

THE 18TH ANNUAL BERTHA ROSENSTADT

NATIONAL UNDERGRADUATE RESEARCH CONFERENCE

KINESIOLOGY AND PHYSICAL EDUCATION

MARCH 31, 2017 • WWW.KINESIOLOGY.UTORONTO.CA



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

SCHEDULE OF EVENTS

Time	Item	Location – Topic
8:30 – 9:00 a.m.	Registration & Refreshments	2 nd Floor Benson Lobby & Lounge
9:00 – 9:15 a.m.	Welcome: Professor Ira Jacobs, Dean	Benson 307
9:30 – 10:45 a.m.	Session I	Muscle Physiology I (BN302) Brain Health and Cognitive Functioning (BN304) Exercise and Chronic Disease (BN307) Sport and Exercise Psychology (BN320) Women’s Health and Movement (BN330) Motor Performance I (BN113) Exercise Physiology (WS2007)
10:45 – 11:15 a.m.	BREAK	2 nd Floor Benson Lounge
11:15 – 12:30 p.m.	Session II	Motor Performance II (BN302) Psychosocial Health (BN304) Topics in Biophysical Sciences (BN307) Muscle Physiology II (BN330) Sport Performance (BN113) Assessment (WS2007)
12:30 – 1:30 p.m.	LUNCH	2 nd Floor Benson Lounge
1:30 – 2:45 p.m.	Session III	Physical Activity and Mental Health (BN302) Supplementation (BN304) Pre and Postoperative Exercise (BN307) Biomechanics of Human Movement (BN330) Programming and Policy (BN113) Aging (WS2007)
2:45 – 3:15 p.m.	BREAK	2 nd Floor Benson Lounge
3:15 – 4:15 p.m.	Keynote: Dr. Parissa Safai	<i>“Being an Academic in Turbulent Times: Resisting the Optical Illusion of Separateness”</i> (BN307)
4:15 – 4:20 p.m.	The Undergraduate Journal of Exercise Science (UJES)	Benson 307
4:20 – 4:30 p.m.	Awards & Closing Remarks	Benson 307

ABOUT THE KEYNOTE SPEAKER



Parissa Safai is an Associate Professor in the School of Kinesiology and Health Science in the Faculty of Health at York University. Her research interests focus on the critical socio-cultural study of sport at the intersection of risk, health and healthcare. This includes research on sports’ “culture of risk”, the development and social organization of sport and exercise medicine, as well as the material and political determinants of athletes’ health. Her research and teaching interests also centre on sport and social inequality with focused attention paid to the impact of gender, socio-economic, and ethno cultural inequities on accessible physical activity for all. She has co-authored one book, co-edited two others and has been published in such journals as the *Sociology of Sport Journal*, the *International Review for the Sociology of Sport*, *Sport History Review* and the *Canadian Bulletin of Medical History/Bulletin Canadien d’histoire de la médecine*.

In her keynote presentation, Dr. Safai will share insights into her development from student to academic and back again as points of entry into a larger conversation about the ever-heightened need for personally committed and socially connected research in these turbulent times. Drawing on some of her research in the area of pain/injury, the “culture of risk” and the provision of medical care to athletes, Dr. Safai will examine the tensions that arise in attempts to connect the personal to the political in an academic domain (Kinesiology) that too often fosters disconnected silos of knowledge.

ORDER OF THE DAY

Registration and Refreshments: 8:30 – 9:00 a.m. (2nd Floor Benson Lobby & Lounge)

Welcome: 9:00 – 9:15 a.m. (Benson 307)

Session I: 9:30 – 10:45 a.m.

- Muscle Physiology I (BN302)
- Brain Health and Cognitive Functioning (BN304)
- Exercise and Chronic Disease (BN307)
- Sport and Exercise Psychology (BN320)
- Women's Health and Movement (BN330)
- Motor Performance I (BN113)
- Exercise Physiology (WS2007)

Muscle Physiology I

Session Moderator: Danielle Hirsch

Room BN302

9:30 a.m.

The impact of 2-week unilateral leg immobilization on skeletal muscle strength, mass, and volume in young healthy women: a pilot study

Student Researcher: Evangelia E. Tsakiridis, Faculty Advisors: Chris McGlory and Stuart Philips

Co-Investigators: Ravninder Bahniwal, Michael J. Kamal

McMaster University

9:45 a.m.

