

# Monday 27 November

	Maclaurin Foyer & Mezzanine	Maclaurin Theatre 103	Maclaurin Theatre 101	Maclaurin Theatre 102	Alan MacDiarmid 102/104	Alan MacDiarmid 103	Alan MacDiarmid 101
8:00 - 8:30	Registration - Maclaurin Foyer						
8:30 - 9:30	Mihi Whakatau (Welcome Ceremony) - The Hub						
9:30 - 10:30	Keynote #1: Dr Anna Rolleston - Maclaurin Theatre 103						
10:30 - 11:00	Morning Tea						ASPA ECN Event
11:00 - 12:00		SO-111 Physical literacy	SO-112 Effects & Scale Up of School Interventions	SO-113 Reviews & More	SO-114 School & Community Health	SO-115 Clinical Populations & Outcomes I	
12:00 - 13:00		RO-121 Leaders in the Field	RO-122 Physical Activity & Mental Health	RO-123 Early Childhood	WS-125 Advocacy Workshop	RO-124 Clinical Populations & Outcomes II	
13:00 - 14:00	Lunch P1 Posters	ASPA AGM					
14:00 - 15:00	Keynote #2: Professor Amy Ha - Maclaurin Theatre 103						
15:00 - 15:30	Afternoon Tea						
15:30 - 16:30		RO-131 Technology	RO-132 Older Adults I	RO-133 Inequities & Rural	WS-134 SIG-Scaling Up	WS-135 SIG-Physical Literacy	
16:30 - 17:30		SO-141 Geography & Active Travel	SO-142 24 hr Movement	SO-143 New Directions in Physical Activity	WS-144 SIG-School	WS-145 SIG-Health Care	
17:30 onwards	ASPA Social Function - Hunter Lounge						

## Tuesday 28 November

	Maclaurin Foyer & Mezzanine	Maclaurin Theatre 103	Maclaurin Theatre 101	Maclaurin Theatre 102	Alan MacDiarmid 102/104	Alan MacDiarmid 103	Alan MacDiarmid 101
8:00 - 8:30	Registration - Maclaurin Foyer						
8:30 - 9:00	ASPA Hau Kainga Welcome SESNZ Delegates (Day 2 Welcome) - The Hub						
9:00 - 9:30	Cultural Workshop - The Hub						
9:30 - 10:30	Keynote #3: Professor Tony Okely - Maclaurin Theatre 103 (video stream Maclaurin Theatre 101)						
10:30 - 11:00	Morning Tea						
11:00 - 12:00		EO-211 Scale Up & Translation	EO-212 Geography & Active Transport	EO-213 Exercise Physiology (Invite: Kade Davison)	EO-214 Workplaces	EO-215 Strength & Conditioning	EO-216 Sport & Exercise Psychology (Invite: John Sullivan)
12:00 - 13:00		RO-221 Indigenous & Pasifika Peoples	Panel-222 Panel Discussion - Evidence Translation (Sponsor: HPSNZ)	WS-223 Exercise Physiology (AEP/CEP Future Strategy)			
13:00 - 14:00	Lunch P2 Posters						
14:00 - 15:00		SO-231 School Interventions II	SO-232 Policy, Implementation & Stakeholders	WS-233 Exercise Physiology (Industry Forum)	SO-234 Older Adults II	SO-235 Strength & Conditioning (Invite: David Pyne)	SO-236 Female Athletes (Invite: Stephen Fenemor)
15:00 - 15:30	Afternoon Tea						
15:30 - 16:30	Keynote #4: Dame Professor Farah Rangikoepa Palmer (Sponsor: Sport NZ) - Maclaurin Theatre 103 (video stream Maclaurin Theatre 101)						
16:30 - 17:00	Whakawatea – farewell ASPA delegates (Day 2 Closing) - Maclaurin Theatre 103 (video stream Maclaurin Theatre 101)						
17:00 onwards	SESNZ Social Function - Hunter Lounge Sponsor stalls in Maclaurin MC153 Foyer / Mezzanine & Te Toki A Rata Foyer						

### Wednesday 29 November

	Maclaurin Foyer & Mezzanine	Maclaurin Theatre 103	Maclaurin Theatre 101	Maclaurin Theatre 102	Alan MacDiarmid 102/104	Alan MacDiarmid 103	Alan MacDiarmid 101
8:00 - 8:30	Registration - Maclaurin Foyer						
8:30 - 9:15	Keynote #5: Kade Davison - Maclaurin Theatre 103						
9:15 - 10:15		RO-311 Strength & Conditioning	RO-312 Injury	RO-313 Exercise Physiology			
10:15 - 10:45	Morning Tea						
10:45 - 11:30		RO-321 Sport & Exercise Psychology	RO-322 Biomechanics	RO-323 Exercise Physiology			
11:30 - 12:30	Keynote #6: Alice Sweeting ( <i>Sponsor: VX Sport</i> ) - Maclaurin Theatre 103						
12:30 - 13:30	Lunch P3 Posters	SESNZ AGM					
13:30 - 15:00		WS-331 Performance Analysis: Data Visualisation (Workshop: Alice Sweeting)	RO-332 Biomechanics	RO-333 Exercise Physiology			
15:00 - 15:30	Afternoon Tea						
15:30 - 16:15	Keynote #7: David Pyne - Maclaurin Theatre 103						
16:15 - 16:30	SESNZ Awards - Maclaurin Theatre 103						
16:30 - 17:00	Whakawatea – farewell all delegates (Day 3 Closing) - Maclaurin Theatre 103						

*Sponsor stalls in Maclaurin MC153 Foyer / Mezzanine & Te Toki A Rata Foyer*

## Monday 27 November

Day 1	11:00 - 12:00 Parallel Sessions	
SO-111	<b>Physical literacy</b>	<b>Maclaurin Theatre 103</b>
Chair	TBC	<b>Short Orals (5+1 min)</b>

