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ANGLE, ERIKA

Ixcela

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Effects of Gut Microbiota Modulation on Performance of Professional Athletes

Background: Professional athletes are routinely subjected to strenuous exercise and endurance training, which induces a wide range of muscular and systemic reactions in the body. Prolonged and intense physical activity significantly alters metabolism, immune response, gut permeability, and level of oxidative stress. The gut microbiome has increasingly been shown to be vital for a host of functionalities such as nutrition, digestion, development and regulation of the immune system, as well as its effect on the central nervous system. Given the gut's role in functions altered by exercise, there has been growing interest in exploring the ability of the gut to monitor and modulate effects of strenuous activity to both prevent injury and improve performance. In this study, we utilize electrochemical detection coupled with high-performance liquid chromatography (HPLC) to detect blood-based biomarkers in sailors participating in America's Cup 2017 as part of ORACLE TEAM USA. The objective of this study is to employ Ixcela's metabolite detection technology followed by dietary changes and probiotic supplementation to monitor and modulate levels of blood-based biomarkers correlated with gut health, in an effort to improve availability, internal health, and performance of ORACLE TEAM USA sailors.

Methods: The Ixcela internal fitness test detects levels of 12 metabolites using a dried-blood spot obtained from depositing a small volume (25-50 μ L) of blood via a pin-prick. The technology utilized to measure metabolite concentrations is Electrochemical Array coupled with HPLC. For this study, blood samples were obtained from 13 ORACLE TEAM USA sailors along with 6 other team members (non-sailors). Samples were collected at three time points (t0, 1 month, 5 months). The study was blinded for the purpose of testing. Based on the results, dietary changes and probiotic supplementation (Ixcela Biome Support) were introduced.

Results: Preliminary findings have shown a significant improvement in performance as a result of dietary changes and probiotic supplementation following metabolite testing. ORACLE TEAM USA reported a 30% reduction in the incidence of upper respiratory tract infections, a 47.5% increase in sailing availability, and a 54% increase in days gained for training. Data analysis from this study is ongoing, and planned for completion by September 2017.

Conclusion: Understanding how the gut modulates biochemical and physiological responses influenced by endurance training such as that experienced by professional sailors is a nascent and important topic of research. This study shows that monitoring gut-related biomarkers followed by dietary and supplement intervention can be useful in improving performance and reducing incidence of illnesses. The ongoing data analysis aims to develop predictive models and therapeutic strategies that can help sustain and improve overall health in professional athletes.

BEESLEY, THERESA

York University

D. Lougheed, R. van Wylick

Lived Experiences of Cystic Fibrosis Patients' Participation in Sport

Cystic fibrosis (CF) is the most common fatal genetic disease affecting Canadian children (Cystic Fibrosis Canada, 2017). Advances in the treatment of cystic fibrosis (CF) have led to a significant increase in life expectancy for CF patients. During their life, CF patients will experience lower overall well-being (Hanxhiu, et al., 2016). Complications of CF may impede adolescent CF patients' opportunities to develop psychosocial skills that will enable them to deal with the demands and challenges of everyday life (Grieve, et al., 2011). The transition to adult CF patient care from youth care can be challenging. Positive Youth Development (PYD) research, a branch of developmental psychology, emphasizes an "asset building" approach to explore youth development (Lerner, et al., 2005), and has identified sport as a context that enhances youth psychosocial skills development throughout everyday life (Fraser-Thomas, et al., 2005; Gould & Carson, 2008). Sport can potentially offer a context for psychosocial skills development for youth living with CF that can enhance their overall well-being. To date, no empirical studies have explored the complex negotiation of physical, social, and psychological factors of youth with CF participation in sport. The objectives of this study were to: (1) describe the lived experiences of CF patients involved in sport and (2) examine the potential of sport contexts as opportunities for psychosocial development. Narrative inquiry was used to explore the lived experiences of CF patients (Sarbin, 1986). Participants included six adults (3 male) living with CF (ages 18-25 years). Open-ended interview questions facilitated participant narratives of their sport experiences from childhood to present time. Narratives described experiences of sport for youth living with CF. Overall, sport involvement was described as a positive experience that facilitated psychosocial skill development. Participants described conflict between their desire to engage in sport and declining physical ability during adolescence. Participant narratives were negatively impacted if CF was "hidden" to teammates and coaches. Participants discussed the importance of skills developed in sport during the transition from child to adult CF care. Findings will be discussed within the broader context of PYD through sport; potential implications and future directions will be highlighted. Narratives described in this study shed light on the experiences of CF patients who participate in sport and have the potential to inform sport program and coaching best practices and facilitate PYD.

