

Day 1: Friday the 20th of October

8:30 – 9:00 Foyer & Concourse	Registration & Coffee
9:00 – 9:30 Pentland	Opening by World Abilitysport President Rudi van den Abbeele and Scotland's Minister Maree Todd MSP & for Social Care, Mental Wellbeing and Sport (<i>Virtual</i>) Introduced by Craig Carscadden
9:30 – 10:10 Pentland	Keynote: Dr Mike Peters (<i>In-Person</i>) Introduced by Craig Carscadden
	Parallel Sessions
10:10 – 10:40 Pentland	Determining priorities for participation Session Chair: Martine Verheul 10:10 – 10:25 Identifying and prioritising strategies to optimise community gym participation for young adults with cerebral palsy: an e-Delphi study <u><i>Georgia McKenzie</i></u> , <i>Claire Willis</i> , <i>Alexa Yao</i> , <i>Freya Munzel</i> , <i>Rachel Kennedy</i> , <i>Nora Shields</i> (<i>Virtual; Abstract 1</i>) 10:25 – 10:40 Exploring the needs and wants of adults with cerebral palsy who use wheelchairs to participate in physical activity - A qualitative study <u><i>James Czencz</i></u> , <i>Margaret Wallen</i> , <i>Peter H Wilson</i> , <i>Christine Imms</i> (<i>In-Person; Abstract 2</i>)
10:10 – 10:40 Prestonfield	Exercise physiology and cerebral palsy Session Chair: Petra van Schie 10:10 – 10:25 Aerobic exercise in adolescents and adults with cerebral palsy show altered systemic metabolic responses <u><i>Sudarshan Dayanidhi</i></u> , <i>Guadalupe Meza</i> , <i>Stefan Reitzner</i> , <i>Sebastian Edman</i> , <i>Linnea Corell</i> , <i>Annika Kruse</i> , <i>Emma Hjalmarsson</i> , <i>Rodrigo Fernandez-Gonzalo</i> , <i>Jessica Norrbom</i> , <i>Ferdinand Von Walden</i> (<i>in-Person; Abstract 3</i>) 10:25 – 10:40 Altered ventilatory response to incremental exercise in individuals with cerebral palsy <u><i>Linnéa Corell</i></u> , <i>Emma Hjalmarsson</i> , <i>Rodrigo Fernandez-Gonzalo</i> , <i>Jessica Norrbom</i> , <i>Annika Kruse</i> , <i>Eva Pontén</i> , <i>Ferdinand von Walden</i> (<i>In-Person; Abstract 4</i>)
10:40 – 11:10 Concourse	Coffee/tea break

	Parallel Sessions
11:10 – 12:10 Pentland	<p>Physical activity and health in children and young people with disabilities Session Chair: Cathie Sherrington</p> <p>11:10 – 11:25 A systematic review of the effectiveness of lifestyle interventions for YPWCP to improve physical health and cognitive outcomes <i><u>Jo Cossington</u>, Thomas Mitaras, Liana Nagy, Helen Dawes, Shelly Coe</i> (Virtual; Abstract 5)</p> <p>11:25 – 11:40 “Youth Experience Matters”: development of a Delphi study on priorities for participation in physical activity by adolescents with physical disability <i><u>Karen Brady</u>, Damien Kiernan, Elaine McConkey, Eva O’Gorman, Suzanne McDonough, Claire Kerr, Jennifer Ryan, Ailish Malone</i> (In-Person; Abstract 6)</p> <p>11:40 – 11:55 Action Observation for an inclusive sport motor learning in childhood <i><u>Giuseppina Sqandurra</u>, Elena Beani, Beatrice Ceragioli, Giada Martini, Veronica Barzacchi, Silvia Filogna, Francesca Fedeli</i> (Virtual; Abstract 7)</p> <p>11:55 – 12:10 Running Free: The Impact of Frame Running on the Perceived Psychosocial Wellbeing and Quality of Life of Experienced Athletes with Cerebral Palsy <i><u>Hamish Johnson</u>, Martine Verheul, Amanda Martindale</i> (In-Person) (In-Person, Abstract 8)</p>
11:10 – 12:10 Prestonfield	<p>Classification in para sport Session Chair: Lucy Dominy</p> <p>11:10 – 11:25 Classification in Para Sport: From Idea to Implementation <i><u>Martine Verheul</u>, Nicola Tennant, Craig Carscadden, Marietta van der Linden</i> (In-Person, Abstract 9)</p> <p>11:25 – 11:40 Standardised and on-court activities in Wheelchair rugby, comparison between athletes with Cerebral Palsy and athletes with other health conditions <i><u>Viola C. Altmann</u>, Mariska Janssen, Rienk M.A. van der Slikke</i> (In-Person, Abstract 10)</p> <p>11: 40 – 11:55 Classification and Para sport: athletes, support staff and classifiers’ trust in the process <i><u>Iain Gowans</u></i> (In-Person, Abstract 11)</p>

