

ReCon 2011

Graduate Student Retreat/Conference

**Radisson Hotel and Conference Centre
511 Bow Valley Trail
Canmore, Alberta
September 9 & 10**

Conference Program



Welcome to ReCon 2011 from Associate Dean, Graduate Studies

As you know, this is the first graduate student conference and retreat for the Faculty of Physical Education and Recreation. We hope that it will become an annual event and will grow in size and scope. This is a very special initiative and I'd like to thank our Dean, Dr. Kerry Mummery for the idea. I'd also like to thank the organizing committee for all their hard work and dedication.

ReCon 2011 is about student research, professional development and interaction between students, staff and professors. The event will take place in Canmore where we can enjoy the Rocky Mountains, one of Alberta's greatest natural treasures.

Enjoy!

Stewart Petersen, PhD
Professor and Associate Dean, Graduate Studies

Message from PERGSS President

Hello graduate students and faculty! On behalf of PERGSS, I welcome you to the inaugural Physical Education and Recreation Graduate Student Conference and Retreat. Designed to showcase the diversity and excellence of graduate student research in our Faculty, ReCon is also a forum for fun, socializing, and activity. We will be nestled in the beautiful mountain town of Canmore for two days, and in that time I hope you will meet many new people, be exposed to interesting new research, do exciting new things, and be inspired to start the new academic year with gusto.

ReCon was conjured by Dean Mummery who has put his unwavering support (including monetary support!) behind the ReCon organizing committee for the past year. He has committed to the cause for two more years so we have a unique opportunity to grow ReCon into an even more student-centred, student-driven event. This means we will be looking for more student input and student involvement at every step of the way. We have tried our best this first year, but as the old adage goes, practice makes perfect. Therefore, we ask that this year you dive into ReCon and enjoy every moment! Get to know your fellow graduate students and their research, take part in the social events, join in the activity breaks, and enjoy the Rocky Mountains!

If you have feedback please let me or anyone else on the ReCon committee know at any time and please get involved next year.

Yours in research and Rocky Mountains
Marianne Clark
PERGSS President

Organizing Committee:

Marianne Clark
Erin Flaherty
Stewart Petersen
John Spence
Katherine Tamminen
Anne Jordan
Bev Ethier



PROGRAM SCHEDULE

Friday, September 9th, 2011	
7:00am	Depart for Canmore from UofA
11:30am	Arrive in Canmore, check in, etc.
1:00pm – 2:45pm	Professional Development I: “What’s my Gameplan?” Moderator: Marianne Clark Luke Jones, Katherine Tamminen, Nicole McLeod, Kacey Neely
2:45pm – 3:30pm	Coffee/Snack Break (Included with registration) Poster set-up
3:30pm – 5:15pm	Research Theme I: Sport & Performance
5:15pm – 6:30pm	Poster Session & Reception Appetizers & drinks (ticket included with registration)
6:30pm – 8:00pm	Break (dinner – on your own)
8:00pm – 9:00pm	Keynote Speakers Kerry Mummery & Danielle Peers
Saturday, September 10th, 2011	
7:00am – 7:45am	Breakfast (provided with registration)
8:00am – 9:45am	Research Theme II: Health & Physical Activity
9:45am – 10:15am	Coffee/Snack Break (included with registration)
10:15am – 12:00pm	Professional Development II: What’s Next? Moderator: Bethan Kingsley Tanya Berry, Tara-Leigh McHugh, Zac Robinson
12:00pm – 3:45pm	Break Box lunch (provided) and Recreational Activities (Organized Hike)
4:00pm – 5:45pm	Research Theme III: Leisure
5:45pm – 6:15pm	Snack Break (included with registration)
6:15pm – 7:45pm	Professional Development III: Interdisciplinary Perspectives Moderator: Marcel Bouffard Nicole Glenn, Son Truong, Joe Mills
7:45pm - 8:30pm	Closing Remarks & Prizes Best Oral Presentation, Best Poster Presentation, Poster Scavenger Hunt
9:00pm	Social Event – The Drake at 909 Railway Ave

Sunday, September 12th, 2011: 12noon – Depart Canmore for Edmonton

**SPORT & PERFORMANCE
ORAL PRESENTATIONS**

Friday September 9th, 2011 3:30pm – 5:15pm

Moderators: Luke Jones, Scott Forbes

Name	Title
Kacey Neely	Parents' perceptions of positive youth development through sport
Nicole McLeod	Mothers' experiences of sport: "Rather than just being a soccer mom I'm now a mom who plays soccer"
Danielle Peers	Thinking crip & screening "GIMP": Researching & teaching disability sport studies through video art
Lindsay Eales	Moving together with an "unspoken message"; the meaning and experience of integrated dance
Vincent Tedjasaputra	Heavy exercise does not alter specific ventilation heterogeneity in trained athletes

**HEALTH & PHYSICAL ACTIVITY
ORAL PRESENTATIONS**

Saturday September 10th, 2011 8:00am – 9:45am

Moderator: Camilla Knight

Name	Title
Jodie A. Stearns	The correspondence between pedometer-determined physical activity of children and their parents in a northern Canadian city
Jessica Walker	The Biggest Loser and its influence on University students' exercise related attitudes and behaviours
Anne-Marie Selzler	Examining change in self-efficacy for exercise and activities of daily living in cardiac rehabilitation patients
Jen Leo	The experience of trying on a disability: Reflections from a teaching assistant

