



INSTITUTE IN
**Community
Sport & Health**
LEADERS IN SOCIAL CHANGE

Connecting Research to Recreation

Drs. Simon Barrick, Bettina Callary, Kelsey Harvey, and Colin McLaren



Introductions

The Institute in Community, Sport & Health at Cape Breton University

- Belonging in sport doesn't happen by accident. It happens by design.
- Our goal is to build a future where everyone, regardless of identity, ability, or background, can thrive in sport and recreation.
- Our **Vision** is for Cape Breton to become “Canada’s Active for Life Community” by 2040.

Goals:

- Innovate sport delivery to promote intersectional access for all
- Accelerate inclusive coaching and sport leadership
- Expand community belonging and wellbeing in and through sport
- Develop lifelong sport participation for healthy active aging
- Engage with local community-based partners to advance social change

How to connect research and practice

- Community-based research
- Participatory action research
- Integrated Knowledge Translation frameworks





$$f'(x) = \lim_{h \rightarrow 0} \frac{f(x+h) - f(x)}{h}$$

$$f(x) = \lim_{h \rightarrow 0} \frac{(x+h)^2 - x^2}{h}$$

$$= \lim_{h \rightarrow 0} \frac{x^2 + 2xh + h^2 - x^2}{h}$$

Examples

$$= \lim_{h \rightarrow 0} \frac{2xh + h^2}{h}$$



“I think in arenas, we need to start having pictures of Blair Turnbull, and Jill Saulnier, and Allie Monroe [PWHL players from Nova Scotia] hanging on the walls instead of it always being Sidney Crosby and Nate McKinnon [NHL players from Nova Scotia]. People like to see women on the walls in our facilities. As women, we need to see role models, we need to be able to look up to people, like our male counterparts have had their entire lives playing our sport. And we need to celebrate that.” (PWHL coach)

The Kehoe Forum

Community and Celebration in the arena

- Creating space to stay
- Interior design considerations including light, art, photos, commemoration of women





Workshops

with the Unama'ki Surf Program

Thematic analysis:

- 1) Surfing as a means of connecting with water,
- 2) Supporting growth despite intergenerational trauma
- 3) Building and supporting Mi'kmaw communities



