

Programme Overview: Wednesday 13 October

Time: London, England

08:00 - 08:10	Welcome Day 2			
08:10 - 08:15	Break in Programming			
08:15 - 09:15	Keynote Address B1: All in the family: What works and what does not when promoting parental support of youth physical activity. Dr. Ryan Rhodes, University of Victoria Session 21			
09:15 - 09:20	Break in Programming			
09:20 - 10:50	Symposium B1 I-PARC: A whole of system approach for enhancing effective interventions, implementation strategies, and enabling contexts to reduce population levels of physical inactivity Session 22	Symposium B2 Mental health and physical activity: Understanding the nature of causal effects Session 23	Symposium B3 Digital biomarkers for monitoring intrinsic capacity for healthy ageing (BioMIC) Session 24	Symposium B4 Occupational activity and health: Dilemmas and conundrums Session 25
10:50 - 11:00	Break in Programming			
11:00 - 12:20	Oral B1 Physical activity and COVID-19 Session 28	Oral B2 Active transport and the built environment Session 29	Oral B3 Physical activity, motor skills, and physical literacy Session 30	Oral B4 Physical activity and children Session 31
12:20 - 13:50	Lunch Break		ISPAH AGM	
13:50 - 15:20	Satellite Symposium B7 Indigenous health and wellness workshop Session 36	Symposium B8 The evaluation of large-scale speed limit policies in two major UK cities Session 37	Symposium B9 Using physical activity to promote health and wellness in older age: Lessons learnt in three continents Session 38	Symposium B10 Teaming up with schools: Advancing school-based physical activity (PA) initiatives through co-creation Session 39
15:20 - 15:30	Break in Programming			
15:30 - 16:30	Keynote Address: Elements of Indigenous motivation in physical activity, sport, and life. Waneek Horn-Miller, Kahnawake First Nation Session 43			
16:30 - 16:35	Break in Programming			
16:35 - 17:55	Oral B8 Global perspectives across the life Course Session 44	Oral B9 Physical activity programming Session 45	Oral B10 Public health and policy Session 46	Oral B11 Contemporary factors influencing physical activity behaviour Session 47

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Break in Programming				09:15 - 09:20
Symposium B5 Providing policymakers with the evidence and practices to act and improve lives through physical activity Session 26	Symposium B6 Insights into benchmarking, evaluation and implementation of public policies to create healthy physical activity policy environments Session 27			09:20 - 10:50
Break in Programming				10:50 - 11:00
Oral B5 Physical activity and cognition Session 32	Oral B6 Workplace wellness Session 33	Oral B7 Physical activity and clinical populations Session 34	Mini-Oral B1 Session 35	11:00 - 12:20
ISPAH AGM		Lunch Break		12:20 - 13:50
Symposium B11 Combining global positioning system and accelerometer data: Tools, methods, and headaches Session 40	Symposium B12 Play, Learning, and Teaching Outdoors Network (PLaTO-Net): International consensus on terminology, taxonomy, and ontology Session 41	Symposium B13 Co-benefits of physical activity in LMIC Session 42		13:50 - 15:20
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Oral B12 Physical activity, lifestyle factors, and health outcomes Session 48	Oral B13 Children and adolescents Session 49	Oral B14 Physical activity and mental health Session 50	Mini-Oral B2 Session 51	16:35 - 17:55

Wednesday 13 October

8:00-8:10 (London, UK)	Welcome Day 2
Welcome	<i>Darren Warburton and Shannon Bredin, University of British Columbia and Co-Chairs of ISPAH 2021</i>
8:15-9:15 (London, UK)	B1 All in the family: What works and what does not when promoting parental support of youth physical activity
Session 21 Keynote	<i>Introduction: Shannon Bredin, University of British Columbia; Co-Chair of ISPAH 2021 Virtual Congress</i>
	Keynote Speaker: Dr. Ryan Rhodes, PhD, Professor, University of Victoria
9:20-10:50 (London, UK)	B1 I-PARC: A whole of system approach for enhancing effective interventions, implementation strategies, and enabling contexts to reduce population levels of physical inactivity
Session 22 Symposium	<i>Chair: Catherine Woods, University of Limerick</i> <i>Assistant to Chair: Shannon Field, University of British Columbia</i>
	Systems approach to physical activity based on the GAPP framework – an example from Ireland Marie Murphy, Ulster University Niamh Murphy, Waterford Institute of Technology
	Effective interventions: Development of a standardised monitoring and evaluation framework for physical activity interventions Paul Kelly, University of Edinburgh Joey Murphy, University of Limerick and University of Bristol

Making physical activity interventions work: Facilitators and evidence-based strategies linked with implementation success

Femke van Nassau, Amsterdam UMC, location VUmc

Jemima Cooper, University of Limerick and University of Bath

9:20-10:50
(London, UK)

Session 23
Symposium

B2 Mental health and physical activity: Understanding the nature of causal effects

Chair: Adrian Taylor, University of Plymouth

Assistant to Chair: Gabriel Manalo, University of British Columbia

A genetic perspective on regular exercise and mental health in the era of genome wide association studies

Eco de Geus, Vrije Universiteit

Effects of adding web-based behavioural support to exercise referral schemes on symptoms of depression and/or anxiety: Exploratory findings from the e-coachER study

Jeff Lambert, University of Bath

Longitudinal relations between physical activity, illness symptoms and affect among psychiatric patients (with dual diagnoses) under treatment

Marit Sørensen, Norwegian School of Sport Sciences

Discussant: Guy Faulkner, University of British Columbia

9:20-10:50
(London, UK)

Session 24
Symposium

B3: Digital biomarkers for monitoring intrinsic capacity for healthy ageing (BioMIC)

Chair: Joss Langford, Activinsights

Assistant to Chair: Gemma Tomasky, University of British Columbia

Sponsored by Activinsights

Analytical validity of wrist worn accelerometry biomarkers of IC

Brad Metcalf, University of Exeter

The clinical validity of digital biomarkers of IC

Melvyn Hillsdon, University of Exeter

The clinical impact of early detection of intrinsic capacity to reduce the incidence of frailty

