <i>Lindsay Cline</i>	
6:00pm-6:15pm	BUS PICK-UP for BANQUET: FOUR-POINTS SHERATON		
7:00pm-1:00am <i>Shuttle back to hotel: Bus 1: 11:30pm Bus 2: 12:00am Bus 3: 12:30am</i>	BANQUET: Rockway Glen Golf Course & Estate Winery Address: 3290 Ninth Street, St. Catharines, ON, L2R 6P7 Keynote Address: Jessica Lewis¹ & Colin Russell² ¹ Paralympian London 2012 (Bermuda); ² Olympian London 2012 (Canada) ATHLETE Q & A Moderators: Tammy Whitaker-Campbell, PhD (c); Lindsay Cline, PhD (s), & Kaitlyn LaForge-MacKenzie, PhD (c)		

Conference Presentation Schedule: Friday March 22, 2013

8:00am-12:00pm: Registration - Sankey Chambers

8:30am-9:30am: Session 1

Session 1A: Recreation & Education Programs Room: Sankey Chambers		Moderator: <i>Morgan Gagnon</i>
8:30am-8:45am	Outdoor Education and the Enhancement of Human Health Heather Isnor ¹ & Dr. Kim Dawson ¹ Wilfrid Laurier University ¹	
8:45am-9:00am	The Psychosocial Impact of Camp for Children with Chronic Illnesses: A Systematic Review Lauren White ¹ , Fiona J. Moola ² , Guy E. J. Faulkner ¹ , & Joel A. Kirsh ³ University of Toronto ¹ ; University of Manitoba ² ; Hospital for Sick Children, Toronto ³	
9:00am-9:15am	Evaluating Kingston's Summer Recreational Program for Children: A Three Staged Methodology For Improvements Danai A. Kapsokafalou ¹ , Denita Dyck ¹ , & Dr. Lucie Levesque ¹ Queen's University ¹	
9:15am-9:30am	Community Partnerships: The Challenge of a Multi-Sectoral Approach to Physical Activity Promotion Ashley Johnson ¹ & Dr. Lucie Levesque ² YMCA of Niagara & Brock University ¹ ; Queen's University ²	

Session 1B: Well-Being & Quality of Life Room: Plaza Building 600F		Moderator: <i>Dr. Larkin Lamarche</i>
8:30am-8:45am	Conflict between Women's Physically Active and Non-Physically Active Leisure Pursuits: The Role of Self-Determination and Influences on Well- Being. Tamara Williams ¹ , Eva Guerin ¹ , & Dr. Michelle Fortier ¹ University of Ottawa ¹	
8:45am-9:00am	Investigating Coaches' Well-Being from a Positive Psychology Perspective Kylie McNeill ¹ & Dr. Natalie Durand-Bush ¹ University of Ottawa ¹	
9:00am-9:15am	Exploring Cancer Survivors' Perceptions of the Motivational Climate in Fitness-Based Activity Classes: What are the Key Elements? Anik St-Aubin ¹ & Dr. Jennifer Brunet ¹ University of Ottawa ¹	
9:15am-9:30am	Health-Related Quality of Life in Firefighters Meghan Hoefs ¹ & Dr. Kim Dawson ¹ Wilfrid Laurier University ¹	

9:30am-9:45am: Break (Refreshments Provided - Sankey Chambers & Plaza 600F)

9:45am-10:45am: Session 2

Session 2A: Sport Performance		Moderator: <i>Sarah Ditmars</i>
Room: Sankey Chambers		
✓ 9:45am-10:00am	A Proposed Analysis of the Enforcer Role in Junior Level Hockey Bowes, S. ¹ , McLaren, C. ¹ , Surya, M. ¹ , & Eys, M. A. ¹ Wilfrid Laurier University ¹	
✓ 10:00am-10:15am	A Longitudinal Examination of the Effects of Priming on Children's Motor Skill Performance and Self-Efficacy Yael Rozenblit ¹ , & Dr. Jessica Fraser-Thomas ¹ York University ¹	
✓ 10:15am-10:30am	Physical Conditioning as a Form of Punishment in Inter-University Football Ahad Bandealy ¹ & Dr. Gretchen Kerr ¹ University of Toronto ¹	
✓ 10:30am-10:45am	Analyzing the Dump-and-Chase Tactic at the 2013 World Junior Hockey Championships Fitzsimmons, C. R. S. ¹ , Lynch, S. J-A. ¹ , Burke, S. M. ¹ , & Carron, A. V. ¹ Western University ¹	

Session 2B: Self & Identity		Moderator: <i>Aly Bailey</i>
Room: Plaza Building 600F		
9:45am-10:00am	Gain-Framed Messages and Sport in Middle-Aged Adults: The Activation and Elaboration of Possible Selves Alex Lithopoulos ¹ , Scott Rathwell ¹ , Joseph Mathews ¹ , & Dr. Bradley W. Young ¹ University of Ottawa ¹	
10:00am-10:15am	Do Feelings of Pride Predict Future Physical Activity Behaviour? Jenna D. Gilchrist ¹ , Diane E. Mack ¹ , Philip M. Wilson ¹ , & Catherine M. Sabiston ² Brock University ¹ ; University of Toronto ²	
10:15am-10:30am	Physical Activity Possible Selves Intervention: A Focus on Self-Regulatory Possible Selves Meghan E. Marcotte ¹ & Shaelyn M. Strachan ² University of Ottawa ¹ ; University of Manitoba ²	
10:30am-10:45am	Elite Athletes and Positive Identity Adaptation after a Career-Ending Injury Alanna Riordan ¹ & Dr. Jill Tracey ¹ Wilfrid Laurier University ¹	