**LEISURE
ORAL PRESENTATIONS**

Saturday September 10th, 2011 4:00pm – 5:45pm

Moderator: Dee Patriquin

Name	Title
Lara Fenton	Psychologically deep experiences: A little insight on The Big Four
Megan Langager	What can you tell me about your program?
Farhad Moghimehfar	Rural tourism development and community satisfaction: A case study of Tameh village, Iran
Angela Meyer	Engendering wilderness: Body, refuge, and transgendered experiences

POSTER PRESENTATIONS & RECEPTION
 Friday September 9th, 2011 5:15pm – 6:30pm
Poster set up: 2:45pm – 3:30pm

Poster No.	Research Area	Name	Title
1	Sport and Performance	Luke Jones	'The End of the Road?': Discipline and retirement in British professional and semi-professional football
2	Leisure	Maral Hamayeli Mehrabani	Participatory mapping for recreation planning
3	Leisure	Debbie Mucha	Exploring the human dimension: visitor use analysis of Willmore wilderness park
4	Sport and Performance	Marcela Mourao	2014 World Cup extreme makeover: The preparation to host FIFA's mega-event - The case of Porto Alegre/RS - Brazil
5	Leisure	Haidong Liang	Does "face" constrain mainland Chinese people from starting new leisure activities?
6	Sport and Performance	Angela Coppola	The communication of female sporting body ideals: The perceptions & experiences of female college athletes
7	Health and Physical Activity	Eun Young Lee	Social cognitive correlates of the relationship between biological maturation and physical activity in Korean female adolescents
8	Leisure	Dee Patriquin	A framework for assessing development of collaboration in regional sustainable natural resource management
9	Health and Physical Activity	Angela Hamilton	The effects of yoga on mysthenia gravis
10	Leisure	Brad Mannell	Parents' influence on adolescents' physically active and sedentary leisure
11	Health and Physical Activity	Mathieus Wiest	Fatigue effects on anticipatory postural adjustments and lower limb preference
12	Health and Physical Activity	Sonthaya Sriramatr	An internet-based intervention for promoting and maintaining physical activity in Thai university-aged females
13	Leisure	Maria Lynn	Latin American Canadian immigrants' travel motivations and acculturation
14	Leisure	Matthew Dowling	Playing to Win' and 'Sport for All' Archetypes of UK Universities Sport Strategies

SPORT & PERFORMANCE
ORAL PRESENTATION ABSTRACTS
Friday September 9th, 2011 3:30pm – 5:15pm

Parents' perceptions of positive youth development through sport

Kacey C. Neely, Nicholas L. Holt

Sport is a valuable context for positive youth development (PYD) and parents play a vitally important role in terms of introducing their children to sport, supporting their involvement, and influencing their experiences. However, little attention has been given to parents' views about the potential for their children to experience PYD through sport. The purpose of this exploratory study was to examine parents' perceptions of their children's experiences of PYD through participation in organized sport programs. Twenty-two parents (12 mothers, 10 fathers, M age = 38.9 years) of children 5 to 8 years old who were involved in an organized multi-sport program participated in individual semi-structured interviews. Data were subjected to qualitative analysis techniques based on the interpretive description methodology (Thorne, 2008). Data analysis revealed an overarching conceptual claim that children developed a self-perception through exploration in sport. This overarching theme was reflected by three categories of benefits (physical, social, and personal) that parents perceived their children gained. Results suggest that there are specific ways that parents and coaches help children gain the benefits of youth sport participation. Applied implications of how parents and coaches can increase opportunities for PYD are discussed.

Mothers' experiences of sport: "Rather than just being a soccer mom I'm now a mom who plays soccer"

Nicole McLeod

The purpose of this study was to examine mothers' experiences of sport with a view to identify issues that may be useful for promoting sport participation in the future. Sport participation levels decreased from 2004 to 2008 for both men and women (CFLRI, 2009). Physical activity levels and sports participation tend to decline when women become mothers (Bell & Lee, 2005). There has been limited research examining mothers who participate in sport. To address this knowledge gap, nine mothers with children between 6-12 years of age participated in semi-structured interviews about their soccer experiences. Thematic analysis was conducted using Interpretive Phenomenological Analysis (IPA) and the results uncovered four main themes: positive team experiences, emotions, strategies for fitting it in, and role modeling and encouraging others. The findings of this study can help to direct sport participation marketing campaigns aimed at this demographic in the future.

Thinking cripp & screening “GIMP”: Researching & teaching disability sport studies through video art

Danielle Peers

It is opening night at a major international conference. The conference room is bustling, not only with academics, but with hundreds of community members: out with friends, out on dates, all paying their way to take in your ideas. They listen to you talk about your research – gasping, laughing and applauding at those smart turns of phrase. And then afterwards, in the hallways, you hear them recounting the finer points of your argument to their friends. Sound familiar? Perhaps if your name is Michel Foucault or Noam Chomsky, but for the rest of us, our academic papers are unlikely to ever inspire this kind of public engagement.

In this session, I explore the use of auto-ethnographic video art for disability and sport studies: a form of research production and dissemination that can reach wider audiences, often in entertaining and memorable ways. I begin by playing a 7-minute auto-ethnographic video, which I co-wrote and co-directed, about the social construction of disability, particularly in relation to my role as an “inspirational” Paralympic athlete. The video is called *GIMP Bootcamp*, and it has thus far played in film festivals and classrooms across North America and in Europe and Japan: a far greater reach than any of my academic papers.