Muscle stress response following three different contraction types

Student Researcher: John-Peter Bonello, Faculty Advisor: Marius Locke

University of Toronto

10:00 a.m.

The role of coactivator-associated methyltransferase 1 during exercise-induced skeletal muscle plasticity

Student Researcher: Tania Tajik

Co-Investigators: Tiffany VanLieshout, Derek Stouth, Faculty Advisor: Dr. Vladimir Ljubicic

McMaster University

10:15 a.m.

The heat shock response in skeletal muscle

Student Researcher: Trisha Pinto, Faculty Advisor: Dr. Marius Locke

University of Toronto

10:30 a.m.

The role of AMP-activated protein kinase on utrophin expression in skeletal muscle

Student Researcher: Paul Rooprai, Faculty Advisor: Dr. Vladimir Ljubicic

McMaster University

Brain Health and Cognitive Functioning

Session Moderator: Rachel Micay

Room BN304

9:30 a.m.

Analyzing the effects of meditation on brain activity

Student Researcher: Anirudh Kumar, Faculty Advisor: Dr. Norman Farb

University of Toronto

9:45 a.m.

Sweat so you don't forget: Optimizing student attention in lecture through exercise breaks

Student Researcher: Louise Twells, Faculty Advisor: Jennifer Heisz

Co-Investigators: Gali Katznelson, Michelle Ogradnik, Barbara Fenesi

McMaster University

10:00 a.m.

Evaluating Brain Injury Serum Biomarkers Following Low-Level Blasts in a Population of Breachers and Controls: A Cross-Sectional Study

Student Researcher: Hussein Fawzy, Faculty Advisors: Dr. Scott Thomas & Dr. Shawn Rhind

University of Toronto

10:15 a.m.

Neuropsychological performance and cerebral blood perfusion in the acute phase following sport-related concussion

Student Researcher: Naomi Maldonado-Rodriguez, Faculty Advisor: Dr. Michael Hutchison

University of Toronto

10:30 a.m.

Examination of clinical presentation and outcomes following sport related concussions: the nature of sex differences in symptoms and return to play

Student Researcher: Karly Zammit, Faculty Advisor: Dr. Michael Hutchison

University of Toronto

Exercise and Chronic Disease

Session Moderators: Sarkis Hannaian & Efthymios Papadopoulos

Room BN307

9:30 a.m.

REVIEW: COPD, Asthma and Asthma-COPD Overlap Syndrome (ACOS) – Differentiating between the Diseases

Student Researcher: Edward Lin, Faculty Advisor: Dr. Dennis Jensen

McGill University

9:45 a.m.

Limitations to Exercise in Patients with NSCLC who have Received Pulmonary Resection with Curative Intent

Student Researcher: Rachel Parker, Faculty Advisor: Dr. Neil Eves

University of British Columbia

10:00 a.m.

Differences in the magnitude of blood pressure change during an orthostatic challenge in individuals with stroke compared to healthy older adults

Student Researcher: Shereen Khattab, Faculty Advisor: Dr. Ada Tang

McMaster University

10:15 a.m.

The neuroprotective effects of caffeine in neurodegenerative diseases

Student Researcher: Mahshad Kolahdouzan, Faculty Advisor: Dr. Mazen Hamadeh

York University

10:30 a.m.

Identifying non-physiologic reasons for VO₂max test termination in cancer patients

Student Researcher: Camilla Diniz, Faculty Advisor: Dr. Daniel Santa Mina

University of Toronto

Sport and Exercise Psychology

Session Moderator: Steven Hirsch Room BN320

9:30 a.m.

Exploring the use of self-monitoring tools for enhancing physical activity cognitions and behavior in a therapy-based physical activity program: a pilot study

Student Researcher: Allison Pensa, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

9:45 a.m.

Examining the Effect of Athletic Participation on Academic Attainment in Canadian Intercollegiate Sport: A Temporal Analysis

Student Researcher: Mai Wageh, Faculty Advisor: Dr. Philip G. White
McMaster University

10:00 a.m.

The distribution of learning styles amongst first, second, and third year undergraduate kinesiology students

Student Researcher: Serena Celebre Feizi, Faculty Advisor: Dr. David Frost
University of Toronto

10:15 a.m.