Figure 1: Action Research Model, Phase 1

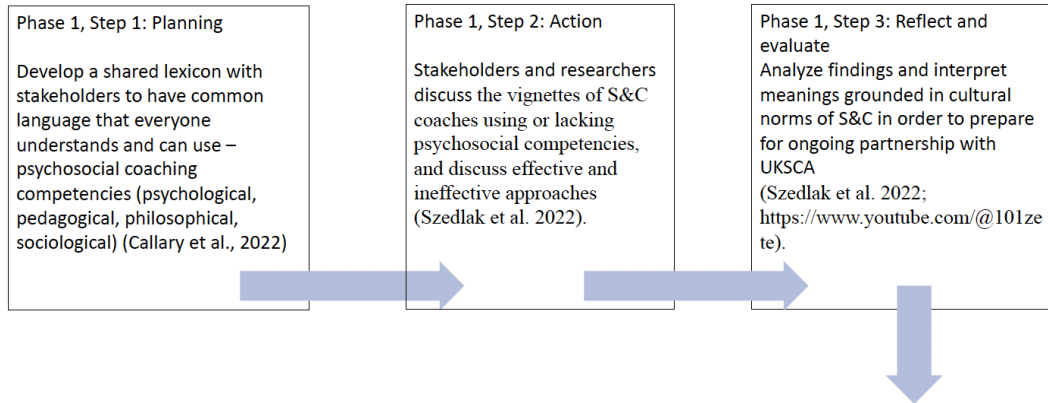
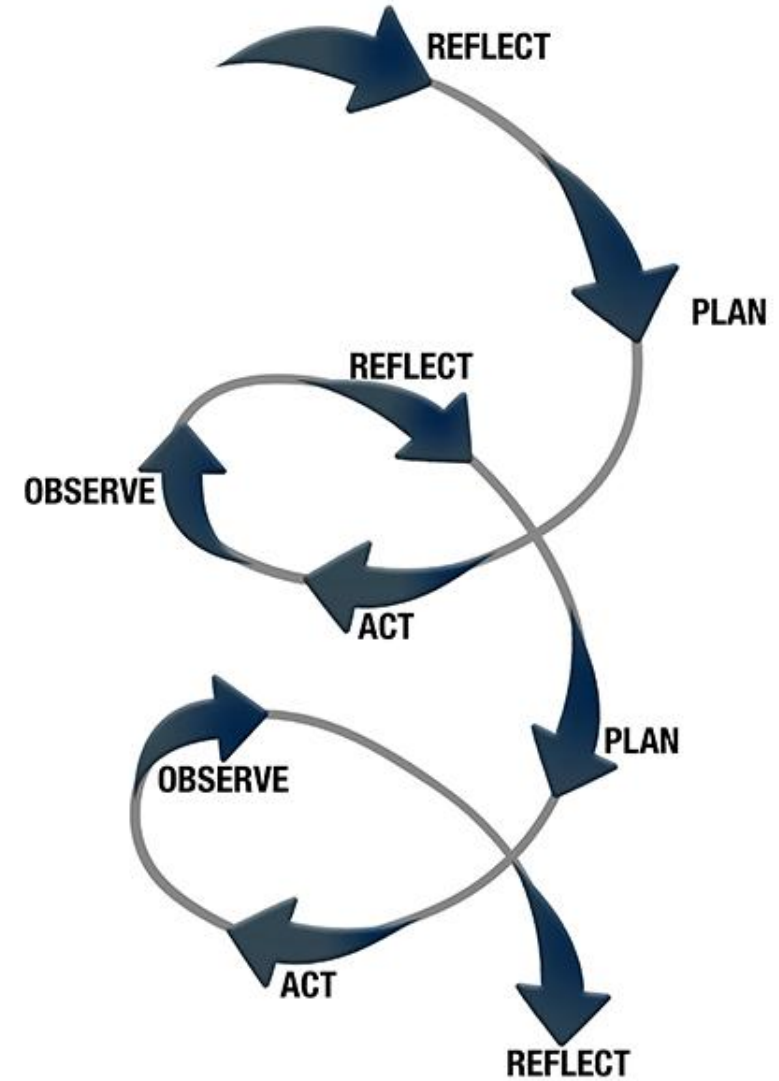
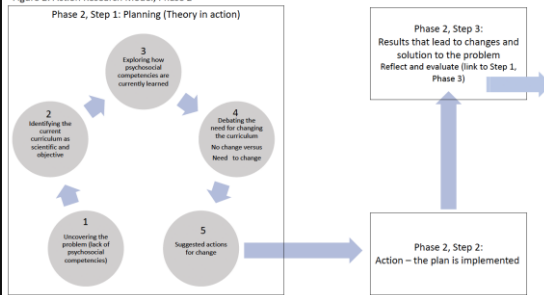


Figure 2: Action Research Model, Phase 2



Adult-oriented coaching webinars

Unique and effective coach education where coaches use a self-assessment tool developed from research to think through how they work with adult athletes

- James: “my personal opinion is that a lot of our coaches aren’t great with self-awareness. I think that is the most useful aspect of this webinar”.

Need for a New Paradigm

Need for a credible online platform where Masters coaches can gain empirical information on the psycho-social aspects of coaching



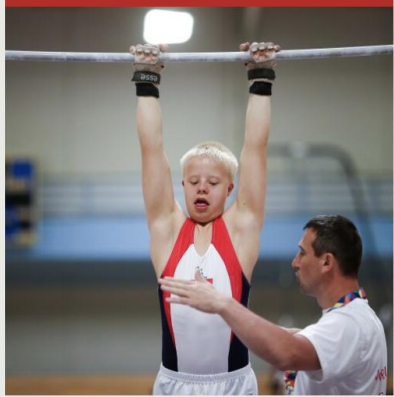
But more?...



Special
Olympics

RESOURCES

What are the Coaching Standards for International Competitions?



Experience

Completed Training

All Head Coaches

New to Coaching · Education and Training · Programs and Initiatives · Sport Safety

Female Coach Mentorship Model

A sustainable model of mentorship designed to enhance the advancement of women in coaching within three main roles: mentee, mentor, and sport administrator.