10:45am-11:00am: Break

11:00am-12:00pm: Session 3

Session 3A: Sport Participation & Commitment		Moderator: <i>Brianne Ozimok</i>
Room: Sankey Chambers		
✓ 11:00am-11:15am	Extending Athletes' Participation in Sport: Bridging the Gap between Youth and Adult Sport Lauren Wolman ¹ & Dr. Jessica Fraser-Thomas ¹ York University ¹	
✓ 11:15am-11:30am	Competing for Clarity – A Review of the Literature Surrounding Emotion in Sport Veronica Allan ¹ , Karl Erickson ¹ , & Jean Côté ¹ Queen's University ¹	
✓ 11:30am-11:45am	Sports Day in Canada: An Examination of Correlates of Awareness and Intentions to Participate in Sport Alicia Luciani ¹ , Lauren White, Guy Faulkner ¹ , Tanya Berry, Sameer Deshpande, Amy Latimer-Cheung, Ryan Rhodes, John Spence, & Mark Tremblay University of Toronto ¹	
✓ 11:45am-12:00pm	Examining how Specific Involvement Opportunities Influence the Sport Commitment Type of Masters athletes as a Function of Experience Angela Bennett ¹ & Dr. Bradley W. Young ¹ University of Ottawa ¹	

Session 3B: Interventions		Moderator: <i>Jenna Gilchrist</i>
Room: Plaza Building 600F		
11:00am-11:15am	Teaching Positive Youth Development: A program Evaluation Assessing Adult Participant Outcomes. Ashley L. Adler ¹ , David J. Hancock ¹ , & Dr. Jean Côté ¹ Queen's University ¹	
11:15am-11:30am	Healthy Active Living during Transition to University Denver Brown ¹ , Dr. Steven Bray ¹ , & Dr. Matt Kwan ¹ McMaster University ¹	
11:30am-11:45am	Changing Minds, Changing Lives from the Top-Down: A Case Study of the Adoption of a Nationwide, Theory-Based Intervention to Increase Health Care Professionals' Leisure-Time Physical Activity Prescription Behavior among Canadians with a Physical Disability Jennifer R. Tomasone ¹ , Kathleen A. Martin Ginis ¹ , Paul A. Estabrooks ² , & The Canadian Paralympic Committee McMaster University ¹ ; Virginia Tech and Carilion Clinic ²	
11:45am-12:00pm	Relationships between Heart Rate Variability Biofeedback, Self-Efficacy, Coping, and Pain Management in Injured Athletes Scott Rollo ¹ & Dr. Jill Tracey ¹ Wilfrid Laurier University ¹	

12:15pm-2:00pm: Lunch - Pond Inlet (Lunch Provided)

Keynote Address: Dr. Joe Baker, York University (12:45pm-1:45pm)
“Palm Reading, Astrology and Predicting the Future: Understanding the Process of Developing Talent in Sport”

Moderator: Dr. Jessica Fraser-Thomas, York University

2:15pm-3:30pm: Session 4

Session 4A: Peer Interactions & Influences		Moderator: <i>Kimberly Brooks</i>
Room: Plaza Building 600F		
2:15pm-2:30pm	Peer Motivational Climate and its Relationship with Positive and Negative Affect in Intramural Sports Evan Webb ¹ & Dr. Scott Forrester ¹ , Brock University ¹	
2:30pm-2:45pm	Examining the Behaviours and Experiences of Athletes in Adult-Led and Peer-Led Youth Sport. Faizan Imtiaz ¹ & Dr. Jean Côté ¹ , Queen's University ¹	
2:45pm-3:00pm	"I'll Teach You the Tricks of the Trade": An Examination of Peer Athlete Mentoring and its Relationship to Leadership Behaviours and Protégé Satisfaction Hoffmann, M. D. ¹ & Dr. Loughhead, T. M ¹ . University of Windsor ¹	
3:00pm-3:15pm	The Development of Peer Interaction Patterns in a Recreational Youth Sport Program Greg Smith ¹ , Matthew Vierimaa ¹ , Karl Erickson ¹ , & Dr. Jean Côté ¹ Queen's University ¹	
3:15pm-3:30pm	Testing the Innuendo Effect in a Sport Context Murray, R. M. ¹ , Evans, M. B. ¹ , Benson, A. J. ¹ , Bray, S. R. ¹ , & Dr. Eys, M. A. ¹ Wilfrid Laurier University ¹	

Session 4B: Consulting & Education Perspectives		Moderator: <i>Tammy Whitaker-Campbell</i>
Room: Plaza Building 500A		
2:15pm-2:30pm	Psychological Factors involved in Olympic Performance: Lessons from Canadian Athletes at the London 2012 Olympic Games Émilie Potvin ¹ & Dr. Barbara Ravel ¹ Laurentian University ¹	
2:30pm-2:45pm	Concussions: Implications for Sport and Exercise Psychology Consultants Jeffrey G. Caron ¹ & Gordon A. Bloom ¹ McGill University ¹	

2:45pm-3:00pm	Creating Value through Communities of Practice in Sport: Implications for Athletes, Coaches, Parents, and Mental Performance Consultants Rachael Bertram ¹ , Kyle Paquette ¹ , Tiago Duarte ¹ , & Dr. Diane Culver ¹ University of Ottawa ¹
3:00pm-3:15pm	Specific and Practical Recommendations for Coach Educators: A Review of Literature on Coach Education Published between 2002 to 2012 Rachael Bertram ¹ , Kyle Paquette ¹ , & Dr. Diane Culver ¹ University of Ottawa ¹
3:15pm-3:30pm	<i>(break)</i>

