



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

2025 PHE Canada Research Forum

Program-at-a-Glance

Thursday, May 1st

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.



Time (EDT)	Event
9:40 - 10:25	<p>Session A-1: Oral Presentations (Fallsview Studio A)</p> <p>Exploring Teachers' and Their Students' Experiences of a School-Based Yoga Program in the Elementary Classroom Leanne Whiting, Dr. Daniel Robinson</p> <p>Using personal meaning maps to explore the process of life skills development across staff in a baseball-for-development summer camp Mandisa Lau</p> <p>Teacher perspectives on the impact of circus arts instruction in physical education Dr. Natalie Houser, JJ Ross, Dr. Dean Kriellaars</p> <p>Health Promoting Schools in Action: Mapping the UpLift Partnership in Nova Scotia to the Canadian Healthy School Standards Dr. Hilary Caldwell</p>
9:40 - 10:25	<p>Session A-2: Oral Presentations (Fallsview Studio B)</p> <p>Examining the impact of the COVID-19 Pandemic on youth sport participation: A longitudinal investigation pre- and post-COVID-19 using the COMPASS Study McKenna Szczepanowski</p> <p>Fresh Air, Fresh Perspectives: COVID-19 and Elementary Teachers' Take on Outdoor Learning, PHE and Mental Health in Schools Julia Nord-Leth</p> <p>Evaluating the effectiveness of a forest and nature school practitioner training program Kylea Keough</p> <p>Land-Based Learning and Its Impact on First Nations Youth: Fostering Well-Being and Cultural Identity Evan Boechler</p>
9:40 - 10:25	<p>Session A-3: Oral Presentations (Fallsview Studio C)</p> <p>I have a story to tell: Learning from the experiences of female physical education teachers. Dr. Louise Humbert</p> <p>Physically Literate Women, May We Know Them and Be Them: Using Participatory Action Research to Explore the Development of Physical Literacy through Grade Nine Girls' Physical Education Dr. Alexandra Stoddart, Dr. Louise Humbert, Sarah Benson</p> <p>Learning about meaningful physical education in action: Insights from preservice teachers' socialization experiences Gabrielle Strittmater, Dr. Kevin Andrew Richards</p> <p>Does the Active Living Alliance still have value in our Canadian landscape? Karen Natho, Christa Costas</p>
9:40 - 10:25	<p>Session A-4: Oval Table (Great Room B)</p> <p>9:40 : 10:10 - A community-based movement education program: Benefits within and beyond campus walls Ashley Johnson, Dr. Nathan Hall</p> <p>9:40 : 10:10 - A critical reframing of PETE courses with innovative strategies to instruct physical activities: More than easy play? Dr. Chunlei Lu, Dr. Joe Barrett, Isabella Villeneuve, Krystal Gray, Joanne Walsh, Kristopher Black, Kaelen Worrall, Dr. Jaime Barratt</p> <p>10:10 – 10:40 - How can PE teachers help students take their learning in PE outside the classroom?: A theoretical review Spencer Briggs</p> <p>10:10 – 10:40 - Quality health education in schools: Where do we go from here? Dr. Hayley Morrison, Dr. Lauren Sulz, Dr. Daniel Robinson</p>