CLUTTERBUCK, RYAN

Western University

A. Doherty

The Role and Capacity of NSOs for Sport for Development in Canada

Sport for development (SFD) researchers have uncovered critical capacity elements for local SFD organizations (Authors, 2015; Svensson, 2015; Svensson & Hambrick, 2016); explored partnerships for sustained SFD (MacIntosh, Arellano, & Forneris, 2016); and reported how SFD programs serve as a vital entry point to social services and networks for support for at-risk and underrepresented groups (Scherer, Koch, & Holt, 2016).

In Canada, goals for SFD can be found in the Canadian Sport Policy (2012), which states sport may be used “as a tool for socio-economic development and the promotion of positive values at home and abroad” (Canadian Sport Policy, 2012, p. 14). However, despite formal recognition from Sport Canada, local SFD initiatives appear to be largely funded by professional sport organizations, including the Maple Leaf Sports and Entertainment (MLSE) Foundation (Authors, 2016), and international non-governmental organizations, such as Right to Play (MacIntosh et al., 2016). Furthermore, scholars have suggested that National Sport Organizations (NSOs) may be conflicted – trying to achieve SFD while also pursuing high-performance sport outcomes (Hayhurst & Frisby, 2010).

Building on Hayhurst and Frisby’s (2010) research, this study explores the perspectives and experiences of NSO leaders regarding SFD, and uncovers whether NSOs experience “institutional pluralism” (Kraatz & Block, 2008). According to Kraatz and Block (2008), organizations facing institutional pluralism “play in two or more games at the same time” (p. 243), attempting to serve multiple (and at times conflicting) stakeholders.

Semi-structured interviews were conducted with a purposeful sample of 14 NSO leaders from 13 NSOs. The sample was identified based on the history of each NSO’s sport engaging in SFD at the community level, at a national level, or an international level. The interview guide was developed by the investigators to determine the nature of the demands facing each NSO, and their organizations response to internal and/or external pressures for SFD.

Findings from this study offer valuable insight into the role and capacity of NSOs to deliver SFD in Canada, and the divergent expectations and support for SFD and high performance sport. The presentation will prompt sport practitioners and scholars to reflect on their views regarding SFD in Canada. As well, implications for sport policy makers regarding SFD and CSP 2022 are presented.

Select References

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DICKLER, LAUREN

York University

J. Fraser-Thomas

“...just think happy thoughts!”: Exploring the Experiences of High Performance Canadian Athletes with Mood and/or Anxiety Disorders

Until recently, it was widely assumed that mood and anxiety disorders were not common medical problems for high performance athletes (e.g., Dean & Rowan, 2013; Markser, 2011; Reardon & Factor, 2010). However, as athletes come forward to share their struggles with mental illness, this assumption has been brought into question. Very little research has focused on mood and anxiety disorders in high performance athletes; what is known comes primarily from mass media and popular culture (e.g., Hughes, 2015; Marino, 2013).

The purpose of this research was to explore the experiences of Canadian high performance athletes with mood and/or anxiety disorders, with a specific focus on their journey through their athletic career. Athletes currently or recently competed for places on Canadian national sports teams.

Participants described dealing with stigma related to their diagnoses. Initially, treatment took a back seat to training and competition; ultimately, participants required a break from sport in order to effectively manage their illness. Participants expressed a need for education in the sport community regarding mood and anxiety disorders as well as greater access to (clinical) psychologists for high performance athletes.

Practical implications include the development and evaluation of education programs to decrease stigma associated with mood and anxiety disorders and increase awareness of the signs and symptoms of these illnesses, coupled with increases in funding for clinical psychological resources in the sport community along with changes to Sport Canada/NSO high performance policy.