Examining the Link Between Body-Related Self-Conscious Emotions and Perceived Variety in Exercise among Adult Runners

Student Researcher: Amy Nesbitt, Faculty Advisor: Dr. Benjamin Sylvester, Dr. Catherine M. Sabiston
University of Toronto

10:30 a.m.

Mindfulness among elite hockey players: Examining the relationship between performance and mindfulness

Student Researcher: Kyle Kokotailo, Faculty Advisor: Katherine Tamminen
University of Toronto

Women's Health and Movement

Session Moderator: Urooj Shahzadi Room BN330

9:30 a.m.

A critical analysis of sport for development and women's reproductive health initiatives

Student Researcher: Mikaela Lowe, Faculty Advisor: Dr. Simon Darnell
University of Toronto

9:45 a.m.

Examining the effects of oral contraceptive pill use on endothelial function in healthy premenopausal women

Student Researcher: Vanessa Rizzuto, Faculty Advisor: Dr. Maureen MacDonald
McMaster University

10:00 a.m.

Re-evaluating protein requirement for female weight-trained athletes using the indicator amino acid oxidation techniques

Student Researcher: Julia Malowany, Faculty Advisor: Dr. Dan Moore
University of Toronto

10:15 a.m.

Adolescent female responses to knowledge repetition range

Student Researcher: Nehara Herat, Faculty Advisor: Dr. David Behm
Memorial University of Newfoundland

10:30 a.m.

Effects of High Protein Intake and Caloric Restriction Combined With Step Reduction in Older Women

Student Researchers: Lisa D'Souza

Co-Investigators: Oikawa SY, Faculty Advisor: Dr. Stuart Phillips

McMaster University

Motor Performance I

Session Moderator: Rachel Goodman

Room BN113

9:30 a.m.

The effects of a spatial tonal relationship on keyboard typing proficiency

Student Researcher: Steve Foglia, Faculty Advisor: Dr. James Lyons

McMaster University

9:45 a.m.

The use of visual feedback to facilitate learning of applied medical tasks

Student Researcher: Natalie Sloof, Faculty Advisor: Dr. James Lyons

McMaster University

10:00 a.m.

The influence of stair design and lighting condition on the gaze behavior of young adults during stair navigation

Student Researcher: Rebecca Greene, Faculty Advisor: Dr. Alison Novak

Co-Investigator: Bella Boyaninska

Memorial University of Newfoundland

10:15 a.m.

A day in the life of a starfish: anthropomorphization of cartoon characters

Student Researcher: Aarohi Pathak, Faculty Advisor: Dr. Tim Welsh

University of Toronto

10:30 a.m.

Can you feel it? The use of proprioception for online control during goal-directed action

Student Researcher: Tyler Huang, Faculty Advisor: Dr. Luc Tremblay

University of Toronto

Exercise Physiology

Session Moderator: Emily Vecchiarelli

Room WS2007

9:30 a.m.

The effects of acute sympathetic activation on carotid artery longitudinal wall motion in young healthy men

Student Researcher: Paula Bochnak, Faculty Advisor: Dr. Maureen MacDonald

Co-Investigators: Valentino SE, Au JS, Cheng JL

McMaster University

9:45 a.m.

Effects of brief intermittent stair climbing on glycemic control in individuals with type 2 diabetes: a work in progress

Student Researcher: Madi Jenkins, Faculty Advisor: Dr. Martin Gibala

Co-Investigators: Beth Godkin, Jonathan Little, Zafreen Nazarali

McMaster University

10:00 a.m.

Weight Regain, Physical Activity, and Sedentary Time Across Follow-Up Periods Post-RYGB
Student Researcher: Matthew Lassman, Faculty Advisor: Yasmine Zen
Co-Investigators: Ryan ER Reid, Tamara E Carver, Kathleen M Andersen, Nicolas V Christou,
Ross E Andersen
McGill University

10:15 a.m.

Examining the relationship between initial metabolic stress during exercise and the adaptive response to endurance training
Student Researcher: Camille LeBlanc, Faculty Advisor: Dr. Brendon Gurd
Queen's University

10:30 a.m.