Time (EDT)	Event
10:50 - 11:50	<p>Session B-1: Oral Presentations (Fallsview Studio A)</p> <p>Coming together in a good way- Lessons learned in collaborating alongside early childhood educators in the co-creation of culturally rooted physical literacy enriched opportunities Amanda Froehlich Chow, Dr. Louise Humbert, Natalie Houser, Dr. Marta Erlandson, Mariana Brussoni, Amanda Gannon, Fatima Ali, Kathy Waepah, Erica Stevenson</p> <p>Teachers' experiences facilitating a physical literacy focused physical education program Dr. Marta Erlandson, Dr. Louise Humbert, Natalie Houser</p> <p>Impairments and Barriers to Physical Literacy in Children with Congenital Heart Disease: A Mixed-Methods Study Matthew Chapelski, Natalie E. Houser, Dr. Louise Humbert, Amanda Froelich Chow, Dr. Marta Erlandson</p> <p>Moving Beyond the Desk: Child and Youth Perspectives on Movement Integration in the Classroom Kristina Sobolewski, Dr. Marta Erlandson, Dr. Lee Schaefer, Dr. Alexandra Stoddart, Dr. Louise Humbert</p>
10:50 - 11:50	<p>Session B-2: Oral Presentations (Fallsview Studio B)</p> <p>Evidence of students' experiences from a longitudinal professional development project with physical education teachers Tim Fletcher, Dr. Déirdre Ní Chróinín, Dr. Stephanie Beni, Dr. Douglas Gleddie, Spencer Briggs</p> <p>Multisectoral partnerships in the promotion of health, physical literacy, and physical activity in school contexts under scrutiny: A scoping review Steve McGinley, Dr. LeAnne Petherick</p> <p>Assessing Physical Literacy Across Various Physical Activity Programs: Examining the Validity of a Single Screening Tool Dr. Nathan Hall, Dr. Nicole Chimera</p> <p>Evaluating the impact of physically active learning on Nova Scotian children's health and well-being Julie Campbell</p>
10:50 - 11:50	<p>Session B-3: Oral Presentations (Fallsview Studio C)</p> <p>Building Capacity: New Directions in Physical Education Teacher Education Danielle Bates, Katherine Waterbury, Dr. Wendy Barber</p> <p>Understanding the process of student engagement in school health promotion: A participatory co-design approach with Youth Engagement Coordinators Julia Kontak</p> <p>Examining the 24-hour movement guidelines among children and youth in Newfoundland & Labrador Brienne Chafe</p> <p>The Unstable Foundation of Health Education in Canada: A Critical Consideration of Health Education Teacher Education (HETE) within Canadian Universities Dr. Lauren Sulz, Dr. Daniel Robinson, Dr. Hayley Morrison, Dr. Douglas Gleddie</p>
10:50 - 11:50	<p>Session B-4: Oval Table (Great Room B)</p> <p>10:50 – 11:20 - Positive Education: An innovative approach to student mental health Krystal Gray, Dr. Chunlei Lu, Isabella Villeneuve</p> <p>10:50 – 11:20 - Reconceptualizing understandings of 'healthy eating' and nutrition education in Canada: Conversations about how we can do better Andrea Kirkham, Dr. Joe Barrett, Amy MacDonald</p> <p>11:20 – 11:50 - What is a 'champion' teacher and why does it matter? Implications for innovation and continuous professional development in PE Dr. Stephanie Beni, Dr. Tim Fletcher, Dr. Déirdre Ní Chróinín, Anita MacDougall, Ty Riddick, Spencer Briggs</p>

Graduate Student World Cafe

Time (EDT)	Event
12:10 - 12:40	<p>Graduate Student World Cafe (Great Room B)</p> <p>#1 Les stratégies d'enseignement en EPS utilisées au secondaire pour favoriser le développement de l'autonomie et la responsabilisation des élèves sur l'adoption d'un mode de vie sain et actif Camille Gilbert</p> <p>#2 The interplay of gender and social support on sport participation among Canadian youth: What facilitates youth sport participation? McKenna Szczepanowski</p> <p>#3 Navigating Gendered Terrain: A Critical Feminist Exploration of Physical Education Teachers' Experiences with Classroom Management Emma Lewis</p> <p>#4 Enhancing Equity, Diversity, Inclusion, and Accessibility (EDIA) Excellence in Adaptive Exercise Programs Meryem Filiz</p> <p>#5 Embracing Roots, Building Bridges: Reimagining Decolonization and Indigenization in Multicultural Physical Literacy Education for New Beginnings Justin Nguyen</p> <p>#6 Teachers' and students' experiences with nature-based physical activity as a means of fostering nature literacy Maya Mallory & Merah Gasmoo</p>

Time (EDT)	Event
2:00 - 3:00	<p>Session C-1: Oral Presentations (Fallsview Studio A)</p> <p>Skennen'kó: A narrative inquiry into experiences of collaboration and co-composing culturally grounded physical health education programming Derek Wasyliw, Dr. Lee Schaefer, Dr. Jean Clandinin</p> <p>Indigenous voices: Exploring pathways of Indigenous post-secondary student-athletes Megan Tomyln, Dr. Lee Schaefer</p> <p>Indigenous Students Experiences in Physical Education Across North America, Australia, and New Zealand: A Scoping Review Brittany Giles</p>
2:00 - 3:00	<p>Session C-2: Oral Presentations (Fallsview Studio B)</p> <p>Game changers: school sport as a resource of hope for students with disabilities Dr. Lynn Randall, Dr. Daniel Robinson, Sherra Rogers, Dr. Joe Barrett, Dr. William Walters, Shamus Campball, Dr. Stephen Berg</p> <p>Beyond Boccia: Volunteer perspectives on quality participation in an 8-week program for athletes with disabilities Shawn Arora, Karen Natho</p> <p>Growing with Joy: Positive Early Childhood Education Isabella Villeneuve, Dr. Chunlei Lu, Krystal Gray, Dr. Jaime Barratt</p> <p>Niagara Region Early Childhood Educators' Experiences promoting Physical Literacy in Preschool Classroom Dr. Jaime Barratt, Gabriella Pucci, Dr. Chunlei Lu, Isabella Villeneuve</p>
2:00 - 3:00	<p>Session C-3: Disrupt and Dismantle Panel Discussion (Fallsview Studio C)</p> <p>Edu-tourism: A Critical Examination of Power Dynamics in Physical and Health Education, Evaluation and Research within Low-resource settings Dr. Lucie Lévesque, Dr. Jo Sheppard, Danielle Walwyn</p>