FRASER-THOMAS, JESSICA

York University

C. Ardern, R. Bassett-Gunter, J. Rawana, M. Harlow

Tykes and Timbits: Examining Preschoolers' Organized Sport in Canada

What We Know...

Recently, there has been growing concern regarding preschoolers' physical activity (PA) behaviours (Timmons et al., 2007). Although preschoolers are often assumed to be innately active, research suggests only 9% of Canadian children are meeting recommended PA guidelines (ParticipACTION, 2015). An apparent paradox of low PA levels is the increase in sport and organized physical activities (OPA) among very young children (e.g., *Little Kickers Soccer, Timbits Hockey*). While the physical and psychosocial benefits of sport/OPA are well documented for youth (e.g., Côté & Fraser-Thomas, 2016), there is a noticeable absence of empirical research supporting sport/OPA as beneficial for preschoolers' development. Broadly, there appear to be two competing beliefs: (a) early exposure to sport/OPA facilitates the acquisition of fundamental motor skills and important social skills, and (b) preschoolers lack the physical and cognitive maturity to understand the nature of sport/OPA (American Association of Pediatrics, 2001; Nonis, 2004). As such, the overall aim of this project is **to advance understanding of preschoolers' involvement in sport and OPA in Canada**.

How We Will Address Research Objectives...

Our first objective is **to explore demographic trends in preschool sport and OPA participation across Canada**. We will draw upon the most recent National Longitudinal Survey of Children and Youth (NLSCY) data to examine overall participation rates and socio-demographic variables associated with participation (e.g., parent education, employment, income, family structure, geography, race/ethnicity).

As many recent initiatives promote preschoolers' participation in less structured forms of PA (e.g., ParticipACTION, 2015), our second objective is **to examine and compare developmental outcomes associated with preschooler sport/OPA and unstructured physical activity (UPA)**. We will draw upon longitudinal data from NLSCY to follow preschoolers as they reach middle childhood, examining outcomes in areas of motor skill, social development, and continued sport/PA participation.

Finally, as current models of sport development (i.e., Long Term Athlete Development Model, LTAD, CS4L, 2015; Developmental Model of Sport Participation, DMSP, Côté & Fraser-Thomas, 2016) offer limited and differing guidelines for preschoolers' introduction into sport, our third objective is **to advance understanding of preschoolers' and parents' experiences within sport/OPA programs**. In this exploratory component of the research we will use mixed methods, drawing upon preschooler program observations, interviews (with parents, coaches, preschoolers, and siblings), physical literacy assessments, and accelerometer data over the course of one year, to offer in-depth understanding of preschoolers' sport/OPA experiences.

How This Research Will Enhance Sport Participation...

Overall, this research will advance understanding of preschoolers' involvement in sport and OPA in Canada, contributing to both academic knowledge and applied practice. Essentially, findings will shed light on what preschooler PA should 'look like' (Timmons et al., 2007), offering insight into potential benefits

and risks associated with sport/OPA, particularly in comparison to UPA. Findings will also contribute to the advancement of sport participation and development models, informing best practices among policy makers, sport organizations, sport clubs, communities, and young families, in making key decisions regarding sport/PA programming for young children.

JURBALA, PAUL

Brock University

J. Stevens

Community Sport Organizations and Innovation: capacity and competition

Background and Purpose

Some 75% of Canadian youth 5-17 years old participate in organized sport, often in community sport organizations (CSOs). Studies of CSOs identify capacity and resource constraints, particularly human resource deficits. How can Canadian CSOs adopt innovations such as Long-Term Athlete Development (LTAD)?

This study explored mechanisms influencing CSOs as they adopt and implement an innovation.

Framework

In a critical realist paradigm (Archer, 1995) organizations are understood as conditioned by, and conditioning, internal and external social structures. In this study, an integrated Resource Dependence Theory – Institutional Theory approach (Sherer & Lee, 2002) was used to understand how CSO behaviour was conditioned by conflicting pressures including resource dependencies, regulations imposed by resource controllers, and demands of CSO members, and in turn, how CSOs juggled resource constraints accordingly.