Session 4C: Attention & Motor Control		Moderator: <i>Kaitlyn LaForge-MacKenzie</i>
Room: Plaza Building 501C		
2:15pm-2:30pm	Examining Attentional Bias for Smoking Cues with a Manual Aiming Methodology Hsin, A. ¹ , Faulkner, G. ¹ , Welsh, T. ¹ , & Tremblay, L. ¹ University of Toronto ¹	
2:30pm-2:45pm	Interaction between Construals and Ego Depletion in an Endurance Handgrip Squeeze. Tran, A. ¹ & Dr. Bray S. R. ¹ McMaster University ¹	
2:45pm-3:00pm	Elite Soccer Players' Mental Skills: An Exploration of Focusing Strategies Rafael A. B. ¹ , Tedesqui ¹ , & Dr. Terry Orlick ¹ University of Ottawa ¹	
3:00pm-3:15pm	The Effects of Consistency in Learning a Golf Putting Task Adrienne Milne ¹ & Dr. Jae Patterson ¹ Brock University ¹	
3:15pm-3:30pm	Examining the Effects of Self-Controlled Part vs. Whole Model Observation During the Acquisition of a Basketball Jump Shot. Dan Bordenave ¹ & Dr. Jae Patterson ¹ Brock University ¹	

3:30pm-3:45pm: Break

3:45pm-5:00pm: Session 5

Session 5A: Concussions		Moderator: <i>Sarah Ditmars</i>
Room: Plaza Building 600F		
3:45pm-4:00pm	Analysis of Concussion Prevention Protocols in Sport Organizations Sandhya Mylabathula ¹ & Dr. P. Donnelly ¹ University of Toronto ¹	

4:00pm-4:15pm	An Analysis of Concussion Management Protocols of Selected Sports Organizations Swapna Mylabathula ¹ & Dr. Lynda Mainwaring ¹ University of Toronto ¹
4:15pm-4:30pm	The Effect of Social Support on Concussion Rehabilitation Christophe Poirier ¹ , Jeffrey G. Caron ¹ , & Dr. Gordon A. Bloom ¹ McGill University ¹
4:30pm-4:45pm	Translating Research into Policy: Towards a Comprehensive Strategy to Address Concussion in Canada Sandhya Mylabathula ¹ , Swapna Mylabathula ¹ , & Dr. Kirsty Duncan ¹ University of Toronto ¹
4:45pm-5:00pm	Psychological and Physiological Stress Manifestation in Concussed Athletes from Injury to Return to Play Arrani Senthinathan ¹ , Dr. Lynda Mainwaring ¹ , & Dr. Doug Richards ¹ University of Toronto ¹

Session 5B: Exercise & Physical Activity

Participation

Moderator: *Kimberly Brooks*

Room: Plaza Building 500A

3:45pm-4:00pm	The Effects of False Feedback on Self-Efficacy, Exercise Intention, and Exercise Behaviour Among Low-Active College-Aged Women Christyn Oda ¹ & Dr. Kimberley Gammage ¹ Brock University ¹
4:00pm-4:15pm	Physical Activity Decline in Previously Active Adolescent Girls Related to Barriers Kendra M. MacFarlane ¹ , Dr. Karen K. Yoshida ^{2,3} , Dr. Kenneth R. Allison ^{3,4} , Dr. John J.M. Dwyer ⁵ , & Marie Boutlier ³ McMaster University ¹ ; Physical Therapy and Rehabilitation Sciences, University of Toronto ² ; Public Health Sciences, Faculty of Medicine, University of Toronto ³ ; Public Health Ontario, Toronto, Ontario ⁴ ; University of Guelph ⁵
4:15pm-4:30pm	The University of Toronto Longitudinal Health Behaviour Cohort Study: a Proposed Investigation Tanya Scarapicchia ¹ , Guy Faulkner ¹ , Kelly Arbour-Nicitopoulos ¹ , & Catherine Sabiston ¹ University of Toronto ¹
4:30pm-4:45pm	Can Physical Activity Prevent the Onset of Depression? A Systematic Review of Prospective Studies George Mammen ¹ & Dr. Guy Faulkner ¹ University of Toronto ¹

4:45pm-5:00pm	<p>Motivational Aspects of Physical Literacy: A Qualitative Approach Using the Self Determination Theory.</p> <p>McClelland, Katie¹, Orlick, Terry¹, Longmuir, Patricia^{1,3}, Lloyd, Rebecca¹, Lloyd, Meghann², & Tremblay, Mark^{1,3}</p> <p>University of Ottawa¹; University of Ontario Institute of Technology²; Children's Hospital of Eastern Ontario Research Institute³</p>
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Session 5C: Leadership & Group Dynamics Room: Plaza Building 501C		Moderator: <i>Morgan Gagnon</i>
3:45pm-4:00pm	<p>Predicting Group Processes Using Structures and Perceptions of Interdependence Among Individual Sport Teammates</p> <p>Evans, M. B.¹ & Eys, M. A.¹</p> <p>Wilfrid Laurier University¹</p>	
4:00pm-4:15pm	<p>Examining the Importance of Athlete Leadership Behaviors and their Importance by Leadership Status.</p> <p>Ashley M. Duguay¹, Todd M. Loughhead¹, & Krista J. Munroe-Chandler¹</p> <p>University of Windsor¹</p>	
4:15pm-4:30pm	<p>An Exploration of Transformational Leadership in Youth Sport Settings: A Proposed Study</p> <p>Jennifer Turnnidge¹, & Jean Côté¹</p> <p>Queen's University¹</p>	
4:30pm-4:45pm	<p>Assistant Coaches' Role in Athletes' Personal, Academic, and Athletic Development: A proposed study.</p> <p>Scott Rathwell¹ & Bradley W. Young¹</p> <p>University of Ottawa¹</p>	
4:45pm-5:00pm	<p>Exploring the Influence of Injury on Group Processes in Basketball</p> <p>Surya, M.¹, Benson, A.J.¹, Balish, S.², & Eys, M. A.¹</p> <p>Wilfrid Laurier University¹; Dalhousie University²</p>	

5:00pm-7:30pm: Dinner on your own

7:30pm-10:30pm: Student Social (Stella's, Downtown St. Catharines)