Abstract	Title	Presenter
43	A Measure of Physical Literacy in Adults	Annaleise Naylor
191	Study Protocol: An Ecological Dynamics Approach to Promote Physical Literacy and Well-being of Primary School Children	Raymond SUM
70	Choosing a holistic physical literacy assessment for children and youth	Lisa Barnett
87	Development of the Effective Early Childhood Physical Literacy Pedagogue self-report instrument	Jaime Barratt
100	Effects of a physical literacy intervention delivered in medical centers	Alexandre Mouton
131	Feasibility of implementing the digital Physical Literacy in Children Questionnaire in primary schools: Insights and recommendations	Lisa Barnett
134	Community Led Innovation: Building Common Goals and a Shared Understanding of Physical Literacy	Sam Fenton
182	Creating a physical literacy working group charter to guide investment in physical literacy enriching community spaces.	Kate Cadet   Catherine Hodgens

SO-112	<b>Effects &amp; Scale Up of School Interventions</b>	<b>Maclaurin Theatre 101</b>
Chair	TBC	<b>Short Orals (5+1 min)</b>

Abstract	Title	Presenter
153	The TransformUs primary school effectiveness trial	Jo Salmon
78	Learning through moving - a pilot study of TransformUs in an Australian regional setting	Verity Cleland
132	TransformUs Saudi Arabia - A multi-stakeholder exploration of perceived barriers and facilitators to implementing a school-based physical activity program	Emiliano Mazzoli
136	Feasibility of the TransformUs whole-of-school physical activity program for primary schools in Saudi Arabia	Ana Marí-a Contardo-Ayala
18	Examining the mediating effects of sleep on older adolescents' mental health: The Burn 2 Learn cluster randomised controlled trial	Angus Leahy
29	The mediating effects of self-efficacy on adolescent mental health - findings from the Burn to Learn cluster randomised controlled trial	Angus Leahy
60	Effect of high-intensity interval training on hippocampal volume in older adolescents	Sarah R Valkenborghs
71	Acceptability, dose, and fidelity of an activity break intervention for adolescents with disability: Burn 2 Learn adapted (B2La) cluster RCT	David Lubans

SO-113	<b>Reviews &amp; More</b>	<b>Maclaurin Theatre 102</b>
Chair	TBC	<b>Short Orals (5+1 min)</b>

Abstract	Title	Presenter
80	Promotion of muscle-strengthening physical activities in youth sport - a rapid review of evidence	Sarah Kennedy
20	The Provision and Experience of Variety in Physical Activity Settings: A Systematic Review of Quantitative and Qualitative Studies	Narelle Eather
112	The role of context as a moderator in the physical activity and cognition relationship across the lifespan	Anthony Okely
147	Are psychosocial work environments associated with health-enhancing physical activity and sedentary behaviour at work? A systematic review	Charlotte Brakenridge
115	Association between the built environment and obesity and the mediating role of physical activity: a systematic review	Samjhana Shrestha
163	Barriers and facilitators to physical activity participation among autistic adults: A scoping review	Vu Ngoc Duong

91	Perceived barriers and facilitators to performing regular activity breaks at home in the evening	Jennifer T. Gale
145	Footy-FIT Protocol: promoting physical activity and healthy lifestyles in female sports fans	Toby Pavey

<b>SO-114</b>	<b>School &amp; Community Health</b>	<b>Alan MacDiarmid 102/104</b>
<b>Chair</b>	TBC	<b>Short Orals (5+1 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
157	Stepping up together: The role of community health workers in promoting physical activity in Aotearoa.	Estelle Watson
149	What should all health professionals know about movement behaviour change? An international Delphi-based consensus statement	Sjaan Gomersall
92	Developing a physical activity 'vital sign' for hospital settings	Christina Louise Ekegren
177	Tapuwaekura: An Indigenous approach to promoting wellbeing through activity in the natural environment	Rebecca Thorby
81	Revolutionising Vocational Education Through Movement	Jessica Orr
58	Training a culturally capable future physical activity promotion workforce: Developing postgraduate qualifications in physical activity and hauora/wellbeing (PAH)	Lara Andrews
95	Beyond 'brain breaks': a new model for integrated classroom-based active breaks	Natalie Lander
57	The Heart Foundation's Energize programme: Enhancing Health Environments in Te Whanganui-a-Tara Primary Schools	Patrick McCann   Noni Shedlock

<b>SO-115</b>	<b>Clinical Populations &amp; Outcomes I</b>	<b>Alan MacDiarmid 103</b>
<b>Chair</b>	TBC	<b>Short Orals (5+1 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
16	Interventions using wearable activity trackers to improve physical activity and other outcomes in Hospitalised Adults: A Systematic Review and Meta-analysis	Kimberley Szeto
140	Lifestyle management of youth impacted by type 2 diabetes: A systematic review	Kathryn Fortnum
127	A Scoping Review of 5As Counselling to Promote Physical Activity to People with Non-Communicable Diseases	Felicity Harpour
94	Insights into activities of daily living in Heart Failure patients: a wearable camera image analysis	Teketo Tegegne
109	IMPACT OF ONGOING COVID-19 SYMPTOMS ON PHYSICAL ACTIVITY PARTICIPATION IN PEOPLE WITH TYPE 2 DIABETES	Emily Cox
111	Utilising step count to compare physical activity between surgical and non-surgical patients with hip-related pain and healthy controls	Denise Jones
6	Can an Australian football theme engage men with cardiovascular disease in a physical activity and dietary behaviour change program? Findings from a feasibility randomized trial	Eleanor Quedsted
85	Promoting physical activity as part of a multidisciplinary, blended delivery wellbeing and healthy lifestyle program for people with rheumatoid arthritis	Nicola Burton