Methodology

Phase One- Extensive: Results of the 36-month Extensive Phase, addressing “*How do contextual mechanisms influence why CSOs adopt an innovation?*” are presented here. Semi-structured interviews were conducted with CSO leaders ($n=15$), employees of three PSOs ($n=9$), and one PSO’s “LTAD champions” ($n=7$) and “Elite Youth League” leaders ($n=15$). CSO LTAD compliance was surveyed in one community ($n=18$), and a variety of PSO, municipal and CSO documents were analyzed ($n=48$). Interview data were analyzed using a retroductive grounded theory approach (Kempster & Parry, 2011). A model of CSO operation in structural context was developed (Figure 1).

Results

The data revealed that LTAD adoption generated internal conflict for CSOs, while creating an opportunity for competition with other CSOs. Particular conditions experienced by CSOs resulted from resource and institutional pressures that both enabled and inhibited innovation. Examples of the conditions experienced by CSOs while trying to innovate include:

- Resource constraints, including lack of qualified coaches and increasing costs of facility access;
- Competition for resources with rival CSOs, and desire to avoid losing members to them;
- Challenges to innovation including:
 - parental resistance;
 - resistance from “old guard” coaches;
 - inability to recruit progressive new coaches;
 - lack of PSO or municipal support, or policies inconsistent with LTAD.

CSOs need to balance conflicting requirements of resource controllers (e.g. PSO, municipality, members) while juggling resource constraints. CSOs pursued LTAD when resource controllers signaled increased legitimacy and therefore access to resources (e.g. funding, facilities, member registration) would result. CSOs with capacity to innovate pursued innovation as a means to maintain or improve competitive position vs. rival CSOs.

Implications of Innovation: CSO Capacity and Competition

The findings offer insight into how stakeholders can more effectively support CSO innovation. Innovation is pursued by CSOs as a means of maintaining/improving competitiveness, if adoption promises to increase legitimacy and therefore resource access. When creating policies intended to induce CSO adoption of new programs, agencies should consider how CSOs may exploit an opportunity to gain competitive advantage. New policies aimed at improving the quality of community sport, e.g. LTAD, may create thresholds which offer high-capacity CSOs the opportunity to out-perform or eliminate low-capacity rivals in the quest for resources. Paradoxically this may drive inter-CSO competition and CSO professionalization, resulting in increased costs and/or diminished public access to sport. Offering targeted support to enable smaller or low-capacity CSOs to adopt the innovation and “keep up” with larger competitors, along with harmonization of national, provincial and municipal policies to consistently support the innovation, may help reduce inter-CSO competition.