COMMUNITY SPORT

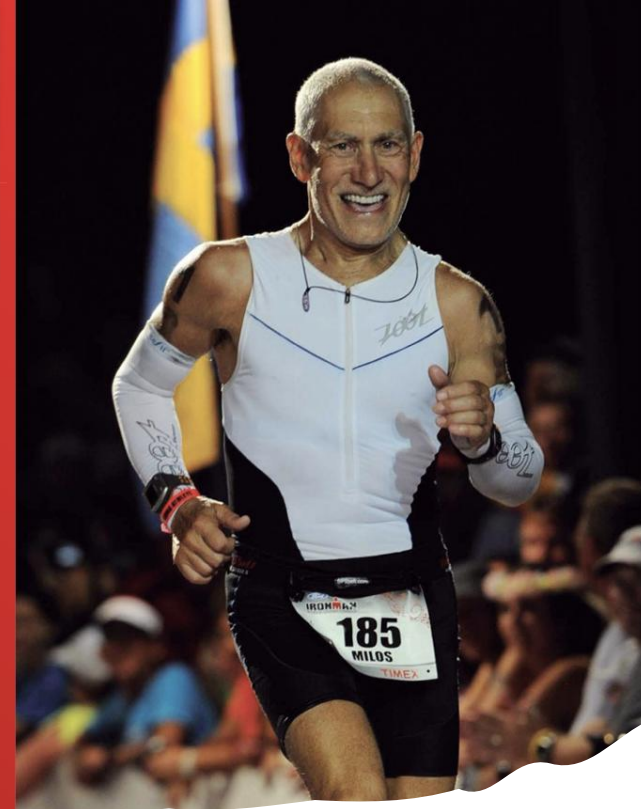
COMPETITION

INSTRUCTION



National
Coaching
Certification
Program

COACHING
MASTERS
ATHLETES



Supporting the delivery of recreation leaders' professional development through evidence-based recommendations

2019

COACHES WEEK



COMMUNITY COACH PROFESSIONAL DEVELOPMENT SESSION

MENTAL PREPARATION:
DEVELOPING EFFECTIVE
COACH-ATHLETE RELATIONSHIPS
EVENT #5325824

PORT HAWKESBURY
CIVIC CENTRE
6:00 - 7:30 PM

Cape Breton University Presents

UNAMA'KI SURF PROGRAM CELEBRATION

Have you been a part of the
Unama'ki Surf Program?

April 23, 2024
6:30-8:30 PM
Eskasoni Cultural Centre
(Food will be provided)

Scan to RSVP by
April 16, 2024





COACHES INDENTABLES

our athletes perform
looking after yourself
imon Taylor

helocker.coach.ca
imcoach@csiatlantic.ca

- October 25 - Bridgewater
- November 2 - Windsor
- November 9 - HRM
- November 14 - Truro
- November 24 - Antigonish
- November 25 - Sydney (as part CBU's Coaching Conversation)
- November 30 - Yarmouth (virtu)

CANADIAN SPORT CENTRE ATLANTIC / ATLANTIQUE

CENTRE CANADIEN DU SPORT ATLANTIQUE

sport nova scotia

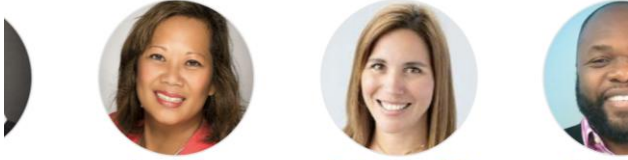
USROWING 2020 VIRTUAL CONVENTION

Let's Get Better! | December 8-13, 2020

USRowing's 2020 Annual Convention is going virtual this December! Although all of us would rather be meeting in person, no worries though. In fact, this year's convention promises to be bigger than ever with brand new diversity, equity and inclusion training available free of charge to all of our members along with our ever-popular Para/Adaptive, Coaching Education, and Leadership training. And the best part is all of this great content is available from the convenience of home!

across the spectrum -- improving as coaches, creating more inclusive boathouses, strengthening our organizations, and improving our physical and mental well-being, and more. While 2020 has been a challenging year, this year's Annual Convention is a testament to our resilience and the strength of our community. We are proud to start 2021 off stronger, healthier, wiser ... and better! [Register now!](#)

Sponsors Attendees Search



Karen Calara
Aligned and Balanced Rowing

Bettina Callary, PhD
Cape Breton University

Arshay C.
Motivation

THE COACHING CONVERSATION



WHO:
LOCAL SPORT COACHES

WHAT:
ENGAGING IN RELEVANT COACHING PROFESSIONAL DEVELOPMENT

WHEN:

Arrival 9:45am

Lunch: Provided! Cost: Free!