After the video, I will discuss some of the post-structuralist theories, sport studies concepts, and critical disability studies ideas that motivated the video. Lastly, I will discuss some of the merits and drawbacks of engaging with this particular type of “art as research” practice.

Moving together with an “unspoken message”; the meaning and experience of integrated dance

Lindsay Eales, Roxanne Ulanicki (co-performer)

Research on inclusion in a variety of physical activity pursuits engaging choice, freedom and control has the potential to facilitate participation and decrease marginalization of individuals experiencing disability. Further, it can advance our understanding of inclusive communities. The purpose of this research is to explore the meaning and experience of integrated dance for dancers of all abilities. The method of interpretive phenomenological analysis was used initially to structure this inquiry. Three female dancers (mean age 29) with 2-4 years dance experience in a western Canadian integrated dance group were selected using purposeful sampling. Two participants were wheelchair users whom experience disability. Data was collected in the form of one-on-one semi-structured interviews, and analyzed case-by-case, line-by-line for themes. Four themes were identified; pride and passion, sharing vulnerability, growing together, and an “unspoken message”. During member checking, participants requested that integrated dance be used in communicating these themes. An extension of the theme “unspoken message”, for these dancers a performance of integrated dance itself is the most appropriate manner of delivering these results. As such, a performance ethnography was undertaken with one participant. Considering the subjective nature of interpretation in both this research and dance, quotes by participants in their own words are utilized to present their perspectives. Dancers also contributed songs relating to their experience of integrated dance, which comprise the musical track of this multi-media presentation. Ultimately, the experience of integrated dance cannot entirely be put into words; it must be seen and felt to fully understand its expressed meaning.

Heavy exercise does not alter specific ventilation heterogeneity in trained athletes

Vincent Tedjasaputra, Sa, R. C., Holverda, S. Arai, T. J., Chen, W. T., Wagner, P. D., Davis, C. K., Theilmann, R. J., Prisk, G. K., & Hopkins, S. R.

Ventilation-perfusion (V_A/Q) inequality increases with exercise, and is suggested to result from interstitial edema compressing small airways and blood vessels. Forty-five min of heavy exercise increases spatial heterogeneity of pulmonary perfusion in athletes. We hypothesized that specific ventilation (SV, ratio of volume fresh air entering lung region to regional end-expiratory volume) heterogeneity would similarly increase, consistent with airway compression secondary to the development of exercise-induced interstitial pulmonary edema.

Trained subjects (4-men, 2-women $VO_{2max}=58\pm 3\text{mL/kg/min}$) cycled 45min at ventilatory threshold ($270\pm 48\text{W}$). Arterial blood gases were measured at rest(R), exercise(E), and recovery(REC) to calculate alveolar-arterial O_2 Difference (A-a DO_2). O_2 -enhanced MRI was used to quantify SV before and after exercise (40,90min post) in a sagittal slice of the supine right lung. SV heterogeneity assessed by relative dispersion (SD/mean).

Partial pressure of O_2 decreased from $107\pm 3\text{torr}$ R, to $89\pm 8\text{torr}$, $p<0.001$ during E, returning to $100\pm 7\text{torr}$ at REC. A-a DO_2 increased from $6.0\pm 3.6\text{torr}$ to $23.6\pm 5.9\text{torr}$ during E, $p<0.001$ and was $7.3\pm 4.3\text{torr}$ at REC. No significant changes in mean SV seen with exercise:

before(0.343 ± 0.07), post-40(0.325 ± 0.03), post-90(0.308 ± 0.05), $p=0.108$. Similarly no change in RD: before(0.80 ± 0.17), post-40(0.85 ± 0.15), post-90(0.80 ± 0.09) $p=0.404$.

Combined with the previously documented increase in perfusion heterogeneity, the unchanged mean SV or RD of SV post-exercise suggests that increased V_A/Q inequality with exercise is due to changes in the distribution of perfusion not matched by ventilation. Possibly, airways are more resistant than blood vessels to the development of changes, or resolve them more quickly.

Alternately, exercise-induced bronchodilation may mitigate the effect of peribronchial cuffing and compression caused by fluid efflux.

HEALTH & PHYSICAL ACTIVITY
ORAL PRESENTATION ABSTRACTS
Saturday September 10th, 2011 8:00am – 9:45am

The correspondence between pedometer-determined physical activity of children and their parents in a northern Canadian city

Jodie A. Stearns, Spence, J. C., Boulé, N., Ball, G., Veugelers, P., Pabayo, R., Lee, E. Y.

Purpose: Parents are thought to be important role models in the physical activity (PA) of young children. However, few studies have examined this hypothesis using an objective measure of PA, particularly pedometers. Objective measures are more accurate than self-report, as they eliminate biases due to memory lapses and socially desirable responses. Therefore, this study examined whether parental PA is significantly related to children's PA as measured with pedometers.

Methods: As part of a longitudinal cohort study being conducted in Edmonton, Canada, 379 children between the ages of 7 and 10 years, and one of their parents, wore SC-T2 pedometers for four consecutive days. Results: The children took an average of 8698 steps per day with 13% categorized as active and 86% as inactive. The parents, on the other hand, took an average of 7827 steps per day with 22% categorized as active and 78% as inactive. Significant small ($r = .16$) to moderate ($r = .30$) positive correlations between parent and child steps were found for each of the four days. Further, there was a significant moderate correlation between average steps of the parents and the children ($r = .25$). Finally, a chi-square test of independence revealed that parents classified as active tend to have children also classified as active. Conclusions: These findings support the hypothesis that active parents are more likely to have active children. In addition, our study highlights the importance of parental modeling in promoting children's PA and suggests that parents or families may be optimal targets for interventions.

