**ATLANTIC PROVINCES EXERCISE SCIENTISTS AND SOCIOCULTURISTS 2023 (APES+ 2023)**

**Université de Moncton, Moncton, NB**

**General Conference Information**

* APES+ will be held at the Université de Moncton in CEPS Louis-J.-Robichaud building. The address is 40, ave Antonine-Maillet Moncton, NB E1A 3E9.
* The conference will begin at noon on the 30th of march and will conclude at noon on the 31st of march.
* Parking will be available on Campus and will be 4$/hour or 14$/day.
* The banquet will be held on Thursday evening at the Resto 63, located in the Centre étudiant Mawiomi.

**Conference Hotel**

* The Best Western Plus Moncton will serve as the conference hotel.  Directions between the Best Western Plus Moncton and the CEPS (~3 km) can be found on [map](https://www.google.ca/maps/dir/CEPS%2BLouis-J.-Robichaud%2C%2BAntonine-Maillet%2BAvenue%2C%2BMoncton%2C%2BNB/Best%2BWestern%2BPlus%2BMoncton%2C%2B300%2BLewisville%2BRd%2C%2BMoncton%2C%2BNB%2BE1A%2B5Y4/%4046.1060602%2C-64.7932043%2C14z/am%3Dt/data%3D%213m1%214b1%214m19%214m18%211m10%211m1%211s0x4ca0bed4eab60727%3A0xe386d57b1970f1c9%212m2%211d-64.785091%212d46.1080186%213m4%211m2%211d-64.7870075%212d46.1087077%213s0x4ca0bf2a4036c157%3A0x8c41e329791a39f1%211m5%211m1%211s0x4ca0beccef58ee85%3A0x231a16d48247ff6b%212m2%211d-64.7645529%212d46.1010376%213e0).
* A block of 20 rooms have been held for the night of the 30th. The nightly rate is $114 + taxes.  Group rates are for single or double occupancy.  Rates are subject to applicable taxes and fees.
* Parking at the hotel is free for registered guests.
* The block of rooms will be held until **Friday, February 28th**, so please book prior to this date.
* To book reservations, please contact their Reservations Department by phone at (506)388-0888 or toll free at 1(800)780-7234.  Quote the group APES + to receive the discounted rate.

**Conference Registration**

* The cost to register for the conference is $85. This cost includes your meals for the duration of the conference. We would appreciate if you could register by **Friday March 10th**.
* To register, please complete the [registration and abstract form.](https://survey.beamlab.ca/index.php/437125?lang=en)
* **Conference registration payment can occur through any of the following options:**
- An interac e-transfer sent directly to grant.handrigan@umoncton.ca

- Cash payment (on-site registration only).
**-** Cheques will be accepted during on-site registration or can be mailed directly to Grant Handrigan, Université de Moncton, Campus de Moncton, 18, avenue Antonine-Maillet, Moncton, NB, E1A 3E9

**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.](https://survey.beamlab.ca/index.php/437125?lang=en)
* The deadline to submit an abstract is **Friday March 10th, 2023**.
* Oral presentations will be 10 minutes in duration with 5 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**

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**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.

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