Coaching Conversation 10am-12pm

Coaches Round Table 1pm-3pm



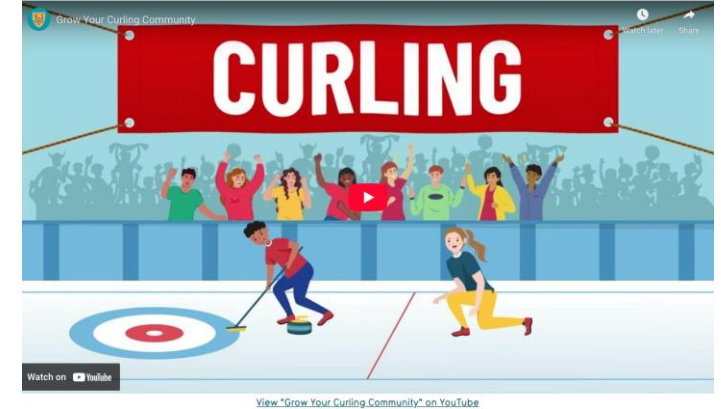
Linking directly with recreation practitioners



Community curling as recreation



Community curling as recreation



Partners Transforming Curling (PTC)

Facilitate capacity building and partnership development in equity, diversity, inclusion, and accessibility throughout curling in Canada

PTC - Outputs

CBU Recreation — Try Curling Program Research Summary

Research conducted by:
Ryan McNeil Lamswood, BEd
Simon Barrick, PhD
 Experiential Studies in Community and Sport (Cape Breton University)




Steps Taken in Research

- On-site observations at Sydney Curling Club during CBU Recreation student Try Curling sessions
- Informal feedback collected from participants
- Focus group interview with CBU Recreation staff (manager, coordinators)
- Discussion covered history, challenges, demographics, and program direction

Areas for Growth

- Transportation challenges to Sydney Curling Club
- Attendance inconsistency due to multiple factors
- Participants unclear on how to continue curling after Try Curling sessions
- Uneven engagement across sweeping and sliding activities
- Low domestic student participation in on-ice curling

Program Strengths

- Positive participant experience; fun despite difficulty
- Strong volunteer support from Sydney Curling Club
- Overarching inclusive environment
- Layered instructional approach effective for beginners
- Affordable partnership (\$50/hour ice rental)
- Floor curling on campus effective recruitment strategy
- Positive social and supportive atmosphere

Recommendations

- Provide transportation solutions (shuttle or ride-share)
- Consider introducing small registration fee/deposit to promote engagement
- Develop and promote follow-up pathways (leagues, clubs, future sessions)
- Expand promotion – use floor curling for recruitment, highlight cultural value for domestic and int'l students




This project was generously supported by a Cape Breton University School of Arts and Social Sciences Student Research Assistantship

Imagine the Curling Club is
Your House. How should you
 treat *your* guests?



#OurHousesYourHouse
#WelcomeToCurling

Hospitality First - Notice, Invite, Include. That's how belonging grows!

Open the Door - Everybody belongs. Accessibility is welcome

Show Don't Assume - Nobody is born knowing about curling, and it has its own secret language! Be sure to explain everything.

Make Space - Different cultures, and different stories all belong here.

Beyond One Visit - Ensure participants know when they can return, and where they can find out about future events.