Veerle Knoop, Vrije Universiteit Brussel

9:20-10:50
(London, UK)

Session 25
Symposium

B4 Occupational activity and health: Dilemmas and conundrums

Chair: Wendy J Brown, University of Queensland

Assistant to Chair: Ryan Chan, University of British Columbia

The association of occupation physical activity and health: An umbrella review for the WHO PA guideline review committee

Pieter Coenen, VU University Medical Centre

Patterns of physical activity during and outside work

Tracy L Kolbe-Alexander, University of Southern Queensland

Dietary intake, occupational activity, and health

Luciana Torquati, University of Exeter

Methodological aspects of occupational activity research

Gregore I Mielke, University of Queensland

9:20-10:50
(London, UK)

Session 26
Symposium

B5 Providing policymakers with the evidence and practices to act and improve lives through physical activity

Chair: Thomas Fleurot, Portas Consulting

Assistant to Chair: Vienna Nguyen, University of British Columbia

Active Citizens Worldwide: A policy makers perspective

Lee Huei Chern, Sport Singapore

Sport Health and Activity Realisation Programme

Elena Portas, Portas Consulting

The social and economic value of grassroots football in England

James Kendall, The Football Association

9:20-10:50
(London, UK)

Session 27
Symposium

B6: Insights into benchmarking, evaluation and implementation of public policies to create healthy physical activity policy environments

Chair: Wolfgang Ahrens, University of Bremen, Leibniz Institute for Prevention Research and Epidemiology – BIPS
Assistant to Chair: Ethan Schmitt, University of British Columbia

Insights into benchmarking, evaluation and implementation policies to create healthy physical activity policy environments

Liam Kelly, University of Limerick

Development of screening instruments for assessment of physical activity indicators in harmonized European health surveillance

Antje Hebestreit, Leibniz Institute for Prevention Research and Epidemiology

Implementation pathways of public physical activity policies: Lessons learned from a scoping review

Sarah Forberger, Leibniz Institute for Prevention Research and Epidemiology

Discussant: Joanna Zukowska, Gdansk University of Technology

11:00-12:20
(London, UK)

Session 28
Parallel Oral

B1 Physical activity and COVID-19

Moderator: Candice Christie, Rhodes University
Assistant to Moderator: Shannon Field, University of British Columbia

B1.1 Population levels of physical activity before and after a national COVID-19 lockdown

Tessa Strain | Katrien Wijndaele | Søren Brage | Stephen Sharp | Andrew Spiers | Helen Price | Ciara Williams | Carol Fraser | Paul Kelly

B1.2 Effects of the COVID-19 national lockdown on physical activity and sitting time in England

Daniel P Bailey | Amy Wells | Terun Desai | Keith Sullivan | Lindsay Kass

B1.3 Barriers and enablers to physical activity during COVID-19 restrictions in Ireland

Emer M Barrett | Cuisle Forde | Jason Wyse

B1.4 Trail visits in Ireland during the COVID-19 pandemic: Using multiple data sources to describe trends

Dylan Power | Barry Lambe | Niamh Murphy

B1.5 Organizational structures for physical activity promotion in German long-term care facilities in pandemic contexts

Annika Frahsa | Dorothée Altmeier | Viola Dembeck | Gerhard W Eschweiler | Andreas M Nieß | Gorden Sudeck | Ansgar Thiel

B1.6 Physical activity and sedentariness of French adults during the COVID-19 lockdown

Charlotte Verdot | Hélène Escalon | Enguerrand Rolland du Roscoät | Pierre Arwidson | Benoît Salanave | Valérie Deschamps

B1.7 Social processes and well-being for runners within the UK during the COVID-19 lockdown

Meredith Schertzinger | Fergus Neville | Gozde Ozakinci

**11:00-12:20
(London, UK)**

**Session 29
Parallel Oral**

B2 Active transport and the built environment

*Moderator: Jasper Schipperijn, University of Southern Denmark;
President, International Society for Physical Activity and Health
Assistant to Moderator: Gabriel Manalo, University of British Columbia*

B2.1 Walking and its association with the perception of the neighborhood built environment

Florian Herbolsheimer | Atiya Mahmood | Nadine Ungar | Habib Chaudhury

B2.2 Trends in active commuting to school from 2003 to 2017 among children and adolescents from Germany: The MoMo-Study

Isabel Marzi | Anne K Reimers | Steffen CE Schmidt | Claudia Niessner | Doris Oriwol | Annette Worth | Alexander Woll

B2.3 Descriptive epidemiology of adolescents' active travel to school in 31 Asian countries

Rizka Maulida | Erika Ikeda | Tolullah Oni | Esther van Sluijs

B2.4 Living in a walkable neighbourhood an essential element to support an active ageing intervention

Antoni Colom | Suzanne Mavoia | Maurici Ruiz | Julia Wärnberg | Josep Muncunill | Jadwiga Konieczna | Guillem Vich | Francisco Javier Barón-López | Montserrat Fitó | Jordi Salas-Salvadó | Dora Romaguera

B2.5 Identification of existing audit instruments for the assessment of urban and rural physical activity environments

Bruno Domokos | Christina Müller | Lisa Paulsen | Izabela Bojkowska | Tanja Amersbach | Jens Bucksch | Birgit Wallmann-Sperlich

B2.6 Objectively measuring the association between the built environment and physical activity-identifying the gaps: A systematic review and reporting framework

Francesca Pontin | Victoria Jenneson | Nik Lomax | Graham Clarke | Michelle Morris

B2.7 Improving active ageing and wellbeing in urban environments: Laying the groundwork for solution-building through citizen science

Grace Wood | Jessica Pykett | Abby King | Ann Banchoff | Afroditi Stathi

11:00-12:20
(London, UK)

Session 30
Parallel Oral

B3 Physical activity, motor skills, and physical literacy

Moderator: Catherine Draper, University of the Witwatersrand; Past President, International Society for Physical Activity and Health
Assistant to Moderator: Gemma Tomasky, University of British Columbia

