



ECSEPS



University
of Windsor

**Eastern Canada Sport and Exercise Psychology
Symposium:**

An AASP International Regional Conference

Report

March 25-26, 2021

University of Windsor



ECSEPS 2021: An AASP International Regional Conference

Overview

The Sport Psychology and Physical Activity Research Collaborative (SPPARC) in the Department of Kinesiology at the University of Windsor hosted the first-ever virtual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS). The SPPARC hosted over 460 students and professionals from across North America and Europe. Over 150 students across Canada presented proposed or completed research projects followed by an opportunity to answer questions live from the audience (see the [program here](#))

The conference was held over two days, March 25th and 26th. According to our responses on our feedback survey, 91% of respondents were satisfied or very satisfied with the conference length. Three concurrent sessions were hosted (83% satisfied or very satisfied). Student conference presentations were pre-recorded and set to the length of 8 minutes and 2-3 minutes for a live Q&A period. Our feedback survey indicated that 84% of presenters were satisfied with the presentation length.

Invited Speakers

The SPPARC was excited to host a number of invited speakers including those who contributed to the welcome ceremony, lunches, and diversity panel. The following sections detail the fantastic speakers and the nature of their presentations and contributions.

Welcome Speakers

As part of the 25th anniversary of ECSEPS, Drs. Natalie Durand-Bush (University of Ottawa) and Gordon Bloom (McGill University) were invited to deliver the opening remarks. Both Drs. Durand-Bush and Bloom were members of the inaugural ECSEPS organizing committee at the University of Ottawa. Their experience attending ECSEPS, as a student and faculty member, put them in a unique position to speak to how far ECSEPS has come over the last 25 years.

Lunch Speakers

Due to the virtual nature of this year's ECSEPS, luncheon sessions were created to enable the attendees to have a networking opportunity. Many of the students who attend ECSEPS plan to pursue a career in academia, however many end up leaving academia following the completion of their masters or doctoral degree. As such, two different lunch sessions were created, lunch with a professor and professional. To reflect the student nature of the conference, young professors were invited. The organizing committee felt that professors only a few years removed from graduate school would be in a great position to give advice to the attendees. The invited professionals represented a wide range of career opportunities, including applied consulting, publishing, and researchers in a private setting.

Diversity Panel

The diversity panel consisted of six individuals representing different diverse groups. The panel represented Black, Asian, Indigenous, LGBTQIA2+, and individuals with a disability. We chose individuals with a connection to the Windsor HK faculty. Panelists included Lancer coaches, and University of Windsor HK graduates. The moderator was an alumna of the University of Windsor and an Asian-Canadian woman offering an intersectional view to supplement that of the panelists. The panel primarily addressed three themes: representation and visibility, influence on career, and activism. The panel was noted informally and in our feedback survey as a "conference favorite".



Exercise Classes

Due to the logistical challenges of hosting a virtual social event, we decided to provide attendees with the opportunity to attend two exercise classes (yoga and strength training) held in the morning prior to the commencement of conference presentations.

Funding

Raising funds is a major part of organizing the conference as it can certainly make a difference in terms of conference quality. Between internal and external funding, we raised \$3,851.15 in direct financing and additional contributions in the form of raffle prizes (e.g., textbooks from Human Kinetics Publishers). Although more funding may be required to host an in-person conference (e.g., providing food and beverage), having this amount of funding allowed us to: 1) offer a virtual conference at no cost, 2) purchase necessary software and equipment (e.g., conference website, Zoom accounts, ethernet cables), and 3) invite an abundance of high-quality guest speakers. We felt that the gracious donations of our sponsors, including AASP, provided us with the opportunity to host an exciting and successful online conference. Most importantly, such funding allowed us to focus our energy on the logistics of delivering an effective online conference rather than crunching numbers.

