

Sport Canada Research Initiative Conference
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CONFERENCE ABSTRACTS

**Projects In-Progress and/or No KT
Paper Provided**

ADAMS, CARLY	7
<i>Imagining Community: Women’s Ice Hockey, High Performance Sport, and Rural Survival in Southern Alberta</i>	
ADAMS, CARLY	8
<i>Sport and Female Community in London, Ontario 1920-1951</i>	
ALLAN, VERONICA	9
<i>Exploring experiences of quality participation across the sport involvement timelines of individuals with physical disabilities: A proposed study</i>	
BALISH, SHEA	10
<i>Talk is Cheap, but Behaviour is Expensive: Testing the Intuitionist Model of Health Behaviour</i>	
BAXTER-JONES, ADAM	11
<i>The Role of Growth and Maturation on Sports Participation</i>	
BEESLEY, THERESA	12
<i>Grappling for answers: Exploring the process of psychosocial skills development in youth mixed martial arts athletes</i>	
BÉLANGER, MATHIEU	13
<i>Results after four years of the Monitoring Activities of Teenagers to Comprehend their Habits (MATCH) study</i>	
BIANCO, THERESA	14
<i>Coach Support of Injured Athletes and the Coach-Athlete Relationship</i>	
BILINSKI, HOPE	15
<i>Rural children and their communities leading the way toward the enhancement of sports and recreation</i>	
BLODGETT, AMY	16
<i>The Relocation Experiences of Aboriginal Athletes Pursuing Sport Dreams</i>	
BURKE, SHAUNA	17
<i>Development of a Team-Referent Attribution Questionnaire</i>	
CAMIRÉ, MARTIN	19
<i>The Challenges Faced by Canadian High School Teachers-Coaches: A National Survey</i>	
CAMIRÉ, MARTIN	20
<i>The Testing, Dissemination, and Evaluation of the Teaching Life Skills through Sport Training Program for High School Coaches</i>	

DALLAIRE, CHRISTINE	21
<i>The Games and the Reflection of Youth Identities in the Canadian Francophonie</i>	
DAWSON, MICHAEL	22
<i>Sport, Empire, and Nation: A Comparative History of English-Canadian Identity, 1930- 1994</i>	
DE LISIO, AMANDA	24
<i>Preserving spaces of uncertainty: Bioremediation, urbanism and the sport mega-event</i>	
DEMERS, GUYLAINE	25
<i>Description of the early years of experience of female coaches in sport</i>	
DIXON, JESS	26
<i>Exploring Developmental Factors for Overcoming Relative Age Effects in Ice Hockey</i>	
DOHERTY, ALISON	27
<i>The Role of Social Capital in the Organizational Capacity of Community Sport (Phase 1: Foundations of Volunteer Social Capital)</i>	
DONNELLY, MICHELE	29
<i>Riding, Community, Segregation: Exploring Girls-only Skateboarding Programs</i>	
DONNELLY, PETER	30
<i>Sport participation in Canada: Evaluating measurements, and testing determinants of increased participation</i>	
DONNELLY, PETER	32
<i>Multiculturalism and physical culture: The case of the GTA</i>	
DUARTE, TIAGO	33
<i>Promoting and assessing social learning in disability sport</i>	
DUBUC-CHARBONNEAU, NICOLE	34
<i>Addressing Varsity Athletes Burnout and Well-being through the Implementation of a Feel-based Self-regulation Intervention</i>	
FALLS, DOMINIQUE	35
<i>Organized Youth Sport in a British Columbian Rural and Small-Town Region: An Ethnographic Study</i>	
FORTIER, KRISTINE	36
<i>Developing And Validating A Survey On Violence Experienced By Youth In A Sport Setting</i>	
GAUDREAU, PATRICK	37

The Role of Parents and Coaches in Predicting Consequential Sport Participation Outcomes: A Daily Training Diary Study

GOODMAN, DAVID	38
<i>Unsportsmanlike Aggression in Youth Hockey: Attitudes, Perceived Social Approval, and Situational Temptation</i>	
HATTON, NATHAN	39
<i>Wrestling with Ethnicity: Immigration, Sport and Class in Winnipeg Before 1930</i>	
HAVITZ, MARK	40
<i>Impact of Ego Involvement with Running on Varsity Athletes' Post-University Running Participation and Health</i>	
	40
HEINE, MICHAEL	42
<i>Changing the face of Canadian sport: Understanding the experiences of Tom Longboat Award recipients, 1951-1998</i>	
	42
HOLT, NICHOLAS L.	44
<i>Parenting Styles and Practices in Sport</i>	
	44
JOHNSON, JAY	46
<i>Transforming the Canadian Sport Culture: A National Study of Gender, Race, Sexuality, and Violence in Sport Hazing as Barriers to Sport Participation</i>	
	46
KEHLER, MICHAEL	47
<i>Healthy bodies, boys and body image: An examination of male students' reluctance to participate in compulsory grade nine physical education classes</i>	
	47
KENDELLEN, KELSEY	48
<i>Examining the factors that influence the process of life skill transfer from development in sport to subsequent application in life domains</i>	
	48
KOCH, JORDON	49
<i>One Size Doesn't Fit All: Sport, Community Development, and Cultural Diversity</i>	
	49
KOWALSKI, KENT	50
<i>The role of self-compassion in adolescent women athletes' experience of the self-conscious emotions</i>	
	50
LAPOINTE, LAURENCE	51
<i>Transformation of Social Norms Concerning Transportation and Community Capacity Building to Ensure the Continuation of an Active Transportation Program for getting to School: Case Study of Trottibus</i>	
	51

LASSONDE, MARYSE	52
<i>Effects of sports concussions</i>	52
LOUGHEAD, TODD	54
<i>Developing Leadership Behaviours in Athletes</i>	54
MACMULLIN, JENNIFER	55
<i>Family Matters: Predictors of Participation and Retention in Sport by Youth with Developmental Disability</i>	55
MASON, COURTNEY	56
<i>Barriers to Participation in Physical Activity for Shibogama First Nations</i>	56
MCEWAN, DESMOND	57
<i>Teamwork in Sport: A Framework for Increasing Participation in Sport</i>	57
MCHUGH, TARA-LEIGH	58
<i>Linking sport research and policy: An exploration of how Traditional Inuit and Dene games can support the goals of sport Canada</i>	58
MCRAE, HEATHER	59
<i>Culturally Relevant Sport for Urban Aboriginal Youth: Examining the Role of Sport Education</i>	59
MISENER, KATHERINE	60
<i>A new 'arena': Investigating social responsibility in community sport organizations</i>	60
MISENER, LAURA	61
<i>Leveraging Parasport Events for Sustainable Community Participation: 2014 Glasgow Commonwealth Games</i>	61
NADEAU, LUC	62
<i>Analysis of training sessions and tactical skill development in competitive soccer</i>	62
NEELY, KACEY	63
<i>Coaches' Perspectives on the Deselection Process in Competitive Youth Sport</i>	63
PERRIER, MARIE-JOSÉE	64
<i>The creation and reception of Paralympic Media: The 2014 Sochi Paralympic Games</i>	64
RAK, JULIE	65
<i>Gender in Mountaineering Accounts</i>	65
RICH, KYLE	66
<i>Sport and Recreation in Rural Canada</i>	66

SABISTON, CATHERINE	67
<i>Body-related self-conscious emotions and sport participation experiences among adolescent girls</i>	
SCHERER, JAY	68
SPEED-ANDREWS, AMY	69
<i>Social ecological correlates of Physical Activity and Sport in a population-based sample of Colorectal Cancer Survivors</i>	
SPENCER-CAVALIERE, NANCY	71
<i>Inclusion in the “Field(s) of Dreams”?</i>	
STARKES, JANET	72
<i>Lifelong Commitment to Sport: Comparing Masters Athletes from Different Disciplines</i>	
STIRLING, ASHLEY ELISA	74
<i>Athletes’ Experiences of Emotional Abuse in Sport.....</i>	
SZTO, COURTNEY	75
<i>Changing on the Fly: Situating multiculturalism, citizenship and hockey through South Asian voices ...</i>	
TAKS, MARIJKE	76
<i>Building Capacity for Sport Participation through Events</i>	
TEETZEL, SARAH JANE	77
<i>Inclusion of transgender and transsexual athletes at the recreational and high-performance levels....</i>	
THIBAUT, LUCIE	78
<i>A comparative case study of collaborative approaches to sport participation policy development and implementation</i>	
TRUDEAU, FRANÇOIS	79
<i>Influence of quality physical activity in childhood on sport and physical activity later in life (2006-2009)</i>	
WALL, JESSIE	80
<i>Transitioning to elite, early specialization sport as joint goal-directed projects between parents and youth</i>	
WATT, MARGO	81
<i>Relations among Anxiety Sensitivity, Physical Activity and Health-Related Outcomes.....</i>	
WEISS, JONATHAN	82
<i>Prospective Examination of Special Olympics Sport Retention in Ontario</i>	

WILSON, BRIAN	83
<i>Corporate Environmentalism and the Canadian Golf Industry</i>	83
WOOD, LAURA	84
<i>The Social Nature of Women’s Sport Participation</i>	84
WOOD, LAURA	85
<i>Managing Sport Events to Maximize Positive Impacts</i>	85
YUNGBLUT, HOPE	86
<i>Views of Sport and Physical Activity of Early Adolescent Female Youth</i>	86

ADAMS, CARLY

University of Lethbridge

Standard Research Grants 2011

Imagining Community: Women's Ice Hockey, High Performance Sport, and Rural Survival in Southern Alberta

Canada is becoming increasingly urbanized with small rural communities subject to amalgamation or threatened by decline. Statistics Canada data indicates that by 1931, for the first time in Canadian history, more citizens (54%) lived in urban centres than rural communities. By 2006, this percentage had reached 80%. This demographic shift has serious ramifications for small rural communities struggling to survive. For Warner, a Southern Alberta agricultural-based community of approximately 380 persons, a unique strategy was adopted to imagine a sense of community and to allow its residents the choice to remain 'in place' (Whitson and Epp, 2001). Located 65 km south of Lethbridge, the rural village was threatened with the potential closure of the consolidated Kindergarten to Grade 12 school (ages 5-17). Citizens were determined to save their school, and the community as a whole, through the sport of ice hockey. By 2003, the Warner vision of an imagined community, to paraphrase Benedict Anderson (1983) came to include images of a high performance female hockey school, with its out-of-town players attending the local school. Warner is representative of many rural Canadian communities in that its citizens have always had to be sensitive to issues of survival and to seek innovative solutions to defend against community decline. What is unique about Warner is the creation of a high performance hockey school as the primary innovation to save its school, and implicitly the town itself. Thus this research has as its focus, the Warner Hockey School as the site to explore the social determinants that led to the establishment of the school, its purposes, both imagined and actual, and the underlying role that high performance sport might play in rural community survival. We are now in the second phase of this study, conducting ethnographic interviews with Warner School and Warner Hockey School staff, community members, and past players.

ADAMS, CARLY

University of Lethbridge

2005 (Completed KT paper was not required)

Sport and Female Community in London, Ontario 1920-1951

At the turn of the 20th century in London, Ontario community sport initiatives came as a response to increasing industrialization, urban expansion, and growing commercial distractions, which prompted middle-class reformers to campaign for urban parks and supervised playgrounds to provide children with ‘respectable’ amusements (Hall, 2002). Through their participation in playgrounds and city sport leagues, girls and women challenged notions of gender and female physicality, while exploring recreational activities, building lasting friendships and learning new physical skills—an experience that for many set the groundwork for decades of community sport involvement.

Emphasizing the notion that all historical sources are inextricably linked to social power, this study weaves together oral accounts, newspaper reports, pictorial depictions of sport, and available archival materials while simultaneously considering not only what information these sources provide but also how the information is delivered and the variety of meanings embedded in each source. Evidence presented in this study suggests that women’s sport during the first half of the twentieth century was a unique social space for women. It was certainly more than a voyeuristic form of entertainment for male spectators (Lenskyj, 1996; Lenskyj, 1989). The municipal playgrounds and industrial diamonds, for example, were physically empowering spaces where the athletic skills and abilities of girls and women were practiced, developed, and celebrated.

Exploring both geographical and relational notions of community, this study positions individual, everyday experience as central to our understandings of interactions between work, play, and social life. Investigating municipal playground programs, women’s industrial softball leagues, the London Girls’ Softball and Basketball leagues, and the London Supremes women’s fastball team, this study explores the construction of historical memory, asking why and how women explain, rationalize, make sense of, and apply meaning to their life experiences within specific social and cultural contexts (Sangster, 1997). The complexities of these experiences ultimately impact and shape how we come to understand and theorize women’s sport involvement of the past and the impacts it has on future policies and practices.

ALLAN, VERONICA

Queens University

J. Côté, K. Martin Ginis, A. Latimer-Cheung

Fellowship 2015

Exploring experiences of quality participation across the sport involvement timelines of individuals with physical disabilities: A proposed study

Despite the many prospective benefits associated with sport involvement, rates of sport participation among individuals with physical disabilities are falling well behind those of the able-bodied population. Of the individuals with physical disabilities who do participate in sport, the notion of quality (i.e., full and meaningful) participation is not well understood. A better understanding of the factors that contribute to experiences of quality participation in sport is essential in working towards improved sport participation rates and enhancing the quality of sport participation experiences among this population. As such, the purpose of this study is to provide an in-depth exploration of the factors that shape or inhibit experiences of quality participation throughout the life course of current or former athletes living with a physical disability. Participants will include approximately 20 adults with a physical impairment (congenital or acquired) and at least one season of experience participating in adaptive sport. Each participant will engage in a two-part retrospective timeline interview procedure. In the first phase, participants will co-create a physical timeline of their sport involvement with the help of the researcher. The second phase will encompass a semi-structured interview designed to elicit key information concerning the training activities, relationships, environments, and outcomes associated with key sport experiences represented on their timeline. All data will be subject to narrative and thematic analyses. These interviews are intended to provide detailed and contextual accounts of the characteristics and meanings attributed to experiences of quality sport participation throughout the development and overall life course of individuals living with a physical disability. Practically, the results of this study will inform the future development of interventions and programs aimed at improving sport participation rates and enhancing the quality of sport participation among this population.



BALISH, SHEA

Dalhousie University

C. Blanchard, D. Rainham

Doctoral Stipend 2012

Talk is Cheap, but Behaviour is Expensive: Testing the Intuitionist Model of Health Behaviour

Converging lines of evidence suggest that intuitions (automatic, non-reasoned, inclinations) powerfully influence health behaviour. Accordingly, we offer the Intuitionist Model of Health Behaviour (IHB), which we argue can (1) explain existing evidence, (2) integrate disparate theory and findings, and (3) offer novel and worthwhile hypotheses for studying the psychological mechanisms that regulate health behaviour. The IHB centers on the idea that the mind is composed of distinct psychological systems that follow an evolutionary logic as they strategically guide behaviour toward distinct, and sometimes competing, goals. These systems produce intuitions that selectively use reasoning (just as a carpenter uses a tool) to achieve distinct goals. This project involves developing the IHB, including falsifiable predictions involving both experiments and interventions, and then testing these predictions in both laboratory and real-world settings.

BAXTER-JONES, ADAM

University of Saskatchewan

**D. Earl, E. Barbour-Tuck, J. Murphy, S.A. Jackowski, W. Proctor, S.P. Cumming, C. Knight,
L.B. Sherar**

Standard Research Grants 2012

The Role of Growth and Maturation on Sports Participation

Sport initiation and sustained participation are influenced by a large number of physical and psychosocial factors. One potentially important determinant is variations in adolescent growth and biological maturation. The primary research objective of this study is to examine the relationships among maturity status, age, and physical size on being successfully selected into provincial youth soccer, basketball, volleyball, football, baseball and hockey teams. The second objective is to identify the consequences of selection on long term participation. The study was initiated in the fall of 2013, baseline data collection commenced in early January 2014 and follow up measures started in August 2014. Follow up measures will occur at 6 month intervals for 2 years. Data being collected includes measures of anthropometry, maturity status, reasons for sports participation, perceptions of physical conditioning, competence, their coach's attitudes towards them and parental involvement. As of September 2014, 775 athletes (611 males, 164 females) have been recruited into the study. At baseline it was found that 70% of male athletes (average age 14.6 years) were above the 50th percentile for height and 25% above the 90th percentile. In contrast, in females (aged 14.5 years) it was found that 74% were above the 50th percentile and 41% were above the 90th percentile. Distribution of birth dates revealed 62% and 55% of male and female athletes, respectively, were born within the first six months of the year compared to Saskatchewan birth records over the same period which showed 50% born in the first 6 months. Comparisons between male athletes selected and not selected for teams found that those selected were significantly taller, had greater body mass and greater predicted adult stature and were more mature ($p < 0.05$) than those not selected. In contrast, in females only final predicted height was significantly different between those selected and not selected. These results suggest at 14 years of age that growth and maturation plays a more important role in sports team selection in males than in females.