Conference Presentation Schedule: Saturday March 23, 2013

8:15am-12:00pm: Registration - Plaza Building 408

8:45am-9:45am: Session 6

Session 6A: Cohesion & Team-Building Room: Plaza Building 409		Moderator: <i>Sarah Ditmars</i>
8:45am-9:00am	Investigating the Relationship between Athlete Leadership Behaviours and Cohesion using Social Network Analysis Geoffrey M. Hackett ¹ , Todd M. Loughead ¹ & Katrien Franssen ² University of Windsor ¹ ; KU Leuven ²	
9:00am-9:15am	A Proposed Study on Paralympic rowers' Perceptions of a Team-Building Intervention. Dominique M. Paiement ¹ & Dr. Gordon A. Bloom ¹ McGill University ¹	
9:15am-9:30am	Evaluating Social Media as a Platform for the Implementation of a Team Building Protocol Forrest, C. K. ¹ & Bruner, M.W. ¹ Nipissing University ¹	
9:30am-9:45am	Investigating the Relationship Between Athlete Leadership Characteristics, Self-Construals, and Team Cohesion Michelle M. Peters ¹ , Todd M. Loughead ¹ , & Dr. Krista J. Munroe-Chandler ¹ University of Windsor ¹	

Session 6B: Body Image Room: Plaza Building 410		Moderator: <i>Sarah Howard</i>
8:45am-9:00am	University Students' Perceptions of Myocardial Infarction Patients Miranda Cloudt ¹ & Dr. Kimberley Gammage ¹ Brock University ¹	
9:00am-9:15am	Examining the Impact of Training Terminology on Perceptions of Women who Engage in Muscle Strengthening Activities Brittany E. Cooper ¹ , Krista J. Munroe-Chandler ¹ , & Todd M. Loughead ¹ University of Windsor ¹	
9:15am-9:30am	A New Perspective: Positive Body Image Characteristics for Individuals who have a Spinal Cord Injury Aly Bailey ¹ & Dr. Kimberley Gammage ¹ Brock University ¹	
9:30am-9:45am	Examining Theoretical Predictors of Body-Related Envy in Young Adult Females Eva Pila ¹ & Dr. Catherine Sabiston ¹ ; University of Toronto ¹	

Session 6C: Youth Sport Room: Plaza Building 411		Moderator: <i>Matthew Marini</i>
8:45am-9:00am	Exploring Former High School Athletes' Perspectives on Development and Transfer of Life Skills Kendellen, Kelsey M. ¹ & Camiré, Martin ¹ The University Ottawa ¹	
9:00am-9:15am	Intentions to Return in Youth Sport: The Role of Ego- and Task-Related Coaching Behaviours Colin McLaren ¹ , Robyn Murray ¹ , & Mark Eys ¹ Wilfrid Laurier University ¹	
9:15am-9:30am	Online Examination of the Contextual Characteristics and Interactive Experiences in Youth Sport in Canada Kori Cembal ¹ , Dr. Jean Côté ¹ , & Dr. Lucie Lévesque ¹ Queen's University ¹	
9:30am-9:45am	Bolus, Practice, Game: A Proposed Study of Elite athletes' Experiences Living with Diabetes Theresa Beesley ¹ & Dr. Jessica Fraser-Thomas ¹ York University ¹	

9:45am-10:00am: Break (Refreshments Provided - Plaza Building 408)

10:00am-10:45am: Session 7

Session 7A: Aging & Physical Activity Room: Plaza Building 409		Moderator: <i>Lindsay Cline</i>
10:00am-10:15am	Aging and Negotiating Social Stigmas: Stereotypes and Stairs Rachael C. Stone ¹ , Dr. Joe Baker ¹ , & Dr. Will Gage ¹ York University ¹	
10:15am-10:30am	Endurance Exercise Contributions to Healthy Aging: Insights from Elite Masters Athletes aged 75 years and Older Samantha Taran ¹ , Catherine M. Sabiston ² , & Tanja Taivassalo ¹ McGill University ¹ ; University of Toronto ²	
10:30am-10:45am	The Association Between Psychological Factors, Physical Activity Participation, and Pain Induced Activity Restriction Among Elderly Diabetics Samantha Jeske ¹ , Rachael Stone ¹ , & Joseph Baker ¹ York University ¹	

Session 7B: Physical Education Room: Plaza Building 410		Moderator: <i>Aly Bailey</i>
10:00am-10:15am	Influence of Physical Education on Adolescent Females' Physical Activity: A Proposed Study Reid, Mary-Anne ¹ & Freeman, John Session ¹ Queen's University ¹	
10:15am-10:30am	Becoming a Physical Education Teacher: From Preparation to Practice Lauren Tristani ¹ & Dr. Jessica Fraser-Thomas ¹ York University ¹	
10:30am-10:45am	Investigation of Physical Education Class Content, Teachers' Behaviour, and Physical Activity in Mexican Children in Grades 3-5: Implementation Impact of National Guidelines for Action Schools Hoda Gharib ¹ , Karla Galaviz, Margarita Safdie, Lizbeth Tolentino, Simon Barquera, & Lucie Lévesque ¹ Queen's University ¹ ; Instituto Nacional de Salud Publica de Mexico	

Session 7C: Imagery Room: Plaza Building 411		Moderator: <i>Jermel Pierre</i>
10:00am-10:15am	The Influence of Sport Type on Movement Imagery Ability in Children Amélie Fournier ¹ , Dr. Rose Martini ¹ , & Michael Carter ¹ University of Ottawa ¹	
10:15am-10:30am	Imagine a World Without Play: Increasing Physical Activity Behaviours in Children through an Imagery Intervention Michelle D. Guerrero ¹ , Danielle Tobin ¹ , Krista J. Munroe-Chandler ¹ , & Craig R. Hall ² University of Windsor ¹ ; Western University ²	
10:30am-10:45am	The Relationship between Imagery Use, Imagery Orientation and Group Cohesion Kim Curtin ¹ ; Krista Munroe-Chandler ¹ ; & Todd Loughead ¹ University of Windsor ¹	