Time (EDT)	Event
3:10 - 4:10	<p>Session D-1: Oral Presentations (Fallsview Studio A)</p> <p>Fear of Backlash?: Antiracist Social Emotional Learning in Elementary Classrooms Alana Toporowski, Twyla Salm</p> <p>Speaking their 'truths': an analysis of post-secondary students understanding of privilege Dr. Fabiana Turelli, Jay Johnson</p> <p>Acculturation and Identity Exploration among Newcomer Youth in Canada Through Community-Based Recreational Sport: Positive Youth Development and Culturally Sustaining Pedagogy Younghoon Lee, Dr. Kyoung June Yi</p> <p>"Champions of Inclusion and Diversity through Meaningful Physical Education" (CHAMP-INC-MPE). Dr. Raúl Eirín-Nemiña</p>
3:10 - 4:10	<p>Session D-2: Oral Presentations (Fallsview Studio B)</p> <p>Physical and Health Education Canada Mentorship Program Inquiry: A Meaningful Experience for Mentors Stephanie Roy, Kelsey Urban, Dr. Daniel Robinson, Dr. William Walters</p> <p>The Amazing Feeling of Becoming 'The Physical Education Teacher': Changes in PST's Identity When Experiencing a CoP in a PETE Program. Dr. Luiza Goncalves, Dr. Melissa Parker</p> <p>Examining the Impact of Mental Health Literacy and HEARTcare Planning for Pre-Service Teachers. Dr. Chris Gilham, Dr. Astrid Kendrick, Damian Page, Brandon Hamilton, Mickey Jutras</p>
3:10 - 4:10	<p>Session D-3: Disrupt and Dismantle Panel Discussion (Fallsview Studio C)</p> <p>Navigating the Crisis: Sustaining PHETE in Higher Education Dr. Lee Schaefer, Dr. Lauren Sulz, Dr. Daniel Robinson, Evan Boechler, Dr. Douglas Gleddie</p>

Time (EDT)	Event
4:20 - 5:20	<p>Session E-1: Oral Presentations (Fallsview Studio A)</p> <p>Addressing the wicked problem of teacher burnout: A trans-systemic health promotion approach to supporting in-service and pre-service teachers Dr. Lisa M. Taylor</p> <p>Burnout as a Badge of Honour: A duoethnography on the culture of Health and Physical Education for two high school teachers Sarah Succee</p> <p>The Physical, Social, and Professional Isolation of Physical Education Teachers Dr. William Walters, Dr. Daniel Robinson, Dr. Wendy Barber</p> <p>The Road Travelled: Bumps, Turns, and Superhighways Dr. Sandra Gibbons, Dr. Louise Humbert</p>
4:20 - 5:20	<p>Session E-2: Oral Presentations (Fallsview Studio B)</p> <p>Evaluation of a health and physical education graduate program using a Deweyan inspired framework. Dr. Douglas Gleddie, Dr. Lauren Sulz, Dr. Hayley Morrison, Melissa Bird</p> <p>Contemporary Physical Education Curricula Across Canada: An Overview and Analysis Dr. Daniel Robinson, Dr. Lauren Sulz, Dr. Hayley Morrison, Dr. Joe Barrett</p> <p>Democratization of Physical Education Teacher Education: Examining Two Teacher Educators' Experiences Dr. Luiza Goncalves, Dr. Tim Fletcher</p> <p>University Students' Reflections on Experiencing Alternative Environment Activities (AEAs) in Physical Education Natasha Kuehnen, Dr. Nathan Hall</p>
4:20 - 5:20	<p>Session E-3: Disrupt and Dismantle Panel Discussion (Fallsview Studio C)</p> <p>Towards a New Generation of Teaching Personal and Social Responsibility Sylvie Beaudoin, Michael Hemphill, Kellie Baker</p>

2025 PHE Canada Research Forum

Keynote Address



Dr. Michael Hemphill

Associate Professor in the Faculty of
Kinesiology
University of North Carolina at
Greensboro (NC, United-States)

Keynote Speaker **Dr. Michael Hemphill**

Towards a Restorative Future for Physical Education

This presentation will highlight current trends in physical education scholarship and practice through the lens of restorative justice. Participants will be encouraged to think about how the “mighty currents” in physical education today can move us toward a restorative future in physical education and teacher education.

Discours liminaire du Forum de recherche

2025



Dr. Michael Hemphill

Professeur associé à la faculté de
kinésiologie
Université de Caroline du Nord à
Greensboro (C-N, États-Unis)

Orateur principal **Dr. Michael Hemphill**

Vers un avenir réparateur pour l'éducation physique

Cette présentation mettra en lumière les tendances actuelles en matière de recherche et de pratique de l'éducation physique à travers le prisme de la justice réparatrice. Les participants seront encouragés à réfléchir à la manière dont les « courants puissants » de l'éducation physique d'aujourd'hui peuvent nous faire avancer vers un avenir réparateur en matière d'éducation physique et de formation des enseignants.