ATLANTIC PROVINCES EXERCISE SCIENTISTS AND SOCIOCULTURISTS 2026 (APES+ 2026)

Dalhousie University, Halifax, NS

Location: Collaborative Health Education Building (5793 University Avenue, Halifax).

Dates: Friday March 27th and Saturday March 28th

Tentative schedule:

Friday: Registration starts ~2:30pm, Opening remarks ~3:30pm and presentations 4-5:30. Reception and banquet 6:30-8:00.

Saturday: Presentation sessions 8:30-9:45 (break), 10:00-11:00 (break), 11:15-12:30 (lunch), and 1:30-2:15. Closing remarks 2:15-2:30.

Registration Fee: $100/person. Payments will be made available online through the 'official' APES web page, which is currently being updated.

Abstract and Registration Deadline: Friday February 27th. Registration and abstract submission will also be completed online via the APES+ website.

Accommodations (IMPORTANT):

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.

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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