The Biggest Loser and its influence on University students' exercise related attitudes and behaviours

Jessica Walker, Berry, T., McCleod, Pankratow, M.

Objective: This research examined the influence of television priming on exercise related attitudes and behaviours. Methods: Participants ($N=125$, $M=20$ years) were randomly assigned into one of two conditions and were primed by watching a short clip of either *the Biggest Loser* or *American Idol*. Following the video clip, the time it took participants to walk between testing rooms was surreptitiously timed. The Godin Leisure-Time Exercise Questionnaire and an Attitude Questionnaire were completed before participants received a full debriefing statement. Two 2 (video condition) by 2 (active or non-active classification) ANOVA's with affective attitudes and movement time as the dependent variables were conducted. Mood was included as a covariate. Results: Participants in *the Biggest Loser* group took longer to walk between testing rooms: $F(1, 120) = 4.50$, $p = .05$, $\eta^2 = .036$, and had lower affective attitudes towards exercise: $F(1, 120) = 4.85$, $p = .05$, $\eta^2 = .039$. Those who identified themselves as exercisers reported higher levels of affective attitudes towards exercise: $F(1, 120) = 5.15$, $p = .05$, $\eta^2 = .041$. However, this finding was not significant when mood was included as a covariate: $F(1, 120) = 2.69$, $p = .05$, $\eta^2 = .104$. Conclusion: Priming participants with *the Biggest Loser* elicited attitudes and behaviours opposite to the direction of the exercise prime. Therefore, *the Biggest Loser* could be framing exercise in a negative fashion and may be acting antagonistically towards health promotion messages advocating exercise as enjoyable and not burdensome.

Examining change in self-efficacy for exercise and activities of daily living in cardiac rehabilitation patients

Anne-Marie Selzler, Rodgers, W. M., Senaratne, M., & Haennel, R. G.

Background: Regular exercise and activities of daily living (ADL) have been deemed important following cardiac rehabilitation (CR). Self-efficacy has been established as fundamental to the performance of exercise and ADL. CR is focused on patients' abilities to perform exercise tasks and may not influence patients' confidence to overcome barriers and to schedule exercise. This study examined the change of self-efficacy for exercise and for ADL with CR.

Methods: A repeated-measures design assessed task, coping, and scheduling self-efficacy for exercise and ADL in one hundred and forty six patients (113 male, and 33 female) at baseline and post-CR. **Results:** Task, coping, and scheduling exercise self-efficacy changed little over the course of CR. The means for task exercise self-efficacy at baseline and post CR (91.71 and 92.10, respectively) were high. A significant effect of gender was found for task self-efficacy ($p < .05$), with males higher than females ($M = 93.82$ and $M = 89.99$, respectively). For ADL, task, coping, and scheduling self-efficacy increased significantly with CR (all $ps < .05$).

Conclusions: Cardiac patients show increased self-efficacy for ADL but not exercise following CR. A possible ceiling effect was found for task exercise self-efficacy, explaining the lack of change with CR. Because exercise self-efficacy predicts exercise adherence, perhaps CR should include additional resources to increase confidence for coping and scheduling exercise. The gender difference observed in task exercise self-efficacy is consistent with the literature and suggests that females may require additional resources to increase their confidence for performing exercise tasks.

The experience of trying on a disability: Reflections from a teaching assistant

Jen Leo

I am about to instruct an experiential lab for the undergraduate class for which I am the teaching assistant. I am wondering what these students will take away from the lab? For some, this may be the only class in which they learn and think about issues of disability and physical activity. Although I have taught this lab before it is becoming increasingly uncomfortable for me to do so. I sit in the wheelchair, trying to move smoothly across the gymnasium floor. I feel the students' eyes on me. I want to give the appearance that I have done this before, that I know what I am doing, and that I am competent to teach about using a wheelchair. With growing uncertainty about the purpose of the activities, I am beginning to feel like I am entering murky water. In this presentation I hope to present some of the insights I gained during an interpretive, self-reflective exercise in which I examined and described my lived experiences as a teaching assistant leading disability simulations in a post-secondary course. My experiences will be interpreted against those of my students, and cultural discourses of disability. Disablement (Peters, 1996) will be used to illustrate the tensions I felt between my role as an outsider to the disability experience and my responsibilities as a lab instructor as I asked students to try on a disability. This notion of trying on a disability will be further explored as I consider the implications of suggesting that students may be granted access to an insider perspective through the use of disability simulations.

LEISURE
ORAL PRESENTATION ABSTRACTS
Saturday September 10th, 2011 4:00pm – 5:45pm

Psychologically deep experiences: A little insight on The Big Four

Lara Fenton

Previous research on the relationship between humans and the natural environment has included explorations of out of the ordinary experiences, which I call psychologically deep experiences (PDE's), and includes what I call the "Big Four": Communitas, Fascination, Flow and Spiritual Experiences. Briefly stated, flow is an experience of deep concentration, in which a person becomes absorbed in the moment and loses track of time (Csikszentmihalyi, 1990). The most well researched flow antecedent or "trigger" is challenge/skill balance; that is, where the skill of the individual is well suited to the challenge presented by the activity. Spiritual experiences are more intense and the person typically feels connected to a higher power (Schmidt & Little, 2007; Stringer & McAvoy, 1992; Williams & Harvey, 2001). Individuals may also experience strong feelings of wonder and awe, and a sense of timelessness and ineffability (Fredrickson & Anderson, 1999; Loeffler, 2004; Williams & Harvey, 2001). Fascination involves effortless attention in nature spaces, typically after concentration is depleted (Kaplan, 1995). Finally, communitas is an intense, magical, and synergistic connection to other people (Turner, 1982). Previous research has studied these experiences in isolation from one another. I will be presenting the results of twelve interviews that will consider the interrelationships among these four experiences, for example, what makes each experience unique? What characteristics are shared among all or some of these experiences? I will also outline what my results mean for my future projects, mainly the development of a scale that measures the "Big Four".

