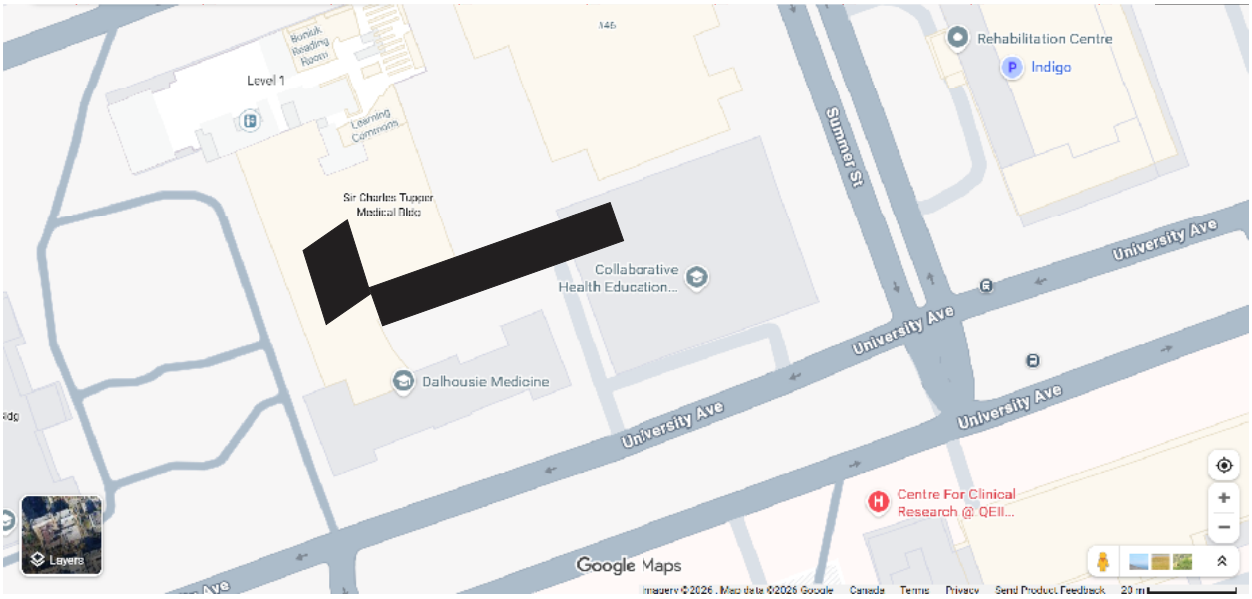
ATLANTIC PROVINCES EXERCISE SCIENTISTS AND SOCIOCULTURISTS 2026 (APES+ 2026)
Dalhousie University, Halifax, NS
March 27-28, 2026

