

# 2022 ASPA Conference

## DAY 1

| Time            | Coffee area                               | Wadawurrung 1  | Wadawurrung 2                                       | Social Venue (TBC)                        |
|-----------------|---|--|---|---|
| 8:30–8:55       | Registration and distribution of nametags |  |   |   |
| 9:00–9:30       |   | Welcome to Country   |   |   |
| 9:30–9:40       |   | Welcome to Day 1<br>David Dunstan  |   |   |
| 9:40–10:30      |   | KEYNOTE 1: <i>Let's take scale up out of the too hard basket: the Choose to Move story</i><br>Professor Heather McKay<br>The University of British Columbia                |   |   |
| 10:30–11:00     | Morning tea                               | (Deakin Downton staff rearranges rooms)  |   |   |
| 11:00–12:00     |   | <a href="#">Orals Adolescents and Youth</a>  | <a href="#">Orals Older Adults</a>                  |   |
| 12:00–13:00     |   | <a href="#">Orals Children</a>   | <a href="#">Orals Policy</a>                        |   |
| 13:00 – 14:00   | Lunch                                     | (no room rearrangement required)   |   |   |
|                 |   | <a href="#">e-Posters - Session 1 (start 13:15)</a>  | <a href="#">e-Posters - Session 2 (start 13:15)</a> |   |
| 14:00 – 15:00   |   | <a href="#">Special Interest Group Physical Literacy</a>   | <a href="#">Orals Health Outcomes</a>               |   |
| 15:00 – 16:00   |   | <a href="#">Special Interest Group School-based Physical Activity</a>  | <a href="#">Orals Workplace</a>                     |   |
| 16:00 – 16:20   | Afternoon tea                             |  |   |   |
| 16:20 – 16:50   |   | ASPA Annual General Meeting  |   |   |
| 16:50 – 17:40   |   | KEYNOTE 2: <i>Decolonising physical activity – gym-selfies, Pokemon, and the pursuit of Indigenous knowledge</i><br>Dr Isaac Warbrick<br>Auckland University of Technology |   |   |
| 17:40 – 17:50   |   | Closing remarks on Day 1<br>David Lubans, Member of the Scientific Committee   |   |   |
| 18:00 – onwards |   |  |   | Social event: drinks, food and networking |

# DAY 2

| Time          | Coffee area      | Wadawurrung 1  | Wadawurrung 2   | Gunditjmara 1                                       |
|---------------|------------------|--|---|---|
| 8:30 – 8:55   | Delegates arrive |  |   |   |
| 9:00 – 9:10   |                  | <b>Welcome to Day 2</b><br>Kylie Hesketh, Member of the Scientific Committee   |   |   |
| 9:10 – 10:00  |                  | <b>KEYNOTE 3: <i>Achieving success in advocating for physical activity – from evidence to influence</i></b><br>Adjunct Professor Trevor Shilton, Consultant, Curtin University and University of Western Australia |   |   |
| 10:00 – 10:20 | Morning tea      |  |   |   |
| 10:20 – 11:50 |                  | <a href="#">Orals</a><br><a href="#">Active Transport</a>  | <a href="#">Orals</a><br><a href="#">e-Health</a>                     | <a href="#">Orals</a><br><a href="#">Free Orals</a> |
| 11:50 – 12:50 |                  | <a href="#">Workshop</a><br><a href="#">Advocacy group</a>   | <a href="#">Special Interest Group</a><br><a href="#">Health Care</a> | <a href="#">Orals</a><br><a href="#">Families</a>   |
| 12:50 – 13:50 | Lunch            | (no room rearrangement required)   |   |   |
|               |                  | <a href="#">e-Posters - Session 3 (start 13:00)</a>  | <a href="#">e-Posters - Session 4 (start 13:00)</a>                   | <a href="#">e-Posters - Session 5 (start 13:00)</a> |
| 13:50 – 14:50 |                  | <a href="#">Special Interest Group</a><br><a href="#">Scale-Up Physical Activity</a>   | <a href="#">Workshop</a><br><a href="#">Early Career Network</a>      | <a href="#">Orals</a><br><a href="#">Schools</a>    |
| 14:50 – 15:10 | Afternoon tea    |  |   |   |
| 15:10 – 16:00 |                  | <b>KEYNOTE 4: <i>Empowering children with disabilities to get active through physical activity</i></b><br>Professor Cindy Sit<br>The Chinese University of Hong Kong   |   |   |
| 16:00 – 16:20 |                  | <b>Awards and conference closing remarks</b><br>Lisa Mackay and David Lubans, Members of the Scientific Committee  |   |   |