What can you tell me about your program?

Megan Langager & Spencer-Cavalier, N.

Low socioeconomic status (SES) can negatively impact a child's development. While research has shown that participation in out-of-school programming can contribute positively to children's development, few studies have explored the perspectives of children who participate in these programs. Place attachment is a conceptual framework that allows for an exploration of children's experiences with regard to their attachment or bonding to a place and the role that social relationships play in that attachment process (Low & Altman, 1992). The purpose of this qualitative case study was to perform an in-depth exploration of the experiences of children of low SES participating in a community recreation program using place attachment as the conceptual framework. As part of this study seven children took part in drawing activities and semi-structured interviews. Additional data were collected using observations, field and reflective notes, a focus group interview with adult staff and document analysis. Three themes emerged from the thematic analysis of the data: rules and routines, activities, and social relationships. These themes, and by extension, the children's experiences, will be discussed within the framework of place attachment theory and place literature.

Rural tourism development and community satisfaction: A case study of Tameh village, Iran

Farhad Moghimehfar, Sharifi-Tehrani M., & Karoubi M.

Nowadays, rural tourism is seen as a survival tool for the declining economy of rural areas in developing countries. But uncontrolled growth in tourism as an economic incentive without considering social-cultural and environmental elements results in numerous negative impacts. The aim of this study is to examine social interactions between tourists and the host community and local community satisfaction or dissatisfaction resulting from the presence of tourists in the village and its surrounding area. Field evaluation was carried out based on questionnaire completed by interviewers in Tameh village in Isfahan province, Iran. The participants in this study were local residents of Tameh village. Results show high level of dissatisfaction of the host community in this village, and it can be concluded that cultural interactions is more important than economic incentives for Tameh residents.

Engendering wilderness: Body, refuge, and transgendered experiences

Angela Meyer & Borrie, W. T.

Contemporary leisure research on gender and wilderness has shown how wilderness experiences can foster empowerment for women and allow for opportunities to resist prescribed gender roles. That research focuses mostly on women and empowerment (Angell, 1994; Bialeschki & Henderson, 1993; Kohn, 1991; Powch, 1994; Pohl, Borrie, & Patterson, 2000). Empirically, however, gender and wilderness are underexplored beyond models of empowerment, resistance, and improving the lives of women. Little has been done, for instance, to problematize gender and look at transitory gender categories; to examine the intersections between the body and gender in wild places (exceptions: McDermott, 2000, 2004; Newberry, 2003); or to include the voices of gay, bisexual, lesbian, transgendered/transsexual, and/or queer (gbtlq) people in wilderness research. The ways that gender identity and gender negotiation (at the level of the body) influence the leisure (in wilderness) of gbtq self-identified 'females' was the focus of this study. This paper will focus on transgendered/transsexual wilderness experiences in particular and considers, for example, how people with non-heteronormative genders and sexualities experience their bodies and their gender(s) in wilderness and what these stories might reveal about the broader implications of gender difference in American society and of the distinctiveness of wilderness settings. Insights on these topics were gathered from twenty participants through a series of in-depth semi-structured interviews and grounded theory analysis. These stories (and analysis) explain why and how wilderness can be experienced as a refuge from normative gender. Wilderness, for example, provides a venue to freely 'be'; to explore oneself; and to re-animate our bodily selves without the impositions of discrimination and other normative pressures. Ethical implications concerning human-wilderness and human-human relationships are suggested.

POSTER PRESENTATION ABSTRACTS
Friday September 9th, 2011 5:15pm – 6:30pm

1 ‘The End of the Road?’: Discipline and retirement in British professional and semi-professional football

Luke Jones

Historically, in the field of sports retirement, applied sports psychology has been adopted to examine the affects of this transition process and consequently how athletes are potentially able to equip themselves to cope with this often difficult transition. The socio-cultural study of sport has, despite several studies explaining the potentially dangerous, marginalising and constraining nature of sport as a ‘modern discipline’, not yet been explicitly applied to this population of retired professional football players. This study significantly contributes to this particular phenomenon of retirement that is universal among sporting populations from a new perspective. In this Poststructuralist study into sports retirement, I will utilise the social theory of Michel Foucault to identify how retired footballers in the UK negotiate their understandings of their bodies and selves during retirement. In order to achieve this research aim, the connections between the overtly disciplinary practices of this professional sport experienced during a career and a player's body and self understanding in the retirement stage were examined.

2 Participatory mapping for recreation planning

Maral Hamayeli Mehrabani & Halpenny, E.