Does True Inter-Individual Variability Exist in Individual Responses After Exercising at a Fixed Percentage of VO₂peak Over a Training Period?
Student Researcher: Simo Lu
Co-Investigators: C. LeBlanc, M. Nelms, L. Robins, N. Preobrazenski, J. T. Bonafiglia
Faculty Advisor: Dr. Brendon Gurd
Queen's University

BREAK: 10:45 – 11:15 a.m. (2nd floor Benson Lounge)

Session II: 11:15 – 12:30 p.m.

- Motor Performance II (BN302)
- Psychosocial Health (BN304)
- Topics in Biophysical Sciences (BN307)
- Muscle Physiology II (BN330)
- Sport Performance (BN113)
- Assessment (WS2007)

Motor Performance II

Session Moderator: Victor Chan

Room BN302

11:15 a.m.

Reaching for good timing: upper limb sensorimotor synchronization in patients with chronic mechanical neck disorder

Student Researcher: Amy Connell, Faculty Advisor: Dr. Vickie Galea
Co-Investigators: Anita Gross, Tim Rogers
McMaster University

11:30 a.m.

The effect of dual tasking on motor performance: upper extremity muscle activation

Student Researcher: Bronte Vollebregt, Faculty Advisor: Dr. Carlos Zerpa & Dr. Kathryn Sinden
Lakehead University

11:45 a.m.

Proprioception contributions to movement planning and online control during physical guidance protocols

Student Researcher: Sarah Holman, Faculty Advisor: Dr. Luc Tremblay
University of Toronto

12:00 p.m.

Do the clothes make the (star)man? Anthropomorphization of a cartoon starfish

Student Researcher: Shikha Patel, Faculty Advisor: Timothy Welsh
University of Toronto

12:15 p.m.

Investigating the relationship between extraversion and corticospinal excitability

Student Researcher: Mahdiya M. Hameer

Co-Investigators: Jenin El-Sayes, Hunter J. Fassett, Christelle B. Ah Sen

Faculty Advisor: Dr. Aimee Nelson

McMaster University

Psychosocial Health

Session Moderator: Krystn Orr & David Di Fonzo

Room BN304

11:15 a.m.

Understanding psychological health in Crossfit: Does coach behaviour matter?

Student Researcher: David Kuzmochka-Wilks, Faculty Advisor: Catherine Sabiston

University of Toronto

11:30 a.m.

Examining the Relationship between Concussion and Mental Health in Athletes

Student Researcher: Kyla Pyndiura, Faculty Advisor: Dr. Michael Hutchison

University of Toronto

11:45 a.m.

If at first you don't succeed, pedal, pedal again: The cumulative benefit of exercise training on state anxiety in university students

Student Researcher: Michelle Tan, Faculty Advisor: Dr. Jennifer Heisz

Co-Investigators: Kristen Lucibello, Justin Parker, & Emily Paolucci

McMaster University

12:00 p.m.

Impact of a Prehabilitation Program on Psychosocial Wellbeing in Individuals Undergoing Breast Cancer Surgery: A study protocol

Student Researcher: Priya Brahmhatt, Faculty Advisor: Dr. Daniel Santa Mina

University of Toronto

12:15 p.m.

On the hunt: searching for and finding information and policies regarding parent and athlete concerns in youth hockey

Student Researcher: Shgufta Docter, Faculty Advisor: Dr. Katherine Tamminen

University of Toronto

Topics in Biophysical Sciences

Session Moderator: Danielle Carnegie

Room BN307

11:15 a.m.

Arterial endothelial function responses to oscillatory blood flow patterns applied at different phases of the cardiac cycle

Student Researcher: Joey Bacauanu, Faculty Advisor: Dr. Maureen MacDonald

McMaster University

11:30 a.m.

Subjective Limitation to Exercise in Patients with Chronic Obstructive Pulmonary Disease: Pathophysiological Mechanisms

Student Researcher: Lauren Tracey, Faculty Advisor: Dr. Dennis Jensen

McGill University

11:45 a.m.

Does the proportion of individuals exercising above MLSS at a fixed percentage of VO₂peak work rate decrease over a training period?

Student Researcher: Matthew Nelms, Faculty Advisor: Dr. Brendon Gurd

Co-Investigators: C. LeBlanc, L. Robins, S. Lu, N. Preobrazenski, J. T. Bonafiglia
Queen's University

12:00 p.m.