BEESLEY, THERESA

York University

J.L. Fraser-Thomas

Doctoral Stipend 2013

Grappling for answers: Exploring the process of psychosocial skills development in youth mixed martial arts athletes

Extensive literature has suggested that sport is an effective context for facilitating positive youth development (PYD) (Danish, Petitpas & Hale, 1992; Fraser-Thomas et al., 2005; Gould & Carson, 2008). Mixed martial arts (MMA), a combat sport has been promoted by anecdotal sources as optimal context to promote PYD through life skills development can facilitate transfer of life skills to general life. In Canada, martial arts has been identified as being among the top ten most participated non-scholastic sports by Canadian youth (Clark, 2008). This research project will explore the process of life skills development of youth participating in MMA. Firstly this study will identify the life skills MMA clubs in Southern Ontario suggest they are developing in youths (age 9-18) through a content analysis of MMA club websites and promotional material. The second objective is to examine the experiences of MMA athletes, in comparison to other athletes and non-athletes, to gain insight into the life skills youth may be developing through their MMA experiences. The third objective is to explore the role of MMA instructors, parents, and peers in the development of youths' life skills. Finally, despite past research suggesting that transferability of life skills from the sport context to general life is minimal (Holt, Tink, Mandigo & Fox, 2008), anecdotal sources promote that MMA participation automatically leads to the development of psychosocial skills and transfer of life skills into general life. The final objective is to examine the transferability of life skills that youth learn in MMA into general life contexts. This study has the potential to identify and assess the psychosocial benefits to participation in MMA sport. Gain a deeper understanding of the MMA context to enhance existing programming and coaches' and trainers' education in youth MMA contexts to optimize PYD.

BÉLANGER, MATHIEU

University of Sherbrooke

**J. Beauchamp, J. Brunet, M. Mancuso, J. O'Loughlin, C. Sabiston, Robert Vallerand
Insight Grant 2014**

Results after four years of the Monitoring Activities of Teenagers to Comprehend their Habits (MATCH) study

The transition from childhood to adolescence is often characterized by a marked decline in sport participation. Few young people maintain their involvement in specific types of sports during adolescence. The MATCH study aims to identify determinants of sport participation at different periods during childhood and adolescence. While doing so, we aim to identify determinants that are specific to different types of sports.

The objectives are pursued using a prospective cohort study design. Participants answer questionnaires three times per year. The questionnaire is designed to collect information on participation in various sports and potential determinants, including components of the Self Determination Theory. In addition, a sub-sample of the cohort is followed up with yearly interviews.

Data from the first four years (12 survey cycles) indicate that different types of sports vary with regards to their association with motives for participation; that changes in satisfaction of basic psychological needs are positively related to changes in sport participation; that the population density of a neighbourhood is negatively associated with sport participation; that the types of sports in which parents take part have an influence on the types of sports practiced by their children; and that the form of support parents provide to their children can have a positive or negative influence on their participation in sports.

This information will be useful for the development of policies and programs aimed at enhancing participation in sports. Sport associations will have information enabling them to target interventions that promote recruitment and retention of appropriate age groups. The design of these interventions will also be improved because of the detailed information we will provide on the factors influencing maintenance, initiation, and discontinuation of participation specific to a variety of sports.

BIANCO, THERESA

Concordia University

Insight Development Grant 2014

Coach Support of Injured Athletes and the Coach-Athlete Relationship

The coach-athlete relationship is an important determinant of sport performance and athlete well-being. It can also play a significant role in rehabilitation and recovery. Sport injury is an event that can create a strong need for coach support and if athletes feel unsupported during this time, it can put a strain on the coach-athlete relationship. This, in turn, can adversely affect recovery and future athletic performance. The aim of this study is to shed light on the link between coach support and the coach-athlete relationship in the sport injury context. Coach and injured athlete pairs will be followed over a four-month period and asked to complete questionnaires assessing social support and the quality of their relationship at two different time periods (1 month and 4 months post-injury). The coach and athlete data will be matched in order to determine the extent of agreement between the two perspectives. The interdependence between coach support and the quality of the coach-athlete relationship will also be analyzed. It is expected that the study will yield valuable insights into the coach support needs of injured athletes and lay the groundwork for effective coach support interventions in the sport injury setting. Effective interventions can help improve the injury experience for athletes and also get them back to performance and competition more quickly and ready to meet the demands of competition.

BILINSKI, HOPE

University of Saskatchewan

T. McHugh, U. Teucher, C. McCallum

Insight Development Grant 2014

Rural children and their communities leading the way toward the enhancement of sports and recreation

Participation in sports contributes to children's sense of self-belonging and confidence, help develop and maintain positive peer relations, and hone team-working skills. While virtually every Canadian community has some form of organized sport available for children, participation is declining. The purpose of the study is to engage rural communities and specifically rural preadolescent children in the development of research questions that are relevant and meaningful to exploring their participation and commitment to sport and other recreational activities.

The study objectives:

- 1) To understand the children's experience and engagement in the participation of sport
- 2) To discover from the children's perspective, those factors that should be incorporated into future research aimed at exploring sport in children
- 3) To discover the most appropriate methods for engaging children in research processes

This study will be guided by the concepts embedded in community development and building community capacity that include: 1) articulation of the issue, 2) gathering of stakeholders to create a commitment to action, 3) formal and informal consultations, 4) mobilization of knowledge, 5) planning of action, and 6) implementation of initiatives.

Three rural areas within Sask Sport's Sport, Culture and Recreation Districts will serve as the study's geographical setting. The recreational directors for the sites will act as experts in the area of sport delivery for rural communities and provide links to children living in the rural communities. Research design decisions will be made collaboratively with Sask Sport and the participating children. The study will consist of focus group interviews with children ages 10-12. The general approach to questioning will revolve around the children's experiences with sport participation and what they hold meaningful by staying committed to their sport/s. Transcriptions from the focus groups will be analyzed using content analysis, which will enable the researcher to uncover meanings as this process unfolds.



BLODGETT, AMY
Laurentian University
Doctoral Stipend 2012

The Relocation Experiences of Aboriginal Athletes Pursuing Sport Dreams

Research has documented the importance of sport in the lives of Aboriginal people, emphasizing how it can improve health and wellness and reaffirm core cultural values and connections (Lavallee, 2007; Reading, 2009). However, there is a lack of knowledge around the experiences of Aboriginal people who are engaging in sport, as well as the cultural issues that affect their participation (Findlay & Kohen, 2007). The need remains to better understand these participants' experiences so that, in keeping with the objectives of *Sport Canada's Policy on Aboriginal Peoples' Participation in Sport*, more informed efforts can be made to support Aboriginal athletes through culturally sensitive strategies. To this end, the current project explored the relocation experiences of young Aboriginal athletes who had moved off reserves in northeastern Ontario to pursue sport opportunities within "mainstream" (Euro-Canadian) communities. Mandala drawings and conversational interviews were employed as part of a decolonizing methodology that centralized local Aboriginal ways of knowing, and that enabled in-depth experiential accounts to be shared (Smith, 1999). An inductive thematic analysis was used to organize the data around three overarching themes: (1) the benefits of relocation, (2) the challenges of relocation, and (3) strategies for facilitating relocation. The findings provided novel insights into how the sport experiences of relocated Aboriginal athletes are shaped by the dynamics of acculturation, or second-culture learning. It was revealed how relocated athletes have to dynamically (re)construct a sense of identity and belonging from shifting positions in and between dual (Aboriginal and Euro-Canadian) cultural contexts. Implications are gleaned for supporting relocated Aboriginal athletes in their dual cultural contexts and facilitating more meaningful acculturation experiences that are conducive to sporting persistence and success.

BURKE, SHAUNA

The University of Western Ontario

A.V. Carron, K.M. Shapcott


2005 (Completed KT paper was not required)

Development of a Team-Referent Attribution Questionnaire

Within the sport psychology domain, attribution theory is considered to be one of the most influential contemporary avenues for the study of athlete motivation (Biddle, Hanrahan, & Sellars, 2001). A basic tenet of attribution theory is that individuals have an inherent need to understand *why* an event occurred with a view to increasing control over future events. As would be expected, judgements pertaining to the *why* of an objective or subjective success or failure can vary widely. However, theoreticians such as Weiner (1985, 1986) have suggested that the explanations advanced in achievement situations generally are of four types: personal ability, personal effort, opponent ability, and luck. Further, Weiner (1985, 1986) proposed that these explanations can be classified along three dimensions: *locus of causality* (extent to which causes are seen as either residing within or outside); *stability* (extent to which causes are seen as either stable or variable over time); and, *controllability* (extent to which causes are seen as regulated by either the focal target or others).

Considerable research has demonstrated that the types of attributions endorsed can influence affect, cognitions, and behaviour (Biddle et al., 2001). For example following a failure, an attribution to low effort is associated with dissatisfaction and shame, and an attribution to stable and internal causes is associated with both lowered efficacy beliefs and reduced adherence behaviour (Biddle et al., 2001). From a sport team dynamics perspective, attributions represent a complex interplay between collective and personal perspectives. That is, there are at least five types of attributions possible in team sports: (a) the individual athlete provides self-referent explanations for personal performance; a coach (or team leader) advances an explanation or explanations for the performance of (b) an individual athlete and/or (c) the team; (d) the group as a single entity provides a collective explanation for team performance; and (e) individual athletes advance personal explanations for their team's success or failure. The majority of research in sport has been undertaken at an *individual level* (i.e., Type (a) above) focusing on athletes' self-referent attributions for personal performance. To date, no research has examined collective explanations for team performance (i.e., Type (d) above) and research on team-referent *group level* attributions (i.e., Type (e) above) for team performance has been limited (Biddle et al., 2001).

One reason for the dearth of research on team-referent attributions is the absence of a conceptually and psychometrically sound questionnaire. Specifically, the current team attribution questionnaire most commonly used (Causal Dimension Scales for Teams, CDS-T, Greenlees et al., 2005) is a simple adaptation of a self attribution questionnaire (Casual Dimension Scale II, CDSII, McAuley et al., 1992). It is not conceptually sound from a group perspective. Also, other questionnaires used to study team attributions have been criticized for having poor psychometric properties (Biddle et al., 2001; Crocker, Eklund, & Graham 2002). Not surprisingly, perhaps, theoreticians in sport psychology have called for the development of a conceptually and psychometrically sound instrument to assess team-referent attributions (Rees, Ingledew, & Hardy, 2005).



Our research team has completed three phases in the protocol generally used to develop a sound questionnaire (Shapcott et al., 2007). In Phase 1, we used athletes ($n = 246$) as active agents to establish the typical attributions advanced to account for team success and failure. In Phase 2, we used these results as well as attribution and psychometric theory to develop a preliminary questionnaire. In Phase 3, we tested the content validity of our questionnaire using both group dynamics and attribution theory experts ($n = 16$).

The present research program is designed to further develop our team-referent attribution questionnaire. In the first project (currently underway), we are testing its psychometric properties (i.e., factor structure and internal consistency). In the second project, we will examine the predictive validity of the questionnaire. The third project will consist of a team-oriented intervention program designed to modify maladaptive team attributions.



CAMIRÉ, MARTIN

University of Ottawa

T. Forneris

Insight Development Grant 2013

The Challenges Faced by Canadian High School Teachers-Coaches: A National Survey

In Canada, high school sports are practiced by over 750,000 student-athletes and each year, more than 52,000 individuals volunteer to coach in this context (School Sport Canada, 2013). In most cases, teachers voluntarily assume the leadership of sport teams at their school, taking on the dual role of teacher-coach. Hence, high school teachers do not have a professional obligation to coach but inherently have a 'moral obligation' to volunteer as coaches in order to ensure the viability of their schools' sport programs. As such, teachers often view coaching as an expected extracurricular commitment but managing the demands of both roles is challenging, often leading to role conflict (Richards & Templin, 2012). Many studies have examined teacher-coach role conflict (e.g., Figone, 1994; Kosa, 1990; Ryan, 2008; Sage, 1987) but to date, no large-scale research has been conducted to comprehensively examine the challenges teacher-coaches face in managing their dual role. The purpose of this study was to conduct a national survey of the challenges faced by Canadian high school teacher-coaches. The survey was disseminated online in collaboration with School Sport Canada, the national governing body for school sport. Data collection occurred from October 2014 to February 2015, leading to a national sample of 3044 respondents (n = 998 women) from all provinces and territories. Findings indicated that the greatest challenges faced by the teacher-coaches were related to meeting family obligations, managing administrative tasks, and managing time, which were reported by over 90% of teacher-coaches. With the exception of age, which had marginal impacts on the reported challenges, the teacher-coaches' characteristics (i.e., gender, hours invested in coaching per week, number of sports coached) did not explain any variance in their likelihood of indicating that something was a challenge. Moving forward, it appears that low-cost strategies that help all teacher-coaches overcome their challenges are needed.

CAMIRÉ, MARTIN

University of Ottawa

P. Trudel

Insight Grant 2015

The Testing, Dissemination, and Evaluation of the Teaching Life Skills through Sport Training Program for High School Coaches

High school sports are practiced in all Canadian provinces and territories. The inherent value of high school sport resides not only in increasing fitness levels but also in the opportunities afforded to youth to learn valuable life skills (e.g., leadership, teamwork, time-management, self-regulation) (Camiré et al., 2009a). Consistent with this notion, School Sport Canada's (2013) mandate is to "promote and advocate for positive sportsmanship, citizenship and the total development of student athletes through interscholastic sport". Although many *influencers* have been identified as responsible for impacting the development of high school students, the research tells us that coaches are one of the most highly influential social agents in the lives of youth (Gould & Carson, 2008; Petitpas et al., 2005). However, scarce are coaches who are trained to purposefully teach youth life skills because training courses focused on life skills development are virtually non-existent (Camiré et al., 2014; Vella et al., 2013). Using a three-phase mixed-methods approach, the proposed project addresses the absence of this essential training opportunity for coaches. In phase one, the research team will pilot test the Teaching Life Skills through Sport (TLSS) training program which they developed (a) through a comprehensive literature review and (b) using best practices from a previous intervention with coaches (e.g., Camiré & Trudel, 2013, 2014). The program is offered as a three-hour workshop and will be tested with coaches in English and in French. In phase two, based on pilot test findings, the program will be improved and will be disseminated (a) as a training workshop at coaching conferences across Canada and (b) as an online training course (French-English) on School Sport Canada's online coach training platform: www.schoolcoach.ca. Phase three will be the evaluation component of the project as the two iterations of the TLSS training program (i.e., training workshop and online course) disseminated in phase two will be assessed to understand how they influenced coaches' efficacy in teaching life skills through sport.

DALLAIRE, CHRISTINE

University of Ottawa

J. Harvey

2005 (Completed KT paper was not required)

The Games and the Reflection of Youth Identities in the Canadian Francophonie

This comparative research focuses on Francophone minority and majority identities emulated by youth participating in Canada's Francophone and Quebec Games. 1) It begins with a study of **discourse on Francophone identities** at the Games. The Fédération de la jeunesse canadienne-française (FJCF) created the Jeux de la francophonie canadienne to instil a sense of belonging among Francophone youth and thus counter the growth of language transfer and support the development of minority communities. These Games gather adolescents from Francophone minority communities, as well as young Quebec athletes. How do they define "Francophone" in a gathering that includes youth from minority communities as well as from a majority community that controls a provincial government? The Jeux du Québec fall under Quebec's policy on sports and recreation and help build a distinct cultural identity, that of the "Quebec nation." Do these Games, held solely in French, promote a cultural or linguistic and civic identity of the Quebec nation? The analysis will also cover the federal and Quebec governments, which support and finance these Games for reasons of identity building and sport development. Lastly, the study will cover youth discourse on identity. Is theirs a reflection of prevailing discourse or do they define themselves differently? How are the identities of Francophone minority youth linked to Quebec youth at the Jeux de la francophonie canadienne? 2) The study also covers **the convergence of discourse on identity and on sport**. To what extent do sports promote the reflection of Francophone identities at these Games? The proposed research will address the complementarity or conflictual linkage between the Games' sports and identity goals. 3) The third objective of this research is **to evaluate the benefits that youth claim to derive from their participation in the Games**. What benefits do they think they derive from the Games? Do the Games spur their Francophone pride? Do they benefit in a particular way from the gathering and sociability of youth? Do the Games improve their sports performance or encourage the practice of sports?

This study is a continuation of the work undertaken to answer the question "Who is a Francophone?" It will also assess the benefits that youth derive from their participation in the Games. It will examine their motivation as well as their experience in the Games. The analysis will lead to an assessment of the benefits for the participants as well as the contribution of the Games to the promotion of sports. These results will be useful to organizers in improving the organization of the Games. They will be used by decision-makers and policy-makers to better understand and consider the various dimensions of the impact of youth participation in the Games. This project will thus contribute to the study of sports and identity policies, as it approaches the issue from a new angle by focussing on the identities emulated by youth in these political contexts.

