



Connecting scholars and professionals in the fields of PHE
teaching and research in Canada and internationally.

2026 PHE Canada Research Forum

Program-at-a-Glance

April 29-30, 2026

Hosted by the PHE Canada Research Council, the Forum provides an opportunity for researchers, graduate students, and practitioners with a shared interest in physical and health education to come together face-to-face. This in-person gathering is a chance to share and learn about current research, engage in meaningful discussions on relevant issues, and build lasting professional connections. Join colleagues from across Canada and beyond for a dynamic day of learning, networking, and collaboration.



Schedule Overview

Wednesday April 29, 2026

Time (EDT)	Event	Room
7:00 am –	Research Forum Registration Opens	Junior Ballroom Foyer
7:30 am –	Light refreshment	Pavillion Ballroom CD
8:30 am – 10:00 am	Research Forum Welcome Remarks and Dr. Dean Dudley's Keynote Address	Pavillion Ballroom CD
10:15 am – 12:30 am	Research Forum Sessions x 2	Sheraton Wall Centre
12:30	Lunch - please collect your lunch and join the Student 3MT at 12:45	Pavillion Ballroom CD
12:45 pm – 2:00 pm	Student 3 Minute Thesis	Pavillion Ballroom CD
2:15 pm – 4:30 pm	Research Forum Afternoon Sessions x 2	Sheraton Wall Centre
5:00 pm – 8:00 pm	Research Forum Social & Activities	Soho Bar and Billard

Thursday April 30, 2026

Time (EDT)	Event	Room
6:30 am – 7:00 am	Active Start	Sheraton Wall Centre
7:30 am -	Breakfast	Pavillion Ballroom CD
8:00 am – 8:15 am	Research Forum Awards	Pavillion Ballroom CD
8:30 am – 10:45 am	Research Forum Sessions x 2	Sheraton Wall Centre

Time (EDT)	Event
10:15 AM - 11:15 AM	<p style="text-align: center;">Session A-1: Oral Presentations (Pavillion Ballroom A)</p> <p style="text-align: center;">Equity and Physical Activity in Canadian Schools Matthew Chapelski, Alexandra Stoddart</p> <p style="text-align: center;">mitho waskawiwin – Moving Well Together Partnership: Addressing Systemic Barriers to Indigenous Youth Participation in Sport and Physical Activity Lee Schaefer, Evan Boechler, Sean Lessard</p> <p style="text-align: center;">Human Movement: Supporting Indigenous Research Capacity through Physical Health Education Derek Wasyliv</p>
10:15 AM - 11:15 AM	<p style="text-align: center;">Session A-2: Oral Presentations (Pavillion Ballroom B)</p> <p style="text-align: center;">Navigating Gendered Terrain: A Critical Feminist Exploration of Women's Experiences with Classroom Management as Physical Education Teachers in Canada Emma Lewis, Dr. Nathan Hall</p> <p style="text-align: center;">Rethinking Trans and Gender-Diverse Athlete Inclusion in Canadian Sport, Education, and Health Jared Khalifa, Moss Norman, Sarah Teetzel</p> <p style="text-align: center;">Running Toward Empowerment: A Feminist Study with Adolescent Girls Béatrice Vaillancourt, Sylvie Beaudoin</p>
10:15 AM - 11:15 AM	<p style="text-align: center;">Session A-3: Oral Presentations (Orca)</p> <p style="text-align: center;">Physical Education Teachers and Resilience: A 25-year Scoping Review of Literature Dan Robinson, Lauren Sulz, Hayley Morrison, Shannon Kell</p> <p style="text-align: center;">Exploring Student Perceptions of Wellness Related to Class Instruction and Assignment Design Lisa M. Taylor</p> <p style="text-align: center;">Mental Health of First Year University Students Bernard Ofori-Attah</p>
10:15 AM - 11:15 AM	<p style="text-align: center;">Session A-4: Oval Table (Finback)</p> <p style="text-align: center;">Team Teaching in Physical Education: Implications for Teachers, Learners, and Pre-Service Teachers Shannon Kell, Bryan Smith, Dina Bell, Derek MacDonald</p> <p style="text-align: center;">Meaningful, Purposeful and Content-Rich PE: Implications for Pedagogy and Practice Stephanie Beni</p> <p style="text-align: center;">From a Walk and Learn to a Podcast: Learnings from transforming in-person workshops into asynchronous and active podcasts Astrid Kendrick, Patrick (Pat) Hanlon, Tracy Dinh</p>