## Monday 27 November

Day 1		12:00 - 13:00 Parallel Sessions	
<b>RO-121</b>	<b>Leaders in the Field</b>	<b>Maclaurin Theatre 103</b>	
<b>Chair</b>	TBC	<b>Regular Orals (8+2 min)</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
56	Explaining the marked increase in global physical activity publications 1985 to 2022	Adrian Bauman	
152	Effectiveness of a sit less, move more program for desk-workers: findings from the national implementation trial of BeUpstanding	Genevieve Healy	
135	Reporting activity patterns: A modified Delphi study	Nicola Ridgers	
130	Different analysis methods, same answer? Practical implications of different ways to estimate treatment effects in RCTs	Mitch Duncan	
90	Aotearoa New Zealand's 2022 Report Card on Physical Activity for Children and Youth	Scott Duncan	
<b>RO-122</b>	<b>Physical Activity &amp; Mental Health</b>	<b>Maclaurin Theatre 101</b>	
<b>Chair</b>	TBC	<b>Regular Orals (8+2 min)</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
54	Te Hekenga Whaiora: A co-designed system of support for the health of young people experiencing first episode psychosis	Matthew Jenkins	
106	A Multi-Behavioural Home-Based Intervention for Reducing Depressive Symptoms at Postpartum: The Food, Move, Sleep (FOMOS) Randomised Controlled Trial	Madeleine France-Ratcliffe	
3	The impact of Green Prescription on sustained physical activity levels, quality of life, and mental health	Kobus Du Plooy	
68	Association between sports participation and health related quality of life of Australian children: A longitudinal study	Asad Khan	
73	Association of Physical Activity and Mastery with Psychological Distress in Mid-Aged Adults Over Nine Years	Adam Novic	
<b>RO-123</b>	<b>Early Childhood</b>	<b>Maclaurin Theatre 102</b>	
<b>Chair</b>	TBC	<b>Regular Orals (8+2 min)</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
12	Preschool children's physical activity within and outside of the neighbourhood: A latent profile analysis using device-based measures.	Pulan Bai	
33	Improving physical development in early childhood through the use of the Movement Environment Rating Scale: A cluster randomised trial	Rachel Jones	
2	Play Active physical activity policy in early childhood education and care: Post-implementation evaluation.	Elizabeth Wenden	
205	Effect of staff professional development on preschooler's fundamental motor skills and physical fitness: The ACTNOW cluster randomized controlled trial	Elisabeth Straume Haugland	
113	Playgrounds and children's health - a scoping review	Jasper Schipperijn	
<b>WS-125</b>	<b>Advocacy Workshop</b>	<b>Alan MacDiarmid 102/104</b>	
<b>Chair</b>	TBC	<b>Workshop</b>	

<b>RO-124</b>	<b>Clinical Populations &amp; Outcomes II</b>	<b>Alan MacDiarmid 103</b>
<b>Chair</b>	TBC	<b>Regular Orals (8+2 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
116	Device-measured physical activity and sedentary behaviour changes in people with hip and knee osteoarthritis - a pilot trial	Rebecca Meiring
120	Using rugby league clubs to reduce diabetes risk in overweight and obese men: League-FIT	Toby Pavey
169	Device-Measured Physical Activity and Cardiometabolic Risk Factors in Children and Adolescents: An observational analysis from the SEACO-CH20 study	Jeevitha Mariapun
28	If you measure it, it matters!: factors influencing implementation of physical activity promotion in cardiac and pulmonary rehabilitation in Australia.	Nicole Freene
11	Effect of a smartphone app on hospital admissions and sedentary behaviour in cardiac rehabilitation participants: ToDo-CR randomised controlled trial	Kacie Patterson

# Monday 27 November

Day 1		13:00 - 14:00 Poster Session	
P1	Posters	Maclaurin Foyer	
Poster	Title	Presenter	
1	School Travel and Perceptions of Walking to School in New Zealand Adolescents Prior to versus During the COVID-19 Pandemic	Sandra Mandic	
2	Correlates of achieving sufficient physical activity through public transport commuting, in a large Australian city	Anthony Walsh	
3	Influence of parental factors on WHO global guidelines for Japanese children under the age of five: the SUNRISE International Study	Masashi Watanabe	
4	The Built Environment and Early Childhood Movement Behaviours: A Latent Profile Analysis, findings from the PLACYE Study	Gursimran Dhamrait	
5	The Physical Activity environment in Aotearoa, New Zealand Early Childhood Education.	Wendy Pirie	
6	Pre-pregnancy, prenatal and perinatal predictors of physical activity in Australian children: data from the Mothers and their Children's Health study	Emily Hume	
7	Co-designing a physical activity service for people from refugee and asylum seeking backgrounds	Grace McKeon	
8	'A Different Ball Game': Engaging Men from Rural Areas in a Sport-Themed Behavioural Physical Activity and Weight Management Program	Matthew David McDonald	
9	Development of a physical literacy intervention delivered in medical centres	Alexandre Mouton	
10	EXPLORING THREE PEDAGOGICAL APPROACHES TO DEVELOPING FUNDAMENTAL MOVEMENT SKILLS in CHILDREN	Simone Goldrick	
11	Impact of Healthy Active Learning on physical activity of children aged 5-13 years - measured by accelerometry	Neil Snowling	
12	Impact of the Healthy Active Learning Initiative on Educational Outcomes	Neil Snowling	
13	Impact of Healthy Active Learning on the motivations of physical activity of children aged 5-13 years	Neil Snowling	
14	Moanamana: Connecting watersports with school communities to provide quality physical activity experiences for students as they restore marine ecosystems	Karen Laurie	
15	A qualitative investigation of Australian university students' perceptions of health behaviours and relationships with educational outcomes	Lena Babaeer	
16	Movement behaviours, study load and health outcomes in university students	Kate Ridley	
17	Development of a blended intervention to promote physical activity, health and work productivity for office employees using intervention mapping framework	Yan Sun	
18	Do regular activity breaks performed in the laboratory impact subsequent free living activity patterns? A randomized crossover study.	Meredith Peddie	
19	Domain-specific sedentary behaviours' typologies and total sedentary time among office-based workers: A latent profile analysis	Aino Kitayama	
20	Association of eating behavior, physical activity, and sedentary behavior with sleep duration among Japanese workers	Arisa Sumino	
21	A systematic review and meta-analysis of the associations between motor competence and executive functions in children and adolescents	Ran Bao	
22	Exploring contemporary screen time in Australian adolescents: A qualitative study	George Thomas	
23	Perceptions and preferences of physical activity participation in adolescents: An exploratory study	Kazi Ahmed	
24	Adherence to the 24-Hour Movement Guidelines among Japanese Children and Adolescents	Sachika Kitada	