## ADOLESCENTS AND YOUTH

| ID  | Title   | Presenter           |
|-----|---|---------------------|
| 119 | The cross-sectional and longitudinal relationships between sport participation and mental health and educational outcomes in adolescents                                | Katherine Owen      |
| 128 | "Variety is the Spice of Life": Wellbeing benefits of sport participation during adolescence and stronger associations with a balanced approach                         | Justin Richards     |
| 117 | Physical activity participation inequities among young adults in Aotearoa New Zealand   | Oliver W. A. Wilson |
| 122 | Effects of exercise intensity on older adolescents' stress: The 'STress-Reactivity after Exercise in Senior Secondary Education' (STRESSED) randomized controlled trial | Jordan J. Smith     |
| 157 | Strategies for adolescents to shift from short car travel to walking or cycling: a qualitative study  | Venurs Loh          |

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| <b>Session</b>                                    |      |
| Monday 28th November 11:00 – 12:00, Wadawurrung 1 |      |
| <b>Chair</b>                                      |      |
| David Lubans                                      |      |
| <b>Presentation time</b>                          | 0:08 |
| <b>Question time</b>                              | 0:02 |
| <b>Number of presentations</b>                    | 5    |
| <b>Total time</b>                                 | 0:50 |
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## OLDER ADULTS

| ID  | Title   | Presenter        |
|-----|---|------------------|
| 107 | Accelerometer data processing methods in the Active Choices Program: Application of machine learning methods for activity recognition | Stewart G. Trost |
| 44  | Pilot trial of active choices: a support program to promote self-managed physical activity in Australian veterans                     | Nick Gilson      |
| 61  | Predictors of Physical Activity 10 Months Following a Supervised Exercise Intervention in People with Type 2 Diabetes                 | Emily Cox        |
| 85  | A home-based balance and strength exercise program delivered via workshops for preventing falls in older people: a RCT                | Amanda Bates     |
| 95  | Exercise or Socialise: Directional Relationships Between Physical Activity and Loneliness in Older American Adults                    | Daniel Surkalim  |

### Session

Monday 28th November 11:00 – 12:00, Wadawurrung 2

### Chair

Bridget Foley

Presentation time

0:08

Question time

0:02

Number of presentations

5

Total time

0:50

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## CHILDREN

| ID  | Title  | Presenter           |
|-----|--|---------------------|
| 115 | 2022 Aotearoa New Zealand Physical Activity Report Card for Children and Youth: Inequities based on social deprivation                                   | Oliver W. A. Wilson |
| 73  | Strong Culture, Healthy Lifestyles: A mixed methods feasibility study for a co-designed afterschool cultural program for Australian Aboriginal children. | Rebecca Stanley     |
| 124 | Utilising compositional data analysis to investigate 24-hour time-use behaviours and obesity outcomes in New Zealand children                            | Scott Duncan        |
| 130 | Play Active Intervention for Early Childhood Education and Care: Preliminary findings from a pragmatic trial   | Hayley Christian    |
| 125 | Prevalence and correlates of physical activity, screen time and sleep among North Pacific children: The Children's Healthy Living Program                | Sarah T. Ryan       |
| 81  | Natural outdoor environments are associated with young children's physical activity behaviours   | Phoebe George       |
| 93  | Exploring children's self-reported activity compensation: The REACT Study  | Brittany Swelam     |
| 110 | Compliance with WHO guidelines for physical activity, sedentary behaviour, and sleep in preschool-age children: The SUNRISE Mongolia Pilot Study         | Ankhmaa Byambaa     |

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| <b>Session</b>                                    |      |
| Monday 28th November 12:00 – 13:00, Wadawurrung 1 |      |
| <b>Chair</b>                                      |      |
| Jordan Smith                                      |      |
| <b>Presentation time</b>                          | 0:05 |
| <b>Question time</b>                              | 0:01 |
| <b>Number of presentations</b>                    | 8    |
| <b>Total time</b>                                 | 0:48 |
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POLICY

| ID  | Title  | Presenter                    |
|-----|--|------------------------------|
| 133 | Te Hau Kori: Addressing the gap between physical activity research, policy and practice through organisational co-design and genuine partnership | Geoff Kira   Justin Richards |
| 105 | Development of physical activity and screen-time guidelines for Outside-School Hours Care: an international Delphi study                         | Rosa Virgara                 |
| 87  | Implementing a community-based physical activity program - core findings and results   | Thomas Skovgaard             |
| 88  | Physical activity during pregnancy - reflections on guideline development  | Wendy Brown                  |
| 86  | Co-creation of a globally relevant physical activity United Nations Topic Brief to support Health-Promoting Schools and Systems                  | Dot Dumuid                   |
| 159 | Physical activity policies in Gulf Cooperation Council countries: A qualitative study with stakeholder interviews in Saudi Arabia and Oman       | Ali Alzahrani                |
| 142 | 24-Hours movement behaviour policies in the early childhood education and care setting: An international scoping review                          | Elizabeth Wenden             |
| 109 | Implementing school-based physical activity - a national case study  | Thomas Skovgaard             |