Halifax
Olympic
Curling Trials
– Social
impacts

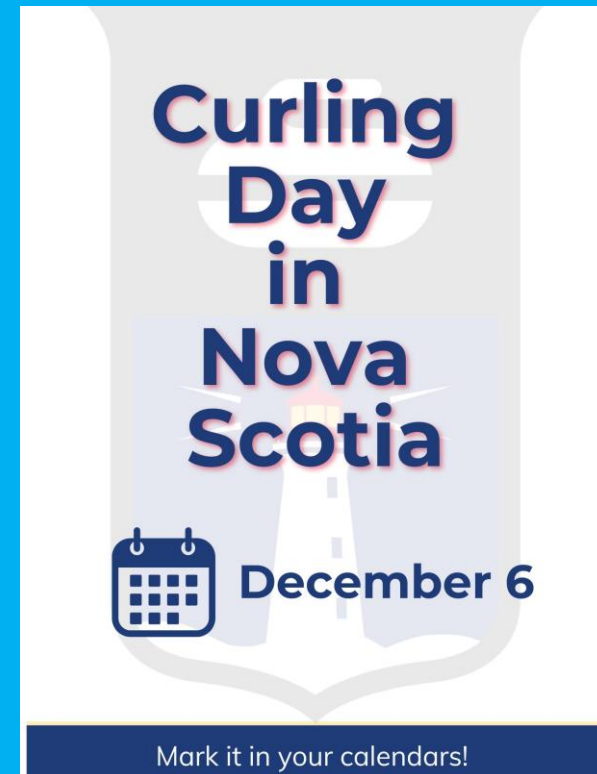


Halifax Olympic Curling Trials – Social Impacts

Festival of Rings (Nov. 2025)



Curling Day in NS (Dec. 2025)





Group Fitness for Older People

Kelsey Harvey

Key Findings

- Age-exclusive exercise markets (aka “senior’s fitness”) conflate age and ability, which upholds the decline narrative by implicitly equating youth with health and ability and older age with disease and disability.
- Multi-level teaching (Progressions, Regressions, and Modifications) intended to promote inclusivity may not go far enough

“Because you've got more people with different abilities and everybody tries to up it a little bit. No, some people can do some things better than others, but it's not like so far out of the realm that you're never going to get there. They tell you to modify it. But if you're the only one modifying it...you never think you're going to get to there. Yeah, there's certain restrictions, physically, as you get older. And, you know, like I said, if you're struggling with introductory to algebra, you don't want to sit in the calculus class.”
(Older Exerciser 2)





What's Next

- Approached by a community organization to create a research-action project on age-friendly sport.

Interested in becoming
certified to teach fitness
classes, HIIT, Bootcamps
and more?

Become an NSFA

Group Exercise Leader



- 4 Zoom Evenings
 - 1 In-person day
 - Starts Sept 23/25
- Teach this Fall!

Learn to lead dynamic group
fitness classes that blend
choreography, strength training,
and high-energy coaching

In-person Day Locations in
Dartmouth, Stellarton, and
Sydney!



www.nsfitness.ca

Working with the NSFA

Medical Exercise Programs (e.g., Group
Fitness Classes for People Living with
Dementia)

Using Technology (such as Zoom) to Deliver
Live Group Fitness Classes to Older
Exercisers



Funder: This research is supported by a Social Sciences and Humanities Research Council Insight Development Grant (award #430-2023-00944).



Plogging

- Swedish portmanteau of picking up litter + jogging
- Activity extends to walking, running, biking, and other forms of recreation (swimming, kayaking)
 - **NS2:** “It’s a good workout. It’s not just me walking down the road; it’s bending, stretching, stooping, and using my visual acuity”
- Addressing litter, environmental issues and fostering community
 - **NS1:** “[The goal] is improve the morale of the city. Just get people to do it just for doing it. And so it’s really not about litter eradication, it’s about morale improvement”
- Providing opportunities for inclusive recreation
 - **NS5:** “It just became a hobby at this point because all I see is garbage everywhere—in the ditches, on the sides of the road, on people’s properties”



The Research

Call for Research Participants for Study on Plogging / Picking Up Litter

- Researchers at McMaster University, St. Thomas University, and Cape Breton University are looking for volunteers to take part in a study of plogging/picking up litter (project name: Intergenerational conflict and solidarity in physical culture eco-activism).
- Eligible participants are adults (ages 18 and older) who participate in plogging or picking up litter in Canada and can speak/understand English.
- If you would like a detailed description of the study, including any risks and benefits involved in participating in the study, so that you can make an informed decision about participating, please contact: **Kelsey Harvey at Kelsey_Harvey@cbu.ca**
- This study has been reviewed by the McMaster, St. Thomas, and Cape Breton University Research Ethics Boards and received ethics clearance (MREB#6582 | STU Reb #2024-18 Allain | CBU Reb #2024035).



Photo Credit: SI



Conclusions & Next Steps

- Plogging...
 - Supports physical health, mood, community health and togetherness
 - Empowers individuals to feel that they make a difference in their communities, leaving a legacy for future generations
- Creating a "How to Plog" Toolkit to support the development of clean up groups across Nova Scotia & Canada.