The effects of sympathetic activation on left ventricular twist in young healthy males

Student Researchers: Sydney Valentino, Faculty Advisor: Maureen MacDonald

Co-Investigators: Bochnak PA, Au JS, Cheng JL
McMaster University

Muscle Physiology II

Session Moderator: Sidney Abou Sawan

Room BN330

11:15 a.m.

Effects of 3 days of single leg immobilization on muscle mass, strength, and expression of protein breakdown markers

Student Researcher: Iman Banerji, Faculty Advisor: Dr. Stuart M. Phillips

Co-Investigators: Stefan H. Gorissen, Yang Hu
McMaster University

11:30 a.m.

Development of viable skeletal muscle-specific coactivator-associated arginine methyltransferase 1 knockout mice

Student Researcher: Satyam Choudhuri, Faculty Advisor: Dr. Vladimir Ljubcic

Co-Investigators: Tiffany L vanLieshout, Derek W Stouth
McMaster University

11:45 a.m.

The Shocking Truth: Exploring HSPs in muscle vs plasma and corresponding disease implications

Student Researcher: Rheanna Bulten, Faculty Advisor: Dr. Marius Locke

University of Toronto

12:00 p.m.

Protein arginine methyltransferase 1 inhibition attenuates skeletal muscle differentiation

Student Researcher: Stephen Toepp, Faculty Advisor: Dr. Vladimir Ljubcic

McMaster University

12:15 p.m.

Optimal timing and distribution of protein in relation to resistance exercise

Student Researcher: David Moore, Faculty Advisor: Dr. Mazen J Hamadeh

York University

Sport Performance

Session Moderator: Asma Khalil

Room BN113

11:15 a.m.

Literature review: Psychological characteristic differences between high performance and ultra high performance athletes

Student Researcher: Kyle Kokotailo, Faculty Advisor: Katherine Tamminen

University of Toronto

11:30 a.m.

Differences in Total Body Fat and Body Fat Percentage Between Performance and Aesthetic Collegiate Athletes

Student Researcher: Daniel C. Flegg, Faculty Advisor: Dr. Yasmine Zein

Co-Investigators: Jessica A. Insogna, Ryan E.R. Reid, Patrick Delisle-Houde, Ross E. Andersen
McGill University

11:45 a.m.

Quantitative investigation of blade angle in static versus dynamic ice hockey slap shots

Student Researchers: Matthew Kaspay & Tianzi Zhao, Faculty Advisor: Dr. David J. Pearsall

McGill University

12:00 p.m.

Comparison of SCAT-3 baseline testing and electrophysiological function from season to season in university football players

Student Researcher: Dillon Richards, Faculty Advisor: Dr. James Dickey

Western University

12:15 p.m.

Limitations of the CPM 3MT in rowing

Student Researcher: Oksana Wankiewicz, Faculty Advisor: Dr. Scott Thomas

University of Toronto

Assessment

Session Moderator: Jackie Zehr

Room WS2007

11:15 a.m.

Static Alignment of the Lower Extremity in the Axial and Coronal Planes: Evaluating the Accuracy and Reliability of Clinical Measures

Student Researcher: Tate Newmarch, Faculty Advisor: Dr. Doug Richards

University of Toronto

11:30 a.m.

A comparison of two motor threshold assessment methods: relative-frequency and adaptive threshold-hunting procedures using transcranial magnetic stimulation

Student Researcher: Christelle B. Ah Sen, Faculty Advisor: Dr. Aimee J. Nelson

Co-Investigators: Hunter J. Fassett, Jenin El-Sayes, Mahdiya M. Hameer

McMaster University

11:45 a.m.

Agreement across methods of anaerobic lactate threshold prediction

Student Researcher: Sean Carter, Faculty Advisor: Dr. Ian Newhouse

Lakehead University

12:00 p.m.

Using the Exercise Talk Test to Prescribe and Guide Endurance Exercise Intensity: An Individual and Group Analysis

Student Researcher: Nicholas Preobrazenski, Faculty Advisor: Dr. Brendon Gurd

Co-Investigators: M. Nelms, C. Leblanc, S. Lu, L. Robins, J. T. Bonafiglia

Queen's University

12:15 p.m.