B3.1 The relationship between childhood physical activity, motor skill competency and strength in 7-11 year olds

Alice Cline | Rebecca De Filippo | Gareth Knox | Luciana De Martin Silva | Stephen Draper

B3.2 The association between physical activity, motor skills and school readiness in early years children

Dan Jones | Liane Azevedo | Emma Giles | Alison Innerd

B3.3 Collective Intelligence for the Collective Effort in improving implementation of fundamental movement skill interventions

Jiani Ma | Michael J Hogan | Emma LJ Eyre | Natalie Lander | Lisa M Barnett | Michael J Duncan

B3.4 The impact of a resistance training intervention on fundamental movement skills of inactive and/or overweight/obese youth
Helen Collins | Samantha Fawkner | Josephine N Booth | Audrey Duncan

B3.5 How are physical literacy interventions conceptualized? A systematic review on theory, design, and content
Johannes Carl | Jaime Barratt | Clemens Töpfer | John Cairney | Klaus Pfeifer

B3.6 Screen time and physical-literacy among children in underserved communities: An explorative study
Beatrix Algurén | Julia Eriksson

B3.7 A digital assessment tool for promoting physical activity in childcare centers
Christina Müller | Vanessa Kaiser | Holger Hassel

B3.8 Co-Created Sports programme for young people permanently excluded from mainstream schools: An ethnographic evaluation of the Active Link Sports Programme
Florence Kinnafick | Andrew Brinkley | Lauren Sherar

11:00-12:20
(London, UK)

Session 31
Parallel Oral

B4 Physical activity and children

Moderator: Deirdre Harrington, University of Strathclyde
Assistant to Moderator: Ryan Chan, University of British Columbia

B4.1 Children's experiences of their journey between home and school: A qualitative synthesis using meta-ethnography
Stephanie Morris | Emma R Lawlor | Louise Foley | Carolyn Summerbell | Jenna Panter | Russ Jago | Jean Adams | Tessa Pollard

B4.2 Understanding teachers perceived barriers and facilitators to implementing classroom-based physical activity interventions using the COM-B Model and Behaviour Change Wheel
Alice Cline | Gareth Knox | Luciana De Martin Silva | Stephen Draper

B4.3 Physical activity in children during Physical Education interventions guided by different pedagogical approaches

Matteo Crotti | James Rudd | Simon Roberts | Katie Davies | Laura O'Callaghan | Lawrence Foweather

B4.4 Validation of the SOFIT+: Assessing teacher practices related with physical activity in Physical Education

Matteo Crotti | James Rudd | Glenn Weaver | Simon Roberts | Laura O'Callaghan | Katie Davies | Lawrence Foweather

B4.5 How should we choose the most appropriate epoch-length for children's physical activity?

Claudio R Nigg | Carina Nigg | Mihyun Kim | Julia L Sharp | Xanna Burg | Leslie Cunningham-Sabo

B4.6 Teachers' perspectives on using data from wearable technologies to inform school-based physical activity

Georgina K Wort | Gareth Wiltshire | Oliver Peacock | Simon Sebire | Andy Daly-Smith | Dylan Thompson

B4.7 Which activity domain contributes most to (changes in) accelerometer-assessed moderate-to-vigorous physical activity in young people?

Erika Ikeda | Justin Guagliano | Andrew Atkin | Lauren Sherar | Bjarke Hansen | Ulf Ekelund | Esther van Sluijs

B4.8 A systematic review of staff training in school-based interventions targeting student physical activity behaviour

Mairead Ryan | Olivia Alliot | Erika Ikeda | Riikka Hofmann | Esther van Sluijs

11:00-12:20
(London, UK)

Session 32
Parallel Oral

B5 Physical activity and cognition

Moderator: Amy Hofman, Erasmus MC University Medical Center

Assistant to Moderator: Vienna Nguyen, University of British Columbia

B5.1 The Association between sleep, physical activity, and cognitive performance among young office workers

Norah Alhowaish | Shaima A Alothman

B5.2 “Mind the step, step the mind”: Conceptualizing a cognitively enriched walking program for older adults

Pieter-Jan Marent, Arwen Vangilbergen | Melanie Beeckman | Sebastien Chastin | Greet Cardon | Jannique GZ van Uffelen

B5.3 Associations between device-measured physical activity and incident dementia: a prospective study

Fanny Petermann-Rocha | Donald M Lyall | Stuart R Gray | Jason MR Gill | Naveed Sattar | Paul Welsh | Terence J Quinn | William Stewart | Jill P Pell | Frederick K Ho | Carlos Celis-Morales

B5.4 The relation between accelerometer-derived physical activity and brain structure: A population-based study

Fabienne AU Fox | Kersten Diers | Hweeling Lee | Martin Reuter | Monique MB Breteler | N Ahmad Aziz

B5.5 Examining the effects of exercise and Functional Imagery Training on quality of life in POTS: Feasibility study

Karol Nedza | Jonathan Rhodes | Carl Turner | Darren Crocker | Jon May

B5.6 The impact of Functional Imagery Training on adherence to treatment, completion of rehabilitation exercise plan and confidence in recovery in sports therapy patients: Pilot study

Karol Nedza | Jon May | Jonathan Rhodes

11:00-12:20
(London, UK)

Session 33
Parallel Oral

B6 Workplace wellness

Moderator: Sebastian Okech, University of Nairobi

Assistant to Moderator: Ethan Schmitt, University of British Columbia

B6.1 Cardiorespiratory fitness in occupational groups: Trends over 20 years and future forecasts

Daniel Väisänen | Lena V Kallings | Gunnar Andersson | Peter Wallin | Erik Hemmingsson | Elin Ekblom-Bak

B6.2 Sitting behaviour whilst working from home: How much sitting, and how can we reduce it?