DAWSON, MICHAEL

St. Thomas University


2005 (Completed KT paper was not required)

Sport, Empire, and Nation: A Comparative History of English-Canadian Identity, 1930-1994

When, how, and why did English Canadians largely abandon the British connection in favour of an independent national identity? The past few years have witnessed a revival of interest in this important question. To contribute to these ongoing debates, this study examines expressions of English-Canadian identity within the context of international sport – the British Empire/Commonwealth Games held between 1930 and 1994. The project will provide insights into English-Canadian nationalism in four ways. First, while much of the recent literature on the topic focuses on political, and in particular, foreign policy issues, this study will examine *popular culture* through the lens of modern sport. Second, by examining the tensions between imperial and national identity in English Canada between 1930 and 1994 the project employs an innovative temporal scope that examines developments over an extended time period. Third, I tackle the relatively unexplored relationship between commercialism and English-Canadian national identity by examining the myriad ways in which economic pursuits affected expressions of imperial and national sentiment. Finally, through international comparative work focusing upon Australia and New Zealand, this study asks whether there was anything particularly “Canadian” about English-Canadian identity during this transition.

Taking its cue from the emerging literature on the “British World” the project explores the particularities of English-Canadian nationalism through direct comparisons with two other “white settler” societies: Australia and New Zealand. All three of these dominions endured awkward attempts to reformulate official and unofficial expressions of national identity in light of the collapse of the British Empire in the second half of the twentieth century. While a handful of important studies have begun to examine the commonalities between the three countries’ responses to decolonization at the level of international diplomacy, no systematic comparison has been undertaken that focuses on popular culture. The Commonwealth Games provide an ideal topic for comparing the transformation of English-Canadian identity with similar transformations occurring elsewhere in the “British World.” Since their inception, the Games have remained inherently political. Originally termed the British Empire Games, this athletic competition was initiated in Hamilton in 1930 to revive both Victorian ideals of amateur sport and the battered confidence of British and white dominion athletes who were losing ground to American competition. As the British Empire was reinvented as the Commonwealth of Nations, the Games emerged as a political arena in which disputes raged over race relations, third-world underdevelopment, and competing ideals of British identity. This project, then, will tell a Canadian story that cannot be separated from the international context.

It examines how English Canadians reacted to the tensions that emerged as the Games expanded to include non-white Commonwealth nations. It explores the extent to which popular, or vernacular, pronouncements about the Games have embraced, challenged, and appropriated the official rhetoric of imperial, and then Commonwealth, unity. And it investigates the manner in which English Canadians took stock of the cultural, social, political, and economic legacies of the Games. I will also examine



French-Canadian evaluations of the Games' significance in order to contextualize English-Canadian sentiments. But primarily I will explore these themes by placing Canadian developments in an international context. Comparing the Games held in Canada (Hamilton, 1930; Vancouver, 1954; Edmonton, 1978; Victoria, 1994) not simply with each other, but also with the Games held elsewhere especially in Australia (Sydney 1938; Perth, 1962; Brisbane, 1982) and New Zealand (Auckland, 1950 and 1990; Christchurch, 1974) – provides an important opportunity to uncover both the unique and common features of English Canada = s changing relationship to the British Empire and Commonwealth.

DE LISIO, AMANDA

University of Toronto

Doctoral Stipend 2012

Preserving spaces of uncertainty: Bioremediation, urbanism and the sport mega-event

If the urban condition, its architecture, landscape and design, can offer a text to examine, the text of cities is in constant flux. The staging of a sport mega-event will exacerbate this state in the construction of new, ultramodern sporting facilities. More often than not, as the literature will attest, event-related construction will demand the removal of infrastructure (whether natural or wo/man-made) from host cities. The site of a new stadium will be forced to become what McKee (2008) in his article on the local restoration of New Orleans, post-hurricane Katrina, would describe as an “ecological tabula rasa,” a return to the backside of heavily designed, controlled and scripted spaces of everyday life. Even the soil, the mineral foundation of the site, is often in need of careful bioremediation to erase the (so-called) impurities of the past. In their piece entitled, “1440: The smooth and the striated” (1987), Deleuze and Guattari describe striated space as that which is typical of the highly-organized urban environment we (in)voluntary navigate daily – comprised of orderly, grid-like patterns of rectilinear, tall and grey buildings, networks of closed-circuit cameras, police patrols and private security guards (Malin, 2007). Nevertheless, as Deleuze and Guattari indicate, even the most striated of urban space can create opportunities for smoothness. Graffiti-writing, skateboarding, parkour, littering, pollution and decay: all constitute a rupture, a moment in which we bear witness to the fanatical maintenance of social order and realize our existence as both the steward and co-tenant. Mega-event-led urban renewal – and the barren, derelict and un(der)developed space it will (re)territorialize within our cities – can offer us a moment to envision the world outside the homogeneous and prescriptive nature of our urban environment. And within our current political economic state, it is this moment/space, we need.

DEMERS, GUYLAINE

University of Laval

Standard Research Grant 2012

Description of the early years of experience of female coaches in sport

The early years of a coaching career for women are not necessarily easy and female coaches are not always well prepared to deal with all the challenges relating to their work. Some studies have reported that several female coaches leave the profession after less than four years in the position, compared to 11 years for men, which suggests that the early years of experience play an important role in whether they continue or abandon their coaching career. Our study has allowed us to identify the problems that women encounter: managing discipline, feeling incompetent, a lack of knowledge, limited financial support, difficult relationships with parents, fear of making mistakes, and a negative social climate.

Using the experience of female coaches in our study, we suggest three categories of solutions to encourage more women to become and remain coaches:

Training:

- Training reserved for women
- Training on different leadership styles
- Training on discipline management
- Providing different training strategies and a bank of varied exercises

Support:

- Pairing a mentor with a junior coach to offer support

Recruitment:

- Identifying high-performance female athletes with a potential to become coaches and directing them to the training offered
- Taking graduates of the program as assistant coaches
- Informing local organizations about the female coaches who have been newly trained in their sport

DIXON, JESS

University Of Windsor

Standard Research Grant 2012

Exploring Developmental Factors for Overcoming Relative Age Effects in Ice Hockey

Relative Age Effects (RAEs) are concerned with identifying age (dis)advantages relative to other children within pre-defined age groups. While intended to promote equality and fairness, age-based grouping policies have the unintended consequence of advantaging relatively older children, while disadvantaging relatively younger children within the same cohort. Despite the advantages provided to relatively older children, a proportion of relatively younger children persist in sport and education systems that are systematically biased against them.

We are executing a multi-phase research program that seeks to: a) identify the attributes of success and developmental outcomes (e.g., leadership) in Canadian hockey players within the context of RAEs; b) compare the attributes of relatively younger and older players; and c) identify the developmental factors that helped relatively younger athletes overcome the effects of relative age. We surveyed male house league hockey players (14-20 years of age) to collect general demographic information, along with information about their family and sport backgrounds. Participants also responded to the Leadership Scale for Sport (LSS; Chelladurai & Saleh, 1980) and Youth Experience Survey for Sport (YES-S; MacDonald et al., 2012).

The results from our analysis of the LSS data revealed that captains scored significantly higher on three of the leadership dimensions than non-captains. However, quartile of birth was found not to influence the participants' scores on any of the LSS dimensions. It appears that house league hockey players develop leadership skills regardless of their relative age. Analyses of the YES-S data are currently ongoing, as is data collection with AAA hockey players, which will allow for comparisons across competitive levels. A qualitative phase of the study will commence later this fall, where relatively younger players will be interviewed about how their personal histories, family dynamics, practice habits, as well as sport and educational experiences shaped their ascension in the sport.

DOHERTY, ALISON

Western University

K. Misener, Hoyer

Insight Grant 2013

The Role of Social Capital in the Organizational Capacity of Community Sport (Phase 1: Foundations of Volunteer Social Capital)


Social capital (trust, reciprocity, shared understanding) is a resource that is (re)produced in a social connection, and which individuals may draw on for further benefit (Adler & Kwon, 2002). When generated among individuals and within groups in an organization, it may be an important resource for organizational goal achievement. This may be the case for volunteers working together for the effective delivery of sport programs that facilitate the participation of all Canadians. The purpose of this study was to investigate the nature and development of social capital among volunteers in community sport clubs, and its impact on the capacity of clubs to achieve their goals and objectives.

In order to establish a foundational understanding of volunteer social capital within community sport, interviews were conducted with 30 volunteer board members (8 women, 8 men) and coaches (5 women, 9 men) from clubs across Ontario. Volunteers were asked to identify other club volunteers with whom they had valuable connections, and then asked to describe those relationships. Board members tended to refer to connections with other board members, while coaches described relationships with both board members and other coaches. These important connections averaged 5 years in length, and interactions were predominantly on a daily or at least weekly basis. Both parties were described as bringing their own valuable knowledge/experience about the sport or the club to the relationship, as well as a primary focus on the best interests of the club.

The findings indicate the presence of “relational” social capital across 85% of the connections. Volunteers described a sense of trust, support, mutual respect, and give-and-take with the other volunteer coach or board member. “Cognitive” social capital was also identified in 67% of the connections, described as mutual understanding, shared values, and open exchange of ideas. “Structural capital”, or having access to resources and other people through the other volunteer, was indicated in 28% of the connections. The board members and coaches indicated that those connections made them more efficient and effective in their club work, because of the trust, support, shared understanding, and links to others. They also described a greater sense of self-confidence and ambition to do more in their volunteering. Volunteers further described the club as “more functional” when such relationships exist.

Thus, social capital is generated among sport club volunteers in the form of trust, support, give-and-take, shared values and ideas, and access to other resources. This valuable capital seems to be (re)produced particularly when volunteers interact daily or at least weekly, and when both parties bring valuable resources to the connection. The positive impact on the volunteers and the club as a whole highlights implications for building club capacity through fostering connections that promote the generation of various forms of social capital among volunteers within the club.

The ongoing research program is expected to inform policy and action for building CSO capacity with regard to social capital. Understanding the development and impact of social capital has implications for



fostering connections among volunteers that generate positive resources, such as trust and reciprocity, that enhance individual, board and ultimately organizational performance focused on program and service delivery for sport participation.



DONNELLY, MICHELE
University of Southern California
Post-Doctoral Stipend 2011

Riding, Community, Segregation: Exploring Girls-only Skateboarding Programs

Using ethnographic research methods, I am studying girls-only skateboarding programs that offer skateboarding instruction to girls of varying ages and skill levels. Program instructors are typically all girls and women, and are sometimes professional skateboarders. Often, girls-only skateboarding programs organize workshops, camps, and events in gender-segregated settings, i.e., girls-only days and times at the skatepark or street riding location. On their websites and in promotional materials, girls-only skateboarding programs refer consistently to their aims: more opportunities for girls to skateboard, making skateboarding more accessible to girls, developing girls' skateboarding skills, creating a safe and positive environment for girl skateboarders; and their outcomes: confidence, empowerment, support, community. The consistency of language employed across girls-only skateboarding programs suggests common understandings of the current context of skateboarding in North America (an activity dominated by boys and men), and the perceived necessity of programs for girls only. Through this research, I seek to use girls-only skateboarding programs as an empirical site to understand the contemporary existence of girls-only leisure activities, and the relevant meanings and context of these specific cultural practices.

DONNELLY, PETER

University of Toronto

B. Kidd, M. MacNeill, Je. Harvey, B. Houlihan, K. Toohey

Standard Research Grant 2006

Sport participation in Canada: Evaluating measurements, and testing determinants of increased participation


How many hockey players are there in Canada? Although Canadians might believe that such information is readily available, that is not the case for hockey, or a number of other sports. While it may be relatively easy to determine the number of Canadians involved in bobsleighbing or luge, the numbers involved in more popular sports such as soccer, golf, swimming, skiing (downhill and cross country), baseball (in its various forms) and basketball is more difficult to determine.

Determining valid and reliable means of assessing participation in sport and physical activity is justified in both academic and applied terms. For the purposes of academic research, such data are necessary to understand the development of social and cultural capital, and the processes of social inclusion and exclusion. For the purposes of evidence based public policy, federal, provincial and territorial governments in Canada are agreed on the importance of an active, healthy population, and have developed policies and embarked on a variety of initiatives in order to increase the activity levels of citizens. However, there are no reliable baseline data, and no systematic measures to determine the success of policies and programs designed to increase participation, or to evaluate the circumstances that might lead to increased participation.

Since sport policy and public expenditure on high performance sport is in part justified, implicitly or explicitly, on the assumption that international success in a sport will lead to increased participation levels in that sport, it is important to determine the circumstances under which such an outcome might be achieved.

The study has two overlapping objectives: (a) to assess the current measures of sport participation in Canada, and propose more valid and reliable measures; and (b) to carry out a test of one aspect of sport policy based on the assumption that Olympic medals lead to increased participation in sport. Specifically, the study involves:

1. Cataloguing and evaluating current measures for determining the number of participants in selected sports; comparing measures of sports participation in Canada with measures in several other countries; and determining if there are available and reliable measures of the frequency and intensity of participation in various sports;
2. Determining if there are available and reliable measures of the demographic characteristics of participants in specific sports;

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3. Proposing, on the basis of these evaluations: a cost-effective, consistent, valid and reliable model to establish baseline data for participation in selected sports; an estimate of cut-off points for frequency and levels intensity to achieve physical health benefits in selected sports; and a demographic profile of participants in specific sports (as a test of social and cultural capital, and an assessment of barriers to participation); and
 4. Carry out a test, based on available data, of the circumstances and assumptions that form the basis of one current public policy intended to increase participation in sports.

DONNELLY, PETER

University of Toronto

Insight Grant 2012

Multiculturalism and physical culture: The case of the GTA

The growing critique of multiculturalism policies in many countries where they have been implemented prompts this return to the source. The first policy of multiculturalism was introduced in Canada in 1971, and Stein (2007) points out that “Canada is unique among western democracies in its constitutional commitment to multiculturalism – a commitment that has worked extraordinarily well in practice.”

Article 27 of the Canadian constitution (1982) states that “the Charter [of Rights and Freedoms] shall be interpreted in a manner consistent with the preservation and enhancement of the multicultural heritage of Canadians;” and multiculturalism was accepted into law with the passage of the Canadian Multiculturalism Act in 1988. The Act reinforced the importance of multiculturalism as a key instrument in government efforts “to bolster social cohesion and build an inclusive society that is open to and respectful of all Canadians.”

Previous and current research from the Centre for Sport Policy Studies at the University of Toronto suggests that multiculturalism does not promote ‘ghettoization’ or limit integration and social cohesion. Rather, diverse cultural practices, including sport, appear to enable immigrant and diverse communities to “find their feet” in a new society. The physical cultural practices of immigrant communities follow several trajectories: *first*, such practices survive for the first generation, but are not adopted by the second generation who engage in more integrated activities; *second* such practices are sustained as the first and second generations begin to include participants from other ethno cultural communities. In fact, the only examples we have found where exclusive participation has continued beyond a first generation involve private ‘country club’ sports (e.g., golf) that historically based their membership on racial/ethnic, religious, and social class exclusions.

This paper provides examples of the ways in which ethno cultural communities organizing and participating in physical cultural practices become involved in a more integrated form of community building; and outlines the SSHRC-funded research project that is testing the claims made here, and adding some new lines of research.



DUARTE, TIAGO
University of Ottawa
Doctoral Stipend 2014

Promoting and assessing social learning in disability sport

The Canadian Sport Policy (2012) has recently recognized the necessity to design barrier-free and relevant sport programming customized for “traditionally underrepresented and/or marginalized populations to actively engage in all aspects of sport participation” (p. 10). The lack of knowledgeable coaches is one barrier that ‘disables’ Canadians with disabilities from participating in sports (Canadian Sports Centres, 2012; DePauw & Gavron, 2005). The overall objective of this research is to work with coaches from three Para Sports (e.g., athletics, wheelchair curling, swimming) to promote and assess the learning value created in their communities and networks. The project is divided into two phases aiming to map the social learning context of the participants (Phase 1), and to assess the learning value created through social interactions in their networks and communities (Phase 2). The research question guiding the study is “How can the social learning capability of disability sport organizations be leveraged through the promotion of learning networks and communities?”. A collaborative inquiry approach (Bray et al., 2000) seems appropriate as it takes into consideration both researcher and participants interests. Data will be generated through interviews and participant observations. Each of the three coach groups (one per sport) will involve between five and eight individuals. An initial interview will enquire about their coaching biography as well as their existing networks and communities. During the 12 month intervention, which will involve different learning activities driven by the needs of the groups (e.g., have an expert on planning present at a meeting, have coaches share best practices and collaboratively problem solve), two further interviews will be conducted with the participants. A final interview will be conducted at the end of the intervention. The data gathered will be analyzed using thematic analysis as proposed by Braun and Clarke (2006). This analysis will be on-going, with subsequent interviews guided by previous interviews. The knowledge gained by the research will inform National Sport Organizations and the National Coaching Certification Program of avenues to stimulate coaches for this specific population, allowing people with disabilities to have larger access to quality sport experiences.

