

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	P1 Posters	Morning Tea	ASPA Early Career Network 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	P1 Posters	Lunch	ASPA AGM				
14:00 - 15:00	Keynote #2: Professor Amy Ha - Maclaurin Theatre 103						
15:00 - 15:30	P1 Posters	Afternoon Tea					
15:30 - 16:30		RO-131 Technology	RO-132 Older Adults I	RO-133 Inequities & Rural	WS-134 SIG-Scaling Up Physical Activity	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 Physical Activity	WS-145 SIG - Physical Activity in Healthcare	
17:30 onward	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	P2 Posters	Morning Tea					
11:00 - 12:00		EO-211 Scale Up & Translation	EO-212 Geography & Active Transport	EO-213 Exercise Physiology I (Invite: Kade Davison)	EO-214 Workplaces	EO-215 Strength & Condition I	EO-216 Sport & Exercise Psychology I (Invite: John Sullivan)
12:00 - 13:00		RO-221 Indigenous & Pasifika Peoples	Panel-222 Panel Discussion - Evidence Translation (Sponsor: HPSNZ)	WS-223 Exercise Physiology (Industry Forum)			
13:00 - 14:00	P2 Posters	Lunch					
14:00 - 15:00		SO-231 School Interventions	SO-232 Policy, Implementation & Stakeholders	WS-233 Exercise Physiology (AEP/CEP Future Strategy)	SO-234 Older Adults II	SO-235 Strength & Condition II (Invite: David Pyne)	SO-236 Female Athletes (Invite: Stephen Fenemor)
15:00 - 15:30	P2 Posters	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 onward	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 & Condition III	RO-312 Injury	RO-313 Exercise Physiology II			
10:15 - 10:45	P3 Posters	Morning Tea					
10:45 - 11:30		RO-321 Sport & Exercise Psychology II	RO-322 Biomechanics I	RO-323 Exercise Physiology III			
11:30 - 12:30	Keynote #6: Alice Sweeting (<i>Sponsor: VX Sport</i>) - Maclaurin Theatre 103						
12:30 - 13:30	P3 Posters	Lunch	SESNZ AGM				
13:30 - 15:00		WS-331 Performance Analysis: Data Visualisation (Workshop: Alice Sweeting)	RO-332 Biomechanics II	RO-333 Exercise Physiology IV			
15:00 - 15:30	P3 Posters	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	Physical literacy	Maclaurin Theatre 103
Chair	Takemi Sugiyama	Short Orals (5+1 min)

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 centres	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

SO-112	Effects & Scale Up of School Interventions	Maclaurin Theatre 101
Chair	Angeliek Verdonshot	Short Orals (5+1 min)

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 Mari-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	Reviews & More	Maclaurin Theatre 102
Chair	Sarah Kennedy	Short Orals (5+1 min)

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

SO-114	School & Community Health	Alan MacDiarmid 102/104
Chair	Nicola Ridgers	Short Orals (5+1 min)

Abstract	Title	Presenter
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

SO-115	Clinical Populations & Outcomes I	Alan MacDiarmid 103
Chair	Nicole Freene	Short Orals (5+1 min)

Abstract	Title	Presenter
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 Quested
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	
RO-121	Leaders in the Field	Maclaurin Theatre 103
Chair	Matthew 'Tepi' McLaughlin	Regular Orals (8+2 min)

Abstract	Title	Presenter
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

RO-122	Physical Activity & Mental Health	Maclaurin Theatre 101
Chair	Angus Leahy	Regular Orals (8+2 min)

Abstract	Title	Presenter
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

RO-123	Early Childhood	Maclaurin Theatre 102
Chair	Phoebe George	Regular Orals (8+2 min)

Abstract	Title	Presenter
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

WS-125	Advocacy Workshop	Alan MacDiarmid 102/104
Chair	Peter McCue	Workshop

Title	Presenter
Identifying stakeholders in the physical activity systems across the Asia-Pacific region	