Ailsa Niven | Eva Coral Almeida | Graham Baker | Sam Fawkner | Ruth Jepson | Glenna Nightingale | Divya Sivaramakrishnan | Claire Fitzsimons

B6.3 Co-production at work: The process of breaking up sitting time
Thomas D. Griffiths | Diane Crone | Mike Stembridge | Rachel N. Lord

B6.4 Effects on activity outcomes of an e-Health Smartphone Intervention to reduce office workers' sedentary time

Abigail S Morris | Kelly Mackintosh | David Dunstan | Neville Owen | Paddy Dempsey | Thomas Pennington | Melitta A McNarry

B6.5 Sit Less and Move More: A pilot multi-component randomised controlled trial among UK call agents

Abigail S Morris | Rebecca C Murphy | Nicola D Hopkins | Paula M Watson | David Low | Genevieve N Healy | Charlotte L Edwardson | Brendan Collins | Hannah Timpson | Sam O Shepherd | Madeleine Cochrane | David Gavin | Lee EF Graves

B6.6 A process evaluation of co-produced "Sit Less at Work" interventions in three diverse organisational settings

Kelly Mackenzie | Elizabeth Such | Paul Norman | Elizabeth Goyder

B6.7 The effect of combined exercise program to emergency service workers on physical activity level

Gunseli Usgu | Ibrahim Halil Özdemir

B6.8 Investing in personnel's musculoskeletal health brought significant savings to Oulu University Hospital

Miia Malvela | Minna Keskitalo | Oili Ojala | Jyrki Komulainen

11:00-12:20
(London, UK)

Session 34
Parallel Oral

B7 Physical activity and clinical populations

Moderator: Marlou Limpens, Erasmus MC University Medical Center
Assistant to Moderator: Maddison Chow, University of British Columbia

B7.1 Objectively assessed physical activity in the context of pacing behaviour in adults with multiple sclerosis: A pilot study

Ulric S Abonie | John Saxton | Katherine Baker | Florentina J Hettinga

B7.2 Physical activity and sleep of patients treated for Anorexia Nervosa

Billy Langlet | Fannie Vestmark | Modjtaba Zandian | Josefin Stolt | Cecilia Bergh | Per Södersten

B7.3 Exploring exercise adherence in phase III cardiovascular rehabilitation post myocardial infarction

Alyx Taylor | Harvey Mormen

B7.4 Exploring lived experience of sedentary behavior during cancer treatment - a phenomenological study

Anna Henriksson | Magnus Elfström | Anne Söderlund | Karin Nordin | Petra von Heideken Wågert

B7.5 Effect of behavioural interventions in people with multimorbidity: A systematic review of randomised controlled trials

Alessio Bricca | Madalina Jäger | Marie Johnston | Graziella Zangger | Lasse K Harris | Julie Midtgaard | Søren T Skou

B7.6 Impact of different training modalities/intensities on cardiorespiratory fitness and anthropometry of women living with obesity

Mary E Davis | Catherine Blake | Carla Perrotta | Caitriona Cunningham | Gráinne O'Donoghue

B7.7 Association between selected psychosocial factors and physical activity amongst Stroke survivors in Ibadan, Nigeria

Ayodeji A Fabunmi | Gabriel O Oni

11:00-12:20
(London, UK)
Session 35
Mini-Oral

B1

Moderator: Andrea Ramirez Varela, Universidad de los Andes; Global Observatory for Physical Activity- GoPA!

Assistant to Moderator: Kai Kaufman, University of British Columbia

B1.1 Effects of COVID-19 in physical activity and sedentary behaviour in Catalan adults

Lena Reisloh | Angelina Gonzalez-Viana | Conxa Castell | Eva Jané | Joan Colom | Carmen Cabezas

B1.2 Physical activity patterns of young adults during the COVID-19 pandemic

Yousra Amekran | Narjisse Damoun | Abdelkader Jalil El hangouche

B1.3 "When You Move You Have Fun". Perceived barriers, and facilitators of physical activity from a child's perspective

Sarah Nally | Nicola D Ridgers | Angela Carlin | Alison M Gallagher | Jo Salmon | Marie H Murphy

B1.4 Where are tweens active in school playgrounds? A hot-spot analysis using GPS, accelerometer, and GIS data

Thea Toft Amholt | Jasper Schipperijn

B1.5 Effects of active and active structured play on physical activity in preschool children: A systematic review

Carina Nigg | Mirnes Dekanovic | Simon Endes | Claudio R Nigg | Mirko Schmidt

B1.6 Association between the perceived neighbourhood environmental walkability and self-reported physical activity in South African adolescents

Feyisayo A Odunitan-Wayas | Damaris K Musera | Ayanda Africa | Sacha West | Tenielle Venter | Maylene Shung-King | Tolullah Oni | Abby C King | Estelle V Lambert

B1.7 Urban-rural differences in children's and adolescent's physical activity and screen time trends across 15 years

Carina Nigg | Christoph Weber | Jasper Schipperijn | Markus Reichert | Doris Oriwol | Annette Worth | Alexander Woll | Claudia Niessner

B1.8 A social media-based physical activity intervention targeting socially disadvantaged young adults: pilot study

Liane Guenther | Claudia R Pischke

B1.9 The relationship between physical activity and psychological distress among medical students

Abdelkader Jalil El hangouche | Narjisse Damoun | Youssra Amekran

B1.10 Are "sport" esports athletes healthier than "non-sport" esports athletes?

Alex Bodman | Sascha Ketelhut | Claudia Kubica | Claudio Nigg

B1.11 Esports player health status and maximal grip strength: A cross sectional study

Alex Bodman | Sascha Ketelhut | Claudia Kubica | Claudio Nigg

B1.12 Uptake of and engagement with health apps in app stores and on health app portals

Dorothy Szinay | Olga Perski | Andy Jones | Tim Chadborn | Jamie Brown | Felix Naughton

B1.13 The health promoting sports club model (HPSC): An intervention planning framework

Aurélie Van Hoyer | Stacey Johnson | Susanna Geidne | Alex Donaldson | Florence Rostan | Fabienne Lemonnier | Anne Vuillemin

B1.14 Hot topics and trends in sports research related to college students: A bibliometric systematic review

Shuaibo Wang

1:50-3:20
(London, UK)

Session 36
Satellite
Symposium

B7 Indigenous health and wellness workshop

Chair: Dr. Darren Warburton, University of British Columbia
Assistant to Chair: Shannon Field, University of British Columbia
Supported by the Canadian Institutes of Health Research