## Monday 27 November

<b>Day 1</b>	<b>15:30 - 16:30 Parallel Sessions</b>	
<b>RO-131</b>	<b>Technology</b>	<b>Maclaurin Theatre 103</b>
<b>Chair</b>	TBC	<b>Regular Orals (8+2 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
82	Increasing physical activity using an just-in-time adaptive digital assistant supported by machine learning: a novel approach for hyper-personalised mHealth interventions	Corneel Vandelanotte
108	Using Automated Wearable Cameras to Categorise the Type and Context of Screen-Based Behaviours Among Adolescents: An Observational Study	George Thomas
53	Feasibility and acceptability of a mobile health app to promote physical activity in Out of School Hours Care services.	Linda Patel
37	What's important to consider when implementing wearable activity trackers into healthcare? A stakeholder Delphi study.	Kimberley Szeto
144	A Technology-Supported Physical Education Course to Increase the Physical Activity Levels of University Students: Results from a Randomised Controlled Trial	Kuston Sultoni

<b>RO-132</b>	<b>Older Adults I</b>	<b>Maclaurin Theatre 101</b>
<b>Chair</b>	TBC	<b>Regular Orals (8+2 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
72	Trajectories of physical activity and physical function among older women: Data from the Australian Longitudinal Study on Women's Health	Yuta Nemoto
121	Goldilocks Days: Optimising Time-Use for Older Adults	Dot Dumuid
99	Perceptions of using micro bouts of vigorous-intensity lifestyle physical activity to increase physical activity in adults transitioning to retirement	Bingyan Pang
161	Exercise in disguise: developing and maintaining engagement in dance for healthy ageing and fall prevention	Heidi Gilchrist
25	Impact of light volleyball intervention programme in improving physical attributes of older adults in Hong Kong: Preliminary study	Leung Ka Man

<b>RO-133</b>	<b>Inequities &amp; Rural</b>	<b>Maclaurin Theatre 102</b>
<b>Chair</b>	TBC	<b>Regular Orals (8+2 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
164	The efficacy and feasibility of the "Up Your Game," intervention with adolescents living in rural south-east Queensland	John Dennehy
129	Individual and socioeconomic factors influencing physical activity among adults living in rural and regional Victoria: a multilevel analysis	Stephen Barrett
7	Emergence of socioeconomic inequalities in physical activity across the lifespan in women: 21 years of data from the Australian Longitudinal Study of Women's Health	Wendy Brown
46	Moving in the Margins: A qualitative study into the role of physical activity in marginalised communities	Matthew Jenkins
167	Perceptions of physical activity among youth living in rural Queensland.	John Dennehy

<b>WS-134</b>	<b>SIG-Scaling Up</b>	<b>Alan MacDiarmid 102/104</b>
<b>Chair</b>	TBC	<b>Workshop</b>

<b>WS-135</b>	<b>SIG-Physical Literacy</b>	<b>Alan MacDiarmid 103</b>
<b>Chair</b>	TBC	<b>Workshop</b>

# Monday 27 November

Day 1	16:30 - 17:30 Parallel Sessions	
SO-141	<b>Geography &amp; Active Travel</b>	<b>Maclaurin Theatre 103</b>
Chair	TBC	<b>Short Orals (5+1 min)</b>

Abstract	Title	Presenter
171	Walkability and physical activity in a regional setting: A case study linking geospatial and population health data in Tasmania, Australia	Verity Cleland
110	The influence of blue space on physical activity: preliminary findings from an environmental assessment of beaches in the Perth/Peel region in Western Australia.	Phoebe George
13	It's a good start to the day': Urban Australian children's understandings of active mobility and place	Himashini Whitley
119	Incentivising adult public transport use for physical activity gain: trips4health - a single-blinded randomised controlled trial	Jack Evans
125	Differential roles of population density in walking and cycling: Findings from Greater Tokyo	Takumi Abe
98	Identifying cycling behaviour in healthy adults using thigh-worn accelerometry and activity classification algorithms	Claas Lendt
148	Joint Associations of Neighbourhood Walkability and Greenery with Walking among Middle-Aged and Older Adults	Manoj Chandrabose
102	Walking outdoors and picking up litter to prevent plastic pollution: Does it motivate people to be more active?	Stephanie Schoeppe

SO-142	<b>24 hr Movement</b>	<b>Maclaurin Theatre 101</b>
Chair	TBC	<b>Short Orals (5+1 min)</b>