DUBUC-CHARBONNEAU, NICOLE

University of Ottawa

Doctoral Stipend 2008

Addressing Varsity Athletes Burnout and Well-being through the Implementation of a Feel-based Self-regulation Intervention

Varsity athletics can represent the peak of an athlete's competitive career. Playing on a college or university team can provide numerous health and social benefits (Miller & Kerr, 2002). However, due to numerous athletic, academic and social demands, varsity athletes may also have elevated level of stress (Gould & Whitley, 2009). It is suggested that the stress that can result from an athlete's inability to cope with demands can contribute to the development of burnout (Gustafsson, Kenttä, & Hassmén, 2011; Raedeke & Smith, 2004) and have negative repercussions on the quality of athletic experiences as well as the students' academic and personal life (Dubuc, Schinke, Eys, Battocchio, & Zaichkowsky, 2010). Thus, it has been suggested that the examination of potential interventions to prevent and reduce burnout is warranted (Goodger, Gorely, Lavallee, & Harwood, 2007). As a result, the purpose of the current study was to develop and implement a person-centered, feel-based self-regulation intervention with student-athletes experiencing burnout. Based on their moderate to high baseline scores on the Athlete Burnout Questionnaire (Raedeke & Smith, 2001), eight of 147 varsity athletes from various sports at two Canadian Universities were invited and chose to participate in a season-long intervention. A mixed-methods approach (Hanson, Creswell, Plano Clark, Petska, Creswell, 2005) was used to assess the process and effects of the intervention. Specifically, quantitative results revealed that as the intervention progressed, the athletes' ability to self-regulate and their level of psychological well-being increased significantly and that stress and burnout decreased. Furthermore, qualitative findings revealed that frequent stressors included academic demands (e.g., exams, assignments, performance outcomes), sport demands (e.g., performance standards, scheduling), and social demands (e.g., pressure from coach or family). Adaptive self-regulation strategies put forth to cope with stressors included cognitive strategies (e.g., acceptance, focus), organizational strategies (e.g., manage schoolwork, time management), physical strategies (e.g., rehabilitation, sport specific training), and social strategies (e.g., communication, removing oneself from negative situations).

FALLS, DOMINIQUE

Simon Fraser University

Doctoral Stipend 2011

Organized Youth Sport in a British Columbian Rural and Small-Town Region: An Ethnographic Study

This project critically engages with our current understanding of youth, sport and community in Canadian rural and small town (RST) regions. I look at how young RST region participants experience sport and what conditions exist in their communities that contribute to their experiences. The main source of data for this project is drawn from exploratory ethnographic research in an RST region in south central/eastern British Columbia, Canada. The project considers adult and young people's experiences of youth sport in this particular region with ethnographic observation and interviews with both groups being the primary source of data gathered. Twenty four unstructured interviews with kids aged 12-19 were conducted, along with sixty three unstructured interviews with adults. Interviewees were either involved in sport directly (e.g. player, coach, referee, administrator), indirectly (e.g., parent) or not at all. Those individuals not involved in sport were asked to participate in the research because of their direct involvement with youth in other capacities (e.g. youth centre leaders, principals). The goal of the overall project is to critically examine and move beyond some of the taken-for-granted 'truths' around youth sport in RST communities – 'truths' that have been based on limited or anecdotal data. Most notably, an argument will be made that by looking 'beyond the ice rink' we can learn a lot about how contemporary young people are growing up in and experiencing their local RST communities through and beyond sport. Preliminary findings suggest (1) that hockey is playing a much different and diminished role in communities (2) that young people are participating in a variety of sports and demanding non- structured, non-organized opportunities for play and recreation, and (3) that young people consider growing up in their communities as a privilege, not a misfortune – with most interviewees planting roots firmly in the region.

FORTIER, KRISTINE

Laval University

S. Parent

Doctoral Stipend 2014

Developing And Validating A Survey On Violence Experienced By Youth In A Sport Setting

Sport is recognized as an important tool for human development (Carreres-Ponsoda et al., 2012; Ullrich-French et al., 2012). In most cases, young athletes benefit from a healthy and safe environment during their sport practice, which allows them to develop themselves to their full potential on a physical, psychological and social level. Unfortunately, the sport setting does not always offer a positive experience for youth who take part in it. In fact, various types of violence are present in sport. Current knowledge regarding the violence experienced by youth in sport indicates the presence of the following: (a) sexual, physical and psychological violence from an adult in a position of authority (Alexander et al., 2011; Brackenridge et al., 2008; Hartill, 2009; Kerr, 2010), (b) violence between peers, such as bullying, physical assault during a game, homophobia and abusive initiation rituals (Demers, 2010; Fields et al., 2007; Gendron et al., 2011), and (c) other types of violence, such as the sport-related work of young elite athletes (David, 2005; Donnelly, 1997).

This violence results in significant social costs that largely affect the quality of life and well-being of young participants (Leahy et al., 2008). Despite the presence of certain types of violence in a sport setting, very little data are currently available regarding its scope and characteristics. Some even remain unknown (e.g., the sport-related work of young elite athletes). In addition, in almost all cases, each type of violence has been studied in an isolated manner. We have also noted differences between the definitions of the types of violence. This has created a fragmented literature that does not allow for an overall assessment of the scope of the incidents of violence against youth in sport. In addition, in the large majority of cases, participants in previous studies were adults and the questions dealt with their experiences before age 18 (Leahy et al., 2002; Vanden Auweele et al., 2008). These methodologies raise concerns about the validity of the results, taking into consideration the accuracy of the participants' memories and a possible discrepancy between their perceptions and the behaviours that actually occurred. Another significant limitation is that the validity and accuracy of the surveys used in the studies are not known for the most part. In addition, to our knowledge, **no validated survey has been developed to date to measure all types of violence experienced by youth in a sport setting.** In the majority of cases, current studies do not provide specific information on the frequency of the acts of violence, the characteristics of victims and of the people who committed those acts, and the context in which the violence in question occurred. According to Stirling (2009), these limitations do not allow for the transferability of results and a comparison between the studies.

GAUDREAU, PATRICK

University of Ottawa

M. Fecteau, V. Franche

Standard Research Grants 2009

The Role of Parents and Coaches in Predicting Consequential Sport Participation Outcomes: A Daily Training Diary Study

An important goal of this research program is to investigate the role of parents and coaches in predicting consequential sport participation outcomes of adolescent athletes. Past research has found that parents and coaches can positively influence athletes by giving them choices, by recognizing their feelings and perspectives, as well as by providing them with opportunities for autonomy and self-initiative (Mageau & Vallerand, 2003). Little is known about whether parental (PAS) and coaching (CAS) autonomy support have cumulative and/or complementary influences on the sport participation of adolescent athletes (Gaudreau et al., 2011). Training is a significant part of the lives of athletes during which most of the athlete-coach interactions are taking place. Therefore, CAS is likely to bolster the feelings of autonomy, competence, and social connectedness during practices which, in turn, are likely to facilitate goal attainment and a host of desirable sport participation outcomes (e.g., sport satisfaction, positive affective states). Parents are primary socialization agents. In line with our past research (Gaudreau et al., 2011), we propose that PAS should act as a compensatory mechanism to protect the athletes from negative experiences occurring during practices. Therefore, the relation between need satisfaction and sport participation outcomes during practices should depend on the level of PAS perceived by the athletes. A sample of 97 adolescent female athletes competing in synchronized figure skating have completed a short questionnaire after six consecutive daily practices. Results of multilevel modeling analyses will be presented at the 2012 SCRI conference. This line of research is important to highlight the differentiated and complementary roles of parents and coaches in the athletic development of adolescent athletes. Our research will inform the development of psycho-educational and informational prevention programs to foster the autonomy supportive style of significant adults in their daily interactions with competitive athletes.

GOODMAN, DAVID

University of Minnesota

M. Weiss, L. Kip

Standard Research Grants 2006

Unsportsmanlike Aggression in Youth Hockey: Attitudes, Perceived Social Approval, and Situational Temptation

Unsportsmanlike attitudes and actions in youth ice hockey are learned through modelling of and approval by significant adults and peers (Weiss, Smith, & Stuntz, 2008). The present study extended the knowledge base by assessing: (a) competitive league and gender differences on attitudes regarding unsportsmanlike actions, (b) relationships between perceived approval by significant others and youths' attitudes toward unsportsmanlike actions, (c) whether specific hockey situations affect legitimacy of acting in unsportsmanlike ways, and (d) youth hockey players' NHL role models and whether type of model is related to youths' sportsmanlike attitudes. Youth hockey players (192 male, 86 female) representing atom ($M = 10.9$ yrs), peewee ($M = 12.6$ yrs), and bantam/midget ($M = 14.8$ yrs) leagues read three scenarios about unsportsmanlike actions and responded to questions assessing legitimacy, intention, perceived social approval, and situation-specific legitimacy and intention of performing the actions. Analyses of variance showed that legitimacy and intention of engaging in unsportsmanlike acts increased with competitive league, as did perceptions of approval by best friend, teammates, coach, and parents. Male players scored higher than female players on legitimacy, intention, and best friend, teammate, and coach approval. Regression analyses revealed strong relationships between perceived social approval and unsportsmanlike attitudes, with best friend and teammate approval the strongest predictors. Of the hockey situations, players indicated they were most tempted to engage in unsportsmanlike behaviour if it would help win the championship game and if one's opponent did it first. Chi-square analyses showed that players scoring in the upper 20% on legitimacy of unsportsmanlike actions were more likely than those in the lower 20% to name aggressive, fighter players as their NHL idols and less likely to name gentlemanly, skilful players. Results extend research on individual and social factors influencing endorsement of unsportsmanlike behaviours in youth ice hockey.

HATTON, NATHAN

University of Waterloo

Doctoral Stipend 2007

Wrestling with Ethnicity: Immigration, Sport and Class in Winnipeg Before 1930

After 1896 Winnipeg underwent substantial demographic changes. New immigration policies, improved economic conditions, and the closing of the American settlement frontier all served to attract thousands of new immigrants to the Canadian Prairies. Previously a predominantly Anglo-Protestant community, Winnipeg quickly emerged as Canada's most ethnically diverse urban centre. Rapid growth presented many new challenges within the city as it became increasingly stratified according to both ethnicity and class. Wrestling's popularity grew markedly during Winnipeg's transformative period, and many of the tensions present in the larger society found symbolic and physical representation on the mat. *Wrestling with Ethnicity* explores the "mat game's" wide-reaching appeal among a number of ethnic groups in Winnipeg, giving particular attention to how its meaning varied according to the cultural values and goals held by each participant community. The study also examines how immigrant access to the sport changed over time, as well as the ways in which their involvement alternately reinforced and challenged Anglo-Canadian views towards non-English speaking peoples. Simultaneously, *Wrestling with Ethnicity* investigates wrestling's popularity within class-based organizations such as the One Big Union, and how it served as a vehicle for furthering specific socioeconomic interests and ideologies.

Although Canadian historians have given considerable attention to team sports, individual sports, specifically those of a combative nature, remain largely unexamined. *Wrestling with Ethnicity* probes the varied and often competing meanings associated with wrestling during the early twentieth century, and in doing so, seeks to further our understanding of Canada's multicultural and multi-class sporting heritage.

HAVITZ, MARK

University of Waterloo

A.W. Wilson, S.E. Mock

Standard Research Grants 2009


Impact of Ego Involvement with Running on Varsity Athletes' Post-University Running Participation and Health

This research explored lifelong running and jogging participation patterns among a sample of one-time competitive distance runners. This research is part of a larger project built on Baltes' (1987) assumptions that development is a lifelong process imbedded in age-based context, that it is multidimensional and multidirectional, and influenced by life history and environment. More recently, Baltes, Lindenberger and Staudinger (1998) spoke to three components of individual development: 1) individual communalities, 2) individual differences, and 3) intraindividual development. The focus of this paper is on the latter in that it explores change, or lack thereof, in the respondents' ego involvement with running over their post-university lifespans without making explicit between respondent comparisons.

Leisure involvement research is rooted in the ego involvement literature. Sherif et al. (1973) argued that "self [ego] is conceived as a system of attitude structures which when aroused by on-going events, are revealed in more characteristic and less situation-specific behaviors toward objects or classes of objects" (p. 312). Social judgment theory suggests that enduring traits of ego involvement influence activity choice by setting individual latitudes of acceptance and rejection which guide behavior. Multiple streams of ego involvement research have evolved over the past eight decades building on seminal conceptual work in mainline social psychology in the 1940s (e.g., Allport, 1943, 1945; Sherif & Cantril, 1947). Perhaps the most widely referenced stream in sport psychology is the one developed by Duda and colleagues (Chi & Duda, 1995; Duda 1988, 2007) which focuses on task orientation and ego orientation.

That line of research has been especially important in advancing understanding of goal setting in competitive sport. The present study is rooted in another line of ego involvement research (Laurent & Kapferer, 1985; Zaichkowsky, 1985) which stresses facets of personal relevance and has been extensively applied in a broad range of primarily non-competitive sport and recreation contexts (Funk & James, 2001; Havitz & Dimanche, 1999; McIntyre & Pigram, 1992; Selin & Howard, 1988; Siegenthaler & Lam, 1992). This choice was deemed relevant because a good portion of respondents, even those who continued to run post-graduation, de-emphasized the competitive aspects of their adult participation. Involvement was measured using Kyle et al.'s (2007) Modified Involvement Scale; three items each for five facets – attraction, centrality, social, identity affirmation, and identity expression.

Respondents were 262 varsity cross country runners' from an American and a Canadian university. The average age was 49 years old (SD = 17.28) and ranged from 24 to 94 years old. Nearly seventy percent (69.7%) of the sample was male and just over thirty percent (30.3%) were female. All respondents over fifty-five were male as varsity cross country was not offered for women at those schools until the 1970s. Independent variables included in-university involvement facet scores and current involvement facet scores. Analyses controlled for age and sex. Individual regression analyses were run for each facet of involvement with each dependent variable (current overall health perception, current average days run



per week, current length of average run, current running pace, and running competitions entered in last year).

Intrinsic involvement facets were most consistently associated with dependent variables: Current centrality to lifestyle was positively associated ($p < .05$) with all five dependent variables. Current attraction and identity affirmation were positively associated with four of the five (pace and length of run being the respective exceptions). By contrast, extrinsic facets were less consistent predictors: Current social involvement was positively associated with just three outcomes (health and length of run excepted). Current identity expression was positively associated with just two (health, length, and pace excepted). Likewise, and as expected, in-university involvement was an effective predictor of fewer current dependent variables: days run and length of runs. The data suggest that health and leisure services professionals should focus efforts on currently held intrinsic involvement facets.

HEINE, MICHAEL

The University of Western Ontario

J. Forsyth, A. Giles

2005 (Completed: KT paper was not required)

Changing the face of Canadian sport: Understanding the experiences of Tom Longboat Award recipients, 1951-1998


Established in 1951, the Tom Longboat Awards are the highest recognition in sports awarded to Aboriginal athletes in Canada. The Awards, administered annually by the Aboriginal Sport Circle, recognize Aboriginal athletes' accomplishments in high-performance sports while seeking to increase public awareness of Aboriginal athletes' contributions to the Canadian sport system – and their contributions are many. Since 1951, more than 250 Aboriginal athletes have been named regional and national Tom Longboat Award recipients, demonstrating a long and proud tradition of Aboriginal excellence in Canadian sport.

There is no doubt that these athletes rank among the very best in the country – yet their stories are missing from the national narratives on Canadian sport. The public and scholarly literature is largely silent on the subject, resulting in a pattern that has contributed to the “symbolic annihilation” (Kidd, 2000, p. 173) of Aboriginal sporting experiences in Canada. Given the significance of sport as a prominent site for cultural negotiation and contestation, we need to examine the stories of Aboriginal athletes who have been excluded from the dominant discourse on sport in order to understand and critique the ramifications of these forms of exclusion for Aboriginal athletes as well as the Canadian sport system.

This project has two main objectives: 1) to expand our understanding of the factors that enable and inhibit Aboriginal participation in Canadian sport, and 2) to create a more balanced understanding of what it means to be an Aboriginal athlete in the Canadian sport system. We will achieve these objectives by collecting, documenting, and analyzing the sporting experiences of Aboriginal athletes who received a Tom Longboat Award from the year of its inception in 1951 to 1998, and by disrupting the existing discourses on Canadian sport through the construction and dissemination of counter-narratives on Aboriginal experiences in Canadian sport.

Our analytical perspective will be multidisciplinary in nature, informed by readings in critical sport studies, native studies, history, sociology, and discourse analysis. Our data collection method will be the individual semi-structured interview. We will conduct approximately 60 interviews with male and female Tom Longboat Award recipients throughout Canada.