RO-124	Clinical Populations & Outcomes II	Alan MacDiarmid 103
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Abstract	Title	Presenter
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	Poster Session I	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 physical activity environment in Aotearoa New Zealand early childhood education.	Wendy Pirie	
5	Pre-pregnancy, prenatal and perinatal predictors of physical activity in Australian children: data from the Mothers and their Children's Health study	Emily Hume	
6	Co-designing a physical activity service for people from refugee and asylum seeking backgrounds	Grace McKeon	
7	'A Different Ball Game': Engaging men from rural areas in a sport-themed behavioural physical activity and weight management programme	Matthew David McDonald	
8	Development of a physical literacy intervention delivered in medical centres	Alexandre Mouton	
9	Exploring three pedagogical approaches to developing fundamental movement skills in children	Simone Goldrick	
10	Impact of Healthy Active Learning on physical activity of children aged 5-13 years: Measured by accelerometry	Neil Snowling	
11	Impact of the Healthy Active Learning initiative on educational outcomes	Neil Snowling	
12	Impact of Healthy Active Learning on the motivations of physical activity of children aged 5-13 years	Neil Snowling	
13	Moanamana: Connecting watersports with school communities to provide quality physical activity experiences for students as they restore marine ecosystems	Karen Laurie	
14	A qualitative investigation of Australian university students' perceptions of health behaviours and relationships with educational outcomes	Lena Babaeer	
15	Movement behaviours, study load and health outcomes in university students	Kate Ridley	
16	Development of a blended intervention to promote physical activity, health and work productivity for office employees using intervention mapping framework	Yan Sun	
17	Do regular activity breaks performed in the laboratory impact subsequent free living activity patterns? A randomized crossover study.	Meredith Peddie	
18	Domain-specific sedentary behaviours' typologies and total sedentary time among office-based workers: A latent profile analysis	Aino Kitayama	
19	Association of eating behaviour, physical activity, and sedentary behaviour with sleep duration among Japanese workers	Arisa Sumino	
20	A systematic review and meta-analysis of the associations between motor competence and executive functions in children and adolescents	Ran Bao	
21	Exploring contemporary screen time in Australian adolescents: A qualitative study	George Thomas	
22	Perceptions and preferences of physical activity participation in adolescents: An exploratory study	Kazi Ahmed	
23	Adherence to the 24-Hour movement guidelines among Japanese children and adolescents	Sachika Kitada	

Monday 27 November

Day 1	15:30 - 16:30 Parallel Sessions	
RO-131	Technology	Maclaurin Theatre 103
Chair	Corneel Vandelanotte	Regular Orals (8+2 min)

Abstract	Title	Presenter
82	Increasing physical activity using a 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

RO-132	Older Adults I	Maclaurin Theatre 101
Chair	Emma Adams	Regular Orals (8+2 min)

Abstract	Title	Presenter
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

RO-133	Inequities & Rural	Maclaurin Theatre 102
Chair	Emiliano Mazzoli	Regular Orals (8+2 min)

Abstract	Title	Presenter
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

WS-134	SIG-Scaling Up Physical Activity	Alan MacDiarmid 102/104
Chair	Harriet Koorts Sarah Kennedy	Workshop

Title	Presenter
Fundamentals of scaling up in physical activity	

WS-135	SIG-Physical Literacy	Alan MacDiarmid 103
Chair	Lisa Barnett Pierre Comis	Workshop

Title

Evolution of the focus on physical literacy across Aotearoa New Zealand

Presenter

Karen Laurie | Neil Snowling
| Junior Armstrong

Monday 27 November

Day 1	16:30 - 17:30 Parallel Sessions	
SO-141	Geography & Active Travel	Maclaurin Theatre 103
Chair	Stephanie Schoeppe	Short Orals (5+1 min)

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	24 hr Movement	Maclaurin Theatre 101
Chair	Tom Stewart	Short Orals (5+1 min)

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	New Directions in Physical Activity	Maclaurin Theatre 102
Chair	Shirley-Anne Gardiner	Short Orals (5+1 min)

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

WS-144	SIG-School Physical Activity	Alan MacDiarmid 102/104
Chair	Narelle Eather Nick Riley Natalie Lander	Workshop

Title

Novel approaches to effective and sustained school-based physical activity: An Aotearoa New Zealand perspective

Presenter

Chris Chrichton | Neil Snowling | Wiremu Mato | Bec Thorby

WS-145	SIG - Physical Activity in Healthcare	Alan MacDiarmid 103
Chair	Sjaan Gomersall Nicole Freene	Workshop

Title

Get a move on! Lessons from understanding and improving inpatient mobility

Presenter

Alison Mudge

Tuesday 28 November

Day 2		11:00 - 12:00 Parallel Sessions	
EO-211	Scale Up & Translation	Maclaurin Theatre 103	
Chair	Scott Duncan	Extended Presentations	
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	
EO-212	Geography & Active Transport	Maclaurin Theatre 101	
Chair	Manoj Chandrabose	Oral Presentations	
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	
EO-213	Exercise Physiology I (Invite: Kade Davison)	Maclaurin Theatre 102	
Chair	Nick Gant	Oral Presentations	
	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	
EO-214	Workplaces	Alan MacDiarmid 102/104	
Chair	Genevieve Healy	Extended Presentations	
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	
EO-215	Strength & Condition I	Alan MacDiarmid 103	
Chair	Matthew Blair	Oral Presentations	
	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