Abstract	Title	Presenter
27	Wear-time compliance with a 24-hour accelerometry protocol: Insights from the International Study of Movement Behaviours in the Early Years (SUNRISE)	Anthony Okely
52	Associations between postnatal pollution exposures, 24-hour movement behaviours and motor development outcomes among children (0-12 years old): a systematic review	Claudia Maddren
83	24-hour movement behaviour typologies and adiposity in children and adolescents: Identifying "bee-like behaviours" using a bias-adjusted latent profile analysis	David Janda
97	Adherence to 24-h Activity Guidelines among New Zealand Adolescents: A Sociodemographic Analysis	Deborah Telford
126	Adherence to WHO 24-hour Movement Behaviour Guidelines and Association with Socio-demographic Factors among Ethiopian Preschool Children	Anthony Okely
159	Physical Activity, Screen Time and Dietary Behaviours in New Zealand Adolescents Prior to versus During COVID-19 Pandemic	Sandra Mandic
114	Understanding Adolescent 24-h Time Use: Age and Gender Disparities in New Zealand's Youth	Deborah Telford

SO-143	<b>New Directions in Physical Activity</b>	<b>Maclaurin Theatre 102</b>
Chair	TBC	<b>Short Orals (5+1 min)</b>

Abstract	Title	Presenter
86	Potential efficacy of the MOVERS professional development program - a pilot randomised controlled trial	Kalina Kazmierska-Kowalewska
118	Associations between excessive and problematic social media use and psychosomatic complaints among adolescents: Does physical activity moderate the associations?	Asad Khan
55	UC30 - Co-designed behavioural nudges to reduce university students' sedentary time: a pilot pre-post study	Alice Martin
36	Is time really a barrier to regular participation in physical activity, or just an excuse?	Elaine Hargreaves
35	Mats, Music, and Moments of Interruption: The Role of Sensory Engagements in Yoga	Liz McKibben

23	Retention, engagement, and allied healthcare costs during a 'stepped down' physical activity program for military service veterans: The Active Choices pilot study.	Nicholas Gilson
61	Intergenerational effects of preconception and prenatal parental physical activity on the brain development of offspring: a scoping review	Sarah Valkenborghs
48	The development and evaluation of netball specific high-intensity interval training sessions: The Netball-HIIT study.	Narelle Eather

<b>WS-144</b>	<b>SIG-School</b>	<b>Alan MacDiarmid 102/104</b>
<b>Chair</b>	TBC	<b>Workshop</b>

<b>WS-145</b>	<b>SIG-Health Care</b>	<b>Alan MacDiarmid 103</b>
<b>Chair</b>	TBC	<b>Workshop</b>

## Tuesday 28 November

Day 2		11:00 - 12:00 Parallel Sessions
<b>EO-211</b>	<b>Scale Up &amp; Translation</b>	<b>Maclaurin Theatre 103</b>
<b>Chair</b>	TBC	<b>Extended Presentations</b>

Abstract	Title	Presenter
34	How and if to scale-up a physical activity intervention " A case study of Play Active	Matthew Mclaughlin
150	Evaluating a national physical activity initiative to get more Australians moving - Heart Foundation Walking	Elizabeth A Calleja
174	Tū Manawa Active Aotearoa': Evaluation of a needs-based activation fund to promote physical activity in local communities	Elaine More

<b>EO-212</b>	<b>Geography &amp; Active Transport</b>	<b>Maclaurin Theatre 101</b>
<b>Chair</b>	TBC	<b>Oral Presentations</b>

Abstract	Title	Presenter
156	Spatial patterns of physical activity among Auckland adults experiencing urban regeneration: preliminary findings from Te Hotonga Hapori	Tom Stewart
151	Moving from simple to complex: Creating a systems map to address obesity in the Darling Downs Region	Tracy Kolbe-Alexander
84	Are Disadvantaged Areas More Dependent on Cars for Daily Travel?	Takemi Sugiyama

<b>EO-213</b>	<b>Exercise Physiology (Invite: Kade Davison)</b>	<b>Maclaurin Theatre 102</b>
<b>Chair</b>	TBC	<b>Oral Presentations</b>

Title	Presenter
INVITED SPEAKER (40 mins): The Emergence of CEP internationally and learnings from 15+ years of rapid growth in Australia	Kade Davison
Investigating the feasibility of a supervised, personalised exercise programme, during the first 12-months of primary treatment, for people with cancer.	Jessica Allan

<b>EO-214</b>	<b>Workplaces</b>	<b>Alan MacDiarmid 102/104</b>
<b>Chair</b>	TBC	<b>Extended Presentations</b>

Abstract	Title	Presenter
51	Recommendations by teachers for the design of lifestyle interventions for promoting teachers' health and wellbeing in Australia: A Thematic Analysis	Lucy Corbett
146	What strategies do desk-based workers use to sit less and move more? Findings from the BeUpstanding National Implementation Trial	Samantha Stephens
21	Recruitment, retention, fidelity, and costs of a 'stepped-down' high intensity interval training program for truck drivers: The Fit2Drive cluster-controlled trial.	Nicholas Gilson

<b>EO-215</b>	<b>Strength &amp; Conditioning</b>	<b>Alan MacDiarmid 103</b>
<b>Chair</b>	TBC	<b>Oral Presentations</b>

Title	Presenter
Under pressure: The chronic effects of lower-body compression garment use during a 6-week military training course	David Edgar
Advancing the diagnostic value and the acute and chronic effects of Wearable Resistance on the Pro-agility shuttle	James Forster

Integrating local vibration training into an isometric strength protocol: acute effects on lower-body isokinetic strength in healthy, active individuals	Hannah Rose Tiedt
The influence of menstrual cycle phase on kinetic variables and subjective experience of exercise during high-volume bench press cluster sets: A pilot study	Emily Cavell