The proposed research program will extend the body of literature on Canadian and Aboriginal sport, Canadian history and sociology, Native studies, and critical cultural studies. Such a contribution will create a more balanced understanding of Canadian sport history and foster a deeper appreciation of what it means to be an Aboriginal athlete in Canadian sport. Further, our research will play an important role in identifying the circumstances that both enable and inhibit Aboriginal participation in sport, and can thus be used in the development of policies and programs that are better able to meet the needs of



Aboriginal people in sport. In short, we hope to change what is currently understood to be the 'face' of Canadian sport to instead be more representative of a broader array of 'faces' that have been and continue to be a part of the Canadian sport system.

HOLT, NICHOLAS L.

University of Alberta

Insight Grant 2015

Parenting Styles and Practices in Sport

RATIONALE

An estimated 51% of Canadian children aged 5-14 years regularly participate in youth sport [1], making it a fundamental feature in the lives of almost two million children and their families. Parents invest substantial amounts of time and money to support their children's sport participation. They pay registration fees, take time off work to transport children to practices and games and, in many cases, coach, manage, or referee [2]. Parents also help children understand and interpret their sport experiences, acting as role models of (positive and negative) behaviours, attitudes, and beliefs [3, 4]. However, parenting in youth sport can be a stressful and challenging endeavour and the demands facing parents and children in sport change with development [5]. The proposed study of parenting in youth sport will create better understandings of how different parenting approaches influence parent-child relationships over time and knowledge that can be used to improve children's and parents' experiences [6].

OBJECTIVE AND RESEARCH QUESTIONS

The objective of this research is to produce knowledge that can be used to improve parent-child relationships in the context of sport. The following research questions will be addressed by obtaining the perceptions of parents and their children: (a) How do parenting styles and practices change during the early adolescent period (aged approximately 12-15 years)? (b) What are the consequences of different parenting styles and practices for parents and their children (e.g., enjoyment, dropout)? (c) How do parenting styles and practices vary among the parents of male and female youth sport participants and among parents/children of different ethnicities?

METHODS

A three-year ethnographic study will be conducted. Participant observers will be 'embedded' with two competitive youth soccer teams (one male, one female) from the U12 age group. These teams will be 'followed' for three entire seasons. End-of-season interviews will be conducted.

ORIGINALITY, SIGNIFICANCE, AND CONTRIBUTION TO KNOWLEDGE

This research will produce information about dimensions of the qualities of parent-child relationships and how they may change over time, which can be used beyond the academic realm to inform parent education seminars (mandatory in many sports).

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JOHNSON, JAY

University Of Manitoba

E. Allan, J. Chin-San, M. Holman, M. Madden

Insight Grant 2013

Transforming the Canadian Sport Culture: A National Study of Gender, Race, Sexuality, and Violence in Sport Hazing as Barriers to Sport Participation

Canadian media have been filled with recent reports involving extreme hazing incidents in sports. This study is a multi-year initiative that explores the prevalence and nature of hazing among students participating in Canadian Interuniversity Sport (CIS). This mixed methods research study includes both quantitative and qualitative lines of questioning that explore intersections of gender, race and ethnicity, sexuality and homophobia. To date, there have been no similar comprehensive studies conducted in Canada that examine the experiences of hazing on a specific population. This study focuses specifically on the athletic population within the CIS and provides a practical understanding of sport hazing within the varsity context. With the large number of athletes participating in the CIS, and the increasing number of harmful hazing practices in sport coming to light, it is important to carefully examine the ways in which hazing impacts university sport systems and cultures and the participation of athletes therein. Anecdotal reports and growing research indicate that hazing persists among university athletes, yet to date, we do not have foundational data to provide a baseline for understanding hazing trends across Canada. This study is a multi-year initiative that explores the prevalence and nature of hazing among student athletes within Canadian Interuniversity Sport (CIS). Specifically, the study is:

- A) Investigating the prevalence and nature of hazing behaviours among student athletes in the CIS with a particular focus on gender rates,
- B) Investigating existing strategies within athletic programs to manage hazing activities among university sponsored teams;
- C) Examining policies for the development of strategies to enhance policy effectiveness;
- D) Providing research-based strategies to sport administrators for responding to and preventing hazing among CIS student athletes; and
- E) Providing a template for the transfer of knowledge by which other sport organizations such as secondary schools, community sport or regional/national teams can address the hazing within their programs.

The results of this work will provide an opportunity to share new knowledge about hazing in the Canadian sport system and to work with CIS personnel to develop recommendations for educators, policy-makers, researchers, community organizations and the general public.

KEHLER, MICHAEL

The University of Western Ontario

2005 (Completed: KT paper was not required)

Healthy bodies, boys and body image: An examination of male students' reluctance to participate in compulsory grade nine physical education classes

Concerns for inactive and obese youth have prompted swift action to promote health and physical activity in schools, yet links between masculine identities and the bodily practices of boys who reluctantly participate within the physical education context are not addressed in current policies or practices. This research examines the intersections of health, masculinity and schooling. Specifically, the researchers question why some males, particularly grade nine boys, reluctantly participate in mandatory physical education classes in three different provinces across Canada (British Columbia, Ontario, Nova Scotia).

Qualitative research methodology will be used to investigate how boys' understandings of masculinities influence health practices in schools. During this three year study, investigators will conduct semi-structured interviews, field observations of participants in physical education classes and invite participants to write journal-type responses in a secure blog site. This multi-method approach will facilitate the participants' recounting stories, experiences and feelings, thereby illustrating what they understand about body image, what it means to be a boy among boys, how the particular context of physical education classes reflect and support these particular boys' identities and how these particular boys negotiate their participation and involvement in physical education classes.

The knowledge gained from this research will potentially deepen and more fully explain intersections between masculinities, healthy life practices and physical bodies. In addition, this research has implications for educators, teachers, school curricula developers and health professionals concerned with how masculinities intersect in the field of health and education. Finally, this research has the potential to better explain the negotiation of social and cultural practices of masculinity that underscore messages among students about gender identities, body image and health.

KEY WORDS: health, masculinities, education, obesity, body image

KENDELLEN, KELSEY

University of Ottawa

Fellowship 2015

Examining the factors that influence the process of life skill transfer from development in sport to subsequent application in life domains

A growing body of literature has examined how the sporting context can be framed as a context suitable to the development and transfer of life skills. Past studies have predominately examined coaches' and athletes' perceptions of transfer and discussed how the participants generally believed youth learned various skills (e.g., leadership, teamwork, focus) in sport that were transferable to other life domains. However, the literature reveals a lack of exhaustive knowledge regarding the life skills that are developed in sport and how these skills can transfer and be applied in non-sport settings. Moreover, of the studies that have examined life skill transfer, none have been theoretically-based and consequently, there is currently only anecdotal evidence to explain why the skills developed in sport do or do not transfer to other life domains. Further, the studies examining life skill transfer primarily focused on the transfer of skills from sport to the school context and have seldom explored transfer to peer group, community, or family. Therefore, the overall purpose of this research is to use a Straussian grounded theory methodology to examine the factors that influence the process of life skill transfer from development in sport to subsequent application in life domains.



KOCH, JORDON
University Of Alberta
Doctoral Stipend 2010

One Size Doesn't Fit All: Sport, Community Development, and Cultural Diversity

This study considers a range of stakeholder perceptions surrounding the rise and fall of a federally subsidized sport-related campaign that emerged in a First Nations community in central Alberta, Canada. This program was initially conceived of (by some stakeholders at least) as a 'gang intervention strategy' and was hoped to improve the overall health and wellness of residents in this First Nations community, specifically youth. Highly popular during its first few years of operation, over time, interest and support (human and financial) in the program waned significantly, almost to the point of non-existence. Using a theoretical framework informed by Pierre Bourdieu's field-analytic perspective, this study explores the diverse and sometimes competing views surrounding the function(s) of this sport-related campaign in a particular community in the new millennium. An extensive amount of ethnographic fieldwork combined with a series of open-ended, semi-structured interviews with different stakeholders in the community comprises the primary evidence for this study. The preliminary findings emphasize the diverse ways in which sport is used and re-employed by multiple stakeholders to service an array of socio-cultural and economic-political agendas in the community, thus extending and complicating taken for granted notions of sport and health. The findings further point to the tensions and complexities that must be negotiated by government and other stakeholders in sport development when supporting similar types of initiatives.

KOWALSKI, KENT

University of Saskatchewan

C. Sabiston, P. Crocker, W. Sedgwick, J. Tracy

2005 (Completed: KT paper was not required)

The role of self-compassion in adolescent women athletes' experience of the self-conscious emotions

Sport Canada, along with the Canadian government, has identified the need for increased sport participation in Canada, particularly among children and youth. To help accomplish this objective, many youth sport programs in Canada emphasize the development of self-esteem through sport and physical activity. However, self-compassion has been proposed as an alternative conceptualization of a healthy attitude towards the self and has been shown to be related to thoughts, feelings, and behaviors differently than self-esteem. Self-compassion involves a warm and non-judgmental understanding of the self rather than a belittling of pain or harsh self-criticism. Self-compassion might be particularly relevant to sport because one challenge that limits sport participation for many young women is feeling evaluated on their performance and/or body image. Most relevant to our research program is that thinking about how one is being evaluated, or might be evaluated, by others in achievement domains (such as sport) can produce self-conscious emotions (e.g., guilt, shame, pride). Shame can be especially devastating, as it arises from a negative evaluation of the entire self and often leads to withdrawal and avoidance of settings in which shame is experienced. The objective of our proposed research program is to better understand young women athletes' experiences of self-conscious emotions (i.e., guilt, shame, pride), and the role of self-compassion in their emotional experiences. Ultimately our goal is to (a) provide evidence as to the relevance of the self-conscious emotions to young women athletes, and (b) support the development of self-compassion, in addition to self-esteem, as a worthwhile goal when working with young women in sport to both enhance and increase their sport participation.

LAPOINTE, LAURENCE

University Of Montreal

S. Laberge

Doctoral Stipend 2012

Transformation of Social Norms Concerning Transportation and Community Capacity Building to Ensure the Continuation of an Active Transportation Program for getting to School: Case Study of Trottibus

The proportion of students who walk to school in Quebec has decreased significantly over the past few years. To address this problem, the Canadian Cancer Society wanted to use its expertise in community engagement and partnerships by creating Trottibus, a program to promote active transportation (AT). This study aims to (1) identify the environmental factors that influence students' choice of transportation (active, motor or mixed) in schools where Trottibus has been implemented, (2) explore the driving factors of and barriers to the transformation of social norms concerning the mode of transportation used to get to school, and (3) examine the factors that help build capacity in a community in order to implement an active transportation program and ensure its sustainability. An electronic questionnaire on environmental factors (physical, socio-cultural, economic, organizational and political) will be sent to the parents of children who do not have access to school buses to determine what factors influence the mode of transportation chosen for their child. Discussion groups with parents and volunteers will be an opportunity for us to obtain explanations of the most important variables influencing whether or not AT is adopted and to examine the issue of transforming social norms. Semi-structured interviews with stakeholders from the various program implementation sites will allow us to evaluate factors that contribute to building community capacity. The results of our study will allow us to document the impact of this type of program on the transformation of social norms concerning active transportation and help us better understand how building community capacity can ensure the sustainability of programs that promote physical activity in order to encourage and boost the participation of young people in active transportation programs.

LASSONDE, MARYSE

University of Montreal

L. de Beaumont, L. Henry, M. Thériault, D. Elleberg, S. Leclerc, H. Théoret

2005 (Completed: KT paper was not required)


Effects of sports concussions

There are an estimated 300 000 sports related concussions each year in the USA, and this is likely an underestimation as many athletes and coaches often fail to recognize them, especially when there is no loss of consciousness. Concussions often lead to neuropsychological dysfunctions that affect memory, attention, and executive functions, which last anywhere from one month to two years and that can significantly interfere with everyday activities. In fact, when athletes return to play before complete recovery, their risks of suffering a subsequent trauma increases significantly. Moreover, if a second concussion occurs before the brain has sufficiently recovered, it can cause severe cognitive symptoms or even death. This is known as the second impact syndrome and it has triggered the development of more sensitive diagnostic tools to quantify recovery in order to guide return to play decisions. Members of our team have already developed a series of such tools that have been successfully used with College athletes.

Moreover, there is a growing body of evidence suggesting that there are cumulative effects of concussions that manifest as increased susceptibility to subsequent concussions as well as an increase in their severity. Recent findings suggest that the effects of a concussion far outlast the acute phase. For example, it has been shown that former athletes who suffered multiple concussions have a fivefold prevalence of mild cognitive impairment (MCI) (a condition that converts at a rate of about 10-20% annually into dementia) compared with retirees without a history of concussion. Moreover, TBI has been described as the most robust environmental AD risk factor in the general population.

We have recently compared a group of healthy former athletes in late adulthood (60 years old) who sustained their last sport-related concussion in early adulthood with healthy former athletes with no history of concussion. These older concussed athletes showed memory and impulse control deficits that correlated with electrophysiological anomalies, as well as abnormal motor responses. Considering the accumulating evidence obtained through epidemiological and case studies indicating that concussions may lead to pathological aging, it is of vital importance to reproduce these results in a larger sample and broader age range.

As importantly, little to nothing is known, about the consequences of sports-related concussions in children, and that despite statistics indicating that one child out of 100, between the ages of 7 and 13, has suffered a concussion. Further, although studies suggest that the developing brain is more 'plastic' than that of the adult, the brain's potential for recovery following a concussion during childhood is unknown. The objectives of one of our grant applications are to 1) determine the nature of the neuropsychological deficits caused by a concussion during development, 2) identify the associated neurophysiological deficits, 3) determine if there is a relationship between the age at which the concussion occurred and the severity of the deficits, 4) chart the recovery period for the different age



groups and the different brain functions, and 5) develop a diagnostic tool for children that takes into account age at the time of injury and that can be used to assess recovery.

Results pertaining to the effects of sports concussions on cerebral functions will be summarized for children, young and older athletes. These results stress the need for longitudinal studies to better define safe return-to-play guidelines.

LOUGHEAD, TODD

University Of Windsor

G. Bloom, K. Chandler, M. Eys

Fellowship 2013

Developing Leadership Behaviours in Athletes

Leadership in sport has been assigned great importance by both athletes and coaches with the majority of research examining the role of the coach. Research on coach leadership has a strong past; the same cannot be said about athlete leadership. This is unfortunate given that every team member (coaches and athletes) has the potential to engage in leadership behaviours. Research examining athlete leadership has focused on the characteristics of athlete leaders, the number of athlete leaders per team, and the influence of athlete leaders' behaviours on the team environment. Several conclusions can be made from this body of research. First, sport is an ideal area for the development of leadership behaviours. Second, athlete leadership is widespread on sport teams with numerous athletes providing leadership to their teammates. Lastly, athlete leadership influences several individual (e.g., satisfaction) and team (e.g., cohesion) outcomes. Despite the practical and empirical benefits of athlete leadership, there are no theoretically grounded or empirically based athlete leadership development programs. Therefore, the objective of this program of research is to address this gap in the literature. To date, a pilot project has been conducted where 27 athletes participated in four leadership workshops throughout the season. All of the participants completed inventories measuring leadership behaviors, cohesion, communication, athlete satisfaction, and peer-motivational climate. Overall, the results showed significant increases in leadership behaviors, athlete satisfaction, and peer-motivational climate from pre- to post-intervention. Further, follow-up focus groups were also conducted to assess the validity of the leadership development program. These focus groups revealed important insight into program structure, influence of the program, leadership challenges, and suggestions for future improvements. These initial findings provide researchers, sport psychology consultants, and coaches with important information regarding the effectiveness of this athlete leadership development program.

MACMULLIN, JENNIFER

York University

Doctoral Stipend 2013

Family Matters: Predictors of Participation and Retention in Sport by Youth with Developmental Disability

Individuals with developmental disability (DD) continue to be marginalized from sport (Myers et al., 1998), so understanding the factors that influence their motivation for sport participation is critical. The family is of utmost importance when it comes to life-long motivation to participate in sport (Sport England, 2004), and four key family factors are thought to predict participation: (1) the absence of financial and time constraints on the family, (2) a better socio-economic situation, (3) a supportive home environment, and (4) a strong family interest in physical activities (King et al., 2003). To date, no empirical studies have systematically examined the family predictors of motivation to participate in Special Olympics. Fifty-nine Special Olympics athletes between the ages of 13 and 23 years of age with DD and their parents completed in-person interviews. We measured a number of potential correlates of sport participation: 1) The financial and time impact of participating in sport on the family; 2) the socio-economic situation of the family based on the parents' educational, occupational, and marital status, along with reported family income (Weiss et al., 2003); 3) the emotional support of the home environment using the Five Minute Speech Sample coding system (Magana-Amato, 1993) and the General Functioning Scale of the McMaster Family Assessment Device (Miller et al., 1985); and 4) parent reported participation and beliefs about physical activity (Troost et al., 2003). Child reported motivation for sport participation was measured using the Pictorial Motivation Scale (Reid et al., 2009). Ultimately, the results of this research will be used to promote the full and active participation of individuals with DD in sport.