Time (EDT)	Event
11:30 AM - 12:30 PM	<p style="text-align: center;">Session B-1: Oral Presentations (Pavillion Ballroom A)</p> <p style="text-align: center;">Toe Fungus and Hemorrhoids: Is School Health Education Terminal? Twyla Salm, Amanda Kornaga, Lace Marie Brogden</p> <p style="text-align: center;">Supports and Barriers to Health Education in Canada: Teachers' Perspectives Hayley Morrison, Lauren Sulz, Daniel Robinson</p> <p style="text-align: center;">Moving beyond the Binary in Comprehensive Sexual Health Education: Notes for Physical and Health Educators from Parents and Guardians across Canada. LeAnne Petherick, Jasmin Lundy</p>
11:30 AM - 12:30 PM	<p style="text-align: center;">Session B-2: Oral Presentations (Pavillion Ballroom B)</p> <p style="text-align: center;">La pédagogie en mouvement : l'expérience vécue des personnes enseignantes d'une école primaire au Nouveau-Brunswick Roger (Rodge) LeBlanc</p> <p style="text-align: center;">Comparaison de l'efficacité de deux approches pédagogiques pour favoriser la motivation et l'adoption d'un mode de vie actif dans l'enseignement supérieur Jérôme Leriche</p> <p style="text-align: center;">Les stratégies d'enseignement utilisées en EPS au secondaire pour favoriser le développement de l'autonomie et la responsabilisation des élèves dans l'adoption d'un mode de vie sain et actif Camille Gilbert</p> <p style="text-align: center;">Note: This session will be conducted entirely in French and live-translated via a link accessible through a QR code displayed in the room. Note : Cette séance se déroulera entièrement en français et sera traduite en direct via un lien accessible à l'aide d'un code QR affiché dans la salle.</p>
11:30 AM - 12:30 PM	<p style="text-align: center;">Session B-3: Disrupt and Dismantle Panel Discussion (Orca)</p> <p style="text-align: center;">Dismantling the Siloed View of Health and Physical Education: Why Health and Physical Literacy Must Be Whole-Society Priorities Naomi Hartl, Dr. Natalie Houser, Dr. Sarah Benes, Drew Mitchell</p>
11:30 AM - 12:30 PM	<p style="text-align: center;">Session B-4: Oval Table (Finback)</p> <p style="text-align: center;">The Role of PETE Faculty in the Physical Education Policy Process Jaimie McMullen</p> <p style="text-align: center;">An Abundance Affliction for PHE Scholars: Considering Challenges to Knowledge Dissemination and Consumption, Scholarly Networking, and Beyond Nathan Hall, Derek Wasyliw</p> <p style="text-align: center;">Power in Community: Creating Connections to Reimagine Physical and Health Education Teacher Education Caleb Poulin, Isabel Tesolin, Danielle Bates</p>

Time (EDT)	Event
12:45 PM - 2:00 PM	Graduate Student World Cafe (Pavillion Ballroom CD)
	Predictors of Physical Literacy in Elementary School Children Abby Oldford
	Data Physicalization Design for Self-Regulation Strategies in Bedtime Procrastination among Canadian Youth Alexandra Shevtsova
	Embodiment and Physical Education Teacher Education Isabel Tesolin
	Identification et analyse des progressions en vélo de montagne : de la formalisation à l'application en contexte d'EPS. Jérémi Doyon
	Athletes from Racialized Communities in Canada: Using Sport as a Space for Identity Formation, Community Connection, and Belonging Jhanvi M. Panchal
	The Collective and Distinct Influences of Culture, Access, and Belonging on Physical Activity Among First- and Second-Generation Immigrants Kristen S. Yee
	Creating Opportunities for Well-being in the Classroom: Understanding Teachers' and Students' Experiences of Yoga in Schools with Historically Marginalized Populations Leanne Whiting
	Promoting Physical Activity Participation Among Gender-Diverse Students in Physical and Health Education Maïa Savard
	Neurodiverse Student Athletes' Experiences of Meaningfulness in Sport Nicole Schindler
	Exploration of Coaches' Approaches and Strategies for Coaching Athletes in Sports that Use Implements: Implications for Footwork, Style, and Motor Learning Literacy Tamara Tait
	Facteurs facilitants et les barrières liés à l'atteinte des directives canadiennes en matière de mouvement sur 24 heures chez les adolescents Vincent Delhougne
	The National Active School Streets Initiative: Addressing Safety Barriers to Outdoor Play and Activity in School Neighborhoods Anguli Bharmota
	Portrait de la pratique d'activités physiques d'adultes de 25 ans et plus ayant vécu le programme Santé globale au secondaire Jean-Simon Huot
Indigenous Student-Athlete Representation in Canadian Universities: Addressing Data Gaps and Promoting Equity Megan A. Tomy	
Exploring Meaningful Experiences in Physical Activity for Girls Gabrielle Lehoux	