<b>EO-216</b>	<b>Sport &amp; Exercise Psychology (Invite: John Sullivan)</b>	<b>Alan MacDiarmid 101</b>
<b>Chair</b>	TBC	<b>Oral Presentations</b>

<b>Title</b>	<b>Presenter</b>
INVITED SPEAKER (40mins): Closing the gap - bringing athletes, coaches, practitioners and researchers together	John Sullivan
Influence of pressure on conscious motor processing and performance in 'skill-execution only' and 'dynamic' task contexts in soccer penalty shooting	Robyn Sullivan

## Tuesday 28 November

<b>Day 2</b>	<b>12:00 - 13:00 Parallel Sessions</b>	
<b>RO-221</b>	<b>Indigenous &amp; Pasifika Peoples</b>	<b>Maclaurin Theatre 103</b>
<b>Chair</b>	TBC	<b>Regular Orals (8+2 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
44	Working together to understand First-Nation Australian children's interpretation of a pictorial questionnaire designed to assess physical literacy	Chathurani De Silva
26	He wants to play football but not available here'!' Parent perspectives of Aboriginal and Torres Strait Islander child physical activity	Rona Macniven   Brett Biles
162	Patterns in physical activity participation among Pasifika adults in Aotearoa New Zealand	Martine Matapo-Kolisko
154	The future effectiveness of indigenous Māori practice considerations on an Aotearoa adolescent-focused, active transport policy intervention: a modelling study.	Tom Bergen
17	Working together for children in the Pacific Islands: Current opportunities and perceptions to promoting physical activity and reducing screen time	Sarah T. Ryan

<b>Panel-222</b>	<b>Panel Discussion - Evidence Translation (Sponsor: HPSNZ)</b>	<b>Maclaurin Theatre 101</b>
<b>Chair</b>	Dave Adams	<b>Panel</b>

<b>Title</b>	<b>Presenter</b>
Bridging the gap between sport science research & practice	John Sullivan Sue Robson Craig Palmer Kirsten Spencer

<b>WS-223</b>	<b>Exercise Physiology (AEP/CEP Future Strategy)</b>	<b>Maclaurin Theatre 102</b>
<b>Chair</b>	TBC	

## Tuesday 28 November

Day 2		13:00 - 14:00 Poster Session	
P2	Posters	Maclaurin Foyer	
Poster	Title	Presenter	
1	Investigating coaches' strategies in creating motivational climates: A Qualitative study	Shi Yuchen	
2	Addressing the key role of vision in physical activity research and the related health benefits.	Bruno Ortega Mira	
3	Muscle contractile inactivity increases proportional to sedentary bout duration	Christian Brakenridge	
4	Effects of physical activity and sedentary behavior at admission on gait independence at discharge in nonambulatory stroke patients undergoing rehabilitation	Masashi Kanai	
5	Is physical exercise or melatonin supplement more effective to improve sleep quality in children with ASD?	Choi Yeung Andy TSE [HPE]	
6	DEVELOPMENT AND CONTENT VALIDITY OF THE MOTIVATION ASSESSMENT TOOL FOR PHYSICAL ACTIVITY (MAT-PA) AMONG CHILDREN WITH AUTISM SPECTRUM DISORDERS	Mi An	
7	Four-metre Gait Speed: Reliability and Normative Reference Values in Community-dwelling Healthy Adults	Meredith Yeung	
8	Criterion validity of the activPAL accelerometer in people living with cervical dystonia.	Irum Yaqoob	
9	Relationship between the amount of questionnaire-assessed physical activity and objective measures determined by triaxial accelerometers among older adults in Japan	Manabu Nakamura	
10	Mobile health for promoting physical activity in schizophrenia: a scoping review	Yusuke Kurebayashi	
11	Effects of a blended indoor and outdoor exercise program on depressive symptoms in Hong Kong older adults: a study protocol	Yanping Duan	
12	The Effectiveness of Physical Activity Interventions on Undergraduate University Students's Mental Health and Wellbeing: A Systematic Review and Meta-Analysis	Kevin Huang	
13	Associations of Changes in Physical Activity with the Risk of Depressive Symptoms	Yu-Tai Liu	
14	Physical activity and the social and emotional wellbeing of First Nations people	Rona Macniven   Brett Biles	
15	Co-Designing a Street Art Walking Map to Promote Physical Activity and Mental Wellbeing	Shirley-Anne Gardiner	
16	A community-wide strategy on older residents to promote physical activity using a new gateway from disaster mitigation fitness	Akio Kubota	
17	Effect of environmental factors on older people's Participation in physical exercise	Xiaoting Ou	
18	Development of a questionnaire to assess the determinants of interrupting prolonged sedentary behavior for older people with disabilities	Natsuki Shimizu	

## Tuesday 28 November

<b>Day 2</b>	<b>14:00 - 15:00 Parallel Sessions</b>	
<b>SO-231</b>	<b>School Interventions II</b>	<b>Maclaurin Theatre 103</b>
<b>Chair</b>	TBC	<b>Short Orals (5+1 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
128	Effect of a school-based HIIT intervention on student's cardiorespiratory fitness, muscular fitness, and executive function: Findings from Making a HIIT	Stephanie L. Duncombe
63	Feasibility and preliminary efficacy of the 'Muscle Movers' program: A teacher-delivered intervention to support children's muscle-strengthening physical activity participation	Jordan Smith
158	The effectiveness of secondary-school based interventions on the future physical activity of Aotearoa New Zealand adolescents: a modelling study	Tom Bergen
62	Development of the Capability, Opportunity, and Motivation to deliver Physical Activity in School Questionnaire (COM-PASQ) for teachers	Angeliek Verdonshot
64	Acceptability, dose delivered, and fidelity of a school-based physical activity leadership program: The Learning to Lead cluster randomised controlled trial	David Lubans
31	Exploring the Use of Game-Based Approaches to Teaching Basketball in Chinese Primary School Physical Education: The MASTER Pilot RCT	Jin Yan
74	Impact of a professional learning workshop on teachers' capability, opportunity, and motivation to teach resistance training in schools	Angeliek Verdonshot
10	Comparative Effectiveness of Physical Activity Interventions on Cognitive Function in Children and Adolescents with Neurodevelopmental Disorders: A Network Meta-Analysis	Rae R.Y. Tao