Highlights from the following featured speakers:

Arctic sports: Games for survival

Kyle Kaayàk'w Worl

Traditional dance

Madeline McCallum

Traditional dance: Métis Jigging

Quinn Pickering

Movement is Medicine

Shannon Field

Wholistic health and wellness

Zakary Myers

1:50-3:20
(London, UK)

Session 37
Symposium

B8: The evaluation of large-scale speed limit policies in two major UK cities

Chair: Karen Milton, University of East Anglia
Assistant to Chair: Gabriel Manalo, University of British Columbia

Study design and methods to evaluate a complex 20mph speed reduction intervention

Paul Kelly, University of Edinburgh

Exploration of the political processes that made large-scale speed limit policies a reality in two major UK cities

Karen Milton, University of East Anglia

Behaviour change and public health outcomes of 20 mph speed limit interventions implemented in two major UK cities

Claire Cleland, Queens University Belfast

1:50-3:20
(London, UK)

B9: Using Physical Activity to Promote Health and Wellness in older age: Lessons Learnt in Three Continents

Session 38
Symposium

Chair: Afroditi Stathi, University of Birmingham

Assistant to Chair: Gemma Tomasky, University of British Columbia

Yoga-based exercise for promoting health in older age: Project results & future directions

Anne Tiedemann, University of Sydney

Using diverse measures and process evaluation to develop a more holistic account of outcomes in a group-based active ageing intervention

Afroditi Stathi, University of Birmingham

1:50-3:20
(London, UK)

B10: Teaming up with schools: Advancing school-based physical activity (PA) initiatives through co-creation

Session 39
Symposium

Chair: John Bartholomew, The University of Texas at Austin

Assistant to Chair: Ryan Chan, University of British Columbia

Experience-based co-design to develop the Creating Active Schools (CAS) Framework

Andy Daly-Smith, Leeds Beckett University

A national approach to co-developing a teacher training programme in physically active learning (PAL)

Geir K Resaland, Western Norway University of Applied Sciences

Co-development of the Finnish Schools on the Move programme with teachers, principals, policymakers and stakeholders – a key for successful implementation?

Tuija Tammelin, LIKES Research Centre for Physical Activity and Health

A European-wide approach to co-develop a PAL curriculum and teacher training programme: The ACTivate project

Amika Singh, Amsterdam UMC, Amsterdam Public Health Research Institute

**1:50-3:20
(London, UK)**

**Session 40
Symposium**

B11: Combining Global Positioning System and Accelerometer data: Tools, methods, and headaches

Chair: Daniel Fuller, Memorial University of Newfoundland

Assistant to Chair: Vienna Nguyen, University of British Columbia

Speakers:

Kevin Stanley, University of Saskatchewan

Christine Voss, University of British Columbia

Meghan Winters, Simon Fraser University

Caislin Firth, Simon Fraser University

Yan Kestens, Université de Montréal

**1:50-3:20
(London, UK)**

**Session 41
Symposium**

B12: Play, Learning, and Teaching Outdoors Network (PLaTO-Net): International consensus on terminology, taxonomy, and ontology

Chair: Peter Bentsen, Center for Clinical Research and Prevention, Frederiksberg Hospital and University of Copenhagen

Assistant to Chair: Ethan Schmitt, University of British Columbia

Vision, mission, and ethos of the PLaTO-Net

Mark S Tremblay, Hospital of Eastern Ontario Research Institute

Process of the PLaTO-Net International Consensus Project on Terminology, Taxonomy, and Ontology

Louise de Lannoy, Outdoor Play Canada

Outcome of the PLaTO-Net International Consensus Project on Terminology, Taxonomy, and Ontology

Eun-Young Lee, Queen's University

1:50-3:20
(London, UK)

Session 42
Symposium

B13: Co-benefits of physical activity in LMIC

Chair: Nana Anokye, Brunel University London; ISPAH LMIC Research Chair of Council

Assistant to Chair: Maddison Chow, University of British Columbia

COVID and Physical Activity in LMIC

Andrea Ramirez Varela, Universidad de los Andes; Global Observatory for Physical Activity- GoPA!

Roll call on sustainable development goals and physical activity

Deborah Salvo, Washington University in St. Louis

Prarthna Mukerjee, Public Health Foundation India

Nexus between obesity, physical activity and diet in LMIC

Kingsley Agyemang, Brunel University London

Alejandra Jauregui, National Institute of Public Health of Mexico

3:30-4:30
(London, UK)

Session 43
Keynote

B3 Elements of Indigenous motivation in physical activity, sport, and life

Introduction: Rosalin Miles, Lytton First Nation and the University of British Columbia

Keynote Speaker: Waneek Horn-Miller, Kahnawake First Nation

4:35-5:55
(London, UK)

Session 44
Parallel Oral

B8 Global Perspectives across the life course

Moderator: Catherine Draper, University of the Witwatersrand; Past President, International Society for Physical Activity and Health

Assistant to Moderator: Shannon Field, University of British Columbia

B8.1 Moderating role of activity on body composition in hypertensive South African children in disadvantaged areas

Nandi Joubert | Cheryl Walter | Rosa du Randt | Ann Aerts | Larissa Adams | Jan Degen | Stefanie Gall | Ivan Müller | Madeleine Nienaber | Siphesihle Nqweniso | Sarah des Rosiers | Harald Seelig | Danielle Smith | Peter Steinmann | Nicole Probst-Hensch | Jürg Utzinger | Uwe Pühse | Markus Gerber

B8.2 Promoting physical activity among children from poor families: four case studies in the Netherlands

Linda Ooms | Vicky Dellas | Kirsten Gutter | Caroline van Lindert

B8.3 Evaluating implementation of a community-based men's health programme "Sheds for Life" in Irish Men's Sheds

Aisling McGrath | Niamh Murphy | Noel Richardson

B8.4 Assessing active transportation among socio-economically disadvantaged adults through participatory Geographic Information Systems: Individual Map Creation

Yasemin Inaç | Nico Van de Weghe | Eva M. De Clercq | Suzannah D'Hooghe | Benedicte Deforche | Delfien Van Dyck | Sarah Dury | Stefanie Vandevijvere | Karin De Ridder

B8.5 "With enthusiasm and energy throughout the day": promoting physical activity in people with intellectual disabilities

Dirk Bruland | Antonia Mauro | Änne-Dörte Latteck

B8.6 National-level physical activity data to understand place-based inequalities: A case study in County Durham, UK

Caroline Dodd-Reynolds | Bilal Ashraf | Adetayo Kasim | Iain Lindsey | Sophie Phillips

B8.7 What are the determinants of physical activity among adults and older adults from the Somali Community in Bristol, United Kingdom?

