

PRE-CONFERENCE | Thursday October 18

2:00 pm – 6:00 pm

Working with the back-pained client

Dr. Stuart McGill

PRE-CONFERENCE | Friday, October 19

8:30 am – 12:30 pm

Working with the back-pained client (cont'd)

Dr. Stuart McGill

9:00 am – 12:30 pm

Symposium: Mixed goals of performance in older adult: fat loss, muscle gain and bone maintenance

Dr. Tish Doyle Baker, Dr. Behnam Sharif, Dr. Jessica McNeil

CONFERENCE | Friday, October 19

1:30 pm – 2:30 pm

The real deal of muscle function

Fraser Quelch

I have some news about your health—you may not want to sit down for this

Dr. Jamie Burr

Lessons from the great athletes

Dr. Stu McGill

2:30 pm – 2:45 pm

Break

2:45 pm – 3:45 pm

Facebook, Instagram or Twitter - Oh My!

Chris Tse

Exercise, sleep & cognitive function in the older adult

Dr. Marc Poulin & Veronica Guadagni, PhD

Programming considerations in the daily training environment

Michael Cook, MSc

3:45 pm – 4:30 pm

Break

4:30 pm – 6:00 pm

PERSPECTIVES IN EXERCISE, HEALTH & FITNESS OPENING PLENARY SESSION

Jungle Tiger: Using a growth mindset to become a better life learner

Trevor Ragan

6:00 pm – 10:30 pm

Poster Presentations and Reception

CONFERENCE | SATURDAY, October 20

7:30 am – 8:30 am	Continental Breakfast			
8:30 am – 9:30 am	PERSPECTIVES IN EXERCISE HEALTH & FITNESS SATURDAY PLENARY SESSION Endure: Mind, body and the curiously elastic limits of human performance Alex Hutchinson, PhD			
9:30 am – 9:45 am	Break			
9:45 am – 10:45 am	A sweet take on health: Sugar can't be that bad... can it? Dr. Adam Upshaw	Age & stage appropriate plyometric training Michael Cook, MSc	Prenatal exercise: Guidelines for better health Dr. Margie Davenport	
10:45 am – 11:00 am	Break			
11:00 am – 12:00 pm	Fear: How to overcome fear and spend more time in the jungle Trevor Ragan	Going against the flow: Blood flow restriction for augmenting human performance Dr. Jaime Burr	Physical literacy is more than physical: Developing executive functions & social-emotional skills through sport & physical activity Dr. Vicki Harber	Applying anatomy & biomechanics to enhance exercise outcomes Dr. Loren Chui
12:00 pm – 1:30 pm	Lunch & Activities			
1:30 pm – 2:30 pm	Learning like a scientist: How to find learning opportunities in obstacles and failures Trevor Ragan	Examining squat variations for targeted muscle strengthening Torstein Eriksen Daehlin, PhD	Training the menstrual cycle: Optimization or periodization Dr. Tish Doyle Baker	The evolution of an occupational fitness test Dr. Randy Dreger
2:30 pm – 2:45 pm	Break			
2:45 pm – 3:45 pm	How to build a growth mindset culture Trevor Ragan	The science of running: Lessons from the two-hour marathon chase Alex Hutchinson, PhD	Perceived & actual barriers to physical activity participation in the older adult Dr. Marc Poulin, Samantha Hall & Alia Bharwani, MPh-Hp, BSc-Kin	
3:45 pm – 4:00 pm	Break			
4:00 pm – 5:15 pm	Symposium: function vs mobility vs movement vs flexibility/ROM Dr. Dennis Valdez, Dr. Loren Chui, Michael Cook, MSc	Top 3 worst things Canadians are doing for their health Dr. Adam Upshaw, Alex Hutchinson, PhD, Dr. Tish Doyle-Baker, Katherine MacKeigan	Sport performance testing: From recreational youth to professional hockey player Dr. Randy Dreger, Dr. Jamie Burr, Dr. Stephen Norris, Alex Game, Msc	
5:15 pm – 6:30 pm	Break			
6:30 pm – 11:00 pm	Death & Dice, Vegas Style. Reception, Casino, & Vegas Murder Mystery			

CONFERENCE | Sunday, October 21

7:30am – 8:30 am	Continental Breakfast		
8:30 – 9:30 am	Post-exercise recovery techniques: What does the evidence say? Alex Hutchinson, PhD	Fake news or bad reporting? Either way, nutrition is confusing! Dr. Adam Upshaw	Foam rolling, flexibility and fascia: Myths and misconceptions Dr. Dennis Valdez
9:30 am – 9:45 am	Break		
9:45 am – 10:45 am	Communication in a fitness setting: Applying motivational counselling principles Dr. Nicole Reed	Sport performance training and development: an international (& personal) perspective Dr. Stephen Norris	Curious or spurious bone health findings: A sport scientist perspective Dr. Tish Doyle Baker
10:45 am – 11:00 am	Break		
11:00 am – 12:00 pm	“You are where you live.” Neighbourhoods, physical activity and health Dr. Gavin McCormack	Exercise for cancer survivors: A review of the evidence and practical applications Dr. Chris Sellar	The pain interrelationship: Physiological, psychological and environmental factors Lorraine Glass