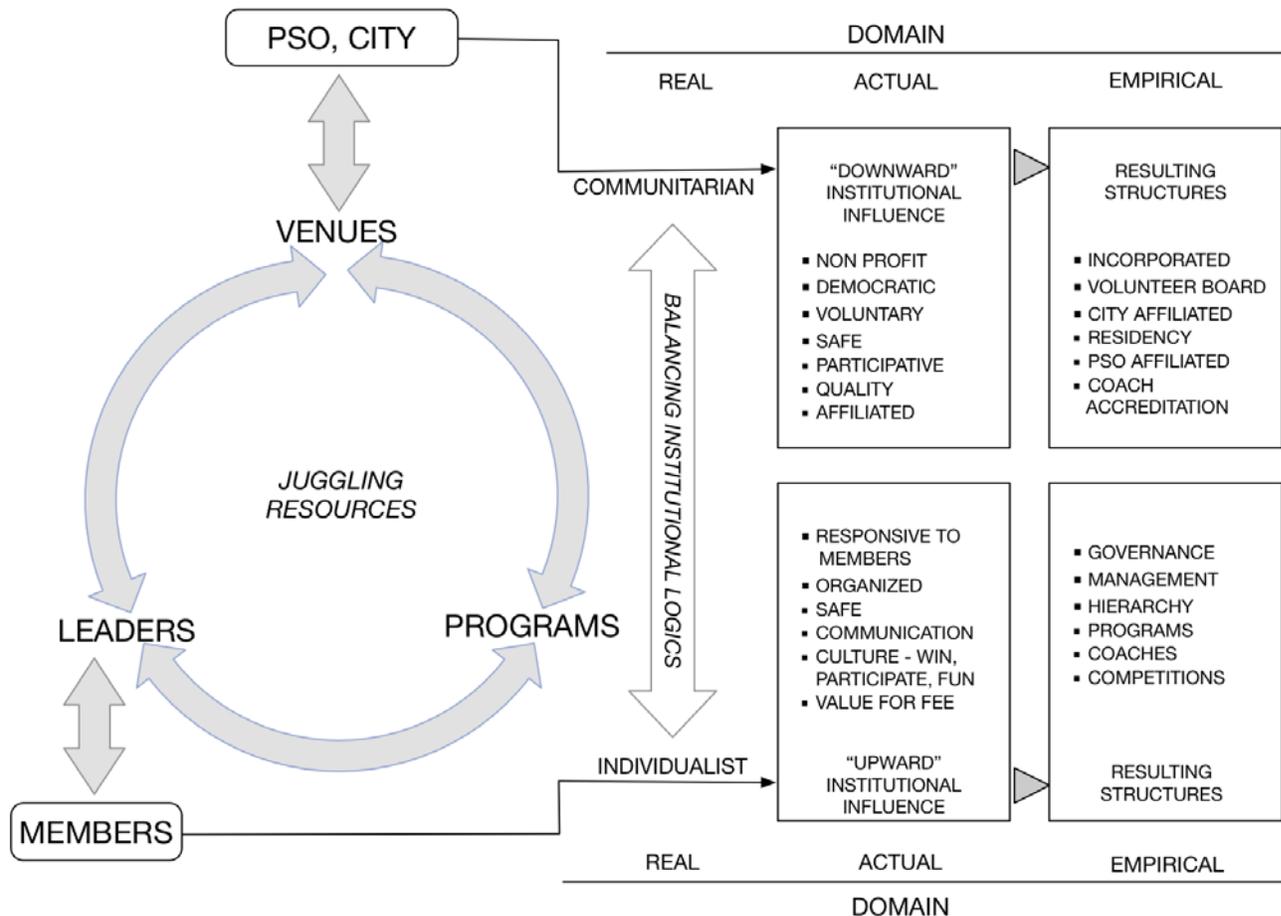


Figure 1: Model of Mechanisms Acting on CSOs

KERWIN, SHANNON

Brock University

Identity and conflict: Exploring the nature of disagreement within sport boards

Conflict and disagreement are inevitable among board members within non-profit sport boards (Hamm-Kerwin & Doherty, 2010; Hamm-Kerwin, Doherty, & Harman, 2011). Kerwin (2013) outlined that identity and identity conflict may be contributing factors to task related disagreements that turn personal in sport boards (i.e., conflicting triggering process). Specifically, identity theory refers to the “parts of a self composed of the meanings that persons attach to the multiple roles they typically play in highly differentiated contemporary societies” (Stryker, 1980, p. 284). Per this theory, board members who come to their sport boards holding identities that may conflict with one another (e.g., committed board member versus committed parent), will impact expectations, behaviours and interactions within the group/board (Stryker & Statham, 1985). Thus, theoretically, it is reasonable to assume that identity and identity conflicts may play a role in the development (and management) of the conflict triggering process. This project has two main goals:

1. Identify the identities that sport board members bring to their community sport boards. Phase one of the project will involve in-depth interviews with board members of community sport clubs within the Niagara region. Given the nature of sport, it is presumed that board members will come to their boards with multiple identities that may conflict (e.g., board member, retired athlete, current athlete, parent). Interviews will include board members from a variety of sports (individual, team, competitive, recreational) and will be designed to uncover the identities that each board member brings to their respective board.

2. Explore the nature and influence of multiple identities on interpersonal conflict in community sport boards. Phase two will involve observations and follow-up interviews to gain foundational knowledge regarding (1) the nature of disagreement, and interpersonal conflict specifically, among board members, and (2) explore the role of identity and identity conflict within sport boards. Observations will be used to collect information regarding the type (e.g., task, process, and/or interpersonal), frequency, and intensity of disagreement between board members. In addition, the conflict triggering process (i.e., when task disagreement becomes personal) will be observed to uncover common fault lines that may moderate the process. Interviews will occur post-observations. The purpose of the interviews will be to further explore (1) participant identities, (2) participant perceptions of conflict/disagreement in their boards, and (3) participant reflections on their role in the conflict process.