Janet Ige-Elegbede | Jane Powell | Selena Gray | Paul Pilkington

4:35-5:55
(London, UK)

Session 45
Parallel Oral

B9 Physical activity programming

Moderator: Mayuri Gad, Xavier Institute of Engineering

Assistant to Moderator: Shannon Field, University of British Columbia

B9.1: The formative evaluation of The HERizon Project randomised controlled trial - a home-based physical activity intervention for adolescent girls

Emma S Cowley | Paula M Watson | Lawrence Foweather | Sarahjane Belton | Chiara Mansfield | Gabriella Whitcomb-Khan | Isabella Cacciatore | Andrew Thompson | Dick Thijssen | Anton JM Wagenmakers

B9.2 The 'MED-WELL' programme: An exercise intervention to educate and promote well-being among medical students

Aubree Worobetz | Petrus J Retief | Sinead Loughran | Jane Walsh | Monica Casey | Peter Hayes | Enrique García Bengoechea | Andrew O'Regan | Catherine Woods | Dervla Kelly | Raymond O Connor | Deirdre Mc Grath | Liam G Glynn

B9.3 The potential of an e-cycling intervention to positively impact health and physical activity and health in individuals with Type 2 Diabetes Mellitus

Jessica E Bourne | Ashley Cooper | Sam Leary | Clare England | Dylan Thompson | Robert Andrews | Charlie Foster | Angie Page

B9.4 A realist, participatory, developmental evaluation of Greater Manchester Moving: A whole-of-systems approach to physical activity

Katie Shearn | Emily Woodward-Esseen | Richard Davis-Boreham | Hayley Lever | Tim Crabbe

B9.5 Public health with 'Moving Medicine': A physical activity healthcare education programme in East London

Farhan Shahid | William Wynter Bee | Catherine Lester

B9.6 Tailor-made cardiac rehabilitation for patients with obesity: Results on physical activity, sedentary behaviour, and weight

Iris den Uijl | Rita JG van den Berg-Emons | Madoka Sunamura | Mattie Lenzen | Henk Stam | Eric Boersma | Harelde Kemps | Rutger Brouwers | Nicole Tenbült-van Limpt | Nienke ter Hoeve

B9.7 Using dance to increase physical activity and modify risk factors for falls in older people

Sarah Astill

B9.8 Digital wellness services for young elderly (DigitalWells) program

Tuomas Kari | Markus Makkonen | Christer Carlsson | Pirkko Walden | Lauri Frank

4:35-5:55
(London, UK)

Session 45
Parallel Oral

B10 Public health and policy

Moderator: Anna Chalkley, Western Norway University of Applied Sciences; Executive Board Member, International Society for Physical Activity and Health

Assistant to Moderator: Gemma Tomasky, University of British Columbia

B10.1 Good physical activity practices among young elderly

Tuomas Kari | Markus Makkonen | Christer Carlsson | Pirkko Walden | Lauri Frank

B10.2 Implementing the German National Recommendations for Physical Activity and Physical Activity Promotion: Results Phase-1

Simone Kohler | Natalie Helsper | Lea Dippon | Karim Abu-Omar | Alfred Rütten | Klaus Pfeifer | Jana Semrau

B10.3 Implementing the German National Recommendations for Physical Activity and Physical Activity Promotion: First Results Phase-2

Jana Semrau | Natalie Helsper | Simone Kohler | Lea Dippon | Karim Abu-Omar | Alfred Rütten | Klaus Pfeifer

B10.4 Benchmarking physical activity in Europe: Lessons from the CO-CREATE project

Margarita Kokkorou | Kate Oldridge-Turner | Ioana Vlad | Diva Fanian | Knut-Inge Klepp | Arnfinn Helleve | Anne-Siri Fismen | Sonia Malczyk | Gaironeesa Hendricks | Janetta Harbron | Kate Allen

B10.5 Gaelic Games Coaches' Awareness, knowledge, and perceptions of physical activity and Physical Activity Guidelines

Kevin Gavin | Aoife Lane | Kieran Dowd

B10.6 Associations of meeting different combinations of 24-h movement guidelines with stress and self-rated health

Kaja Kastelic | Željko Pedišić | Dean Lipovac | Nika Kastelic | Si-Tong Chen | Nejc Šarabon

B10.7 Ethiopia's physical activity policy, research and surveillance deficits

Chalchisa Abdeta | Alem Deksisa | Debrework Tesfaye | Andrea Ramírez Varela | Michael Pratt | Pedro C Halla |

4:35-5:55
(London, UK)

Session 46
Parallel Oral

B11 Contemporary factors influencing physical activity behaviour

Moderator: Veronica Jamnik, York University

Assistant to Moderator: Ryan Chan, University of British Columbia

B11.1 Implementation evaluation of secondary level whole school programme: A qualitative inquiry

Fiona McHale | Kwok Ng | Caera Grady | Catherine Norton | Dylan Scanlon | Jemima Cooper | Donal O'Shea | Catherine Woods

B11.2 Determinants of physical activity and sedentary behaviour in Flemish caregiving grandparents: A focus group study

Marie Vermote | Line Van Espen | Benjamin Cuyvers | Benedicte Deforche | Tom Deliens | Eva D'Hondt

B11.3 Menopausal women and physical activity

Anne Elliott | Margaret Volante

B11.4 Identifying physical activity behaviours and population characteristics from secondary smartphone fitness apps