Tourism and conservation are two main components of management of protected areas. The growing influx of tourists may exert strong pressure on fragile ecosystems. To determine tourism impact on environment, it is necessary to understand tourist preferences. Factors affecting visitors' preferences can include human factors (individual characteristics, motivations, accompanying people), physical or spatial factors (geomorphology), trip factors (first-time or repeat visitor, secondary or main destination) and the time factor (length of stay, trip duration, season). As the result, tourism industry should be an important partner in environmental conservation, planning and policy formulation. Tourism analysis needs to consider the way tourists consume products to decrease possible conflicts between nature and tourism. This kind of analysis requires an examination of how the environment is used, by whom it is used, and upon what preferences and knowledge they are based. This article investigates the application of participatory mapping to overlay social information with ecological data to integrate management priorities with multiple stakeholder needs by public participatory geographic information systems.

3 Exploring the human dimension: visitor use analysis of Willmore wilderness park

Debbie Mucha

There have been few studies that focus on the human dimensions of backcountry users in provincial wilderness areas within Alberta. It is often difficult to integrate ecological data with human use requirements without relevant and sound information. It is also a challenge to understand visitor experience needs and management preferences without a foundation of visitor information. The purpose of this study is to address the need for acquiring a better understanding of visitors in the Willmore Wilderness Park in west-central Alberta. Specifically, this study will examine the demographics, spatial patterns, motivations, park familiarity, and place attachment of visitors to the park. This project will entail a mixed-methods approach and project instruments will include: trail surveys, in-depth questionnaires, trail cameras, Global Positioning System (GPS) Tracksticks, and in-person interviews. Results from this study will feed into the future parks management plan for Willmore and may have linkages to the Alberta Landuse Framework.

4 2014 World Cup extreme makeover: The preparation to host FIFA's mega-event - The case of Porto Alegre/RS - Brazil

Marcela Mourao

When the FIFA World Cup begins, host cities become the focus of international media. But besides football itself, special coverage also includes tourism, local history, and other details about the hosts. Rarely, if ever, is any city in the world prepared for the undertaking of receiving the competition according to FIFA's standards. Therefore, an extensive preparation process involving billions of dollars is put into action by governments and the private sector. The discourse and arguments used are usually about the social developments that a World Cup can generate. As a pre-event study, it is not possible to guarantee that success or failure is imminent. What can be done is an analysis of the intentions of a host city and examination of the possibility for social changes through the proposed projects. In this case, the city is Porto Alegre, capital of Rio Grande do Sul, in the south of Brazil. With over 1.4 million inhabitants, it holds the title granted by the United Nations as Number One City in Quality of Life for all of Brazil. However, it is far from being a place free of social problems, facing issues such as poverty, lack of public safety, poor education, and precarious transportation systems.

Through interviews conducted for this study, surveys administered to citizens, and the use of extensive sources – from governments to football clubs to the local press – this paper examines the projects planned for the new Porto Alegre, analyzing potential impacts on the city and its citizens.

5 Does “face” constrain mainland Chinese people from starting new leisure activities?

Haidong Liang & Walker, G. J.

Over the past 30 years, Mainland China has become one of the world’s fastest growing economies. As incomes have risen and the work-week has shortened, leisure opportunities have grown accordingly. Research (Walker, Jackson, & Deng, 2007) suggests, however, that while these structural constraints’ effects may have decreased, intrapersonal constraints’ influence remains powerful. Moreover, while Walker et al. found that the Western-based leisure constraints framework (Crawford, Jackson, & Godbey, 1991) itself was cross-culturally applicable, they acknowledged that certain types of intrapersonal constraint might be more important for Chinese people than for Westerners. One such constraint, we propose, is the Chinese concept of “face.” Therefore, the purpose of this research was to examine why Mainland Chinese people felt constrained from starting new leisure activities generally, and to determine what role the Chinese concept of “face” had on this behaviour in particular. Face is concerned with favourable social self-worth and is composed of two types: self- and other-face. The prospect of losing face is a key factor in understanding Chinese people’s interpersonal behaviour. Data were collected using an on-site questionnaire and convenience sampling in three cities in China (N = 195). Results indicated that: (a) although interpersonal and structural constraints most inhibited starting a new leisure activity, Chinese people varied in terms of self- and other-face’s constraining effect; (b) both types of face were more constraining for less educated Chinese people; and (c) self- and other-face are new types of intrapersonal constraint.

6 Communication of sporting body ideals: Experiences of female NCAA division I college athletes

Angela Coppola

The current study explored female college athletes’ experiences of specific others’ (i.e., coaches, trainers, teammates, and parents) communication about their female sporting bodies and how they make sense of their bodies in relation to this communication. How they believed specific others in the sport environment should communicate with them about their bodies was also examined. Eight female National Collegiate Athletic Association (NCAA) Division I college athletes from four different sports were recruited using purposive sampling methods. Semi-structured qualitative interviews were conducted, and the five-step process of Interpretative Phenomenological Analysis (Smith, 2004) as outlined by Groenewald (2004) was used. Participants reported experiences of communication from others about their bodies as both “positive” and “negative.” Individualized athlete-centered training, recognizing body change, and relationship development were viewed as positive means of communicating about sporting bodies, whereas comparing athletes’ bodies, critical comments, and threatening sport participation were perceived as negative. These athletes experienced the sport environment as emphasizing healthy “fit” bodies and bodies ready for successful sport performance in a variety of ways. Further, the participants perceived conflicts between sport performing body ideals and dominant social ideals of feminine bodies. Practical implications of these results will be discussed.

7 Social cognitive correlates of the relationship between biological maturation and physical activity in Korean female adolescents

Eun Young Lee & Spence, J. C.