Time (EDT)	Event
2:15 PM - 3:15 PM	<p style="text-align: center;">Session C-1: Oral Presentations (Pavillion Ballroom A)</p> <p style="text-align: center;">Parental Pressures and Early Sport Specialization in Youth Hockey: Parents perspectives <i>Kaden Solomon, Lee Schaefer</i></p> <p style="text-align: center;">Relations Between Previous Sport Participation and Performance by Developmental Level in University Track and Field Sprinters <i>Trevor Moore, Ken Lodewyck</i></p>
2:15 PM - 3:15 PM	<p style="text-align: center;">Session C-2: Oral Presentations (Pavillion Ballroom B)</p> <p style="text-align: center;">Where Joy and Learning Meet: An Intrinsic Case Study Exploring Children’s Physical Literacy Experiences in Circus Club <i>Anya E. M. Jackson, Louise Humbert, Natalie E. Houser</i></p> <p style="text-align: center;">Joy in “Active for Life” Aims: Research-Informed Tools to Enhance Movement Mood <i>Rebecca Lloyd, Stephen Smith</i></p>
2:15 PM - 3:15 PM	<p style="text-align: center;">Session C-3: Oval Table (Orca)</p> <p style="text-align: center;">Teacher Wellness: A Shared Effort <i>Josh Hill, Shannon Kell, Lisa Taylor, Heather Goodman, Meghan Morden, Joseph Knight</i></p> <p style="text-align: center;">People Always Wave Back: Co-developing a Social Connection Toolkit for School Communities to Improve Youth Mental Wellbeing <i>Hasina Samji, Giulia de Arruda Maluf</i></p>

Time (EDT)	Event
3:30 PM - 4:30 PM	<p style="text-align: center;">Session D-1: Oral Presentations (Pavillion Ballroom A)</p> <p>Let's go Outside: A Mixed-Methodological Evaluation of an Outdoor play Practitioner Program Anna Murphy, Jeff R. Crane, Stephanie C. Field</p> <p>Water Safety in Physical and Health Education: Evaluating in-service educators' use of dry-land water safety resources Kylea Keough, Stephanie Field, Jenn Gruno, Jeff Crane</p> <p>Are we Going Outside Today? Fostering Nature-Based Literacy Amongst Intermediate Students Merah Gasmoo</p>
3:30 PM - 4:30 PM	<p style="text-align: center;">Session D-2: Oral Presentations (Pavillion Ballroom B)</p> <p>Lived Experiences of Acculturation and Identity Exploration among Newcomer Youth in and through Community-Based Recreation Sport Younghoon Lee, Kyoung June Yi</p> <p>Eco-anxiety in British Columbian Youth: Findings from the 2024 Youth Development Instrument Judy Wu</p> <p>Feeling Connected at School: Findings from the 2024 Youth Development Instrument Survey (YDI) Giulia de Arruda Maluf, Hasina Samji, Judy Wu</p>
3:30 PM - 4:30 PM	<p style="text-align: center;">Session D-3: Oral Presentations (Orca)</p> <p>The Developmental Imperative of Risky Play: A Cross-National Virtual Reality Study Mariana Brussoni</p> <p>What is the Relationship Between Outdoor Risky Play and Health in Children? Rachel Ramsden, Mariana Brussoni</p> <p>Outdoor Play and Learning: School District Priorities for Action Mariana Brussoni, Megan Zeni</p>