EO-216	Sport & Exercise Psychology I (Invite: John Sullivan)	Alan MacDiarmid 101
Chair	Richard Masters	Oral Presentations

Title

INVITED SPEAKER (40mins): Closing the gap - bringing athletes, coaches, practitioners and researchers together

Influence of pressure on conscious motor processing and performance in 'skill-execution only' and 'dynamic' task contexts in soccer penalty shooting

Presenter

John Sullivan

Robyn Sullivan

Tuesday 28 November

Day 2	12:00 - 13:00 Parallel Sessions	
RO-221	Indigenous & Pasifika Peoples	Maclaurin Theatre 103
Chair	Geoff Kira	Regular Orals (8+2 min)

Abstract	Title	Presenter
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

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

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

WS-223	Exercise Physiology (Industry Forum)	Maclaurin Theatre 102
Chair	Andy Kilding	

Understanding the landscape of the exercise physiology profession in Aotearoa New Zealand

Tuesday 28 November

Day 2		13:00 - 14:00 Poster Session	
P2	Poster Session II	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 behaviour 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' 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 behaviour for older people with disabilities	Natsuki Shimizu	

Tuesday 28 November

Day 2	14:00 - 15:00 Parallel Sessions	
SO-231	School Interventions	Maclaurin Theatre 103
Chair	Natalie Lander	Short Orals (5+1 min)

Abstract	Title	Presenter
62	Development of the Capability, Opportunity, and Motivation to deliver Physical Activity in School Questionnaire (COM-PASQ) for teachers	Angeliek Verdonschot
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
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 Verdonschot
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

SO-232	Policy, Implementation & Stakeholders	Maclaurin Theatre 101
Chair	Verity Cleland	Short Orals (5+1 min)

Abstract	Title	Presenter
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 Chien Ju Ting Justin Richards
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

WS-233	Exercise Physiology (AEP/CEP Future Strategy)	Maclaurin Theatre 102
Chair	Stacey Pine	

Shaping the future of the exercise physiology profession in Aotearoa New Zealand

SO-234	Older Adults II	Alan MacDiarmid 102/104
Chair	Sjaan Gomersall	Short Orals (5+1 min)

Abstract	Title	Presenter
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
166	Apathy and fatigue, but not depression, associated with physical inactivity in older adults	Fleur Harrison

SO-235	Strength & Condition II (Invite: David Pyne)	Alan MacDiarmid 103
Chair	Mark Drury	Short Orals (5+1 min)

Title	Presenter
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 short sprinters	Jeganenthiran Sellathurai
Effects of three different velocity-based training regimens on deadlift performance in collegiate male and female soccer players	Tanuj Wadhi

SO-236	Female Athletes (Invite: Stephen Fenemor)	Alan MacDiarmid 101
Chair	Glenn Kearney	Short Orals (5+1 min)

Title	Presenter
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	
RO-311	Strength & Condition III	Maclaurin Theatre 103	
Chair	Matthew Blair	Oral Presentations	
Abstract	Title	Presenter	
	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	
RO-312	Injury	Maclaurin Theatre 101	
Chair	Nick Draper	Oral Presentations	
Abstract	Title	Presenter	
	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	
	Netball players' overall sporting load and injury incidents: Comparison of 2019 and 2022 secondary school championships	Carla van der Merwe	
	The association between oculomotor performance and neck muscle function in driving: A narrative review	Fateme Mirzaee	
RO-313	Exercise Physiology II	Maclaurin Theatre 102	
Chair	Andy Foskett	Oral Presentations	
Abstract	Title	Presenter	
	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	
RO-321	Sport & Exercise Psychology II	Maclaurin Theatre 103
Chair	Richard Masters	Oral Presentations

Abstract	Title	Presenter
	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

RO-322	Biomechanics I	Maclaurin Theatre 101
Chair	Kim Hébert-Losier	Oral Presentations

Abstract	Title	Presenter
	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

RO-323	Exercise Physiology III	Maclaurin Theatre 102
Chair	Carl Paton	Oral Presentations

Abstract	Title	Presenter
	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	Poster Session III	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	
10	Incidence and magnitude of head impacts experienced by male adolescent rugby players: A two-season comparison	Stefan Henley	

Wednesday 29 November

Day 3	13:30 - 15:00 Parallel Sessions	
WS-331	Performance Analysis: Data Visualisation (Workshop: Alice Sweeting)	Maclaurin Theatre 103
Chair	Andy Kilding	Workshop

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

RO-332	Biomechanics II	Maclaurin Theatre 101
Chair	Andy Foskett	Oral Presentations

Abstract Title	Presenter
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

RO-333	Exercise Physiology IV	Maclaurin Theatre 102
Chair	Nick Gant	Oral Presentations

Abstract Title	Presenter
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