Investigating the repeatability of brachial flow-mediated dilation in children

Student Researcher: Nicole Amatruda, Faculty Advisor: Dr. Maureen MacDonald

McMaster University

LUNCH: 12:30 – 1:30 p.m. (2nd Floor Benson Lounge)

Session III: 1:30 – 2:45 p.m.

- Physical Activity and Mental Health (BN302)
- Supplementation (BN304)
- Pre and Postoperative Exercise (BN307)
- Biomechanics of Human Movement (BN330)
- Programming and Policy (BN113)
- Aging (WS2007)

Physical Activity and Mental Health

Session Moderator: Ritu Sharma

Room BN302

1:30 p.m.

Promoting Awareness of Depression and Physical Activity among South Asian Immigrant Women: A Critical Review of the Scholarly Literature and Future Directions

Student Researchers: Shashi Sharma and Cassidy Tinline-Goodfellow

Faculty Advisor: Margaret MacNeill

University of Toronto

1:45 p.m.

The Effects of Sleep Quality, Exercise Frequency and Exercise Intensity on Depression in First Year Undergraduate Students

Student Researcher: David Brown, Faculty Advisor: Dr. Nota Klentrou

Co-Investigators: A. Josse, P., Gammage, B. Falk, C. Muir

Brock University

2:00 p.m.

The role of coaches in supporting student-athletes facing depression

Student Researcher: Honor Walmsley, Faculty Advisor: Dr. Gretchen Kerr

University of Toronto

2:15 p.m.

Exercise and the Neuroendocrine Hypothesis of Depression: The effects of a moderate intensity exercise program on depression levels in students

Student Researcher: Adam Vanderleest, Faculty Advisor: Dr. J. Heisz

McMaster University

2:30 p.m.

The Effect of Depression Symptoms on Cognitive Functioning in Middle-Aged Endurance Athletes: Does neuroticism moderate the relationship?

Student Researcher: William R. B. Kinney, Faculty Advisor: Dr. Catherine M. Sabiston

Co-Investigators: Dr. Jack Goodman & Dr. Laura Banks

University of Toronto

Supplementation

Session Moderators: Michael Mazzulla

Room BN304

1:30 p.m.

Caffeine's ergogenicity: A systematic review of applications and mechanisms

Student Researchers: Daniel Voloshin & Bipandeep Dhillon

Faculty Advisor: Dr. Mazen J Hamadeh

York University

1:45 p.m.

Effects of whey protein supplementation in the amelioration of skeletal muscle function and quantity in inactive and energy-restricted older men

Student Researcher: Adrienne K. Morgan

Co-Investigators: Sara Y. Oikawa, Faculty Advisor: Dr. Stuart M. Phillips
McMaster University

2:00 p.m.

Determination of the protein requirements of active, growing children by the indicator amino acid oxidation method

Student Researcher: Alexandra Rocha, Faculty Advisor: Dr. Daniel Moore
University of Toronto

2:15 p.m.

The Effect of Whey Protein Plus β -Hydroxy- β -Methylbutyrate (HMB) Supplementation During Resistance Exercise Training on Skeletal Muscle Hypertrophy and Strength: A Randomized Controlled Trial

Student Researcher: Josh Vandeweerd, Faculty Advisor: Dr. Stuart Phillips
McMaster University

2:30 p.m.

The Impact of Whey With or Without β -Hydroxy- β -Methylbutyrate Supplementation During Resistance Exercise Training: A Randomized Controlled Trial

Student Researcher: Edwin Wong, Faculty Advisor: Dr. Stuart Phillips
McMaster University

Pre and Postoperative Exercise

Session Moderator: Cecily Osborne

Room BN307

1:30 p.m.

Effects of employment status on physical activity and sedentary behaviour long-term post-bariatric surgery

Student Researcher: Katerina Jirasek, Faculty Advisor: Yasmine Zein
McGill University

1:45 p.m.

Effect of prehabilitation on physical fitness for patients undergoing breast cancer surgery: a study protocol

Student Researchers: Christian Lopez & Priya Brahmhatt, Faculty Advisor: Dr. Daniel Santa Mina
University of Toronto

2:00 p.m.