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| <b>Session</b>                                    |      |
| Monday 28th November 12:00 – 13:00, Wadawurrung 2 |      |
| <b>Chair</b>                                      |      |
| Angus Leahy                                       |      |
| <b>Presentation time</b>                          | 0:05 |
| <b>Question time</b>                              | 0:01 |
| <b>Number of presentations</b>                    | 8    |
| <b>Total time</b>                                 | 0:48 |
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## HEALTH OUTCOMES

| ID  | Title   | Presenter               |
|-----|---|-------------------------|
| 24  | Interrupting prolonged sitting with resistance exercises reduces postprandial glycemia and insulinemia in those with the lowest habitual physical activity levels | Jennifer Gale           |
| 112 | 'As Māori' activity in the taiao (natural environment) to advance Māori wellbeing   | Paora Te Hurihanganui   |
| 135 | Sedentary behaviour and lung cancer risk: A Mendelian randomization analysis  | Brigid M. Lynch         |
| 103 | Cross-sectional associations of movement behaviour pattern compositions with adiposity and quality of life in Australian children                                 | Simone JJM Verswijveren |
| 37  | Occupational correlates of physical activity and associations with psychosocial health among school teachers in NSW   | Lucy Corbett            |
| 123 | Accelerometer-measured intensity-specific physical activity, genetic predisposition and incident type 2 diabetes: a prospective cohort study                      | Mengyun Luo             |
| 149 | Impacts of Changing Desk-Based Workers' Sitting, Standing and Stepping Time on Musculoskeletal Pain   | Francis Dzakpasu        |
| 31  | Mentally-passive versus mentally-active sedentary behaviours and children's mental health: cross-sectional and longitudinal associations                          | Kar Hau Chong           |

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| <b>Session</b><br>Monday 28th November 14:00 – 15:00, Wadawurrung 2 |      |
| <b>Chair</b><br>Anna Jansson  |      |
| <b>Presentation time</b>  | 0:05 |
| <b>Question time</b>  | 0:01 |
| <b>Number of presentations</b>                                      | 8    |
| <b>Total time</b>   | 0:48 |
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## WORKPLACE

| ID | Title   | Presenter           |
|----|---|---------------------|
| 40 | High-intensity interval training and cardio-respiratory fitness in truck drivers: A pilot cluster randomised controlled trial of 'Fit2Drive'  | Nicholas Gilson     |
| 74 | Acceptability of the MoveMore@Work Intervention   | Elaine Hargreaves   |
| 36 | The effects of moving more at work on activity, wellbeing and cardiometabolic biomarkers: A pilot and feasibility study.  | Meredith Peddie     |
| 69 | Redesigning occupational physical activity and sedentary time using the Goldilocks Work Paradigm: Finding the job design that is 'Just Right'                                       | Stephanie E Chappel |
| 54 | Revisiting the 'physical activity paradox' in a Chinese context: Occupational physical activity and mortality in 142,302 urban working adults from the China Kadoorie Biobank Study | Mengyun Luo         |

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| <b>Session</b>                                    |      |
| Monday 28th November 15:00 – 16:00, Wadawurrung 2 |      |
| <b>Chair</b>                                      |      |
| Scott Duncan                                      |      |
| <b>Presentation time</b>                          | 0:08 |
| <b>Question time</b>                              | 0:02 |
| <b>Number of presentations</b>                    | 5    |
| <b>Total time</b>                                 | 0:50 |
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## ACTIVE TRANSPORT

| ID  | Title   | Presenter         |
|-----|---|-------------------|
| 114 | Socio-economic Variations in Diversity of Commuting Modes   | Takemi Sugiyama   |
| 60  | Piloting a novel citizen science approach for auditing rural walkability in Australia   | Verity Cleland    |
| 65  | Impacts of fare-free buses on ridership and physical activity: A retrospective cross-sectional study  | Verity Cleland    |
| 50  | Differing pathways of effect exist between individual-level factors and transport-related physical activity across the lifecourse: A structural equation modelling approach | Jack Evans        |
| 43  | A prospective study of the impact of COVID-19-related social restrictions on physical activity, transport behaviour and attitudes   | Oliver Stanesby   |
| 129 | The potential contribution of public transport use to meeting physical activity guidelines among Victorian adults   | Anthony Walsh     |
| 47  | Understanding parental support for infrastructure and policy changes that support active travel on the journey to and from school   | Shannon Sahlqvist |
| 121 | Population Subgroups with Distinct Active and Sedentary Travel Behaviours defined by Sociodemographic and Environmental Characteristics: A Decision Tree Approach           | Manoj Chandrabose |