General Conference Information

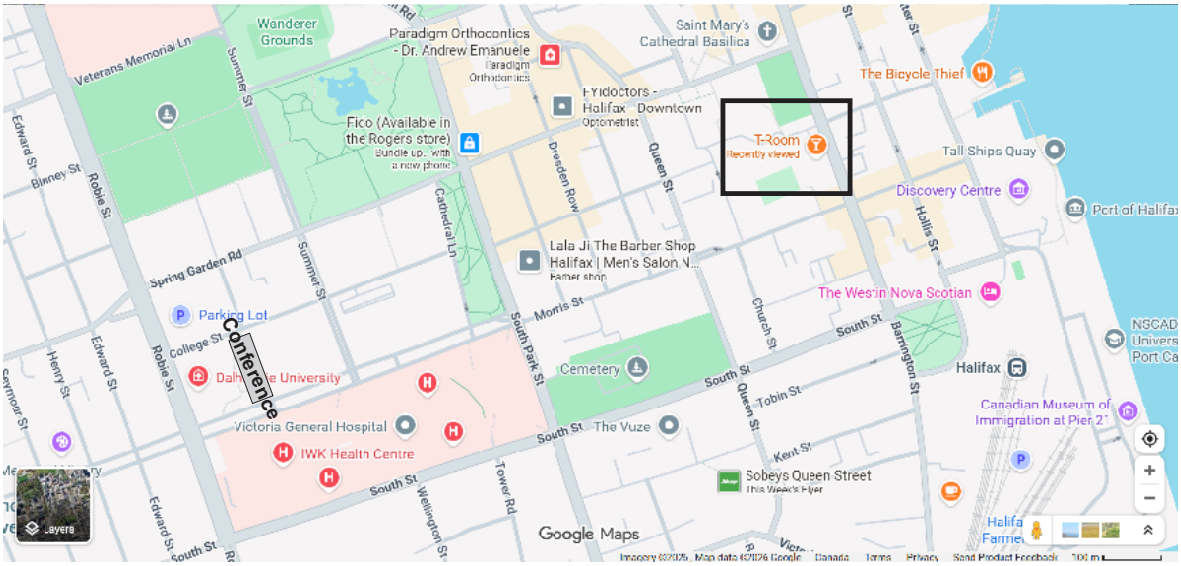
• Location

Collaborative Health Education Building (CHEB, 5793 University Avenue, Halifax) and Link between the CHEB and the Sir Charles Tupper Medical Building (Tupper Link & Theater B, 5850 College Street, Halifax).
T-Room Sexton campus (in the gymnasium building, 1360 Barrington St, Halifax)

Conference Location Map



Social Location Map



Dates: Friday March 27th and Saturday March 28th

• Schedule

Friday, March 27 2026

Event	Tupper Link	Theatre B(1)	CHEB C140(2)	CHEB C150(3)	CHEB C170	T-Room
Registration	14:30-17:30					
Welcome & Opening Remarks		15:30-15:55				
Session A		16:00-17:30	16:00-17:30	16:00-17:30		
Break						
Reception & Banquet					18:30-20:00	
Student Social						20:00-...

Saturday, March 28 2026

Event	Tupper Link	Theatre B(1)	CHEB C140(2)	CHEB C150(3)	CHEB C170	T-Room
Registration	08:00-09:00					
Session B		08:30-09:45	08:30-09:45	08:30-09:45		
Break	09:45-10:00					
Session C		10:00-11:15	10:00-11:15	10:00-11:15		
Break	11:15-11:30					
Session D		11:30-12:45	11:30-12:45	11:30-12:45		
Lunch	12:45-13:30					
Session E		13:30-14:15	13:30-14:15	13:30-14:15		
Awards & Closing Remarks		14:20-14:30				

• Banquet

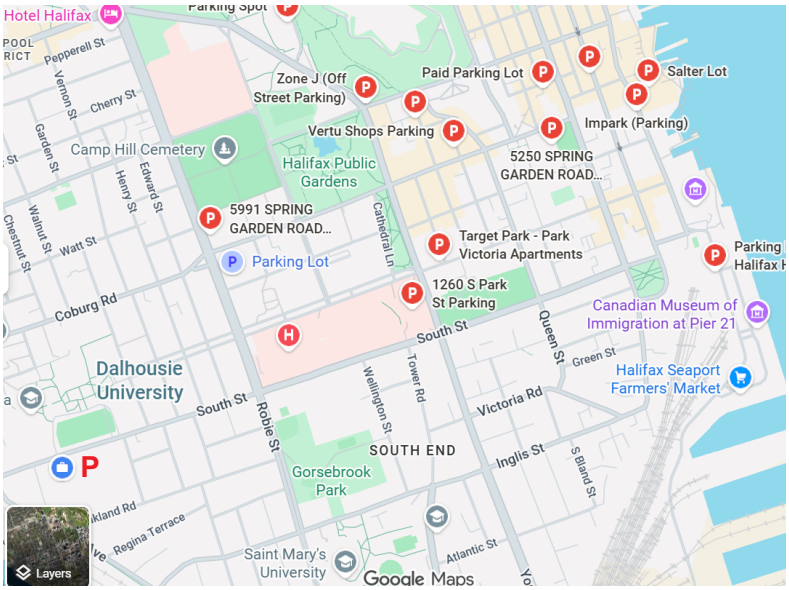
The banquet will be buffet style with chicken as the protein. Please let us know if you have special dietary needs.

Also, there will be a student social on the Friday evening following the reception. The student social will occur at the T-Room (https://www.dsu.ca/t-room). If interested in participating, please select 'yes' and add $8 to your conference registration cost.

• There will be a student social on the Friday evening following the reception. The student social will occur at the T-Room.

• Parking

Parking is limited around conference location. Non-legitimate use of the Hospitals parking incurs a $500 fine. It is recommended to use the On-street parking location map and HotSpot app. Using the HotSpot app, you can also park at Dalhousie's Dalplex parking (6260 South St, Halifax).