<b>SO-232</b>	<b>Policy, Implementation &amp; Stakeholders</b>	<b>Maclaurin Theatre 101</b>
<b>Chair</b>	TBC	<b>Short Orals (5+1 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
170	Translation of research evidence to physical activity (PA) policies: an audit of State (New South Wales, Australia) Government PA policies (2006-2019)	Peter McCue
96	Establishing a genuine partnership across cultures, disciplines and sectors to promote wellbeing through physical activity and sport in New Zealand	Erica Hinckson   Robert Hogg   Lisa Mackay   Isaac Warbrick   Chien Ju Ting
175	Challenges and successes of establishing a cross-agency group for promoting national physical activity policy and practice	Jon Saunders
122	Whole-of-system approach to population physical activity promotion in British Columbia: Attributes framework and causal loop diagramming to identify leverage points	Lori Baugh Littlejohns
200	Delivering Change: The role of local government in physical activity promotion	Jessica Lee
75	Physical activity grants for community settings - Heart Foundation's Active Australia Innovation Challenge	Elizabeth A Calleja
178	A novel approach to articulating the value of physical activity: Social return on investment including an Indigenous worldview	Nicola Gamble
176	Physical activity and wellbeing in financially vulnerable young people: Working with non-sport sector partners to improve reach and impact	Rebecca Thorby

<b>WS-233</b>	<b>Exercise Physiology (Industry Forum)</b>	<b>Maclaurin Theatre 102</b>
<b>Chair</b>	TBC	

<b>SO-234</b>	<b>Older Adults II</b>	<b>Alan MacDiarmid 102/104</b>
<b>Chair</b>	TBC	<b>Short Orals (5+1 min)</b>

<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>
76	Social support a declining resource for physical activity across 9 years in adults aged 60+ years	Genevieve Smith



93	The Exercise Right for Active Ageing study: Participation in community-based exercise classes by older Australians during the COVID-19 pandemic	Christina Ekegren
103	Associations between dog ownership and physical function among older adults: findings from the HABITAT cohort	Emma Adams
107	Strategies to boost recruitment of older people to physical activity trials	Courtney Anne West
77	Older adults' companions for physical activity: who, how often and changes over time	Genevieve Smith
137	Telephone-based health coaching to increase physical activity in older adults: key elements for success	Betty Ramsay
139	Associations between gardening activity and sleep quality, moderating roles of age and sex	Neville Owen

<b>SO-235</b>	<b>Strength &amp; Conditioning (Invite: David Pyne)</b>	<b>Alan MacDiarmid 103</b>
<b>Chair</b>	TBC	<b>Short Orals (5+1 min)</b>

<b>Title</b>	<b>Presenter</b>
INVITED SPEAKER (40mins): Monitoring and managing training loads for performance and health	David Pyne
Automatic assessment of resistance training movement performance using template-based modelling	Rylea Hart
Coach and athlete perceptions of periodised strength and conditioning for sprinters	Jeganenthiran Sellathurai
Effects of three different velocity-based training regimens on deadlift performance in collegiate male and female soccer players	Tanuj Wadhi

<b>SO-236</b>	<b>Female Athletes (Invite: Stephen Fenemor)</b>	<b>Alan MacDiarmid 101</b>
<b>Chair</b>	TBC	<b>Short Orals (5+1 min)</b>

<b>Title</b>	<b>Presenter</b>
INVITED SPEAKER (40mins): Post-partum return to elite rowing: examples and learnings	Stephen Fenemor
The acute effect of wearable resistance placement on change of direction performance in elite netball players	Chloe Ryan
The Low Energy Availability in Female Questionnaire (LEAF-Q) in Identifying Health Markers in Elite Female Rugby 7s Players	Joyce Khor
Influence of the menstrual cycle and body image on female athlete experiences	Rebecca Attwell

## Wednesday 29 November

Day 3		9:15 - 10:15 Parallel Sessions	
<b>RO-311</b>	<b>Strength &amp; Conditioning</b>	<b>Maclaurin Theatre 103</b>	
<b>Chair</b>	TBC	<b>Oral Presentations</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
	Strength and power adaptations after a 4-week undulating periodization emphasising long eccentric or concentric durations in Rugby Sevens players	Jad Adrian Washif	
	Automatic assessment of resistance training movement performance using machine learning	Rylea Hart	
	Multidimensional approach to monitoring player performance, fatigue, and wellbeing with international rugby players.	Matthew Blair	
	Bone health: A focus on jump landings for women	Tracey Clissold	
<b>RO-312</b>	<b>Injury</b>	<b>Maclaurin Theatre 101</b>	
<b>Chair</b>	TBC	<b>Oral Presentations</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
	User Perception and Acceptance of Softshell Headgear Amongst Youth Rugby Players	Annette Heward-Swale	
	Incidence and magnitude of head impacts experienced by female adolescent rugby players across a season of rugby participation	Nicole Spriggs	
	Incidence and magnitude of head impacts experienced by male adolescent rugby players: a two-season comparison	Stefan Henley	
	Netball players' overall sporting load and injury incidents - comparison of 2019 and 2022 secondary school championships	Carla van der Merwe	
<b>RO-313</b>	<b>Exercise Physiology</b>	<b>Maclaurin Theatre 102</b>	
<b>Chair</b>	TBC	<b>Oral Presentations</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
	Predicting responses to a heat acclimation protocol in trained triathletes	Martyn Beaven	
	Effects of systemic versus local hypoxia on post-activation potentiation in elite field hockey players	Betul Coskun	
	Enhancing Cognitive Function and Reducing Mental Fatigue: The Impact of Acute Cocoa Flavanol Supplementation in Severe Hypoxia	Nick Gant	
	No Effects on Cycling Performance from Acute or Chronic Consumption of New Zealand Blackcurrant Extract	Carl Paton	