MASON, COURTNEY
University of Ottawa
Post-Doctoral Stipend 2011

Barriers to Participation in Physical Activity for Shibogama First Nations

This research examines the barriers to participation in sport and physical activity for Shibogama First Nations communities in northwestern Ontario. Aboriginal peoples face significant barriers to participation in physical activity in comparison to Euro-Canadians or other minority populations. This collaborative research project qualitatively investigates how sport and physical activity are connected to both broader cultural practices and Aboriginal holistic perspectives of health in two remote First Nations (Wawakapewin and Kasabonika Lake). This research focused on land-based practices associated with food harvesting (hunting, fishing and gathering). Key questions included: 1) What barriers to being physically active exist; and 2) What are the exercise, dietary and cultural implications of participating in land-based practices for these First Nations? While supported by participant observation, semi-structured and unstructured interviews with thirty-five community members form the basis of primary information collected. In two months of fieldwork in these communities, I contributed to several programs designed to enhance food security and improve access to physical activity. Preliminary findings suggest that despite the significant barriers that these communities encounter, land-based practices can support community-driven initiatives to increase physical activity as a strategy to prevent chronic disease and foster cultural continuities. For millennia, cultural practices that constitute forms of physical activity have been grounded in the daily lives of First Nations communities. This research unravels some of the complexities surrounding participation in physical activity and explores how it is linked to broader conceptions of health for rural First Nations.

MCEWAN, DESMOND

York University

Doctoral Stipend 2013

Teamwork in Sport: A Framework for Increasing Participation in Sport

Although there is an intuitive belief and anecdotal evidence of the importance of teamwork in sport, formal research on this construct has been surprisingly limited. However, research from organizational psychology has shown that effective teamwork is important for improving variables such as employees' job satisfaction, commitment, enjoyment, and retention. The purpose of my doctoral research is to assess if and how teamwork is related to participation in sport, in terms of both attendance throughout a season and retention in sport in following years. I have begun my research with a theoretical and integrative review (which was recently published in the journal, *International Review of Sport & Exercise Psychology*) that includes a multidimensional conceptual framework of teamwork in sport (to be presented within this poster). The next phase of my research will involve creating a multidimensional measure of teamwork. I am currently in the process of creating a preliminary pool of items for this questionnaire. My poster will include considerations for team building and development, and how this can subsequently influence participation in sport. This framework has the potential to not only influence future research in sport (including my own) but also inform professional practice for coaches, sport psychologists, and policy-makers alike.

MCHUGH, TARA-LEIGH

University of Alberta

Insight Development Grant 2014

Linking sport research and policy: An exploration of how Traditional Inuit and Dene games can support the goals of sport Canada

There has been a call for more research and action that is focused on ensuring that the goals of *Sport Canada's Policy on Aboriginal Peoples' Participation in Sport* become a reality. This research, which is guided by a cross-sector partnership, will explore how traditional games can support the goals of Sport Canada. Specifically, the purpose of this research is to explore how the participation of Aboriginal youth in traditional Inuit and Dene games can support Sport Canada's goals to: (1) enhance participation of Aboriginal peoples in sport, and (2) enhance the capacity of individuals, organizations, and communities in support of Aboriginal sport. To generate data, a purposeful sample of 30 participants (10 Aboriginal youth, 10 coaches, 10 administrators) will engage in sharing circles and one-on-one follow-up interviews. The active engagement of Aboriginal youth, coaches, and administrators in this research will ensure that the experiences of Aboriginal peoples are positioned at the forefront of this emerging and unique body of research. Not only will this original research that is focused on traditional games advance the sport literature, but it will also be of significant interest to many outside of the academic community. In particular, the participants of this research will be provided with the opportunity to be involved in research that respects their unique and critical perspectives. Territorial and Federal governments will also benefit from this research that will identify ways in which Policy goals may be achieved. Finally, there is a lack of sport research that has focused on the sport practices of northern Aboriginal youth. This research will be documented and shared so that future researchers can optimize on our lessons learned from this necessary partnership.

MCRAE, HEATHER
University of Manitoba
Doctoral Stipend 2009

Culturally Relevant Sport for Urban Aboriginal Youth: Examining the Role of Sport Education

In Canada, Aboriginal sport leaders have argued that sport is a basic human need and that more attention and resources are required to build a strong grassroots base for sport in Aboriginal communities (Maskwachees Declaration, 2000). However, there is an absence of scholarly literature that addresses the design of culturally relevant sport programs in Aboriginal communities (Forsyth, Heine & Halas, 2007). Researchers investigating sport-for-development programs have stated that such programs require carefully designed program structures (Sugden, 2006) and considerable facilitation skills, especially for outsiders to local issues (p. 288).

Yet, research gaps exist regarding a) "...how sport may be adapted to achieve positive outcomes in different contexts, and for different populations and individuals" (Sport for Development and Peace International Working Group, 2007, p. 4) and, b) leadership training for volunteer leaders (p. 5).

My study will examine sport education as a key factor in the design and development of culturally relevant sport programs for urban Aboriginal youth in Manitoba. Building on the research of Forsyth et al (2007), regarding the need for culturally relevant physical education for Aboriginal youth in schools, my research theorizes a positive relationship between culturally relevant sport programs and sport educators, and the participation and engagement of urban Aboriginal youth.

Specifically, this project addresses the following research questions: To what extent are community sport programs designed to be culturally relevant for urban Aboriginal youth? What is the significance of sport education (e.g., leadership training and experiential learning) in community sport programs identified as culturally relevant? What sport education processes and mechanisms enable sport educators (e.g., volunteers / coaches / staff) to develop culturally relevant sport practices?

The intended start date for my qualitative research study is January 2010.

MISENER, KATHERINE

University of Waterloo

K. Babiak

Post-Doctoral Stipend 2009

A new 'arena': Investigating social responsibility in community sport organizations

At the local level, Community Sport Organizations (CSOs) are a prevalent type of nonprofit organization that provide accessible pathways for children, youth, and adults to take part in a range of sport participation opportunities (Cuskelly, 2004). Examples of these organizations, which are also known as sport clubs, include minor hockey, soccer, and curling clubs. Given the growing competition and commercialization within the community sport context (Wicker & Breuer, 2011), engaging in new organizational practices that focus on the club's contribution to the community in addition to sport service provision can provide important benefits to the club and its community. These benefits may translate into enhancing the 'bottom-line' for CSOs – increasing sport participation opportunities, while providing enhanced value for society.

The research program draws on the concept of corporate social responsibility to frame the various practices and generalized concern for the community beyond an organization's narrow mandate and which is not required by law (Carroll, 1979; Persson, 2008). While corporate social responsibility (CSR) among commercial sector organizations has become a focus of research in the past few decades, studies investigating the practice of social responsibility within nonprofit organizations are much less prevalent (Persson, 2008). Perhaps this is because, as providers of a 'social good' or service, nonprofit organizations are automatically viewed as being socially responsible. However, social responsibility encompasses more than just providing a particular 'good' to society; it refers to the practices that go 'above and beyond' the particular mandate of an organization.

The purpose of this research program is to examine the factors influencing CSOs' decisions to integrate concerns and action on wider social issues into their organizational strategy and how this is perceived by those internal and external to the organization to impact their role in the broader nonprofit and voluntary sector's agenda of community development. The specific objectives of the research program are: (a) to uncover the rationale for engaging in social responsibility practices beyond sport service provision in the community sport context; (b) to explore the norms, values, and pressures that influence social responsibility in CSOs as well as the interorganizational relations that enable or constrain social responsibility; (c) to determine the link between social responsibility and organizational strategy among CSOs (e.g., decision making, resource allocation, strategic fit). Through focus groups with nine CSO Boards of Directors, the data highlights a range of social responsibility initiatives being undertaken in this context, addressing diverse social issues. The poster will address the altruistic and strategic motives for involvement as well as the values and pressures that underpin these initiatives.

MISENER, LAURA

Western University

D. Legg, G. McPherson, D. McGillivray

Insight Grant 2013

Leveraging Parasport Events for Sustainable Community Participation: 2014 Glasgow Commonwealth Games

The aim of this research is to examine how the hosting of different forms of sport events for persons with a disability are being leveraged to create opportunities for community participation, and influence community attitudes towards disability. The assumption about hosting parasport events is that the mere visibility of event will impact attitudes and perceptions towards persons with disabilities in a positive manner, however little evidence beyond anecdotes supports this assumption. Further, recent research on leveraging events also suggests the need to strategically utilise the opportunity of the event and related resources if seeking to attain sustainable positive impacts for the host community. From this perspective we are focusing on two different types of large scale sporting events: integrated events where able bodied athletes and athletes with a disability compete alongside one another (2014 Commonwealth Games – Glasgow, Scotland), and non-integrated events that have a distinct event for athletes with a disability separated by time, but occurring in the same or similar location (2015 Pan/Parapan American Games – Toronto, Canada). To date, we have collected data from both events focusing on policy documents, legacy planning documents and strategic interviews to examine the tactics, strategies, and programs used to enhance community participation opportunities. Secondly, we have collected survey data using a modified version of the *Scale of Attitudes Towards Disabled Persons (SADP; Antonek, 1981)* from subset groups of volunteers pre and post event, spectators onsite at both events, and general public for one event. The focus of the survey is on shifts in perceptions and awareness of disability as related to the event. Thus far, the results demonstrate a highly strategic and integrated policy approach to leveraging one of the events for broader accessibility outcomes aligned with a social understanding of disability, while the other event implemented legacy planning with a lack of strategic intent minimizing potential social outcomes. Preliminary survey data demonstrates a moderate level of awareness of parasport at the integrated events, and generally moderate attitudes towards disability. Spectator data shows a small shift in awareness of disability related issues as a result of the event, however volunteers who might have had direct contact with para-athletes had a more pronounced shift understanding and awareness of disability.

NADEAU, LUC

Laval University

D. Martel

Insight Grant 2014

Analysis of training sessions and tactical skill development in competitive soccer

Coaching team sports has traditionally been based on methods that focus on repeating isolated motor actions and gradually increasing the intensity of training tasks (Griffin, Mitchel & Oslin, 1997). However, this approach is not suitable for learning *tactical skills* in that these skills cannot be separated from other performance components (technical and physical skills) and must be developed in a context that is similar to (or almost similar to) real game situations (Gréhaigne, 2015). The objective of this study (Phase 1) is to describe the content and training methods recommended by competitive soccer coaches (AAA level) to develop their players during training sessions. The deferred analysis of 29 training sessions from 8 teams in the U-14 to Senior category helped to identify 140 *training and development situations*, of which 55% (77/140) explicitly targeted the development of players' tactical skills. During these tactical training and development situations, the players were trained more on offensive aspects than defensive aspects, that is, 9% exclusively defensive, 36% exclusively offensive, and 55% defensive and offensive combined. The average duration of these tactical training and development situations was 24 minutes compared to 15 minutes for all other training and development situations. The preliminary results show that more than half of the training and development situations offered to players related to the development of tactical skills. An analysis of the methods recommended by coaches will ultimately allow us to determine more specifically the *actual contribution level* (the players' freedom to make decisions, the coaches' use of questions, training and development situations in modified games, etc.) of these training and development situations in the tactical development of players.

NEELY, KACEY

University of Alberta

N. Holt

Doctoral Stipend 2013

Coaches' Perspectives on the Deselection Process in Competitive Youth Sport

Deselection (or being 'cut') is the elimination of an athlete from a competitive sports team. Despite the fact that deselection is based on decisions made by coaches, little is known about the deselection process from coaches' perspectives. The overall purpose of this study was to examine coaches' views of the deselection process for provincial level female adolescent athletes. Specifically, this study addressed two research questions: (1) What are the psychological, social, and emotional aspects of coaches' experiences of deselecting athletes and how do they manage these issues? (2) Based on their experiences, what are coaches' views about effective strategies for deselecting female adolescent athletes and communicating their decisions? Twenty-two head coaches (16 male, 6 female; *M* age=41.95 years) of provincial soccer, basketball, volleyball, and hockey teams participated in semi-structured interviews. Data were subjected to inductive content analysis. Results reveal the deselection process involves five phases. Pre try-outs, coaches held meetings with athletes and their parents to explain the try-out process, and clearly described expectations and evaluation criteria. During try-outs, coaches emphasized the importance of fair evaluation and documentation. They relied on multiple coaches' feedback when making their deselection decisions, which seemed to help them justify and reduce their stress about making decisions. Deselection meetings created the most stress for coaches. When communicating deselection decisions to athletes, demonstrating respect (e.g., selecting a private meeting space) and providing specific feedback were significant to the process. Post deselection, coaches reported that their main goal after cutting athletes was that athletes stayed involved in the sport and continued to improve. However, many coaches were unsure of how athletes perceived the deselection process used. Findings provide a better understanding of the deselection process from coaches' perspectives and provide some useful insights into how coaches may carry out the deselection process and communicate deselection decisions to female adolescent athletes.

PERRIER, MARIE-JOSÉE

Queen's University

Post-Doctoral Stipend 2013

The creation and reception of Paralympic Media: The 2014 Sochi Paralympic Games

Media analyses have been relatively critical of the representation of athletes with disabilities in past. Specifically, scholars have noted that athletes with disabilities are under-represented in the media but when they are represented, they have been described as survivors of tragedy and poster children for “successful disability”. Given the possible reach of these media, it is important to explore *how* media about Paralympians are created by the media and *how* they are received by the general public. Thus the objectives of this project were to: 1) explore how Canadian media developed stories about the 2014 Sochi Paralympic Games and 2) explore the general public’s response to sample media stories. After providing informed consent, participants (4 media, 10 general public) engaged in approximately hour-long interviews. A sample of news stories were used to foster discussion during the interview. Interviews were transcribed verbatim and data were analyzed using a directed content analysis. Several themes emerged from the data. First, members of the media were motivated to write about athletes to highlight their athleticism, rather than disability, and to educate the general public about adapted sport. Second, media developed several different types of stories including human-interest stories, technical articles to describe how a sport is performed, and event recaps. Third, members of the general public were generally unaware of Paralympic sport and expressed a preference for broader stories that highlighted how sports were played and those that provided background information about athlete’s training regimens. Of interest, few participants preferred event recaps unless they were familiar with the sport. Implications for future media, including the 2015 ParaPanAm Games and 2016 Paralympic Games will be discussed.

RAK, JULIE

University of Alberta

2005 (Completed: KT paper was not required)

Gender in Mountaineering Accounts

When George Mallory was asked in 1922 why he wanted to climb Mount Everest, the highest mountain on earth, he answered simply, “Because it is there.” But Mallory’s claim proved to be anything but simplistic. Since then, the activity of mountaineering has helped to shape how the self was understood within the context of conquest and adventure for the next one-hundred years. Today, mountaineering remains at the forefront of public consciousness, particularly in the thousands of climbing biographies and memoirs in print, and in the films that are shown at popular mountaineering film festivals around the world. But even in the twenty first century, mountaineering’s position as the metaphor for the pinnacle of human achievement remains a predominately male achievement. Although the first woman to summit the major Alpine peak Mont Blanc did so in 1808—only 56 years after the first man climbed it in 1764—women’s aspirations to become mountain climbers have been the source of amusement, disapproval and even disbelief for more than a century.

As of yet, there is no an extensive study of mountaineering and gender issues in written accounts and books. Mountaineering is still male-dominated, and yet there are millions of women who read about it. To understand why, with graduate student researchers I will be analyzing films and books about mountaineering and visiting the two largest film and book festivals in the world: the Banff Film/Book Mountaineering Festival and the Festival of Mountaineering in Kendall, UK to interview fans of mountain books and films, and to talk to producers of these works to see who consumes these narratives and what their ideas about gender are. My project will result in the first book-length treatment of written and filmed expedition accounts which examines “everyday gender” in the lives of women and men who climb.

RICH, KYLE

University of Ottawa

Doctoral Stipend 2013

Sport and Recreation in Rural Canada

My PhD research involves a community-based research project with the Municipality of Powassan, Ontario. Broadly, the project will examine community members' experiences in sport and recreation; the community's management of sport and recreation; as well as the perceived relationship between sport, recreation, and community development in the rural context. In collaboration with the local community recreation committee, the following research foci were identified: (1) What is the role of sport and recreation in the attraction and retention of people in the community (seasonally and permanently), specifically in considering the community as a "bedroom community"?; (2) How can we understand the relationship between sport development and community development?; (3) How are unstructured, particularly outdoor sport/recreational activities important to the development of community and sport/recreation within the community? Data is currently being collected through semi-structured interviews with sport and recreation leaders/organizers, focus group interviews with targeted community demographic groups (e.g., youths, newcomers to the community), as well as participant observation of sport and recreation opportunities and community sport and recreation management practices/processes. Findings from this project will illuminate and explore some of the factors that influence sport and recreation participation in the rural context as well as inform an evidence-based strategic direction for the community recreation committee.