10:45am-11:00am: Break

11:00am-12:00pm: Session 8

Session 8A: Coach Behaviours & Development Room: Plaza Building 409		Moderator: <i>Sarah Howard</i>
11:00am-11:15am	Examining Behavioural Signatures of Youth Sport Coaches Renée Matte ¹ , David J. Hancock ¹ , & Jean Côté ¹ Queen's University ¹	

11:15am-11:30am	Coaches' Perspectives on Socialization Strategies in Sport Teams Benson, A. J. ¹ , & Eys, M. A. ¹ Wilfrid Laurier University ¹
11:30am-11:45am	How Novice Parasport Coaches Develop their Knowledge Davey, J. J. ¹ & Culver, D. M. ¹ University of Ottawa ¹
11:45am-12:00pm	The Roles, Responsibilities, and Relationships of Successful Full-Time Assistant Coaches in Canadian University Football. Charles-Antoine Sinotte ¹ & Gordon A. Bloom ¹ McGill University ¹

Session 8B: Physical Activity Motivation		Moderator: Jenna Gilchrist
Room: Plaza Building 410		
11:00am-11:15am	Staying on Beat with High-Intensity Interval Exercise: The Influence of Music on Mood, Motivation, and Perceived Enjoyment. Matthew Stork ¹ , Dr. Kathleen Martin Ginis ¹ , & Dr. Martin Gibala ¹ McMaster University ¹	
11:15am-11:30am	Exploring Equifinality of Motives and Commitment to Physical Activity in Adults Barriage, N. ¹ , Vallerand, J.R. ¹ , & Young, B.W. ¹ University of Ottawa ¹	
11:30am-11:45am	Predicting Physical Activity Commitment, Adherence Slips and Lapses: The motivational drivers of adult sportspersons and exercisers Vallerand, J.R. ¹ & Young, B.W. ¹ University of Ottawa ¹	
11:45am-12:00pm	Understanding the Nature of Exercise Outcome Expectations Murray, R. A. ¹ , Evans, M. B. ¹ , & Cooke, L. ² Wilfrid Laurier University ¹ ; University of Western Ontario ²	

12:15pm-2:00pm: Lunch - Pond Inlet (Lunch Provided)

2:00pm-3:00pm: Session 9

Session 9A: Coach & Athlete Relationships		Moderator: Brianne Ozimok
Room: Plaza Building 409		
2:00pm-2:15pm	A Proposed Study of the Development of a Mentoring Program for Paralympic Coaches. Katherine Fairhurst ¹ & Gordon A. Bloom ¹ McGill University ¹	
2:15pm-2:30pm	The Intentions and Thought Processes Behind Coach-Athlete Interactions in Team Sport	

	Sara Buckham ¹ , Karl Erickson ¹ , & Jean Côté ¹ Queen's University ¹
2:30pm-2:45pm	The Use of Novel Methodologies to Investigate the Dynamic Flux of Coach-Athlete Relationships Geoffrey Johnston ¹ , Karl Erickson ¹ , & Dr. Jean Côté ¹ Queen's University ¹
2:45pm-3:00pm	"Actions Speak Louder than Words"- Coaching Behaviour as a Predictor of Relation-Inferred Self-Efficacy among Competitive Youth Athletes. Saville, P. ¹ & Bray, S. ¹ McMaster University ¹

Session 9B: Parent & Family Influences		Moderator: <i>Dr. Larkin Lamarche</i>
Room: Plaza Building 410		
2:00pm-2:15pm	Initial Parental Enrollment Decisions in Youth Sport C. Andras Switzer ¹ & David J. Hancock ¹ Queen's University ¹	
2:15pm-2:30pm	Yes, No, or Maybe: Parental Views on Sport Participation for Children with Congenital Mobility Impairments Celina H. Shirazipour ¹ & Dr. Amy E. Latimer Cheung ¹ Queen's University ¹	
2:30pm-2:45pm	Exploring Family Perceptions of the Health Environment: A qualitative study with parents and kids Gina Pinsonnault ¹ & Dr. Catherine Sabiston ¹ University of Toronto ¹	
2:45pm-3:00pm	Parents' Rules and Support Towards their Children's Involvement in Physical Activity (PA) as a Key to Success in Kingston Gets Active's free Grade Five Community PA Pass Use? Elham Ameli Mojarad ¹ , Gillian Helen Connelly ¹ , & Dr. Lucie Lévesque ¹ Queen's University ¹	

3:00pm-3:15pm: Break

3:15pm-4:15pm: Session 10

Session 10A: Elite Sport		Moderator: <i>Kaitlyn LaForge-MacKenzie</i>
Room: Plaza Building 409		
3:15pm-3:30pm	Does Participation in Elite Sport Result in a Longer Lifespan? An Exploratory Examination of Mortality in Professional Athletes. Srdjan Lemez ¹ , Joe Baker ¹ , & Nick Wattie ¹ ; York University ¹	
3:30pm-3:45pm	Understanding the Uses of Humour in Elite Competitive Sport Fitzsimmons, C. R. S. ¹ , Burke, S. M. ¹ , & Carron, A. V. ¹ Western University ¹	

3:45pm-4:00pm	Differences Between Elite and Non-Elite Athletes on Measures of Mental Toughness Stephanie Merenda ¹ & Joseph Baker ¹ York University ¹
4:00pm-4:15pm	An Exploratory Examination of Mortality in Elite Rugby Players Jennifer Redwood ¹ & Joseph Baker ¹ York University ¹