Time (EDT)	Event
8:30 AM - 9:30 AM	<p style="text-align: center;">Session E-1: Oral Presentations (Finback)</p> <p>What if we asked what students wanted? Introducing The Finnish Model for Leisure Activities Risto Marttinen</p> <p>Schools Reimagined: Youth-Driven Blueprints for Wellbeing Harnoor Dhaliwal</p> <p>Surveying Students' Experiences and Thoughts Related to Alternative Environment Activities in Physical Education Sara Rohr, Nathan Hall</p>
8:30 AM - 9:30 AM	<p style="text-align: center;">Session E-2: Oral Presentations (Pavillion Ballroom A)</p> <p>Multisectoral Partnerships Promoting Physical Literacy and Physical Activity in Schools: A Qualitative Study Steve McGinley, LeAnne Petherick and Guy Faulkner</p> <p>Guiding Principles for Enhancing Stakeholders Engagement and Sustaining the Active Body, Sharp Mind Approach Sylvie Beaudoin, Maïa Savard, David Bezeau</p>
8:30 AM - 9:30 AM	<p style="text-align: center;">Session E-3: Oral Presentations (Pavillion Ballroom B)</p> <p>Humiliation Through Performance: Conflicting dynamics and gender relations among boys in after-school soccer Andre Dos Santos Silva</p> <p>Beyond the Binary: Exploring Participation in Gender-Inclusive PE Through Student and Teacher Lenses in Grade 9 Megan de Jonge-Smith</p> <p>Race, Gender, and Space in Canadian Secondary PHE: A Photovoice and Interview Study with Racialized Female Students Seoin Heo</p>
8:30 AM - 9:30 AM	<p style="text-align: center;">Session E-4: Oral Presentations (Orca)</p> <p>Promoting Teacher Wellness to Support the Implementation of Movement Integration in the Classroom Kristina Sobolewski, Dr. Alexandra Stoddart, Dr. Lee Schaefer, Dr. Louise Humbert, Dr. Marta Erlandson</p> <p>"We Can Do Hard Things" Girls' Experiences with Physical Literacy and Physical Education Through Photovoice Alexandra Stoddart, Louise Humbert, Sarah Benson</p> <p>Her Perspective: Sailing the Tides of a PE Career Louise Humbert, Sarah Benson</p>

Time (EDT)	Event
10:00 AM - 10:45 AM	<p style="text-align: center;">Session F-1: Oral Presentations (Finback)</p> <p style="text-align: center;">Teachers' use of Pedagogies to Support Students' Reflection in Physical Education Victoria Caines</p> <p style="text-align: center;">Preservice teachers as advocates for change: PE, pedagogy and the potential to disrupt masculinity Michael Kehler</p>
10:00 AM - 10:45 AM	<p style="text-align: center;">Session F-2: Oral Presentations (Pavillion Ballroom A)</p> <p style="text-align: center;">My PE, My Story: The Use of Vignettes to Understand Student Experiences of Meaningful PE Ty Riddick</p> <p style="text-align: center;">Meaningful PE as a source of legitimation for teachers' knowledge and beliefs Tim Fletcher, Spencer Briggs, Doug Gleddie, Stephanie Beni, Ty Riddick</p>
10:00 AM - 10:45 AM	<p style="text-align: center;">Session F-3: Oral Presentations (Pavillion Ballroom B)</p> <p style="text-align: center;">Teachers' enactment of contextualized instruction in primary physical education Spencer Briggs</p> <p style="text-align: center;">Motivation and basic psychological need satisfaction in physical education among grade 9 students in Costa Rica Viviene Temple</p>
10:00 AM - 10:45 AM	<p style="text-align: center;">Session F-4: Oral Presentations (Orca)</p> <p style="text-align: center;">Evaluating the Tri-County Regional Centre for Education Health Promoting Schools Model: A Qualitative Case Study Julia Kontak</p> <p style="text-align: center;">Body Image Programs and Resources in Canada: Insights from an Environmental Scan Vanessa Coulbeck</p>

2026 PHE Canada Research Forum

Keynote Address



Dr. Dean Dudley

Honorary Associate Professor
University of Queensland/University of
Sydney (Australia)

Keynote Speaker Dr. Dean Dudley

Teaching what we value! The role and means of character education in Quality Physical Education

For decades, physical education has leaned on the romanticized notion that sport "builds character" as a natural byproduct of participation. However, rigorous evidence suggests that character is rarely "caught" through mere exposure; it must be intentionally taught. In this keynote address, Dr. Dean Dudley challenges the profession to confront a central paradox: if we claim to value character, why is it so often absent from our explicit curriculum and assessment frameworks?

Conférence principale du Forum de recherches 2026



Dr. Dean Dudley

Professeur associé honoraire à l'École
des sciences du mouvement humain et
de la nutrition
Université du Queensland et Université
de Sydney (Australie)

Orateur principal Dr. Dean Dudley

Enseigner ce que nous valorisons. Le rôle et les moyens de l'éducation au caractère en éducation physique de qualité

Depuis des décennies, l'éducation physique s'appuie sur l'idée romantisée que le sport « forge le caractère » comme simple conséquence de la participation. Or, les données probantes démontrent que le caractère n'est que rarement acquis par simple exposition. Il doit être enseigné de manière intentionnelle. Dans cette conférence, le Dr Dean Dudley invite la profession à réfléchir à un paradoxe central : si nous affirmons valoriser le caractère, pourquoi est-il si souvent absent de nos curriculums explicites et de nos cadres d'évaluation ?