Conference Hotels

• Participants are encouraged to find their own accommodations and to reserve early. Unfortunately, there is a large minor hockey tournament in Halifax during this weekend, which prevented us from finding a hotel that would set aside a block of rooms for the meeting. Hence the request in the subject line encouraging you to find accommodations ASAP as hotels and vacation rentals are booking fast. We explored hosting APES the weekend before or following but had the same hotel booking issues due to March Break and Easter, respectively. We know the Lord Nelson (https://lordnelsonhotel.ca/) still had some king bed only rooms available. Additional hotels to explore include the Atlantica (https://www.atlanticahotelhalifax.com/), the Halifax Marriott, the Westin Nova Scotian, and the Four Points Sheraton Halifax. Note, this is not an exhaustive list. You can also explore your preferred vacation rental service.

Conference Registration

• The cost to register for the conference is $100. Additionally, there is the option of purchasing a drink ticket ($8) for the student social. If you want to register and purchase a drink ticket, please enter 108 into the form below.

• To register, please complete the registration and abstract form.

• Once you have completed the registration form and abstract submission, conference registration payment can occur through any of the following options:

- Complete the form below to pay online through PayPal
- Onsite registration will also be through Paypal

Biomechanics Stream Awards

The Canadian Society for Biomechanics/ Société canadienne de biomécanique is sponsoring travel and presentation awards. To apply for these awards, please complete the CSB/SCB APES+ Awards form.

• To be eligible for both awards you must be a student member in good standing of the CSB/SCB.

• There are 10 Student Travel support award ($100). These awards require to incur expenses to attend the APES+ 2026 Conference.

• There will be one presentation award for each academic level (Undergraduate: $100, Master's: $200, Doctoral: $200). Three finalists for each academic level will be selected based on the submitted abstracts and the recipient will be selected following the presentations at the conference.

Abstract Submission and Presentation

• For details regarding abstract or research summary formatting please see the example abstract found below. The abstract and registration information are to be completed via the registration and abstract form.

• The deadline to submit an abstract is **Friday March 06, 2026.**

• Oral presentations will be 10 minutes in duration with 2 minutes permitted for questions. There will be no poster presentation sessions.

EXAMPLE

ÉVALUATION DE LA VALIDITÉ ET DE LA FIABILITÉ D'UN AMPLIFICATEUR À BASE DE MICROCONTRÔLEUR À FAIBLE COÛT POUR MESURER LA FORCE MUSCULAIRE DES MEMBRES INFÉRIEURS ET SUPÉRIEURS

Julie Gaudet & Grant Handrigan

École de kinésiologie et de loisirs, Faculté des sciences de la santé et des services communautaires, Université́ de Moncton, Moncton, Canada

Introduction: Muscle strength is an important measure of functional ability. There are several methods of measuring muscle strength, ranging from manual tests to sophisticated instruments. Recently, there has been a proliferation of inexpensive tools that can adapted to measure muscle strength. This study aims to evaluate the inter- and intra-session validity and reliability of a low-cost microcontroller-based load cell amplifier for measuring maximal isometric muscle strength in the lower and upper limbs.

Methods: The low-cost microcontroller-based amplifier was compared to a commercial-grade signal conditioner and a hand-held force gauge.

Results: The microcontroller-based device correlated almost perfectly with the other instruments, and had a good to excellent ICC association for inter- and intra-session reliability.

Conclusion: The low-cost microcontroller-based amplifier is comparable to the commercial signal conditioner and hand-held dynamometer for measuring maximal isometric muscle force.

References:

1. Jaric, S. Muscle Strength Testing. Sports Med. 2002, 32, 615–631.
2. Moss, C.L.; Wright, P.T. Comparison of Three Methods of Assessing Muscle Strength and Imbalance Ratios of the Knee. J. Athl. Train. 1993, 28, 55–58.

Acknowledgements: We would like to thank all our participants for volunteering their time to assist with this project. Also, all members of the Biomechanics, Ergonomics and Analyse du Mouvement (BEAM) laboratory for their assistance and encouragement during data collection. This research was partially funded by the Canadian Frailty Network Catalyst Grant CAT 2018-15. and the CFN-NBHRF Summer Studentship 2020 SSA grant as salary support for J.G.