Session 10B: Special Populations Room: Plaza Building 410		Moderator: <i>Lindsay Cline</i>
3:15pm-3:30pm	Item Refinement for a Schizophrenia Specific Health Action Processes Approach Questionnaire Duncan, M.J. ¹ , Dr. Cohn, T. ^{2,3} , Dr. Remington, G. ^{2,3} , Dr. Cairney, J. ⁴ , Dr. Arbour-Nicitopoulos, K. ¹ , & Dr. Faulkner, G. ¹ University of Toronto ¹ ; Department of Psychiatry, University of Toronto ² ; Centre for Addiction and Mental Health, Toronto ³ ; McMaster University ⁴	
3:30pm-3:45pm	The Effect of Gain- versus Loss-Framed Messages following Health Risk Information on Physical Activity in Persons Living with Multiple Sclerosis Teri L. Lynch ¹ , Jocelyn Jarvis ¹ , Rebecca Bassett-Gunter ² , & Amy E. Latimer Cheung ¹ Queen's University ¹ ; York University ²	
3:45pm-4:00pm	Sex Differences in Theory-Based Predictors of Physical Activity in a Population-based Sample of Adults with a Disability Stapleton, J.N. ¹ , Martin Ginis, K.A. ¹ , & The SHAPE-SCI Research Team ¹ McMaster University ¹	
4:00pm-4:15pm	Evaluating the Theoretical Content of Online Exercise Information for People Living with Multiple Sclerosis Colin P.T. Baillie ¹ , Karla Galaviz ¹ , Jocelyn Jarvis ¹ , Celina H. Shirazipour ¹ , & Dr. Amy E. Latimer-Cheung ¹ Queen's University ¹	

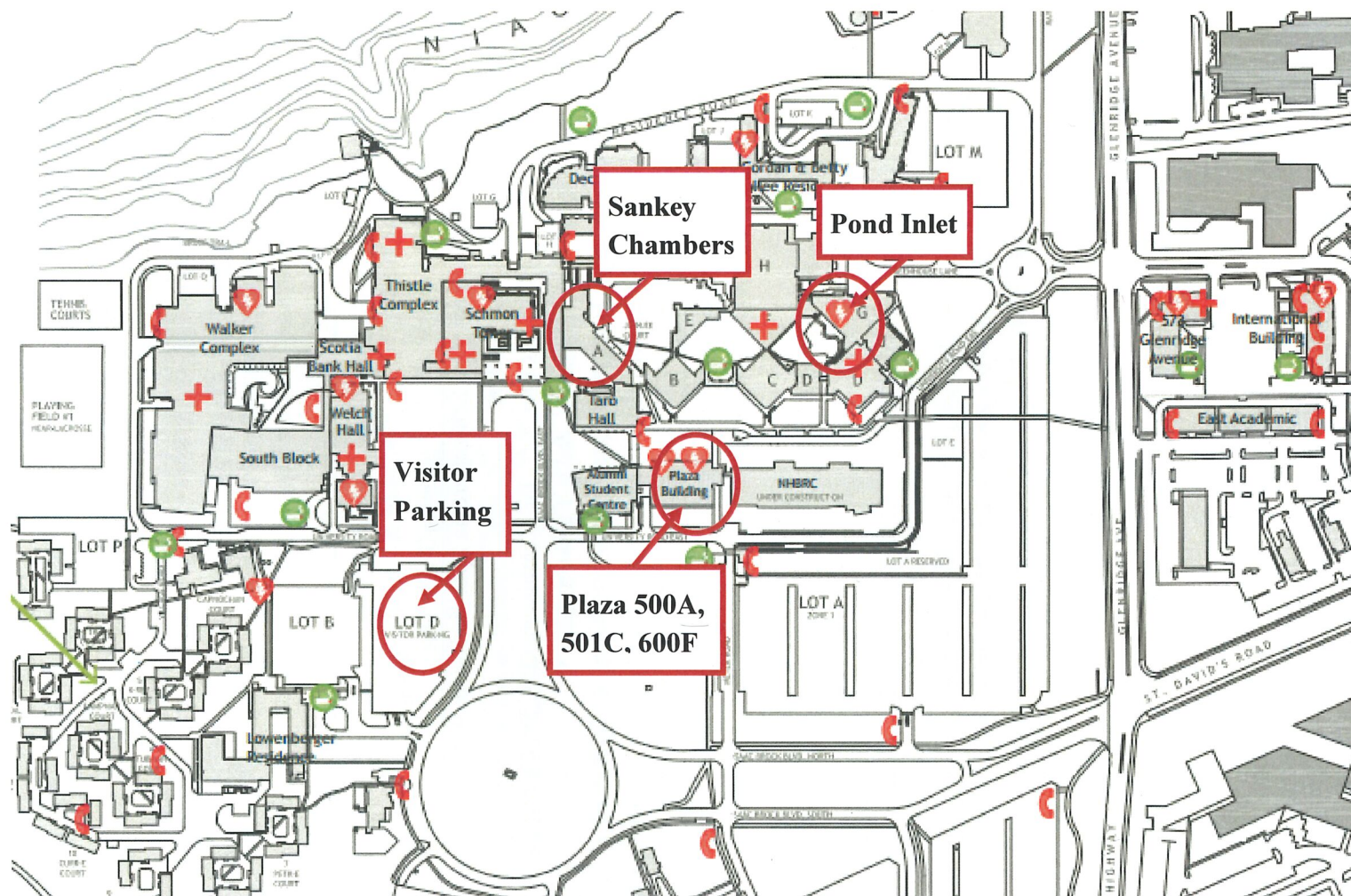
6:00pm-6:15pm: Bus Pick-up *FOUR POINTS* by *SHERATON* - meet in lobby