The findings of this project will be used to create a human resource management (HRM) training pamphlet designed to help board members mitigate conflict/disagreement that results from identity conflict among/within board members.

LAWRASON, SARAH

Queens University

J. Turnnidge, L. M. Martin, J. Côté

An Evaluation of the True Sport Foundation Using the RE-AIM Framework

Background: Although sport participation can provide youth with opportunities that facilitate positive development, the *sport as a business* mentality among parents and coaches can lead to a variety of negative sport experiences (Danish et al., 2004). The True Sport Foundation is a national non-profit organization that promotes values-driven sport through the dissemination of resources to several social agents (e.g., coaches, club administrators; True Sport, 2017). However, it is unknown whether True Sport is satisfying its objectives of encouraging positive sport experiences. The RE-AIM framework (Reach, Effectiveness, Adoption, Implementation, Maintenance; Glasgow et al., 1999) is a valuable tool that can be used to evaluate large multi-sectoral organizations, such as True Sport, because it provides a comprehensive assessment of all organizational endeavours (e.g., Sweet et al., 2014). Therefore, the purpose of this study was to evaluate the True Sport foundation using the RE-AIM framework.

Methods: A collaborative partnership between True Sport and researchers at Queen's University was established to inform best practices during the evaluation process. Three approaches were utilized to guide the RE-AIM evaluation: (a) pragmatic (Oliver, 2000), (b) implementation-effectiveness (Glasgow, 2013), and (c) hierarchical (Finch & Donaldson, 2010). The data used for the evaluation were obtained from online public resources (e.g., Statistics Canada), personal correspondence with True Sport, and previous report findings provided directly from True Sport staff. Descriptive statistics and qualitative reporting were employed for analysis.

Results: For *Reach*, results indicated that True Sport has a broad target population, making the organization widely accessible and inclusive. Private survey data suggested that 13% of Canadians are aware of the True Sport movement. The *Adoption* rates according to member-type and province/territory varied considerably between 0% (i.e., schools in Nunavut) to 25% (i.e., communities in Yukon). *Maintenance* indicators of reach and adoption improved over five years by 3% and 0.0028%, respectively. The *Effectiveness* and *Implementation* dimensions, along with several indices of *Maintenance*, could not be assessed due to the lack of available data.

Discussion: Based on our findings, we advanced several recommendations that are relevant to both sport program evaluation generally, and the True Sport foundation specifically. When evaluating large sport organizations, researchers and practitioners need to align *Effectiveness* measures with the programs' objectives to obtain meaningful information for organizational change. To facilitate the process of assessing *Effectiveness*, it would be beneficial for True Sport to limit the scope of their target population to sport organizations, rendering all other member-types as True Sport advocates. Furthermore, the development of clear organizational goals would enhance True Sport's sustainability and assist researchers in the measurement of its overall effectiveness. Finally, True Sport could consider reorganizing the available resources located on their website to suit the needs of different sport organizations and advocates. Additional actionable recommendations and insight pertaining to the utilization of RE-AIM evaluations for large non-profit sport organizations will be discussed in greater detail at the conference.

MISENER, KATIE

University of Waterloo

Member Perceptions of Social Responsibility in Nonprofit Community Sport

This poster is part of a larger research program examining the socially responsible efforts of local sport clubs/community sport organizations (CSOs). The research program draws on the concept of social responsibility in sport to frame the various practices and generalized concern for the community beyond an organization's narrow mandate and which is not required by law (Carroll, 1979; Persson, 2008). Social responsibility encompasses more than just providing a particular 'good' to society; it refers to the practices that go 'above and beyond' the particular mandate of an organization, but may in turn, strengthen or enhance the organization's ability to achieve its central goals.