	<p>11:55 – 12:10 Classification of athletes with neurological conditions in para sport Towards the use of instrumented lower limb coordination measures for sport classification in Frame Running <u>Craig Riddle</u>, Martine Verheul, Stelios Psycharakis, Stephen Ainslie, Jack Whitlam (In-Person, Abstract 12)</p>
12:10 – 12:30	<p>Elevator pitch posters Introduced by Martine Verheul</p>
12:30 - 13:30 Concourse & Centro	Lunch
13:30 - 14:15 Salisbury and Holyrood	<p>Poster Session In-person and online posters (<i>Poster Abstracts 1-20</i>)</p>
14:15 – 14:55	<p>Keynote: Dr Sarah Reedman (<i>In-Person</i>) Falling walls: the next frontiers in physical activity for young people with cerebral palsy - Accessibility, behaviour, motivation, context and environment Introduced by Petra van Schie</p>
14:55 – 15:40 Pentland	<p>Achieving inclusion and physical literacy for children with disabilities Session Chair: Harry Cootes</p> <p>14:55 – 15:10 A systems thinking approach to the inclusion of children with disabilities in Little Athletics in Australia <u>Kerry West</u>, Simone Pearce, Dominique Moritz, Abby Haynes, Bill Bellew, Cathie Sherrington (In-Person, Abstract 13)</p> <p>15:10 – 15:25 The benefits of Martial Arts practice for those with different abilities <u>Charles Spring</u> and David Lee (Virtual, Abstract 14)</p> <p>15:25– 15:40 Measuring physical literacy in people with disabilities: development and measurement properties of the physical literacy profile questionnaire PLP-Q <u>Hércules Ribeiro Leite</u>, Rafaela Guimarães Ferreira, Mariane Gonçalves de Souza, Luana Cristina da Silva, João Victor Barbosa Oliveira, Karen Cristina Siqueira Chaves, Ricardo Rodrigues de Sousa Júnior, Georgina L. Clutterbuck (Virtual, Abstract 15)</p>
14:55 – 15:40 Prestonfield	<p>Impact of physical activity in people with multiple sclerosis and Parkinson’s Session Chair: Cathie Sherrington</p>

	<p>14:55 – 15:10 Exploration of the perceived health and wellbeing impact of dance for people with multiple sclerosis <i><u>Eleanor English</u>, <u>Martine Verheul</u></i> (In-Person, Abstract 16)</p> <p>15:10 – 15:25 The feasibility of Frame Running as an exercise option for people with Multiple Sclerosis with impaired mobility and balance: A pilot study <i><u>Gary P. McEwan</u>, <u>Cathy Bulley</u>, <u>Georgia Andreopoulou</u>, <u>Kavi Jagadamma</u>, <u>Pelagia Koufaki</u>, <u>Marietta L. van der Linden</u></i> (In-Person, Abstract 17)</p> <p>15:25 – 15:40 Fame running: an exercise option for people with Parkinson's? <i>Martine Verheul</i> (In-Person, Abstract 18)</p>
15:40 – 16:10	Coffee/tea break
16:10 – 16:45	<p>Jess Silver Physical literacy, Fitness & Sport: Flex for access, Reframing awareness of Cerebral Palsy & creating opportunity for movement & strength across every aspect of life (Virtual) Introduced by Gavin Drysdale</p>
16:45 – 17:30	<p>Coach presentations, with Paula Dunn MBE and Anita Maria Laszlo Introduced by Craig Carscadden</p>
17:30 – 17:45	<p>Coach panel Moderated by Craig Carscadden</p>
17:45 - 18:00	<p>Closing remarks Day 1 Craig Carscadden, Cathie Sherrington</p>

Evening	Drinks reception
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Day 2: Saturday the 21st of October