### Session

Tuesday 29th November 10:20 – 11:50, Wadawurrung 1

### Chair

Angeliek Verdonschot

**Presentation time**

0:08

**Question time**

0:02

**Number of presentations**

8

**Total time**

1:20

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## E-HEALTH

| ID  | Title  | Presenter            |
|-----|--|----------------------|
| 94  | Increasing physical activity levels of Australian adults with Digital Personal Walking Plans   | Elizabeth A Calleja  |
| 27  | mHealth to support participation in resistance training using outdoor gym equipment: Behavioural and Social-cognitive outcomes from the ecofit effectiveness RCT | Ronald Plotnikoff    |
| 82  | Understanding super engaged users in the 10,000 Steps online physical activity program   | Corneel Vandelanotte |
| 134 | Men's perceived mental and physical benefits of participating in a Gender-Tailored eHealth Program: Qualitative Findings from the SHED-IT Recharge Trial         | Ryan Drew            |
| 104 | Feasibility, acceptability, and potential efficacy of a virtual physical activity program in primary and secondary schools: a quasi-experimental study           | Kayla Elliott        |
| 30  | Process evaluation of an mHealth resistance and aerobic physical activity intervention: The ecofit effectiveness randomised controlled trial                     | Anna Jansson         |
| 89  | Keeping older people moving: The Safe Exercise at Home website   | Courtney West        |
| 23  | Technology-supported physical activity course for increasing physical activity levels of university students: System development and pilot implementation        | Kuston Sultoni       |

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| <b>Session</b><br>Tuesday 29th November 10:20 – 11:50, Wadawurrung 2 |      |
| <b>Chair</b><br>Corneel Vandelanotte                                 |      |
| <b>Presentation time</b>   | 0:08 |
| <b>Question time</b>   | 0:02 |
| <b>Number of presentations</b>                                       | 8    |
| <b>Total time</b>  | 1:20 |
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## FREE ORALS

| ID  | Title  | Presenter                                 |
|-----|--|---|
| 62  | Physical Activity Promotion by Health Professionals in Australian Hospitals- a cross sectional study   | Kate Purcell                              |
| 66  | Enhancing physical activity time in organised youth sport: Coaches' perspectives   | Kate Ridley                               |
| 79  | Adapting for a real-world trial: Scaling-up an early childhood education and care physical activity intervention — Play Active                       | Matthew McLaughlin                        |
| 111 | Measurement properties of the Physical Literacy Assessment for Youth tools in Western Australian children aged five to seven years                   | Lynn Jensen                               |
| 22  | A scoping review of financial incentive interventions that reduce the costs of children's participation in sport and active recreation               | Bridget C Foley                           |
| 75  | Longitudinal associations of physical activity and sedentary behaviour with health-related quality of life in school-aged boys and girls             | Katherine Downing                         |
| 98  | Physical activity and sedentary behaviour in before school care services — an observational study  | Andrew J. Woods                           |
| 132 | Adapting TransformUS- a whole-of-school physical activity programme, for Secondary schools: a participatory approach                                 | Ana María Contardo-Ayala   Natalie Lander |
| 41  | Physical activity, sedentary behaviour, and educational outcomes among Australian university students: Cross-sectional and longitudinal associations | Lena Babaeer                              |
| 55  | Equivalent activity and diet behaviour options for reducing adiposity  | Dot Dumuid                                |
| 67  | Socio-economic factors associated with vigorous gardening participation  | Nyssa Hadgraft                            |
| 118 | Weekly and annual fluctuations in weight in Australian adults: identifying risk periods and intervention targets                                     | Carol Maher                               |
| 131 | A qualitative exploration of families' screen use experiences, and intervention suggestions  | Lauren Arundell                           |

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| <b>Session</b><br>Tuesday 29th November 10:20 – 11:50, Gunditjmara 1 |      |
| <b>Chair</b><br>Levi Wade  |      |
| <b>Presentation time</b>   | 0:05 |
| <b>Question time</b>   | 0:01 |
| <b>Number of presentations</b>                                       | 13   |
| <b>Total time</b>  | 1:18 |
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## FAMILIES

| ID  | Title  | Presenter           |
|-----|--|---------------------|
| 84  | Physical activity, organised sports and sitting time among mothers of culturally and linguistically diverse background     | Susan Paudel        |
| 108 | Is children's self-reported physical literacy associated with parent-reported physical activity?                           | Jingwen Xu          |
| 116 | Whanau (Families) in sport: Parent volunteering and rangatahi (young people's) physical literacy development.              | Lara Andrews        |
| 76  | Associations between accelerometer derived and parent reported physical activity and emotional self-regulation in toddlers | Abhigale F L D'Cruz |
| 58  | Associations between parents' physical activity and their parenting confidence   | Cynthia Smith       |