The Impact of Time Post Cardiac Event and the Difference in Cardiorespiratory Fitness Between Individuals Who Have and Have Not Undergone Cardiac Surgery

Student Researcher: Kean Nanji, Faculty Advisor: Dr. Ada Tang
Co-Investigators: Michael Pryzbek, Hanna Fang, Angelica McQuarrie
McMaster University

2:15 p.m.

Objective activity monitoring enhances BMI's predictability of total body and visceral adipose tissue long-term post-RYGB

Student Researcher: Hanaa Moussa
Co-Investigators: Ryan ER Reid, Stamatis Kouniaris, Tamara E Carver, Kathleen M Andersen, Nicolas V Christou, Faculty Advisor: Dr. Ross Anderson
McGill University

Biomechanics of Human Movement

Session Moderators: Malinda Hapuarachchi Room BN330

1:30 p.m.

Is the force-velocity relationship in a bench press influenced by an individual's maximum strength or speed?

Student Researcher: Raffaele Massarotto, Faculty Advisor: Dr. David Frost
University of Toronto

1:45 p.m.

The effect of a static stretch of the hip flexor muscles on jump height and muscle activity during the vertical jump

Student Researcher: Kyle Migliazza, Faculty Advisor: Dr. Derek Kivi
Lakehead University

2:00 p.m.

Is the ability to produce a high peak force and rate of force development dependent on the load lifted?

Student Researcher: Anthony Rocha, Faculty Advisor: Dr. David Frost
University of Toronto

2:15 p.m.

The effects of the phase of respiration and foot strike pattern on peak ground reaction force at initial contact of the gait cycle of walking

Student Researcher: Cassandra Felice, Faculty Advisor: Dr. Paolo Sanzo
Lakehead University

2:30 p.m.

The influence of bilateral asymmetries in range of motion on movement quality

Student Researcher: Gabriel Hagan, Faculty Advisor: Dr. David Frost
University of Toronto

Programming and Policy

Session Moderator: Bahar Tajrobehkar & Peter Nash Room BN113

1:30 p.m.

A pilot university health program: applying and formalizing a dynamic community engagement model

Student Researcher: Stephanie Wang, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

1:45 p.m.

An examination of the social participation of children in the sensory motor instructional leadership experience program

Student Researcher: Roxy O'Rourke, Faculty Advisor: Dr. Kelly Arbour-Nicitopoulos
University of Toronto

2:00 p.m.

Exploring the feasibility of delivering the GoodLife4Kids™ School Program in a Northern Ontario elementary school: A case study approach

Student Researcher: Rebecca Kennedy, Faculty Advisor: Dr. Erin Pearson
Lakehead University

2:15 p.m.

Newcomers' Active Health: A Critical Review of Scholarly Literature and Policies

Student Researcher: Shashi Sharma, Faculty Advisor: Dr. Margaret MacNeill
University of Toronto

Aging

Session Moderator: Jessica Caterini

Room WS2007

1:30 p.m.

Exercise-induced bone marrow stem cell mobilization: effects of aging

Student Researchers: Victoria Ivankovic & George Ibrahim, Faculty Advisor: Dr. Gianni Parise
McMaster University

1:45 p.m.

Examining the relationship between heart rate, heart rate variability and flow mediated dilation (FMD) in post-menopausal women

Student Researcher: Kathryn Taberner, Faculty Advisor: Dr. Scott Thomas and Dr. Danielle Bentley
University of Toronto

2:00 p.m.

Influence of handrail height on the speed and accuracy of reach-to-grasp balance reactions: Age-related changes

Student Researcher: Angela Lam, Faculty Advisor: Alison Novak
University of Toronto

2:15 p.m.

Alterations in the muscle stem cell niche with aging

Student Researcher: Aaron Thomas, Faculty Advisor: Dr. Gianni Parise
McMaster University

BREAK: 2:45 – 3:15 p.m. (2nd Floor Benson Lounge)

KEYNOTE: 3:15 – 4:15 p.m. (BN307)

Dr. Parissa Safai

“Being an Academic in Turbulent Times: Resisting the Optical Illusion of Separateness”

UJES ANNOUNCEMENT: 4:15 – 4:20 p.m. (BN307)

AWARDS AND CLOSING REMARKS: 4:20 – 4:30 p.m. (BN307)