SABISTON, CATHERINE

University of Toronto

E. Pila, J. Brunet, P. Crocker, D. Mack, K. Kowalski, P. Wilson

Insight Grant 2013

Body-related self-conscious emotions and sport participation experiences among adolescent girls

Despite well-documented benefits of sport participation in adolescence, girls are less likely to participate, commit and enjoy sport compared to boys. Due to the highly evaluative social nature of sport, body-related self-conscious emotions may be important yet understudied predictors of sport participation outcomes. The purpose of this longitudinal study was to (i) assess changes in body-related self-conscious emotions (e.g., shame, envy and pride) and (ii) predict changes in sport commitment, enjoyment, and competitive anxiety outcomes across two competitive seasons. Adolescent girls participating in organized sport ($n = 215$; $M_{\text{age}} = 14.15 \pm 1.36$ years, $M_{\text{BMI}} = 19.91 \pm 2.82$) reported significantly higher body-related shame and envy and significantly lower pride ($p < .001$) in the follow-up competitive season. Changes in body-related shame significantly predicted changes in sport enjoyment ($R^2_{\text{adj}} = 0.05$, $p < 0.05$) and sport commitment ($R^2_{\text{adj}} = 0.13$, $p < 0.05$). Changes in body-related envy ($\beta = 0.25$) significantly predicted changes in competitive anxiety ($R^2_{\text{adj}} = 0.20$, $p < 0.05$). Based on these findings, body-related self-conscious emotions are associated with poorer sport outcomes longitudinally for adolescent girls engaged in sport. Strategies are needed to reduce negative and increase positive self-conscious emotions in hopes of fostering adaptive sport outcomes in adolescent girls.

SCHERER, JAY

University of Alberta

J. Davidson

Insight Grant 2015

In 2014, ground was broken in downtown Edmonton, Alberta, as construction commenced on a \$606.5 million arena and entertainment district – a controversial public-private partnership between the City of Edmonton and the Katz Group to house the city’s National Hockey League franchise, the Edmonton Oilers (owned by the Katz Group). Besides securing the economic stability of a professional sport franchise, the new arena district was envisioned by a powerful growth coalition as a ‘common-sense’ strategy to revitalize the downtown core. The arena district will, thus, include a new arena and a community-use ice rink, but also new high rise office towers, five star hotels, condominiums, and upmarket shopping opportunities. However, the downtown area that has been targeted for gentrification is currently home to a number of homeless shelters and social service providers for a significant number of individuals who have complex life circumstances (poverty, mental illness, substance-related disorders). These are community members who are at risk of being displaced as a result of the development of the new arena district. These constituencies have, thus far, been excluded from meaningful public consultation, although an outcome of the final agreement between the City of Edmonton and the Katz Group was a Community Benefits Agreement (CBA) that included a commitment to involve community members in decisions surrounding the construction of the arena district. The objective of this four-year, qualitative research project is to collaboratively work with community members to develop a critical analysis of the CBA and the geographic transformation of the downtown community during and immediately after the construction of the new arena district. A crucial aim of this study is to explore the use of community-based participatory action research methodologies to develop meaningful connections between the downtown community and members of the University community at the intersections of popular education, community-based research, and collaborative action.

SPEED-ANDREWS, AMY

University of Alberta

**R. Rhodes, C. Blanchard, N. Culos-Reed, C. Friedenreich, L. Belanger, C. Courneya
2005 (Completed: KT paper was not required)**

Social ecological correlates of Physical Activity and Sport in a population-based sample of Colorectal Cancer Survivors

Background: Colorectal cancer is the second leading cause of death from cancer. In 2008, an estimated 21,500 Canadians will be diagnosed with colorectal cancer and 8,900 will die of it (Canadian Cancer Society, 2008). Despite the relatively high mortality rates, the prospects of surviving have improved significantly over the last few decades. Unfortunately, medical interventions to improve survival are often accompanied by a host of negative side effects, including decrements in quality of life (QoL), and increased risk for second cancers and other chronic conditions such as cardiovascular disease and obesity.

Importance: Several recent prospective studies have indicated that postdiagnosis physical activity (PA) is associated with a significant reduction in cancer recurrence, lower mortality, and improved QoL (Meyerhardt et al, 2006; Lynch et al. 2008). Despite increasing evidence for the favorable effects of PA in cancer survivor groups, prevalence rates for PA posttreatment range from 20 to 30% (Belizzi et al., 2005, Coups et al., 2005). Given the low PA participation rates in many cancer survivor groups, researchers have turned their attention to understanding the correlates of PA in cancer survivors. Understanding the key correlates of PA in cancer survivors is a critical first step to developing theory based behavior change interventions; however no studies to date have taken a comprehensive approach to examining PA and sport (PAS) correlates in colorectal cancer (CRC) survivors.

Sport participation is an understudied avenue in terms of promoting PA for health in cancer survivors.

Purpose: The overall aim of this study is to conduct a comprehensive population based survey of the correlates of PAS participation in CRC survivors. In this survey we plan to identify: (a) the pattern and prevalence rates of PAS in CRC survivors including sports participation, (b) the demographic, medical, behavioral and social cognitive determinants of PAS participation within a social ecological framework based on the Theory of Planned Behavior (TPB; Ajzen, 1991), (c) the most common motives and barriers to PAS including those specific to sports participation, and (d) the counseling and programming preferences for PAS including those specific to sports participation.

Methods: The research design is a cross-sectional population-based mailed survey. The Alberta Cancer Registry was used to identify all eligible CRC-S residing in Alberta. Participants were eligible if they were: (a) at least 18 years of age, (b) diagnosed in 2004, (c) able to complete a questionnaire in English, and (d) completed all adjuvant therapies. N = 2000 CRC survivors were mailed a self-report comprehensive survey assessing PAS participation, preferences, demographic, medical, environmental, and social cognitive variables from the TPB.

Results: Of 2,000 mailed surveys, n = 228 were returned as wrong address, n = 8 were deceased, and n = 1 had no history of CRC, reducing the eligible sample size to n = 1763. Thus far, a total of n = 630 have returned the survey yielding an initial response rate of 36.3% (630/1763). Data are in the process of being entered and cleaned for analysis. Of the 630 returned, 7 will be excluded from analysis on account of insufficient data, reducing the evaluable data set to 623.

Implications: Our survey study of CRC survivors is designed to specifically inform PAS behavior change interventions in this population. The data will help determine the theoretical variables salient to promoting PAS participation and whether variables differ by PA and sport. The data will also help determine if interventions need to be targeted specifically to personal factors (e.g. disease stage, age, sex and environment). Moreover, the data will help to determine preferences for sports and whether the promotion of sports is a viable alternative for meeting recommendations for PA in CRC survivors.

SPENCER-CAVALIERE, NANCY

University of Alberta

Insight Development Grant 2014

Inclusion in the “Field(s) of Dreams”?

“Field of Dreams” likely brings to mind the film about a farmer who is compelled by a whisper to build a baseball diamond (Gordon & Gordon, 1989). Today, the phrase is used colloquially in reference to sport dreams and also appears in the academic literature to represent meaningful sport involvement and achievement (Fay & Wolff, 2009; Weiss, 2008). For youth with impairments, the “Field of Dreams” may diverge in significant ways from that of their nondisabled peers. For example, they are likely to have fewer opportunities to meaningfully take part in sport (Moran & Block, 2010) and encounter far greater obstacles to participation (Spencer-Cavaliere & Watkinson, 2010). Furthermore, research on the sport experiences of these youth are often permeated with accounts of feeling excluded (Tsai & Fung, 2009), which leads many youth to choose participation in segregated sport settings (Wynnyk & Spencer-Cavaliere, 2013). However, a strong criticism of these segregated settings is that they perpetuate inequity (Fay & Wolff, 2009). This issue is addressed directly through this research by generating knowledge about how to provide legitimate opportunities for youth who experience disability to engage in sport. Grounded in a social model of disability (Charlton, 1998), the primary purpose of this case study is to investigate and understand the experiences of youth with impairments in a segregated athlete development program. The objectives are threefold: To identify the drawbacks and benefits of the program; to understand how the nature of the program informs youths’ understanding of disability and inclusion in sport, and: to contribute to a re-envisioning of inclusion in youth sport. Understanding the perspectives of youth who experience disability in sport is crucial to achieving the goal of this research, which is to inform more inclusive sport policies and practices in Canada.

STARKES, JANET

McMaster University

J. Baker, A.J. Logan, P.L. Weir

2005 (Completed: KT paper was not required)

Lifelong Commitment to Sport: Comparing Masters Athletes from Different Disciplines

The Sport Commitment Model (SCM; Scanlan, 1993, 2003) examines the factors that contribute, either positively or negatively, to sport participation. Although originally developed for youth, the model is beginning to be used with more diverse populations, including high performance athletes and adults. Our project applied this model to masters athletes, a group of older sport participants, to determine the nature of their commitment to their sport and the factors which are most important for their sport engagement. Using data from a variety of sports (marathon running, track & field, golf, bowling, triathlon, & ultra-endurance running), we aim to answer the following questions:


1. Does motivation and commitment to sport change across age in adult athletes?
2. Are there gender differences in motivation for sport?
3. Does motivation for continued participation change in high active (e.g., marathon, triathlon) vs. low active (e.g., golf, bowling) sports?

In previous years we have reported that: (a) sport enjoyment, involvement opportunities, and personal investment were the top three reasons for participation; (b) functional commitment (*wanting* to participate) determined sport involvement more than obligatory commitment (*needing* to participate); (c) functional commitment was slightly higher in older (> 65 years) than younger (40-65 years) athletes; and (d) male athletes were more likely to be motivated by extrinsic rewards, like trophies and prizes, than female athletes.

For this conference, we focused on the third question: namely, does the activity level of the sport affect motivation to participate? We compared the answers from our marathon runners (mean age 52 ± 5 years) with new data from recreational bowlers (mean age 65 ± 9 years). Bowlers showed higher levels of obligatory commitment (having to participate) and social constraints (e.g., pressure from other people) in their sport participation than marathon runners. Marathon runners were more likely to show involvement opportunities (e.g., being with their friends) and personal investment (time, money, effort) than bowlers. These findings could be attributed to the activity level of the sport, or other factors such as training time and team dynamics.

We also examined what factors predicted functional commitment ($R^2 = .76$, $N = 88$) and obligatory commitment ($R^2 = .62$, $N = 88$) in bowlers. Functional commitment was significantly predicted by personal investments and satisfaction, while obligatory commitment was significantly predicted by involvement alternatives, personal investments, satisfaction, and social constraints.

From these findings it seems especially important for athletes to feel a sense of satisfaction and personal investment in their sport. Although some questions remained unanswered, these data will provide us with insights on what motivates sport participation in a variety of disciplines. With attention to these



factors, we will be able to design sport programs for older adults that are suited to their needs, and will engage them for life.

STIRLING, ASHLEY ELISA

University of Toronto

Doctoral Stipend 2008

Athletes' Experiences of Emotional Abuse in Sport

There has recently been a growing understanding of the occurrence of sexual abuse of young athletes in sport, but very little research has attempted to explore other forms of abuse, such as emotional abuse, within this environment. In addition to the lack of empirical research, there is a substantial need for policy implementation and regulation within sport organizations. However, research on the processes by which abuse is experienced in sport is required to inform policy development and implementation. The purpose of my dissertation, therefore, is to explore the process by which emotional abuse occurs and is often sustained over the course of an athlete's career. The methodological approach used for the study is a constructivist and symbolic interactionist approach to grounded theory. Semi-structured interviews were conducted with 18 elite athletes (male, n=8; female, n=10). Data were analyzed inductively using open, axial, and selective coding techniques. The findings suggested a pattern of temporal stages by which emotionally abusive coach-athlete relationships develop and are sustained over time. Interestingly, the reports provided by the abused athletes suggested that they normalize emotional abuse and view it as an accepted means of athlete development. Comparisons are made with Cense and Brackenridge's (2001) temporal model of sexual abuse with children and young persons in sport. Implications are discussed for policy makers, and recommendations are made for future research.



SZTO, COURTNEY
Simon Fraser University
Fellowship 2015

Changing on the Fly: Situating multiculturalism, citizenship and hockey through South Asian voices

Canadian institutions commonly claim that sport is one of the most effective tools for integrating new immigrants (e.g. Institute for Canadian Citizenship, 2014) but to what degree are these claims true when Canada's national (winter) pastime, particularly at elite levels, remains as white as the surface on which is it played? In 1985, Bruce Kidd posited that "ethnic sport studies [are] necessary for a full understanding of the immigrant experience in Canada"; yet, to this day, it seems that Canadian scholars have had little to say with regard to the sporting experience of Canadian immigrants, especially those of colour. Case in point, even though the Punjabi population is one of Canada's largest ethnic minorities, they have remained largely invisible in the Canadian sporting context. With the advent and popularity of the *Hockey Night in Canada* Punjabi broadcast, and the growing prevalence of South Asian fandom and participation in Canadian hockey more broadly, it is time that hockey be examined through a set of voices that appear to be proudly Canadian, yet are often met with questions of belonging and value. This project will use qualitative interviews and ethnographic methods to explore hockey as a site of cultural citizenship; in other words, a form of citizenship that privileges the ability to create and produce rather than the ability to choose and participate. Through these methods, I seek to provide insight into why the Punjabi Sikh/South Asian communities have embraced hockey in a way that no other "visible minority" group has been able (or chosen) to do; and, what are the implications of this embrace?

TAKS, MARIJKE

University of Windsor

L. Misener, L. Chalip, C. Green

Insight Grant 2015

Building Capacity for Sport Participation through Events

The wider socio-economic benefits of sport participation and the central role of local sport organizations (LSOs) in creating durable sport participation opportunities in Canadian communities have been well documented (e.g., Conference Board of Canada, 2005). Research has also shown that sport events are attractive for social development objectives (Chalip, 2006; Misener & Mason, 2006), including sport participation (Taks, 2013a). Our previous research identified that: (a) sport events are unlikely in-and-of themselves to generate increases in sport participation; (b) there are opportunities to use events to generate sport participation if the requisite strategies and tactics are put into place; (c) LSOs often lack the necessary skills and resources to take advantage of a locally hosted event to build participation in their sport; (d) LSOs have a set of standard operating procedures for recruitment and retention which tend to support a status quo; and (e) an event can catalyze the interest of LSO administrators in the possibilities for a better effort at building their sport (Taks et al., 2013a; 2014). Thus, building sport organizations' capacity to market themselves to participants is a prerequisite for effective leverage of events to build participation, and capacity building must take place well in advance of an event so that the necessary skills and resources are adequately established. Events can be used to motivate club administrators to reconsider and possibly further develop their capacity to build their sport. Event leverage challenges are grounded in limitations that clubs have when marketing to build participation more generally, and it is not clear to what degree adding an event into a marketing strategy will benefit a LSO. The purpose of this study is to assist LSOs to build capacity to increase sport participation opportunities with and without events. Using an action research approach, we will work with LSOs to: (a) identify the capacity needs for marketing to increase participation; (b) build that capacity; (c) develop and implement strategies and tactics designed to increase sport participation with and without the inclusion of an event; and (d) create durable strategies for capacity building to stimulate development for participation. This study will contribute to scholarship in the field of sport management by extending capacity building frameworks for LSOs to include events. It will also inform sport event organizers, and sport policymakers from the Sport Participation Research Initiative and beyond, about the means to use sport events to stimulate and build participation.

TEETZEL, SARAH JANE
University of Manitoba
Insight Development Grant 2014

Inclusion of transgender and transsexual athletes at the recreational and high-performance levels

Sport Canada currently lacks a policy for Canadian sport regarding the inclusion of transgender and transsexual (hereafter trans) athletes at the recreational and high-performance levels. As an emerging issue in sport ethics, the inclusion of trans athletes in both recreational and high-performance sport has not received much attention or research in Canada. Incorporating theories and ideas from sociology, philosophy, critical theory, kinesiology, psychology, gender studies, recreation studies, and political science, among other disciplines, this project seeks to gain insight into the lived experiences of Canadian athletes with emphasis on trans athletes' perceived barriers to sport participation. Through a policy analysis of international trans sport policies, a media analysis of discourse discussing athlete reactions to trans sport policies, and in-depth, semi-structured interviews with 15 athletes, 15 trans athletes, and 15 trans non-athletes, this study will provide insight into the barriers to inclusive sport in Canada. The findings of this study will provide knowledge and understanding of the complex topic of athletes' reactions to trans sport policies and issues, as well as the impact these policies have on the lives of athletes who identify as trans and athletes who do not. This study will also give athletes a platform to speak openly and honestly about these policies and to comment, criticize, or demonstrate their support for trans sport policies enacted by the International Olympic Committee and other countries, without fearing repercussions for voicing their perceptions and reflections. The results of this project will provide evidenced-based recommendations to decision-making bodies in Canada that design and implement sport policy, including Sport Canada and the Canadian Centre for Ethics in Sport. Moreover, knowledge gained in this study will be shared with teachers, coaches, teammates, sports administrators, allies, and trans resource centres to develop tools to facilitate positive sport experiences for all athletes in Canada.