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| <b>Session</b>                                     |      |
| Tuesday 29th November 11:50 – 12:50, Gunditjmara 1 |      |
| <b>Session</b>                                     |      |
| Dylan Cliff  |      |
| <b>Presentation time</b>                           | 0:08 |
| <b>Question time</b>                               | 0:02 |
| <b>Number of presentations</b>                     | 5    |
| <b>Total time</b>                                  | 0:50 |
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## SCHOOL

| ID  | Title  | Presenter        |
|-----|--|------------------|
| 126 | School-delivered physical activity and sedentary behaviour interventions in children and adolescents with disability: a systematic review                      | Emiliano Mazzoli |
| 80  | Scale-up of an effective implementation strategy to increase teacher delivery of physical activity in primary schools  | Alix Hall        |
| 100 | Does high intensity interval training within Physical Education improve health-related fitness and adiposity?  | Petra Juric      |
| 120 | "Healthy Active Learning": 1-year follow-up evaluation to inform local co-design of a national cross-government physical activity initiative                   | Neil Snowling    |
| 39  | Teachers' perceptions of high-intensity activity breaks for senior school students: Findings from the Burn 2 Learn cluster randomised controlled trial         | Angus Leahy      |
| 113 | Associations between 24-hour movement behaviours and executive functions in preschool children: A compositional analysis                                       | Dylan P. Cliff   |
| 106 | Physical activity and screen-time in Outside School Hours Care across Australia: current versus best practice.   | Rosa Virgara     |
| 46  | Effects of classroom-based resistance training with and without cognitive training on adolescents' cognitive function, on-task behaviour, and muscular fitness | Katie Robinson   |

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| <b>Session</b><br>Tuesday 29th November 13:50 – 14:50, Gunditjmara 1 |      |
| <b>Chair</b><br>Nick Riley   |      |
| <b>Presentation time</b>   | 0:05 |
| <b>Question time</b>   | 0:01 |
| <b>Number of presentations</b>                                       | 8    |
| <b>Total time</b>  | 0:48 |
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## E-POSTER PRESENTATIONS