9:00 – 9:40	Keynote: Prof Brett Smith (<i>In-Person</i>) Disability, physical activity and some modest insights from co-production Introduced by: Cathie Sherrington
9:40 – 10:40 Pentland	Benefits of physical activity interventions for people with disabilities Session Chair: Nicola Tennant 9:40 – 9:55 Physical activity interventions for people with moderate-to-severe traumatic brain injury: a rapid systematic review and meta-analysis <i>Liam Johnson, Gavin Williams, Kavya Pilli, Sakina Chagpar, Aylish Auchettl, Jack Beard, Renee Gill, Gabrielle Vassallo, Nick Rushworth, Sean Tweedy, Grahame Simpson, Adam Scheinberg, Kelly Clanchy, Anne Tiedemann, Catherine Sherrington, Leanne Hassett</i> (<i>Virtual, Abstract 18</i>) 9:55 – 10:10 Athletes with cerebral palsy improve leg strength within 6 weeks and arm strength and jump performance within 12 weeks via maximal strength training <i>Jennifer R.M. Fleton, Ross H. Sanders, Ché Fornusek</i> (<i>In-Person, Abstract 19</i>) 10:10 – 10:25 Transforming the health and wellbeing of non-ambulant adults with cerebral palsy through motorised cycling <i>Carlee Holmes, Dinah Reddiough, Prue Morgan, Nora Shields, Kim Brock, Georgia McKenzie</i> (<i>Virtual, Abstract 20</i>) 10:25 – 10:40 The effects of sport or physical recreation for adults with physical or intellectual disabilities: a systematic review <i>Leanne Hassett, Catherine Sherrington, Marnee McKay, Jenni Cole, Anne Moseley, Sakina Chagpar, Minke Geerts, Wing Kwok, Connie Jensen, Nora Shields</i> (<i>In-Person, Abstract 21</i>)
09:40 – 10:40 Prestonfield	Physical and psychosocial benefits of frame running and swimming Session Chair: Marietta van der Linden 9:40 – 9:55 Exploring the benefits of 12 weeks of RaceRunning for children and adolescents with moderate to severe Cerebral Palsy. <i>Lauren McDougall, Danielle Girard, Emma Beckman, Ray Russo, Emily Leadbeater, Jocelyn Kernot, Kade Davison</i> (<i>Virtual, Abstract 22</i>)

	<p>09:55 – 10:10 Validation of the six-minute Frame Running test as a cardiopulmonary exercise test in individuals with cerebral palsy <i><u>Emma Hjalmarsson</u>, Linnéa Corell, Arnoud Edelman Bos, Annika Kruse, Rodrigo Fernandez-Gonzalo, Jessica Norrbom, Eva Pontén, Petra van Schie, Annemieke I Buizer,</i> <i>(In-Person, Abstract 23)</i></p> <p>10:10 – 10:25 Effect of a 14-week Frame Running training program on cardiorespiratory fitness and psychosocial functioning <i>Arnoud Edelman Bos, <u>Henriette Stemerding</u>, Annemieke Buizer, Petra van Schie</i> <i>(In-Person, Abstract 24)</i></p> <p>10:25 – 10:40 Could physical inactivity explain gross motor function decline in young people with cerebral palsy, GMFCS IV? A longitudinal intervention study. <i><u>Iain M. Dutia</u>, Mark J. Connick, Emma M. Beckman, Leanne M. Johnston, Paula J. Wilson, Angelo Macaro, Sean M. Tweedy</i> <i>(In-Person, Abstract 25)</i></p>
10:40 – 11:10 Concourse	Coffee/tea break
	Parallel workshops
11:10 – 12:40 Pentland	Workshop: Supporting lifelong physical activity participation and chronic disease prevention among individuals with cerebral palsy <i>Mark Peterson, Sarah Reedman, Ian Dutia</i> <i>(In-Person, Abstract 26)</i>
11:10 – 12:40 Prestonfield	<p>11:10 – 11:55 Workshop: Floatsation – Revolutionary floating device for all abilities <i>Martin Mansell PLY</i> <i>(In-Person, Abstract 27)</i></p> <p>11:55 – 12:40 Workshop: Understanding the importance of inclusive sport: thinking beyond the label of disability (with practical boccia activity) <i>Graham Condie</i> <i>(In-Person, Abstract 28)</i></p>
12:40 – 13:40 Concourse & Centro	Lunch
13:40 – 14:20	Keynote: Dr Phoebe Runciman <i>(In-Person)</i> The impairment-injury-performance paradox in athletes with brain disorders Introduced by Martine Verheul