Groups as a vehicle for positive youth development

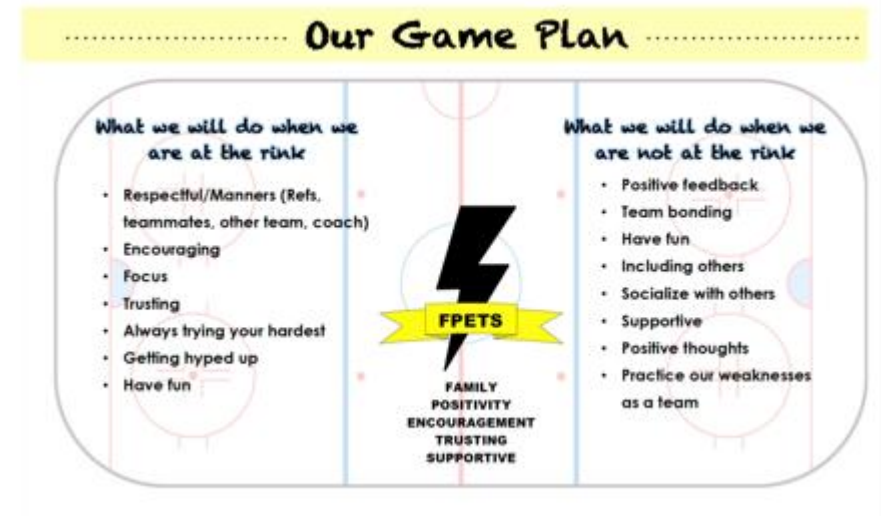


Social Identity

- Membership in groups and our sense of self
 - Strong social identity affords us social resources – belongingness, social support, psychological connections
- Increasing social identity tied to a wide range of positive outcomes
 - Positive mental health (resilience, hope, well-being, etc)
 - Moral behavior
 - Group cohesion
 - Team commitment
- Shifting from 'me' to 'we'

Sport Groups

- Together 4 Us (T4Us) Social Identity Workshops



- MLSE LaunchPad



Community- based Groups

- Undercurrent Glace Bay
- BGC Cape Breton
- Youth Project
- Youth Peer Program
- Clifford Street Youth Center
- J Street Community Space



✱ UNDERCURRENT YOUTH SOCIETY- GLACE BAY
AND CAPE BRETON UNIVERSITY RYSC LAB
PRESENTS:

THROUGH THE LENS

A photography workshop for
aspiring photographers who want to
learn more and have the opportunity to
tell a story through the lens of their
own camera!

Each participant gets:

- A digital camera to keep
- \$140 in gift cards
- Photographer exhibition/show at the
end of the program!

AGES 16-18
SEPTEMBER 18TH - OCTOBER 30TH
EVERY THURSDAY FOR 7 WEEKS
4:30-6:00
EMAIL
GAN@UNDERCURRENTYC.COM TO
REGISTER



Discussion

- What topic(s) from our presentation resonated with you?
- How do you see your work fitting in with our goals at CoSH?
 - a) Innovating intersectional access
 - b) Accelerating inclusive coaching/sport leadership
 - c) Expanding community belonging
 - d) Promoting lifelong sport participation for healthy active aging
 - e) Engaging with local partners to advance social change
- What organisations should CoSH be aware of who are working in these spaces throughout Nova Scotia?

Upcoming Events at CoSH

- Grand Opening – Saturday, October 25th (during Cape Breton University's Open House)
- Equity in Coaching Conference – The Important Role of Women Leaders in Sport
 - Held during the IIHF Women's U18 World's (Ice hockey) – January 2026
- Interested in learning more about CoSH? Please reach out!
 - Dr. Bettina Callary (Director) – Bettina_Callary@cbu.ca
 - Dr. Colin McLaren (Associate Director) – Colin_McLaren@cbu.ca
 - Mr. Brad Jacobs (Community Connector) – Brad_Jacobs@cbu.ca
 - Dr. Kelsey Harvey (Affiliate Member) – Kelsey_Harvey@cbu.ca
 - Dr. Simon Barrick (Affiliate Member) – Simon_Barrick@cbu.ca