| Session                          | ID | Title  | Presenter                |
|----------------------------------|----|--|--------------------------|
| Session 1 - Day 1, Wadawurrung 1 | 25 | A Systematic Review Investigating the Effects of Implementing Game-Based Approaches in School-Based Physical Education among Primary School Children                 | Jin Yan                  |
| Session 1 - Day 1, Wadawurrung 1 | 26 | Mapping and analysis of laws influencing built environments for walking and cycling in Australia   | Tracy Nau                |
| Session 1 - Day 1, Wadawurrung 1 | 29 | Concurrent validity of in-app assessments of a multicomponent fitness app  | Anna Jansson             |
| Session 1 - Day 1, Wadawurrung 1 | 32 | Chinese Students' Activity Modalities, Instructional Settings, and Teacher and Student Perspectives During Primary School Physical Education Classes: A Cross-       | Jin Yan                  |
| Session 1 - Day 1, Wadawurrung 1 | 33 | A systematic review of the associations between motor competence and executive functions in children and adolescents   | Ran Bao                  |
| Session 1 - Day 1, Wadawurrung 1 | 34 | School-based program to support adolescents' participation in muscle-strengthening exercise: Description and rationale for a hybrid type 3                           | Hayden Thomas Kelly      |
| Session 1 - Day 1, Wadawurrung 1 | 35 | Association between physical fitness and low back pain: the PEPE cross-sectional study   | Josep Vidal-Conti        |
| Session 1 - Day 1, Wadawurrung 1 | 41 | Physical activity, sedentary behaviour, and educational outcomes among Australian university students: Cross-sectional and longitudinal associations                 | Lena Babaeer             |
| Session 1 - Day 1, Wadawurrung 1 | 49 | How do children understand and make sense of their active mobilities and urban space?  | Himashini (Hima) Whitley |
| Session 1 - Day 1, Wadawurrung 1 | 51 | Use of behaviour change techniques (BCTs) in physical activity programs and services for older adults: findings from a rapid review                                  | Heidi Gilchrist          |
| Session 1 - Day 1, Wadawurrung 1 | 52 | Time-efficient physical activity intervention for older adolescents with disability: Study protocol for the Burn 2 Learn adapted cluster randomised controlled trial | Angus Leahy              |
| Session 1 - Day 1, Wadawurrung 1 | 53 | Regular exercise reduces the risk of mortality in socially isolated older adults: The Otassha Study  | Manami Ejiri             |
| Session 2 - Day 1, Wadawurrung 2 | 55 | Equivalent activity and diet behaviour options for reducing adiposity  | Dot Dumuid               |
| Session 2 - Day 1, Wadawurrung 2 | 56 | Longitudinal associations between city size and step count among a nationally-representative sample of Japanese adults over the last quarter century                 | Shigeru Inoue            |
| Session 2 - Day 1, Wadawurrung 2 | 57 | Active Play Profile of School Children in Ethiopia: Results from Ethiopia's 2022 Report Card   | Chalchisa Abdeta         |
| Session 2 - Day 1, Wadawurrung 2 | 59 | The effects of a school-based leadership program for primary school students: Rationale and protocol for the 'Learning to Lead' RCT                                  | Levi Wade                |
| Session 2 - Day 1, Wadawurrung 2 | 63 | How many steps do people without habitual exercise take per day? Results from the National Health and Nutrition Survey Japan   | Shiho Amagasa            |
| Session 2 - Day 1, Wadawurrung 2 | 67 | Socio-economic factors associated with vigorous gardening participation  | Nyssa Hadgraft           |
| Session 2 - Day 1, Wadawurrung 2 | 70 | Exploring the potential for citizen science to monitor and improve walkability in underserved communities  | Roger Lay                |
| Session 2 - Day 1, Wadawurrung 2 | 71 | A narrative review of the effects of acute exercise on non-clinical anxiety  | Madeleine Connor         |
| Session 2 - Day 1, Wadawurrung 2 | 72 | Longitudinal changes in children's 24-hour activity compositions over two school years   | Aaron Miatke             |
| Session 2 - Day 1, Wadawurrung 2 | 77 | Preschool children are more active in non-home residences than local parks? A mixed-methods study using GPS, GIS and accelerometry data.                             | Pulan Bai                |
| Session 2 - Day 1, Wadawurrung 2 | 78 | A face-to-face- and web-based blended intervention to promote physical activity, diet, and health-related outcomes among community-dwelling elderly: a study         | Yanping DUAN             |
| Session 3 - Day 2, Wadawurrung 1 | 90 | Multi-stage dissemination of the movement guidelines for young children in early childhood education centres in Hong Kong: A process evaluation                      | Catherine M. Capio       |
| Session 3 - Day 2, Wadawurrung 1 | 91 | Considering patient preferences, accountability strategies and health-coaching to optimise adherence to an individualised and progressive walking program: A         | Tash Pocovi              |
| Session 3 - Day 2, Wadawurrung 1 | 92 | Effect of multicomponent workplace intervention of short activity break to reduce sedentary behavior among Japanese office workers: One-year quasi-experimental      | Naruki Kitano            |
| Session 3 - Day 2, Wadawurrung 1 | 96 | Experience and satisfaction with an activity tracker and app intervention (Step it Up Family) to increase physical activity in families                              | Kim Waters               |
| Session 3 - Day 2, Wadawurrung 1 | 97 | Changes in physical activity and sedentary behavior of workers from before to during the COVID-19 outbreak and its correlates  | Yuya Fujii               |
| Session 3 - Day 2, Wadawurrung 1 | 98 | Physical activity and sedentary behaviour in before school care services: an observational study   | Andrew J. Woods          |