7:00pm-1:00am: Banquet at *Rockway Glen Golf Course & Estate Winery*

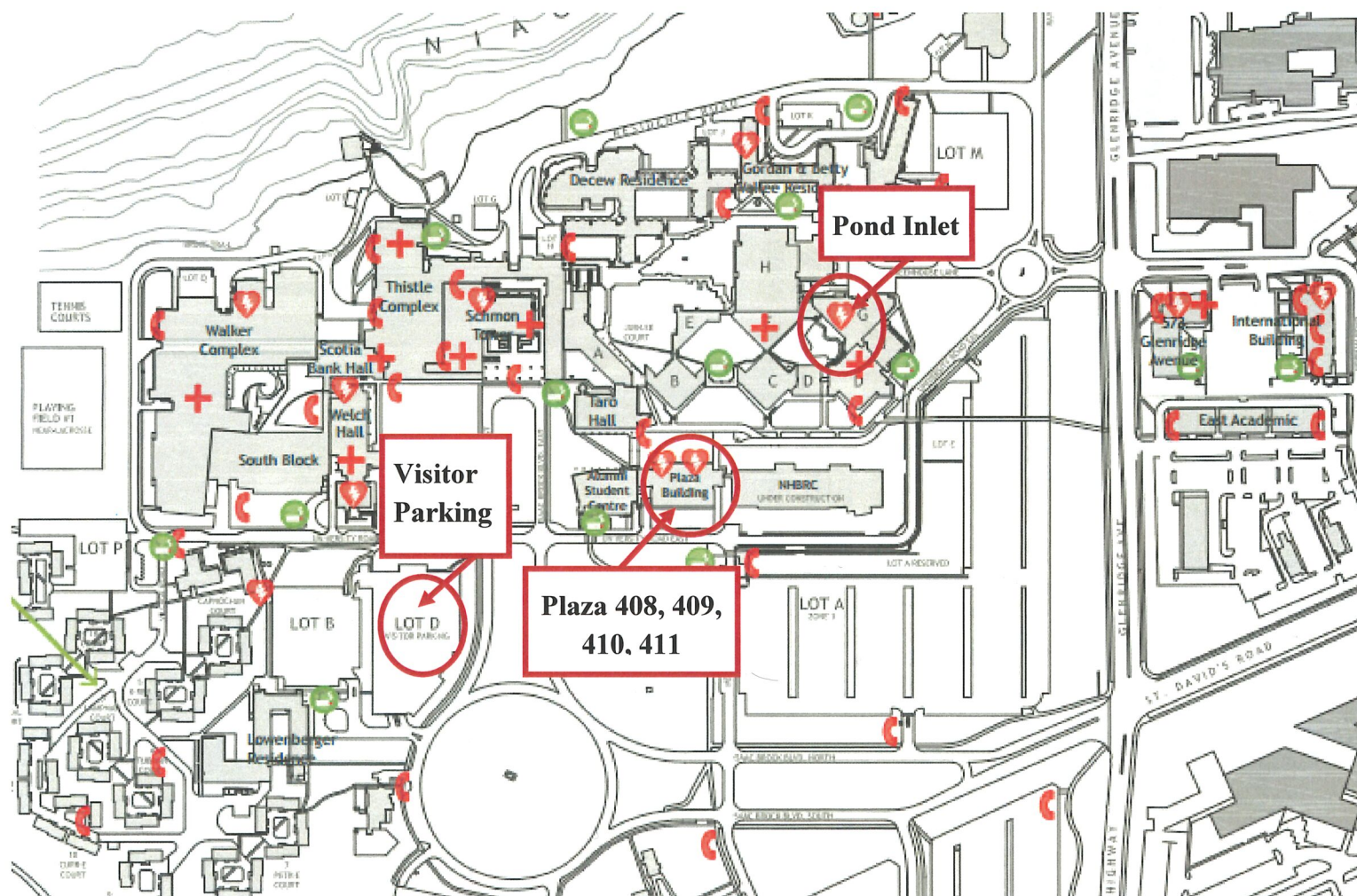
Keynote Address: Jessica Lewis & Colin Russell - *ATHLETE Q & A*

Note. Bus transportation from the banquet back to the hotel will be provided at three times. Buses will leave *Rockway Glen Golf Course & Estate Winery* at: **11:30pm; 12:00am; 12:30am**

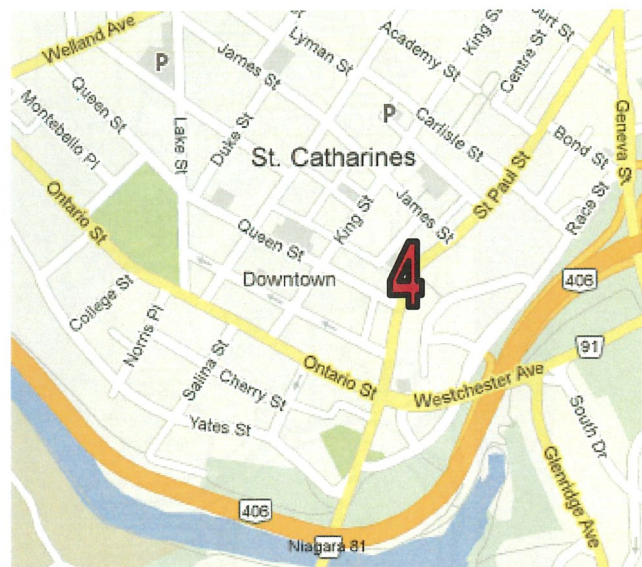
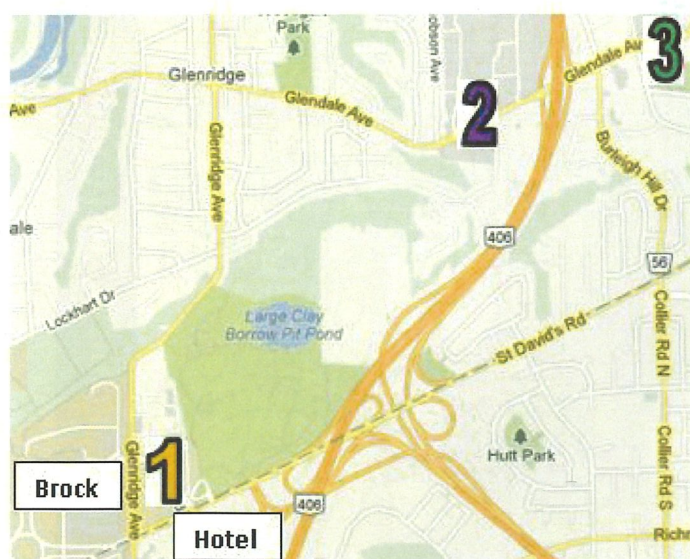
Campus Map: Friday March 22, 2013