## Wednesday 29 November

Day 3		10:45 - 11:30 Parallel Sessions	
<b>RO-321</b>	<b>Sport &amp; Exercise Psychology</b>	<b>Maclaurin Theatre 103</b>	
<b>Chair</b>	TBC	<b>Oral Presentations</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
	Psychological and cardiovascular effects of physical activity indoors and outdoors, a cross-over trial	Laura Woolf	
	Breaking the cycle: Investigating the use of motivational interviewing and cognitive behavioural therapy to reduce recurrence of lower back pain: A randomised controlled trial study protocol	Estelle Watson	
	How do runners select their shoes? An in-store experience	Andrew Fife	
<b>RO-322</b>	<b>Biomechanics</b>	<b>Maclaurin Theatre 101</b>	
<b>Chair</b>	TBC	<b>Oral Presentations</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
	Ankle starting position influences all Calf Raise Test outcomes	Kim Hébert-Losier	
	Biomechanical risk factors associated with Anterior Cruciate Ligament injury and the link to pubertal maturation: A systematic review	Anna Butcher	
	Are the LEOMO motion sensors valid to assess maximum seated sprint cycling kinematics, and do kinematic measures relate to performance?	Roné Thompson	
<b>RO-323</b>	<b>Exercise Physiology</b>	<b>Maclaurin Theatre 102</b>	
<b>Chair</b>	TBC	<b>Oral Presentations</b>	
<b>Abstract</b>	<b>Title</b>	<b>Presenter</b>	
	The effects of habitual resistance exercise training on cerebrovascular responses to lower body dynamic resistance exercise	Stephanie Korad	
	Acute Physiological Responses of Blood Flow Restriction During Recovery in High-Intensity Interval Training in Trained Cyclists	Carl Paton	
	The physical function of retired elite athletes compared to the general population; a preliminary analysis	Clara Scoon	

## Wednesday 29 November

Day 3	12:30 - 13:30 Poster Session	
P3	Posters	Maclaurin Foyer
Poster	Title	Presenter
1	Biomechanical effects of Head and Neck restraint systems for head/neck injury prevention in motorsports: a systematic review	Fateme Mirzaee
2	Monitoring and confirming menstrual phases	Violet Owans
3	Quality of reporting in maximal-intent resistance training interventions for older adults: A systematic review	Clare Kennerley
4	The effects of balance board training with an ageing population	Patrick Lander
5	The relationship between somatotype and muscle thickness in untrained participants	Helen Ryan-Stew
6	Effects of an in-season rugby phase on sprint performance in senior college male rugby players	Michael Mann
7	A comparison of three different work to rest periods during intermittent sprint training	Tim Rogers
8	Hormone, strength, and power adaptations to a 4-week undulating training programme emphasising long eccentric or concentric durations in Rugby Sevens players	Jad Adrian Washif
9	Effects of flywheel eccentric training on chronic knee injuries reconditioning: a case study	Erik Tan

## Wednesday 29 November

<b>Day 3</b>	<b>13:30 - 15:00 Parallel Sessions</b>	
<b>WS-331</b>	<b>Performance Analysis: Data Visualisation (Workshop: Alice Sweeting)</b>	<b>Maclaurin Theatre 103</b>
<b>Chair</b>	TBC	<b>Workshop</b>

<b>Workshop Title</b>	<b>Presenter</b>
INVITED SPEAKER (90mins): An interactive workshop on analysing and visualising sports data in R	Alice Sweeting

<b>RO-332</b>	<b>Biomechanics</b>	<b>Maclaurin Theatre 101</b>
<b>Chair</b>	TBC	<b>Oral Presentations</b>

<b>Abstract Title</b>	<b>Presenter</b>
Relevance of calf muscle metrics for athletic sprint performance	Kim Hébert-Losier
A case study exploring the differences in braking demand when descending during road cycling versus mountain biking	Matthew Miller
Representative testing design – the importance of where testing occurs; a rowing case study	Sarah-Kate Millar
Maximise or normalise? Examining drop-land-cut distances in youth athletes	Anna Butcher
The comparison of on-snow to off-snow landings for elite park & pipe freestyle-ski and snowboard athletes	Brittany Smith
Are super shoes a super placebo? A pilot study in female recreational runners	Kim Hébert-Losier

<b>RO-333</b>	<b>Exercise Physiology</b>	<b>Maclaurin Theatre 102</b>
<b>Chair</b>	TBC	<b>Oral Presentations</b>

<b>Abstract Title</b>	<b>Presenter</b>
Sleep regularity influences sleep duration in professional rugby union athletes	Martyn Beaven
Development of affordable, ruggedised and portable ECG and respiratory measurements from Movesense Devices	Raul Martin Gomez
Not Your Everyday Flossing – We’re Talking Muscle Tissue	Ryan Overmayer
Review of associations between sport specialisation and movement competency in youth	Anja Zoellner
Coaches’ perceptions on the impact of a short-sprint coach education intervention	Jeganenthiran Sellathurai
The association between oculomotor performance and neck muscle function in driving: A narrative review	Fateme Mirzaee