| Session                           | ID  | Title   | Presenter            |
|-----------------------------------|-----|---|----------------------|
| Session 3 - Day 2, Wadawurrung 1  | 99  | Correlates of physical activity and sedentary behaviour in children attending before and after school care: A systematic review                                   | Andrew J. Woods      |
| Session 3 - Day 2, Wadawurrung 1  | 101 | Workplace neighbourhood built-environment attributes and sitting at work and for transport among Japanese desk-based workers                                      | Chien-Yu Lin         |
| Session 3 - Day 2, Wadawurrung 1  | 118 | Weekly and annual fluctuations in weight in Australian adults: identifying risk periods and intervention targets  | Carol Maher          |
| Session 3 - Day 2, Wadawurrung 1  | 131 | A qualitative exploration of families' screen use experiences, and intervention suggestions   | Lauren Arundell      |
| Session 4 - Day 2, Wadawurrung 2  | 143 | Associations Between the Physical Fitness and Perceived Well-being, Motivation and Enjoyment during Physical Education among Chinese adolescents: A Cross-        | Jin Yan              |
| Session 4 - Day 2, Wadawurrung 2  | 144 | The Efficacy of Physical Activity Interventions on Cognitive and Mental Health of Children and Adolescents with Autism: An Umbrella Review                        | Sima Dastamooz       |
| Session 4 - Day 2, Wadawurrung 2  | 145 | Physical activity and sedentary behaviour of male adolescents in Indonesia during the COVID-19 pandemic: A mixed-method study                                     | Fitria Dwi Andriyani |
| Session 4 - Day 2, Wadawurrung 2  | 146 | Investigating the walkability of primary, secondary and K-12 schools across metropolitan Perth, Western Australia   | Anna Gannett         |
| Session 4 - Day 2, Wadawurrung 2  | 147 | Perspectives of health professionals on physical activity and sedentary behaviour in hospitalised adults: a qualitative systematic review                         | Tahlia Alsop         |
| Session 4 - Day 2, Wadawurrung 2  | 148 | Children's obesogenic behaviours in the summer holidays versus school year  | Amanda Watson        |
| Session 4 - Day 2, Wadawurrung 2  | 150 | The association between physical activity and paternal postnatal depressive symptoms: a systematic review   | Maria Apostolopoulos |
| Session 4 - Day 2, Wadawurrung 2  | 151 | Validity evidence for the Physical Literacy in Children Questionnaire for Aboriginal and Torres Strait Islander children  | Chathurani De Silva  |
| Session 4 - Day 2, Wadawurrung 2  | 152 | How do safety and risk shape active play in schools? Hearing from children, parents, teachers, principals, and school staff                                       | Alethea Jerebine     |
| Session 4 - Day 2, Wadawurrung 2  | 153 | Domain-specific physical activity, sedentary behaviour and musculoskeletal pain among general workers in Japan  | Aino Kitayama        |
| Session 4 - Day 2, Wadawurrung 2  | 154 | Associations of sedentary behaviour and physical activity with mental health in older adults with knee pain: an isotemporal substitution approach                 | Choongbae Park       |
| Session 4 - Day 2, Wadawurrung 2  | 155 | The validity and reliability of the stages of change for sedentary behaviour scale  | Satoshi Maruyama     |
| Session 4 - Day 2, Wadawurrung 2  | 156 | Social roles of "Bow-Wow Patrol" in urban areas of Japan: A qualitative study   | Yoshino Hosokawa     |
| Session 5 - Day 2, Gunditjmarra 1 | 158 | Overcoming barriers to physical activity in a regional city: An evaluation of INVIGOR8-TR   | Jessica Lee          |
| Session 5 - Day 2, Gunditjmarra 1 | 160 | Investigating the Feasibility of a Facebook Delivered, Parent Mediated, Physical Activity Intervention for Children with Developmental Coordination Disorder.     | Matthew McQueen      |
| Session 5 - Day 2, Gunditjmarra 1 | 161 | Physical activity, healthy eating and sedentary behaviour in Outside School Hours Care (OSHC) services in NSW.  | Linda Patel          |
| Session 5 - Day 2, Gunditjmarra 1 | 162 | Staying safe while staying together: the COVID-19 paradox for participants returning to community-based sport in Victoria, Australia                              | Erica Randle         |
| Session 5 - Day 2, Gunditjmarra 1 | 163 | Let's go outside and PLAY! Developing physical literacy and social connection through Play Streets  | Erica Randle         |
| Session 5 - Day 2, Gunditjmarra 1 | 164 | Exercise and leisure time activities among pregnant women under the COVID-19 Pandemic in Japan  | Moeko Tanaka         |
| Session 5 - Day 2, Gunditjmarra 1 | 165 | Factors that influenced behaviour change amongst adults who participated in a physical activity coaching intervention: a theoretically informed qualitative study | Stephen Barrett      |
| Session 5 - Day 2, Gunditjmarra 1 | 166 | Non-treatment physical activity promotion in physiotherapy and exercise physiology practice in a regional hospital: a mixed-methods study                         | Stephen Barrett      |
| Session 5 - Day 2, Gunditjmarra 1 | 167 | Perceptions of the neighbourhood environment and recreational walking among adolescent girls in Year 11 and two-years later                                       | Cody Dixon           |
| Session 5 - Day 2, Gunditjmarra 1 | 168 | A Facebook intervention to improve physical activity in developmental coordination disorder (DCD)   | Jacqueline Williams  |
| Session 5 - Day 2, Gunditjmarra 1 | 169 | Trends and characteristics of physical activity during pregnancy under the COVID-19 Pandemic in Japan: the observational study                                    | Ohyama Tomomi        |