During SIRC 2016, we presented the qualitative findings of the project related to CSOs' decisions to integrate concerns and action on wider social issues into their organizational strategy and the norms and values that inform their actions. This year, the poster will present the results of a subsequent study examining CSO members' awareness and members' affective evaluation of the socially responsible efforts of CSOs and whether awareness and evaluation influence member behaviour.

Self-administered online questionnaires were completed by 735 members within seven CSOs in Canada whose boards had previously participated in qualitative focus group research. The data revealed that members were only somewhat aware of the socially responsible efforts of their CSOs, and yet, awareness of their clubs' social responsibility efforts was a significant predictor of their intent to stay with the club. As such, we can encourage CSOs to take purposeful efforts to increase members' awareness of social responsibility initiatives through social media, regular communications (e.g., newsletters), and regular face-to-face encounters within the club rather than perhaps taking social action behind the scenes in board or other small group/team meetings. Further, members generally felt positive about what the club did for the community above and beyond its sport-related programs. It is therefore important to continue these efforts in order to encourage affective evaluation which in turn predicts member behaviours such as intention to stay and positive word of mouth.

PATIL, SWARALI

Western University

A. Doherty

Capacity for Change: Critical Factors in the Organizational Implementation of Gender Equity in Sport Initiatives

Capacity is the assets and resources an organization is able to draw on to achieve its goals (Hall et al., 2003). A growing body of research has examined the nature and impact of organizational capacity in the community sport context, uncovering critical elements within multiple dimensions of capacity (Misener & Doherty, 2009; Doherty et al., 2014; Sharpe, 2006; Wicker & Breuer, 2011), and highlighting the impact of various elements on, for example, increasing club participation rates (Doherty & Cuskelly, 2012), retaining volunteers and coaches (Wicker & Breuer, 2013), and serving marginalized groups (Vandermeerschen et al., 2017). This project will introduce Hall et al.'s (2003) multidimensional framework of capacity in nonprofit and voluntary organizations to the national sport level where we examine the capacity of national sport organizations (NSOs) to engage in initiatives that align with Sport Canada's *Actively Engaged: A Policy on Sport for Women and Girls* and that promote quality opportunities and resources to address gender inequity. The study also represents the first consideration of "environmental constraints and facilitators," "access to resources," and "historical factors" that Hall et al. (2003) indicate are critical determinants of organizational capacity. The study will uncover NSOs' key strengths and challenges with regard to addressing gender equity in sport initiatives, and factors that shape those strengths and challenges. The findings are expected to have implications for the development of future gender equity in sport policy, identification of capacity elements that require building to effectively address gender inequity, and the advancement of organizational capacity theory in the contexts of sport and gender equity.

PRESTON, CASSIDY

York University

J. Fraser-Thomas

Examining the Content of an Elite Youth Coach Education Program in Canada

The value of formal coach education programs has grown in recent years, alongside the professionalization of coaching in youth sport (Nelson et al., 2013; Piggott, 2012); however, such programs are often criticized for being too abstract and not being transferable to the reality of everyday coaching practice (Gilbert & Trudel, 1999; Vargas-Tonsing, 2007). Furthermore, recent research has highlighted that coach education programs are primarily focused on professional knowledge, with little focus on interpersonal knowledge (Lefebvre et al., under review); this is concerning given that a coach's ability to build and sustain relationships, create an optimal learning environment, and facilitate (directly or indirectly) the development of life skills is essential to fostering positive youth development through sport (Holt et al., 2017). As such, researchers have proposed alternative approaches within coach education, such as the development of athlete-centred coaching philosophies and practical positive youth development-based strategies (Adams et al., 2016; Santos et al., 2017). Yet, to date, little research has examined the specific content within current youth coach education programs. Given high rates of participation in youth hockey in Canada (Statistic Canada, 2013), coupled with Canada's national obsession with ice hockey (Gruneau & Whitson, 1993), this study examined the content of Hockey Canada's (2016) High Performance 1 coaching course manual. A content analysis (Berelson, 1952; Rourke, & Anderson, 2004) was used to categorize the content and deductively code for themes related to the coaching literature; this was followed by an inductive analysis to identify the scientific/popular sources and theoretical/conceptual frameworks used within the manual. Preliminary findings indicate that only 6% of content within the coaching manual focused on optimal interpersonal coaching behaviours while 63% focused on professional knowledge and 13% on intrapersonal knowledge. In addition, none of the major academic interpersonal coaching approaches were directly cited (e.g., transformational leadership, autonomy-supportive behaviours). Practical implications are offered to improve the specific content within coach education programs, with a particular focus on interpersonal knowledge.