Francesca Pontin | Nik Lomax | Graham Clarke | Michelle Morris

B11.5 Construction and testing: Research on the model of influencing factors of Chinese adolescents' sedentary behavior

Wu Ming | Yang Jian | Li Xin

B11.6 Building health promoting sports clubs: A Participative Concept Mapping Approach

Stacey Johnson | Aurélie Van Hoya | Alex Donaldson | Fabienne Lemonnier | Florence Rostan | Anne Vuillemin

B11.7 Baby steps: Using Intervention Mapping to develop a sustainable perinatal physical activity healthcare intervention

Anna M Dieberger | Mireille NM van Poppel | Estelle D Watson

B11.8 Influences on uptake of and engagement with health apps: A systematic review

Dorothy Szinay | Andy Jones | Tim Chadborn | Jamie Brown | Felix Naughton

4:35-5:55
(London, UK)

Session 47
Parallel Oral

B12 Physical activity, lifestyle factors, and health outcomes

Moderator: Katrien Wijndaele, University of Cambridge

Assistant to Moderator: Vienna Nguyen, University of British Columbia

B12.1 Sedentary behavior and physical activity are associated with endothelial dysfunction and low-grade inflammation

Evelien J Vandercappellen | Annemarie Koster | Hans HCM Savelberg | Simone JPM Eussen | Pieter C Dagnelie | Nicolaas C Schaper | Miranda T Schram | Carla JH van der Kallen | Marleen MJ van Greevenbroek | Anke Wesselius | Casper G Schalkwijk | Abraham A Kroon | Ronald MA Henry | Coen DA Stehouwer

B12.2 Sitting less does not improve insulin sensitivity in adults with metabolic syndrome - a randomized controlled trial

Tanja Sjöros | Saara Laine | Taru Garthwaite | Mikko Koivumäki | Henri Vähä-Ypyä | Eliisa Löyttyniemi | Noora Houttu | Kirsi Laitinen | Harri Sievänen | Tommi Vasankari | Kari K Kalliokoski | Juhani Knuuti | Ilkka HA Heinonen

B12.3 Standing is associated with insulin sensitivity in adults with metabolic syndrome

Taru Garthwaite | Tanja Sjöros | Mikko Koivumäki | Saara Laine | Henri Vähä-Ypyä | Maria Saarenhovi | Petri Kallio | Eliisa Löyttyniemi | Harri Sievänen | Noora Houttu | Kirsi Laitinen | Kari Kalliokoski | Tommi Vasankari | Juhani Knuuti | Ilkka Heinonen

B12.4 Reallocations of movement behaviors and the association with body composition in middle aged and elderly

Marlou Limpens | Amy Hofman | Trudy Voortman

B12.5 Associations of accelerometer-measured physical activity volume and intensity with Incident Cardiovascular Disease: UK Biobank Study

Paddy C Dempsey | Alex Rowlands | Tessa Strain | Katrien Wijndaele | Soren Brage | Francesco Zaccardi | Nathan Dawkins | Cameron Razieh | Melanie Davies | Kamlesh Khunti | Tom Yates

B12.6 The Association of accelerometer-measured sedentary accumulation patterns with Incident Cardiovascular Disease, Cancer, and All-Cause Mortality
Paddy C Dempsey | Tessa Strain | Elisabeth E Winkler | Kate Westgate | Kirsten Rennie | Nicholas J Wareham | Soren Brage | Katrien Wijndaele

B12.7 Joint associations of accelerometer-measured physical activity and BMI with mortality: Harmonized meta-analysis of cohort studies

Jakob Tarp | Morten W Fagerland | Knut Eirik Dalene | Jostein Steene-Johannessen | Bjørge H Hansen | Barbara J Jefferis | Peter Whincup | Keith M Diaz | Steven P Hooker | Virginia J Howard | Ariel Chernofsky | Martin G Larson | Nicole L Spartano | Ramachandran S Vasani | Ing-Mari Dohrn | Maria Hagströmer | Charlotte Edwardson | Thomas Yates | Eric J Shiroma | Paddy C Dempsey | Katrien Wijndaele | Sigmund A Anderssen | I-Min Lee | Ulf Ekelund

4:35-5:55
(London, UK)

Session 48
Parallel Oral

B13 Children and adolescents

*Moderator: Jasper Schipperijn, University of Southern Denmark;
President, International Society for Physical Activity and Health
Assistant to Moderator: Ethan Schmitt, University of British Columbia*

B13.1 Physical activity levels of 4–5-year-old children in the North East of England: An epidemiological study

Dan Jones | Liane Azevedo | Emma Giles | Alison Innerd

B13.2 Level of agreement between physical activity levels determined by accelerometry (ActiGraph) and PAQ-C in 8-year-old children from a black South African population: BC-IT study

Caroline Molete Sedumedi | Makama Andries Monyeki | Xanne Janssen | John J Reilly

B13.3 Development and validation of bioelectrical impedance analysis in predicting total body water and adiposity in 6- to 8-year-old South African school children

Lynn Moeng-Mahlangu | Makama A Monyeki | John J Reilly | Herculina S Kruger

B13.4 The prevalence and changes of postural deformities during the course of adolescence in a cohort of South African adolescents: the PAHL study

Tamrin Veldsman | Makama Andries Monyeki | Lelani Botha | Erna Jana Bruwer

B13.5 Perceived key influencers to promote physical activity among Irish adolescents during first COVID-19 lockdown

Kwok Ng | Caera L Grady | Fiona McHale | Maeve Conneely | Karen Cotter | Donal O'Shea | Catherine Woods

B13.6 Adolescents with disabilities and physical activity during first COVID-19 lockdown

Kwok Ng | Sami Kokko | Tommi Vasankari

4:35-5:55
(London, UK)

Session 49
Parallel Oral

B14 Physical activity and mental health

Moderator: Kabir Sadarangani, Universidad Diego

Assistant to Moderator: Maddison Chow, University of British Columbia

B14.1 Movement behaviours and sleep locked within the 24-hour day: Compositional associations with mental health