Campus Map: Saturday March 23, 2013



Restaurant and Shopping Locations in St. Catharines:

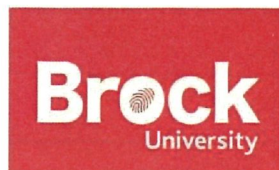
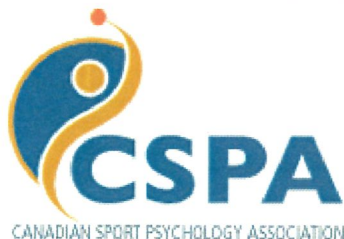


1 (Walking distance from Brock & Hotel)	2 (6 min drive from Brock & hotel)	3 (8 min drive from Brock & hotel)	4 (10 min drive from Brock & hotel)
Tim Horton's McDonalds Santa Fe Pizza My Subs Avondale Variety	Pen Centre Mall Zehrs Grocery Store Pizza Pizza Kelsey's Boston Pizza Raw Fish Sushi	Sobeys Grocery Store Subway U need a Pita Little Caesars Pizza LCBO	The Office Tap & Grill (22 James Street) Pow Wow (165 St. Paul Street) Sahla Thai (270 St. Paul Street) Sheehan's Irish Pub (101 St. Paul Street) Dom' Pasta & Grill (22 Academy Street) East Japanese Sushi (129 King Street)

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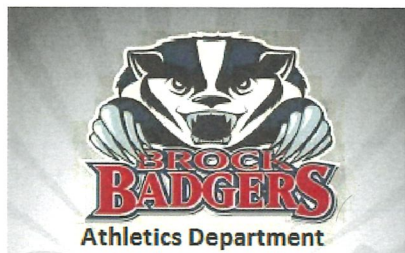
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Alumni Relations



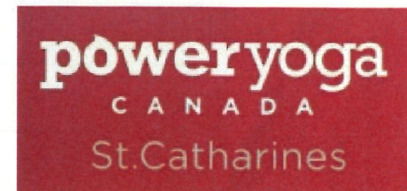
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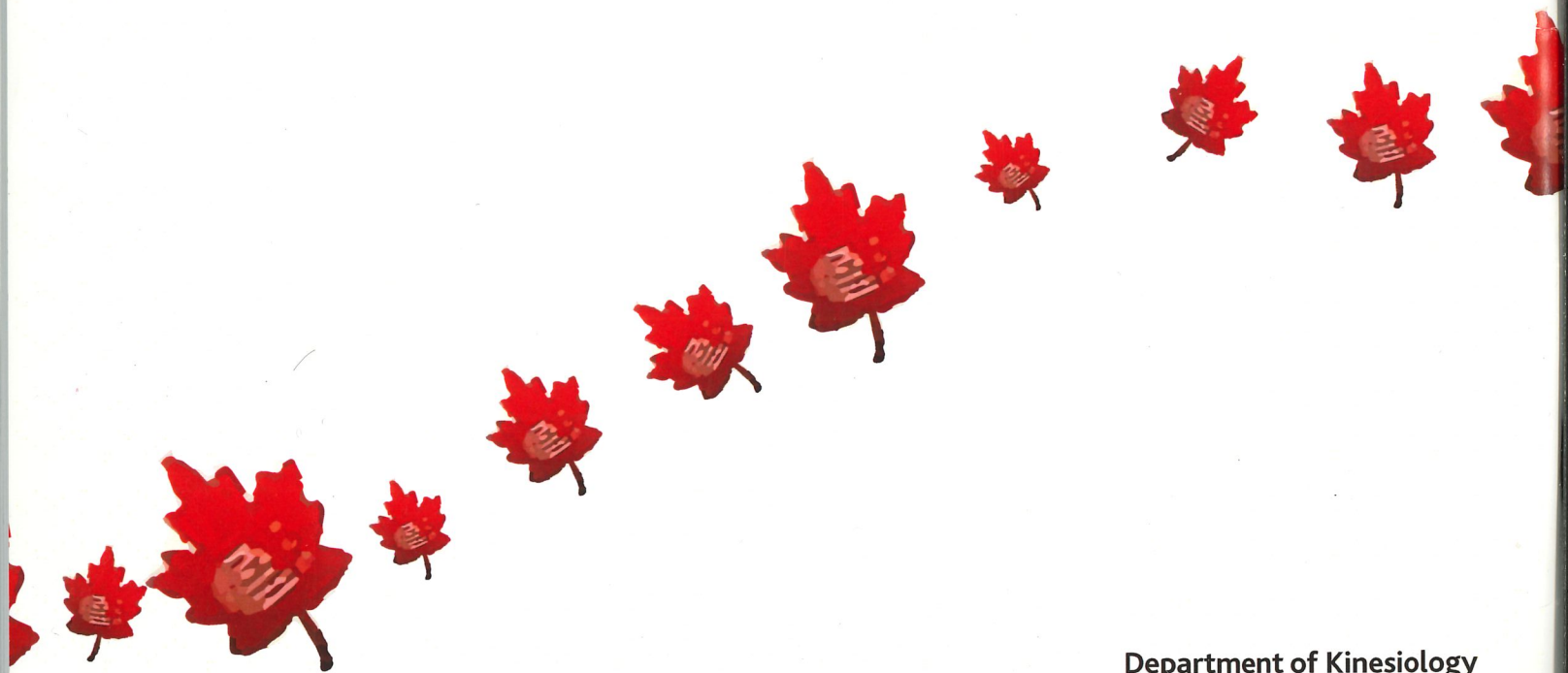
Recreation Services



Thank you to the organizers of ECSEPS 2012, Western University, for their financial contribution to ECSEPS 2013

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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