Physical activity levels have been shown to decline with increasing age (Gordon-Larsen et al., 2004; Sallis, 2000; Telma et al., 2005), particularly across adolescence (Sallis, 2000; Van Mechelen, Twisk, Post, Snel, & Kemper, 2000), and males are considered to be more physically active than females (Malina et al., 2004). This withstanding, several studies suggest the age- and gender- variations in physical activity are confounded by biological maturation (e.g., Cumming et al., 2008; Rodrigues et al., 2010; Sherar et al., 2007; Thompson et al., 2003). To understand and promote physical activity among adolescents, it is important to recognize the effect of biological factors beyond psychosocial and environmental factors. The extant literature examining the linkage between biological maturation and physical activity has identified a potential mediating role of psychosocial factors; however, evidences are limited to physical self-concept domain (Cumming et al., 2010; Knowles et al., 2009). It is possible that social cognitive correlates of physical activity such as self-efficacy, perceived social support and barriers (Beets et al., 2007; Dishman et al., 2009) might further explain the relationship between biological maturation and decreases in physical activity. The purpose of the present study is threefold: to 1) examine confounding effects of biological maturation on physical activity levels; 2) investigate the effect of biological maturation and physical status (i.e., body composition and fat deposition) on social cognitive correlates of physical activity; and 3) investigate the independent and interactive role of social cognitive correlates on relations between biological maturation and physical activity.

8 How elite Canadian women figure skaters experience the domination of young girls in the women's singles events

Corinna Story

The purpose of this research was to explore how the female elite Canadian figure skaters experience the women's elite singles figure skating event as being dominated by young girls or young women with girlish figures (Kestnbaum, 2003). Through a lens of critical feminism, I further interpreted the interviewees' experiences within the structural rules that might sustain this domination. I used semi-structured interviews (Patton, 2002) with ten former elite women singles skaters who competed within the Edmonton region. In my research project, I located their experiences within the larger context of structural rules within figure skating, both written and unwritten, that may contribute to the domination of the event by young girls. I focused particularly on the impact of the age restrictions that are placed on competitive categories. In addition, I explored their beliefs about the ideal body type for elite women figure skating and their experiences with their own bodies.

9 A framework for assessing development of collaboration in regional sustainable natural resource management

Dee Patriquin

Collaboration has been promoted as an alternative form of governance for sustainable development, to include all affected stakeholders in decision-making. Collaboration seeks consensus among stakeholders, often creating shared understanding of issues and alternatives and generating innovative and well-supported solutions. However, effective collaboration among government and other stakeholders has been rare, particularly in regional resource management. Social capital research has examined the processes facilitating collaboration, and it emphasizes factors such as trust. Place-based governance research suggests places valued by people can motivate cooperative management, perhaps by establishing a social space of shared interests around place. The social negotiations to create that space have, in turn, been proposed by Actor Network Theory (ANT), which suggests that translation, a process facilitating societal acceptance of innovation, helps achieve consensus. ANT also acknowledges the potential role of both human and non-human actors in the acceptance of innovation. This theoretical shift has stimulated new research in the role of the environment and place in collaborative approaches to resource management. ANT theorists stress that social relationships, rather than the individual actors themselves facilitate translation (consensus-building), but the mechanisms to develop supportive relationships are not yet explicit. Some empirical studies imply a role for trust and place in developing new approaches to sustainable resource management. Place attachment and social capital theory may provide the mechanisms now missing in ANT. This poster will outline a framework, based on ANT, social capital and place theories that identifies potential mechanisms supporting collaborative approaches to problems such as sustainable natural resource management.

10 The effects of yoga on myasthenia gravis

Angela Hamilton

Mindful based physical practice of yoga has shown to be an effective treatment for physical disorders such as Parkinson's, scoliosis, and chronic pain, as well as for psychological disorders such as depression and anxiety. Myasthenia gravis (MG) is an autoimmune neurodegenerative disorder in which patients have difficulty coping with the ensuing physical and psychological symptoms. Since the use of yoga as a complementary treatment has been demonstrated to be successful in conditions similar to MG, the use of a mindful based physical yoga practice to accompany treatment for MG has potential benefits. Yoga may address the increased muscle sensitivity to muscle failure as well as combat some of the psychological side effects of MG. It is hypothesized that yoga will help patients cope with MG by increasing their awareness of oncoming muscle failure. This will help them recognize when to rest, and therefore, make it possible for them to return to activity more often and sooner. It is also hypothesized that yoga will affect their coping strategies associated with psychological components that accompany changes in health status and in their chronic condition. It is the objective of this research to qualitatively explore how a mindful based physical yoga practice can support effective physical and psychological coping mechanisms for people with MG. This study seeks to explore the experiences, coping mechanisms, and variations of physical activity levels of people with MG.

11 Parents' influence on adolescents' physically active and sedentary leisure

Brad Mannell

The instrumental behaviour, encouragement and modeling hypotheses have been proposed to explain parents' influence on their children's participation in physically active leisure (PAL). Based mostly on survey research, support for these ideas has been mixed and inconclusive. Also, typically, frequency of PAL has been studied and quality of experience while engaged ignored. In an attempt to explore parental influence further, data were gathered from a group of adolescents and their parents (n=207 pairs) during a one-week period using the Experiential Sampling Method (ESM) and an in-home questionnaire. Not only was the relationship between the frequency of PAL engaged in by parents and adolescents explored but the relationship between their psychological experiences (flow and intrinsic motivation) while engaged in PAL and sedentary activity. Sedentary activity (electronic media participation) has been shown to displace PAL. Although, frequency of participation in PAL by adolescents and their parents during the course of the study week was found to be unrelated, their participation in sedentary activity was positively related. Also, adolescents were more likely to experience flow and intrinsic motivation while engaged in PAL and sedentary activity if their parents did, particularly among same-sex parent-adolescent dyads, providing evidence for the modeling hypothesis. This hypothesis was further supported by the finding that adolescents who experienced higher levels of general emotional support from their parents were more likely to share similar levels of flow and intrinsic motivation to that of their parents while engaged in PAL and sedentary activity during the study week.