Amy Hofman | Trudy Voortman | M Arfan Ikram | Annemarie | Luik

B14.2 Physical activity and mental health among adolescents in Norway: A longitudinal study

Ingeborg Barth Vedøy | Knut Skulberg | Hege Eikeland Tjomsland | Sigmund Alfred Anderssen | Miranda Thurston

B14.3 Depressive and Anxiety Symptoms Differ Based on Doses of Physical Activity and Screen-Time Among Adolescents

Chloe Forte | Darragh O'Sullivan | Cillian McDowell | Ciaran MacDonncha | Matthew P Herring

B14.4 Cardiometabolic risk factors and mental health status among truck drivers: A systematic review

Amber Guest | Yu-Ling Chen | Natalie Pearson | James King | Nicola Paine | Stacy Clemes

B14.5 Device-measured physical activity and incident Psychiatric Disorders

Frederick K Ho | Petermann-Rocha | Solange Para-Soto | Jirapitcha Boonpor | Stuart R Gray | Jill P Pell | Carlos Celis-Morales

B14.6 Understanding the experience of initiating community-based group physical activity by people with serious mental illness: A systematic review using a meta-ethnographic approach

Helen Quirk | Emma Hock | Deborah Harrop | Helen Crank | Emily Peckham | Gemma Traviss-Turner | Katarzyna Machaczek | Brendon Stubbs | Michelle Horspool | Scott Weich | Robert Copeland

B14.7 When mind-body-spirit is built in: Holistic movement practices as an emerging category of physical activity

Ineke Vergeer

4:35-5:55
(London, UK)
Session 50
Mini-Oral 51

B2

Moderator: Karen Milton, University of East Anglia; President Elect, International Society for Physical Activity and Health

Assistant to Moderator: Kai Kaufman, University of British Columbia

B2.1 Gender differences in the associations between physical activity, nature visits and pro-environmental behaviors

Andreia Teixeira | Ronaldo Gabriel | José Martinho | Graça Pinto | Ana Alenção | Helena Moreira

B2.2 The influence of dog ownership on physical activity, pro-environmental behaviors and nature visits

Andreia Teixeira | Ronaldo Gabriel | José Martinho | Mário Santos | Graça Pinto | Helena Moreira

B2.3 Nature visit frequency and its influence on physical activity and pro-environmental behaviors

Andreia Teixeira | Ronaldo Gabriel | José Martinho | Luís Quaresma | Ana Alenção | Helena Moreira

B2.4 Assessing Parks of Delhi – for Physical Activity and Health

Prarthna Mukerjee | Dimple Kondal | Mohammad Tayyab | Garima Rautela | Gyanendra Gongal | Siddharth Mandal | Sailesh Mohan | Dorairaj Prabhakaran | Shifalika Goenka

B2.5 Beyond climate change and active transport: Physical activity as sustainable behavior

Carina Nigg | Claudio R Nigg

B2.6 Translation of the International Physical Activity Questionnaire to Maltese and reliability testing

Karl Spiteri | Kate Grafton | John Xerri de Caro | David Broom

B2.7 Implementing the German National Recommendations for Physical Activity and Physical Activity Promotion: A project overview

Lea Dippon | Simone Kohler | Natalie Helsper | Karim Abu-Omar | Alfred Rütten | Klaus Pfeifer | Jana Semrau

B2.8 Exploring the pleasure and sense of purpose associated with older peoples' activities using ecological momentary analysis

Karen Hancock | Lauren B Sherar | Paul Downward

B2.9 Absolute or relative handgrip strength – Which one is a better cancer risk predictor? Findings from the UK Biobank prospective study

Solange Parra-Soto | Jill P Pell | Carlos Celis-Morales | Frederick K Ho

B2.10 Associations of habitual physical activity and carotid-femoral pulse wave velocity: A systematic review and meta-analysis of observational studies

Rebecca Lear | Brad Metcalf | Gemma Brailey | Michael Nunns | Bert Bond | Melvyn Hillsdon | Richard M Pulsford

B2.11 Experiences of physical activity for individuals with spinal cord injury: A meta-study

Laura Wilcock | Andrew C Sparkes | Adam B Evans | Toni L Williams

B2.12 Evaluation of a nationally delivered workplace step count challenge: Productivity, perceived stress and work engagement

Gemma C Ryde | Simone A Tomaz | Krissi Sandison | Carl Greenwood | Paul Kelly

B2.13 Physical activity at work may not be health enhancing for cardiovascular health

Bart Cillekens | Maaïke A Huysmans | Andreas Holtermann | Willem van Mechelen | Leon Straker | Niklas Krause | Allard J. van der Beek | Pieter Coenen

B2.14 Associations between maternal physical activity and sedentary behavior and mRNA expression of oxidative stress and vascularization markers in term placenta of obese pregnant women: Findings of the DALI study

Saghi Zafarani | Anna Maria Dieberger | Gernot Desoye | David Simmons | Mireille van Poppel

B2.15 Measurement and classification of disability in large-scale physical activity related studies: a scoping review

Shelby Carr | Andrew J Atkin | Andy Jones | Karen Milton

B2.16 Settings privileged for practice of physical activity: Differences in body composition, nature visits and environmental concern

Andreia Teixeira | Ronaldo Gabriel | José Martinho | Mário Santos | Luís Quaresma | Helena Moreira

B2.17 Associations between accelerometer-measured physical activity and Incident Type 2 Diabetes: Findings from the UK Biobank Prospective Cohort Study

Jirapitcha Boonpor | Fanny Petermann-Rocha | Solange Parra-Soto | Frederick K Ho | Carlos Celis-Morales | Stuart R Gray

B2.18 Associations of physical activity fitness, strength and sedentary behaviours with breast cancer risk: Findings from the UK Biobank prospective cohort study

Solange Parra-Soto | Craig Tumblety | Frederick K Ho | Jill P Pell | Carlos Celis-Morales

B2.19 Effects of eight weeks hand ergometry training programme on cardiovascular variables and grip strength of neurological patients

Oluwayomi Aoko | James Esan