Parallel sessions	
14:20 – 14:50	<p>Frame Running: Breaking barriers for participation Session Chair: Harry Cootes</p> <p>14:20 – 14:35 The perspectives of athletes and key stakeholders on taking part in, delivering, and implementing Frame Running in the community, a qualitative study. <i>Gary P. McEwan, Georgia Andreopoulou, Eleanor Curnow, Kavi Jagadamma, <u>Marietta L. van der Linden</u></i> <i>(In-Person, Abstract 29)</i></p> <p>14:35 – 14:50 A Low-cost FrameRunner bicycle for Para sport in South Africa <i>Phoebe Runciman</i> <i>(In-Person, Abstract 30)</i></p>
14:20 – 14:50	<p>Promoting physical activity: New approaches to delivering sport and health and wellbeing services Session Chair: Lucy Dominy</p> <p>14:20 – 14:35 Sport4Impact, adapted sports for every child <i>Eefje Muselaers, <u>Mirjam van Eck</u>, Petra van Schie, Eveline Boeker, Annemieke Buizer</i> <i>(In-Person, Abstract 31)</i></p> <p>14:35 – 14:50 A health and wellbeing service development for adults with Neuromyelitis Optica Spectrum Disorder (NMOSD) <u><i>Liana Nagy</i></u>, <i>Baerbel Christou, Yvonne Sharawakanda, Anna Francis, Isabel Leite, Jackie Palace</i> <i>(In-Person, Abstract 32)</i></p>
14:50 – 15:30	<p>Keynote: Associate Prof Leanne Hassett & Prof Cathie Sherrington Delivering and promoting physical activity by healthcare professionals: the Australian context <i>(Virtual / In-Person)</i> Introduced by Petra van Schie</p>
15:30 – 16:00	Coffee/tea break
16:00 – 16:45	<p>Athlete presentations, with Stephen Miller MBE PLY, Danny Teare and Tamsin Colley PLY Introduced by Gavin Drysdale Q&A moderated by Craig Carscadden</p>
16:45 – 17:00	<p>Athlete panel Moderated by Craig Carscadden</p>
17:00 – 17:15	Athletes and keynote speakers panel

	Moderated by Craig Carscadden
17:15 – 17:30	Closing remarks Craig Carscadden, Gavin Drysdale, Martine Verheul

POSTERS

Please note that posters are displayed online and in the Salisbury and Holyrood rooms throughout the day on both days of the conference. There is a poster session after lunch on Friday, but you are welcome to visit the posters at other times as well.

Virtual Posters (only available online)

1. Feasibility Study of the Sports Stars Brazil Program: Modified Sports Intervention in Adolescents with Cerebral Palsy

Luana Cristina da Silva, Flávia Natal Ribeiro Beleza, Palloma Pereira Santos, Paulo Victor de Freitas Aguilar, Ricardo Rodrigues de Sousa Junior, Hércules Ribeiro Leite.

2. The benefits of Martial Arts practice for those with different abilities

Charles Spring, David Lee

3. Supporting young adults with disability to be active in the gym: Perspectives from the leisure and recreation industry

Georgia McKenzie, Rachel Kennedy, Claire Willis, Nora Shields

In-Person Posters (may also be available on the online platform)

4. The effects of sport and physical recreation for children with physical disabilities: a systematic review

Kerry West, Cathie Sherrington, Juliana S Oliveira, Wing S Kwok, Heidi Gilchrest, Leanne Hassett

5. The effect of aquatic therapy on motor skills and spasticity in children with physical disabilities

Eliska Vodakova, Patrik Klan, Ondrej Jesina, Martin Kudlacek

6. Children with cerebral palsy exhibit reduced skeletal muscle respiratory capacity

Sebastian Edman, Linnéa Corell, Johanna Lanner, Eva Pontén, Ferdinand von Walden

7. The effect of Frame Running on physical fitness in young people with moderate-to-severe walking impairments, a feasibility study

Georgia Andreopoulou, Nicola Theis, Pelagia Koufaki, Gary P. McEwan, Jennifer Ryan, Marietta L. van der Linden

8. The Therapeutic value of snooker

Liz Fletcher, Andy Chapman, Bob Hill

9. Reimagining golf clubs as Health Ageing Hubs

Anthony Blackburn, Rachel Young, Liz Fletcher

10. A Low-cost FrameRunner bicycle for Para sport in South Africa

Phoebe Runciman

11. Physical Education Teachers' Opinions on Teaching Students with Physical Disabilities in Scotland's Mainstream Schools

Ross A. Galloway and Martine H. G. Verheul

12. Long-term sport or exercise commenced before 16 years of age reduces adverse body composition outcomes in cerebral palsy

Jennifer R.M. Fleton, Ross H. Sanders, Yorgi Mavros, Ché Fornusek

13. Scottish Disability Sport (SDS) Get Active Referral Programme

Lynne Glenn

14. Effect of heated garments on performance of para-athletes with Cerebral Palsy

Hannah Johnston, Joe McDonnell

15. Folding FrameRunner with Adjustable Contoured Chest Support Development

Clare Childs, Chris Rushman, Jake Honeywill