12 Fatigue effects on anticipatory postural adjustments and lower limb preference

Mathieus Wiest

The central nervous system is able to predict some perturbations (like when an object hits the body) and act before they happen. These mechanisms are called anticipatory postural adjustments (APAs). APAs can be measured by recording muscle activity or analyzing how the human body applies forces on the ground, in other words, remains in balance. However it still not clear if muscle fatigue in lower limbs or if lower limb preference alter this anticipatory control. The aim of this study was to investigate the effects of unilateral fatigue on APAs of muscles from the preferred and non-preferred lower limb. Twenty two healthy subjects were separated in two groups. We analyzed the muscle activity of rectus femoris, biceps femoris, gastrocnemius medialis and tibialis anterior, before and after isometric voluntary fatigue of calf muscles. Fatigue was induced by asking subjects to "stand on toes" unilaterally with the preferred or non-preferred lower limb, as long as possible. We identified APAs during fast bilateral arm rising movements. Muscle activity recorded from the lower limbs before starting arm rising movements indicated APAs. Using a force plate we analyzed how the subject applied forces on the ground. Our results showed that APAs are not changed by unilateral muscle fatigue. The APAs remained the same before and after fatigue in each leg. These results suggest that the CNS is able to produce APAs to counteract a perturbation, even in fatigue situations.

13 An internet-based intervention for promoting and maintaining physical activity in Thai university-aged females

Sonthaya Sriramatr

Context: Social Cognitive Theory (SCT) can explain some of the variance in physical activity (PA) behaviour. Also, internet-based interventions have been reported as a cost-effective method for enhancing PA. Objectives: To evaluate the efficacy of a SCT-based internet intervention designed to promote and maintain PA in university-aged females in Thailand. Design: A three-month randomized control trial will be conducted; using a Solomon four-group design.

Participants: At least eighty healthy female students aged 18-24 years will be recruited from Srinakharinwirot University. Interventions: The intervention will consist of a website and e-mails. Participants will be randomly assigned into four groups: pretest with intervention (PI) group, pretest with no intervention (P-NI) group, no pretest with intervention (NP-I) group, and no pretest with no intervention (NP-NI) group. Participants in PI and NP-I groups will be given a face-to-face orientation to the website and self-monitoring information methods. They will receive a pedometer and will be asked to record their daily steps for 3 days a week. Every Friday, participants will be asked to access the website and to record their average steps in that week, set new PA goals for the next week, and identify their self-efficacy and outcome expectancies on PA goals. Also, e-mails will be sent to participants to provide personal feedback and workouts. Participants in P-NI and NP-NI groups will not receive any treatments. Main Outcome Measures: METs, steps/day, VO_2 max, %body fat, self-efficacy, outcome expectancy, and self-regulation will be tested at baseline, 3 months, and follow-up at 6 months.

14 Latin American Canadian immigrants' travel motivations and acculturation

Maria Lynn

By 2031, roughly one in every four people will be a member of a visible minority group, with the majority of these individuals being immigrants (Statistics Canada, 2010). Notably, the Latin American community is one of the fastest growing ethnic communities in Canada (Statistics Canada, 2007). In addition to these dramatic socio-demographic changes, leisure scholars (e.g., Shinew et al., 2006) have called for more research with immigrants, especially on the important role leisure may play in their adjustment to a new environment. Despite this call, a review of the literature indicates that there is little understanding of Latin American immigrants' leisure in general, but even less regarding specific aspects of their leisure such as travel motivations. Research that has been conducted with minority groups is limited to investigations around community leisure (e.g., sport, fitness, daily leisure activities, recreation programs) rather than those leisure experiences, such as travel, that are perhaps less frequent, but whose impact on people's lives can be life changing. It is therefore the purpose of my research to contribute to this underdeveloped area by investigating the research question, "Why do Latin American Canadian immigrants engage in travel and how are these travel motivations affected by acculturation?" Gaining a better understanding of leisure travel from the perspective of immigrants is a topic of crucial importance to sensitive policy making, service-provision, and promoting and engaging immigrants in tourism experiences.

15 'Playing to Win' and 'Sport for All' Archetypes of UK Universities Sport Strategies

Mathew Dowling, Barrie Houlihan, Marvin Washington

Within the UK the higher education sector has now become an integral element of the elite sport system, with universities starting to reflect this through their sport strategies. A micro-level, archetypal theoretical approach was adopted using Greenwood and Hinings' (1993) Seven Variable Framework to address why do some universities adapt and develop their sports strategies as an integral part of their overall university strategy and why some universities do not. An in-depth, exploratory, multiple case study approach examined two universities. Semi-structured interviews were conducted with key strategy devising personnel supported by an analysis of governmental agencies documentation. Two archetypes of *Playing to Win* and *Sport for All* were identified, characterizing both the disparity amongst UK university sector sport strategies and mirroring the current governments' main sporting policy objectives. The findings herein constitute the initial steps towards being able empirically compare university sporting systems.