WIGLE, LIZ

Queens University

J. Turnidge, J. Côté

Assessing Coach Leadership with a Potency Rating Scale Observation System

Background

Research consistently demonstrates that coach behaviours can influence the quality of youth's experiences and the outcomes that youth derive from their participation in sport (Côté & Fraser-Thomas, 2016). There is growing recognition that transformational leadership (TFL) theory may be a valuable framework for understanding the influence of coaches' behaviours on positive youth development in sport (Vella, Oades, & Crowe, 2013). Given that previous research has predominantly relied on athletes' perceptions of coach leadership, researchers have advocated that the adoption of novel methodological approaches may be beneficial for enhancing our understanding of coaches' leadership behaviours in sport (Turnidge & Côté, 2016). As such, the purpose of the present study was to develop a potency rating scale observation system to capture coaches' leadership behaviours in a naturalistic setting.

Methods

The potency rating scale observation system was developed following the five steps proposed by Brewer and Jones (2002) for the development of contextually valid systematic observation instruments in sport. Through an iterative process of video observation and literature reviews, a detailed continuous coding instrument, the Coach Leadership Assessment System (CLAS; Turnidge & Côté, 2016), was amended into a potency rating scale format. The newly developed Coach Leadership Assessment System – Potency Rating (CLAS-PR) uses a 7-point rating scale to assess the potency (i.e., pervasiveness, intensity, and expression) of coaches' leadership behaviours. The instrument assesses the full range of possible leadership behaviours by including transformational, transactional, laissez-faire, and toxic leadership dimensions. A coder training protocol was implemented to familiarize the coders with the CLAS-PR. Coders were required to meet and maintain a minimum standard of 80% for both inter- and intra-rater reliability.

Practical Implications

The CLAS-PR has utility for both researchers and practitioners in both theoretical and applied settings. This potency rating scale observation system can be used with recorded video or real time in the field to evaluate coach leadership. The CLAS-PR may be valuable in evaluating leadership-based coach development programs when time and resources do not permit more fine-grained leadership behaviour analyses through systematic observation. By examining the pervasiveness, intensity, and expression of leadership behaviors, coaches and coach developers can enhance the quality of youth's sport experiences, and ultimately the long-term outcomes of performance, participation and personal development.

WOLMAN, LAUREN

York University

J. Fraser-Thomas, Y. Nakamura

“There were less opportunities growing up”: Sport participation among emerging adults in Neighbourhood Improvement Areas in Toronto

The City of Toronto has identified 31 Neighbourhood Improvement Areas (NIA) which require special attention based on low Neighbourhood Equity Scores (i.e., related to income, housing, immigration, visible minorities and social support; City of Toronto, 2013). In 2016, the City of Toronto announced that they would invest \$12 million to “fund new facilities such as playgrounds, parks, basketball courts, and other infrastructure improvements” in Toronto’s NIA. Various scholars and governing organizations have proposed that sport involvement can offer a context for physical, psychological, and social benefits such as health and wellness, civic engagement and economic development and prosperity (e.g., Canadian Sport Policy, 2012; Fraser-Thomas et al., 2005); however, sport can also be a site for differentiating, marginalizing, and excluding individuals and groups (Spaaij et al., 2014). This study explored the lived experience of sport participation among 16 emerging adults in a NIA in Toronto. Overall, most participants began participating in structured sport through school programming rather than community club programming, suggesting this was due to lack of parental awareness, involvement and prioritization of community-based sport programs. When asked how sport participation could be increased within the neighbourhood, participants suggested engaging with parents on the benefits of sport, increasing accessibility to a wider range of sport programs, and investing in strong and sustainable leadership. This research provides insight into sport pathways, particularly for an identified community that has been under-studied in relation to sport participation.