**Physical Literacy SIG: *Physical Literacy in the Asia Pacific***

| <b>Day 1</b> | <b>Presentation title</b>   | <b>Presenter</b> |
|--------------|---|------------------|
| 14:00        | Brief overview of what the PL SIG has achieved this year  | Lisa Barnett     |
| 14:10        | Operationally Defining Physical Literacy in Chinese Culture – and the establishment of the Chinese Physical Literacy Association (CPLA) | Raymond Sum      |
| 14:30        | How the concept of physical literacy is being enacted across the Pacific Island Nation States and the Oceanic Region more broadly       | Jackie Lauff     |
| 14:50        | Questions and discussion  | n/a              |
| 15:00        | close   |                  |

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| <p><b>Session</b><br/>Monday 28th November 14:00 – 15:00, Wadawurrung 1</p> <p><a href="#">Back to the program</a></p> |
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**School-based Physical Activity SIG: *From school readiness to teacher capability - examples from the field.***

| <b>Day 1</b> | <b>Presentation title</b>   | <b>Presenter</b> |
|--------------|---|------------------|
| 15:00        | The development, construct validity and reliability of the Best Start Foundational Movement Skill assessment app for Primary School teachers in NSW Public schools        | Nick Riley       |
| 15:20        | The EMU study: evaluation of a physical education program targeting children’s health and wellbeing, academic achievement, and cultural appreciation                      | Narelle Eather   |
| 15:40        | Equipping future teachers with innovative strategies that increase physical activity in the classroom: A hybrid implementation trial across three Australian universities | Natalie Lander   |
| 16:00        | Close   |                  |

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| <p><b>Session</b><br/>Monday 28th November 15:00 – 16:00, Wadawurrung 1</p> <p><a href="#">Back to the program</a></p> |
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**Advocacy session: *Effective physical activity advocacy for policy and implementation impact***

| <b>Day 2</b> | <b>Presentation title</b>              | <b>Presenter</b> |
|--------------|--|------------------|
| 11:50        | Welcome and overview                   | Peter McCue      |
| 11:55        | Three transport Priorities case study  | Tepi Mclaughlin  |
| 12:05        | Facilitated Group work                 | n/a              |
| 12:35        | Report back, discussions and questions | Trevor Shilton   |
| 12:45        | Wrap Up and next steps                 | Peter McCue      |
| 12:50        | Close                                  |                  |

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| <p><b>Session</b><br/>Tuesday 29th November 11:50 – 12:50, Wadawurrung 1</p> <p><a href="#">Back to the program</a></p> |
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**Physical Activity in Health Care SIG: *Physical Activity in Healthcare SIG launch***

| <b>Day 2</b> | <b>Presentation title</b>   | <b>Presenter</b>                |
|--------------|---|---------------------------------|
| 11:50        | Physical Activity in Healthcare SIG introduction                  | Nicole Freene & Sjaan Gomersall |
| 12:00        | Moving Medicine: Promoting physical activity in clinical practice | Hugh Seward                     |
| 12:15        | parkrun: A social prescription                                    | Glen Turner                     |
| 12:30        | Panel questions   |                                 |



12:40 Wrap up including EOIs to join committee

12:50 Close

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| <b>Session</b><br>Tuesday 29th November 11:50 – 12:50, Wadawurrung 2 |
| <a href="#">Back to the program</a>                                  |

**Scale-Up Physical Activity SIG: *Is soft infrastructure the missing link for successful scale-up?***

| <b>Day 2</b> | <b>Presentation title</b> | <b>Presenter</b> |
|--------------|---------------------------|------------------|
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| 13:50 Welcome and introductions |  | Harriet Koorts & Sarah Kennedy |
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| 14:00 Is soft infrastructure the missing link for successful scale-up? |  | Penny Hawe |
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14:40 Discussion

14:50 Close

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| <b>Session</b><br>Tuesday 29th November 13:50 – 14:50, Wadawurrung 1 |
| <a href="#">Back to the program</a>                                  |

**Early Career Network: *Early Career Network Scavenger hunt***

| <b>Day 2</b> | <b>Presentation title</b> | <b>Presenter</b> |
|--------------|---------------------------|------------------|
|--------------|---------------------------|------------------|

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| 13:50 The Early Career Network's Scavenger hunt (in-person only) |  | Early Career Network |
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| 14:40 About the Early Career Network and suggestions for 2023 (Hybrid) |  | Bridget Foley |
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14:50 Close

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| <b>Session</b><br>Tuesday 29th November 13:50 – 14:50, Wadawurrung 2 |
| <a href="#">Back to the program</a>                                  |