THIBAUT, LUCIE

Brock University

L. Kikulis, W. Frisby, S. Vail, L. Hoerber, K. Babiak, L. Kihl

2005 (Completed: KT paper was not required)

A comparative case study of collaborative approaches to sport participation policy development and implementation

Recent public sport policy and legislation have identified collaboration as an important lever to enhance sport participation. The *Canadian Sport Policy* (CSP) articulates a goal of *enhanced interaction* where “the components of the sport system are more connected and coordinated as a result of the committed collaboration and communication amongst the stakeholders” (p. 19). Collaboration is also given legislative support in the *Physical Activity and Sport Act*. Of particular interest is the provision in legislation for the federal minister to enter into bilateral agreements with every province and territory. These agreements, supported by federal and provincial funding, enable each province and territory to prioritize and develop sport participation initiatives that are unique to their particular circumstances. Collaboration is also endorsed in policy through consultations where representatives of the sport community or those who desire to be part of the sport community are invited to participate in deliberations. The purpose of our study is to examine how organizational collaborative approaches (i.e., interorganizational relationships, deliberative democracy, and community development) in Canadian provinces can inform sport participation policy development and implementation.

Sport participation has recently gained prominence on federal and provincial government policy agendas following reports that have highlighted the decline in sport participation by Canadians (Canadian Centre for Ethics in Sport, 2002; Statistics Canada, 2000) and promoted the benefits of sport participation (Bloom, Grant, & Watt, 2005; Donnelly & Kidd, 2003). With a current policy environment supporting sport participation through collaborations, these are timely areas of investigation. The complexity of collaborative approaches, the unique federal-provincial bilateral agreements, and the contextual differences between provinces, requires a comparative case study design. Data collection will involve interviews with key policy makers representing various organizations and stakeholders involved in sport participation policy, analysis of sport participation policy documents, and where possible observations of collaborative deliberations.

Given the policy goal of *enhanced interaction*, findings will provide policy makers with an indication of the extent to which this goal is being achieved through interorganizational relationships, deliberative democracy, and community development. Sport policy implementers will become more informed and knowledgeable about what is working and what is not working and may learn from other provinces. Finally, this research will inform the literature on policy studies, organizational collaboration, deliberative democracy, and community development. Other social policy areas may also learn about the experiences of policy makers and stakeholders, how collaborative spaces are created and the limitations of these approaches.

TRUDEAU, FRANÇOIS

Université du Québec à Trois-Rivières

L. Laurencelle, R.J. Shephard

2005 (Completed: KT paper was not required)

Influence of quality physical activity in childhood on sport and physical activity later in life (2006-2009)

School physical education has influences on the total time of physical activity in youth and is becoming the predominant if not their exclusive source of moderate-to-vigorous physical activity. It is also an environment for the socialisation and the «tracking» of sport and physical activity habits.

The main objective of our research program is to explore how and why daily physical education during childhood and other early events can influence physical activity and sport behaviour later during adolescence and adulthood.

Participants were either from an experimental group that benefited from 5 h physical education per week vs, a control group with the normal program during primary school (40 min) during the year 1970 to 1977. They filled out questionnaires on exercise, including questions on physical activity frequency, attitudes, barriers and intention and participated to in-depth, semi-structured ethnographic interviews with the experimental and control participants previously involved in the Trois-Rivières study, to document 1) the meaning they give to physical education and sport for themselves and their children and 2) critical incidents and periods known to affect physical activity and sport. At this moment we have analyzed data for 49 participants.

Preliminary results indicates: 1) that the majority of participants, either from the experimental or the control group wants an increase of time for school physical education, 2) advantages in term of measured PA and sport participation in experimental 35 years old women in 1995-96 disappeared and 3) there is trend for a higher rate of sport participation in the experimental group (72.73% vs. 64.71%). The absence of significant difference could be partially explained by the end of the experimental program at the transition from primary to secondary school, where a tremendous decline in PA has been observed by many authors.

WALL, JESSIE

University of British Columbia

Doctoral Stipend 2014

Transitioning to elite, early specialization sport as joint goal-directed projects between parents and youth

Navigating transitions early in the athletic career can be a challenging process for athletes and their families. The decision to invest in a single sport, and pursue high performance, involves considerable resources and implications for youth development and future participation in sport. In spite of recent efforts away from early specialization, some sports (referred to as early specialization sports) require athletes to commit and invest in deliberate practice at an age where deliberate play is encouraged. This study seeks to understand how parents and athletes are jointly navigating the decision to commit and invest physically, psychologically, and psychosocially in early specialization sports. The research question guiding the proposed research is, how do parents and athletes jointly construct, articulate, and act on goals and strategies pertinent to the transition into elite, early specialization sport? An instrumental case study design will be used to organize each parent-athlete dyad as a case for individual and collective analysis. The action-project method (Young, Valach, & Domene, 2005) will be used to identify and describe the naturally occurring joint projects of parents and youth as they transition into elite sport. A purposive recruitment strategy will be employed to select parent-athlete dyads transitioning into “elite” figure skating as indicated by the LTAD stage outlined by Skate Canada (2010). Data collection will include video-recorded face-to-face meetings, video feedback-supported recall of thoughts and feelings, and biweekly self-report data collected through phone interviews for six months. Data analysis of individual cases will occur simultaneously over the course of the study using transcripts, a coding system, and a form of member check. This study is significant because (a) findings can assist parents and youth with a crucial transition in sport participation development, (b) themes emerging from this study may contribute to the ongoing development and implementation of the LTAD model for early specialization sports, and (c) to date no studies have examined the transition to elite sport from the perspective of goal-directed action co-constructed between the parent and athlete.

WATT, MARGO

St. Francis Xavier University

Standard Research Grants 2006

Relations among Anxiety Sensitivity, Physical Activity and Health-Related Outcomes

This research project has three main objectives. The **first objective** is to investigate the relationship between anxiety sensitivity (AS) and physical activity in a sample of young adults. Anxiety sensitivity (AS) is a dispositional variable referring to the fear of anxiety-related bodily sensations arising from beliefs that these sensations have harmful physical, psychological, and/or social consequences. High AS has been implicated in the development of psychopathology (e.g., anxiety and related disorders) but also has been implicated as a risk factor for physical pathology (low levels of physical activity). It has been suggested that, because exercise produces physiological sensations similar to those feared by individuals with high AS (e.g., elevated heart rate), it tends to be avoided. An alternative explanation is that a lack of exposure to these sensations resulting from physical inactivity promotes increased AS.

The **second objective** of this research project is to investigate childhood learning experiences related to the development of both AS levels and physical activity habits. My early work demonstrated links between retrospectively-reported childhood learning experiences and elevated AS in young adulthood, and found AS to mediate relations between childhood learning experiences and elevated health-related concerns in young adulthood. Although some attempts have been made to identify factors that may influence physical activity habits, knowledge in this area remains rudimentary. Research has found some evidence for the influence of social learning factors (e.g., parental reinforcement and parental modeling) on children's health-related activities. Collection of parental validation data will allow for corroboration of students' retrospective accounting.

The **third objective** of the present research is to investigate the process through which a brief cognitive behavioural intervention that includes physical exercise as the interoceptive exposure component decreases anxiety sensitivity (AS) in a non-clinical population. A brief cognitive behavioural treatment (CBT) that includes an interoceptive exposure (IE) component (i.e., running) has been found to be effective in decreasing fear of anxiety-related sensations in high anxiety sensitive (AS) women (see Watt, Stewart, Birch, & Bernier, 2006). The current research project included a process-based study which examined the specific role of the IE component in explaining intervention efficacy. This study found that the affective and cognitive reactions, and objective physiological reactivity, to the running were initially higher in high (vs. low) AS participants and decreased over IE trials in high (vs. low) AS participants. In contrast, self-reported somatic reactions, which were initially greater in the high AS participants, decreased comparably in both AS groups over IE trials. Findings were consistent with the theorized cognitive and/or habituation pathways to decreased AS.

WEISS, JONATHAN

York University

**S. Robinson, J. Fraser-Thomas, R. Balogh, Y. Lunsy, T. Germani, J. Côté
Standard Research Grants 2012**

Prospective Examination of Special Olympics Sport Retention in Ontario

Introduction: The benefits of sport participation are substantial for youth with and without disabilities. Despite the broad benefits, attrition is common for youth without disabilities, with an average North American rate of 35% annually (e.g., Gould, 1987). Sport participation is reported to be low for youth with intellectual disabilities (ID), and to date, no research has examined sport retention in this population. With funding from SCRI (beginning in January 2013), the overall goal of this study was to longitudinally examine the factors that relate to athlete retention.

Methods: Study participants were caregivers of youth with ID who were involved in community Special Olympics, 11-21 years of age. Participants completed an online survey in 2012 that included measures of parent, youth and sport specific factors. Youth variables included age, gender, adaptive skills and behavioural difficulties. Parent and family variables included parent age, gender, household income, family difficulties and family negative life events. Sport specific factors included positive sport experiences, athlete-coach relationship, parent physical activity supportiveness, perceived Special Olympics barriers/resources, and participation in non-sport Special Olympic events. Retention rates for 2015 were determined using the Special Olympics provincial registry, and linking this to athlete information from our 2012 survey.

Results: Of the 314 survey participants linked to the 2012 dataset, a retention rate of 89.6% was found for community Special Olympics athletes. Preliminary results revealed that child and parent factors were not significantly different for active compared to inactive athletes. Sport specific factors significantly differed between the two groups; specifically, parents of athletes that had remained in Special Olympics reported that in 2012, their children had higher levels of positive sport experiences, more positive athlete-coach relationships, and higher quality friendships in Special Olympics. Active athletes were also reported to have greater resources to access sport in 2012 than athletes who were inactive.

Discussion: While Special Olympics retention rates appear to be higher than general youth rates, this study has implications for future initiatives aimed at increasing sport retention in a population that struggles more to be engaged in sport in the first place. Efforts should focus on the athlete experience and sport specific factors rather than child and family characteristics. Coaches and parents can foster positive experiences and can play an important role in continued sport participation.

WILSON, BRIAN

University Of British Columbia

2005 (Completed: KT paper was not required)

Corporate Environmentalism and the Canadian Golf Industry

Environmentalists, researchers, and others have expressed concern about the impacts of chemicals used on golf courses on wildlife and humans and implications of course construction for natural habitats. In Canada, environment-related ministries responded to these concerns by referring to golf courses in policies focused on (for example) water conservation and pesticide use. Sport Canada policies currently remind event managers to “comply with all environmental laws and federal principles on sustainable development,” and the 2002 *Canadian Strategy for Ethical Conduct in Sport* identifies “environmental sustainability” as an “issue of concern.”

The golf industry’s most pronounced/publicized response to these concerns has been the implementation of environmentally-friendly practices on golf courses. At the same time, golf’s governing bodies have highlighted the need for pro-environment practices – designing voluntary guidelines/certifications for association members. Importantly, industry members/affiliates are marketing pro-environment positions in environment reports and advertising. These developments are part of what is known as “corporate environmentalism.”

Few studies, however, focus on golf-industry decision-making around environmental issues and its corporate environmentalist practices. To address these gaps, this study aims to: (a) identify influences on golf industry decisions to adopt corporate environmentalist stances; and (b) examine how and the extent to which environmental practices are integrated into the industry’s organizational culture(s). The study is guided by conceptual work that is sensitive to the implications of “deregulation” (e.g., of industry activities) by government. The study is also influenced by conceptual work on institutional change that will guide a “mapping” of influences on industry. The following methods will be used: (1) Document analysis – with a focus on circumstances surrounding the appearance of environment-related material in golf industry trade publications and environmental reports; and (2) Interviews with golf superintendents and representatives from insurance companies, golf’s governing bodies, activist groups, and government. Practical objectives include offering policy-relevant feedback to government agencies.

WOOD, LAURA
University of Windsor
Doctoral Stipend 2010

The Social Nature of Women's Sport Participation

While research has found that people prefer to participate in sport with others, work examining constraints to participation has primarily taken an individual perspective. Further, recent research has found that participation as a group can facilitate women's persistence in recreational sport pursuits (Wood & Danylchuk, 2011). Recreational sport groups may be particularly beneficial for mid-to-older women as they can help negotiate or resist societal constraints related to gender and age (Green, 1998). However, recreational sport in the lives of older women is significantly underexplored, with a few exceptions (e.g., Heuser, 2005; Yarnal, Chick, & Kerstetter, 2008). Employing constraints as a framework represents one fruitful approach (Godbey, Crawford, & Shen, 2010). Examining constraints at various levels (intrapersonal, interpersonal, and structural) and their impact within a group may provide insight into the group's ability to operate and engage in activities as a collective, and the groups' role in helping individuals manage participation related constraints. Understanding the factors that influence participation in sport could assist in the development of effective solutions for increasing participation amongst this population. Thus, this study examined constraints and negotiation processes in a self-organized women's recreational sport group.

Data were collected using ethnographic methods and analyzed through a grounded theory approach. Although some constraints influenced recreation involvements negatively, the findings predominantly describe how the group collectively developed strategies that enabled them to negotiate most constraints. Specifically, findings highlight six ways in which the group of women negotiated constraints. These include: managing to participate without others, meeting the physical limitations of the majority, reconciling family commitments with group leisure, coordinating activities of group, maintaining connections despite distance, and new members adjusting to group. Importantly, a description of how constraints developed and were negotiated over time was also identified and described, thereby casting the negotiation process in a dynamic light.

WOOD, LAURA

University of Windsor

R. Snelgrove, M. Taks

Insight Grant 2013

Managing Sport Events to Maximize Positive Impacts

An increased awareness of how to manage sport events to facilitate impacts in the community (e.g., social, economic, tourism, well-being, participation) is needed (Chalip, 2006; Ziakas, 2014). The creation of strategies and tactics that facilitate positive impacts may also lead to an increased interest in creating sporting opportunities in more communities across Canada, ultimately increasing sport participation. Arguably, small-to-medium sized sport events represent the greatest opportunity for widespread impact (Taks, 2013). These types of events are distinguished from large scale or hallmark events like the Olympics, which often require large financial outlays, temporarily disrupt communities, and create sport opportunities for only elite athletes (Roche, 1994). In contrast, smaller events are most often operated using communities' existing infrastructure, draw minimally from local tax dollars, are easier to manage with respect to crowding and congestion within the host city, and are more accessible to a wider spectrum of athletes (Higham, 1999). This study extends O'Brien and Chalip's (2008) theoretical model of event leveraging that describes the strategies and means by which events can be managed to facilitate positive impacts. Data continues to be collected in the context of small-to-medium sized sport events that are being held in a medium sized city in Canada. Thus far data has been collected from spectators and/or participants at 9 sport events (N=2700). Three events were highly competitive, three events were "fun runs", and three events were charity sport events. Data was also collected from local residents not attending an event. A mixed method approach has been used to collect the data. Event spectators and community members have completed questionnaires, and interviews have been conducted with event organizers, city officials, and local business owners.

YUNGBLUT, HOPE

**Laurentian University
Doctoral Stipend 2009**

Views of Sport and Physical Activity of Early Adolescent Female Youth

Over the past decade there has been an increased interest in the physical activity levels of children and adolescent youth from health perspectives (e.g., obesity and diabetes prevention) and psychological perspectives (e.g., self-esteem and social development). Researchers have indicated that female youth are particularly vulnerable to withdraw from sport and physical activity programming during early adolescence (see Healthy Active Kids Canada, 2009). In order to develop relevant sport and physical programs it is first imperative to understand the lived experiences of those for which the programs are intended. Within the current research project, the researcher aims to elucidate the views held by early adolescent females about sport and physical activity through the use of in-depth individual face-to-face interviews conducted using an interpretive phenomenological approach. Each participant will be interviewed two times, the first interview will last about 60 minutes and follow the interview guide, the second interview will allow for further explanation and clarification from the participants as themes begin to emerge from the collected data. Finally, focus groups will be conducted to allow participants to provide feedback on the analysis of the study data. Dissemination of research findings will focus on the barriers that prevent girls from participating in physical activity and aspects that enable girls to participate in physical activity in early adolescence. Further, the researcher will delineate the differences between physically active and inactive girls and make recommendations for engaging inactive girls in physical activity programming. The researcher will also focus on the effectiveness of the methodology in sport and physical activity research with adolescent female youth.