



# QRSE CONFERENCE

## CONFERENCE HANDBOOK

UNIVERSITY OF TORONTO  MAY 11-14, 2026



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION



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# Welcome to the 10<sup>th</sup> International QRSE Conference 2026

Dear Delegates,

On behalf of the 2026 Organizing Committee, and the [Faculty of Kinesiology and Physical Education](#) at the University of Toronto, we welcome you to the 10<sup>th</sup> International Conference on Qualitative Research in Sport and Exercise (QRSE2026). The conference is being held at the University of Toronto and will only be the second time in the history of QRSE to be hosted in Canada. Scholars from 20+ countries across five continents will be sharing their work at the conference in a variety of exciting ways. This is the broadest international participation at the QRSE conference to date!

Building on past QRSE conferences, the QRSE2026 Organizing Committee has prepared an engaging and thoughtfully curated program. The conference features sessions designed to support the broad dissemination of diverse qualitative research and to foster scholarly exchange across thematic areas. Highlights of the program include a presentation by the recipient of the QRSE Early Career Researcher Award, and keynote addresses by Drs. [Trena Paulus](#), [Tricia McGuire-Adams](#), and [Ross Wadey](#).

Pre-conference workshops will take place on May 11<sup>th</sup> at the Athletic Centre, offering skills-based training in small-group settings. The accompanying social program provides multiple opportunities for connection and community building including a campus scavenger hunt and social mixer, poster reception, banquet dinner, morning group runs/walks, lunchtime affinity group meet-ups, and the Early Career Researcher roundtable. Beyond the beautiful sites that the campus has to offer, we also encourage you to explore the many attractions that can be found in Toronto. Some of our top recommendations include the [Royal Ontario Museum](#), the [CN Tower](#), the [Distillery District](#), Toronto Islands, [St. Lawrence Market](#), and the family-favourite [Ripley's Aquarium](#)! All of these locations can be accessed via public transportation (called the [TTC](#)).

Bringing a conference of this scale to life requires the collective efforts of many. We sincerely thank the members of the QRSE2026 Conference Organizing Committee for their time and dedication in planning this year's event. We are also grateful to QRSE Society Executive members Toni Williams, Bryan Clift, and Francesca Cavallerio for their continued guidance and support. We also acknowledge the support provided by the Faculty of Kinesiology and Physical Education, including our Dean Gretchen Kerr, and the Events Planning, Communications, IT, and Financial Services teams. Their contributions enabled us to maximize conference resources and enhance the overall experience for all of you! Lastly, we would like to acknowledge the leadership and dedication of our dear colleague, Dr. Katherine Tamminen. Katherine's vision was to bring the QRSE conference to the University of Toronto and held an instrumental role in shaping the QRSE2026 program.

We hope QRSE2026 provides you with stimulating conversations and the opportunity to build connections in sport and exercise!

Sincerely,

Drs Kelly Arbour-Nicitopoulos and Michael Atkinson  
QRSE 2026 Conference Co-Chairs

## Opening Address from the International Society of Qualitative Research in Sport and Exercise

The **International Society of Qualitative Research in Sport and Exercise** (QRSE) is devoted to promoting, advancing, and connecting qualitative research in the sport and exercise sciences. Today, QRSE brings together over 300 members from across the world, spanning different disciplines, methodological traditions, and career stages. Through the society and our flagship biennial conference, QRSE provides a vital forum for networking, knowledge sharing, collaboration, advocacy, and lobbying, while fostering supportive relationships and inclusive scholarly communities.

It is with great pleasure that we welcome you to the **10th International Conference on Qualitative Research in Sport and Exercise (QRSE2026)**, hosted this year at the University of Toronto. This conference has come together through extraordinary dedication and care. The months leading up to QRSE2026 have presented additional challenges and moments of profound heartache, and yet the Conference Organising Committee has gone above and beyond to ensure this gathering could take place.

On behalf of the society, we extend our sincere thanks to the Conference Organising Committee. In particular, the conference co-chairs, Kelly Arbour-Nicitopoulos and Michael Atkinson, whose leadership, vision, and commitment have been central to bringing QRSE2026 to life. We also wish to acknowledge Francesca Principe, whose tireless work has been instrumental in shaping the conference experience. Together, their efforts have honoured and realised Katherine Tamminen's vision for QRSE2026.

We hope you enjoy the next few days of rigorous research, thoughtful conversation, supportive questioning, and the social events that bring this community together.

Best wishes,

Dr Toni Williams

QRSE President

# The Organizing Committee

## Organizing Committee



Dr. Kelly Arbour-  
Nicitopoulos  
Conference Co-Chair



Dr. Michael  
Atkinson  
Conference Co-Chair



Dr. Katherine  
Tamminen  
Conference Co-Chair



Dr. Tricia  
McGuire-Adams



Dr. Catherine  
Sabiston



Dr. Madeleine Orr



Dr. Toni Williams



Dr. Francesca  
Cavallerio



Dr. Bryan Clift

## Student Team

Our wonderful student team is comprised of students who are studying within the Faculty of Kinesiology and Physical Education at the University of Toronto. They will be wearing orange lanyards and are here to make your conference experience as enjoyable and stress free as possible. Please speak with them if you need any help or have questions throughout the course of the conference.

### Student Organizing Team



Francesca Principe



Sophie Wensel



Alessia Capone



Jenna Smith



Sarah Ryan



Nikoleta Odorico



Rylan Curtis



Samira Sunderji

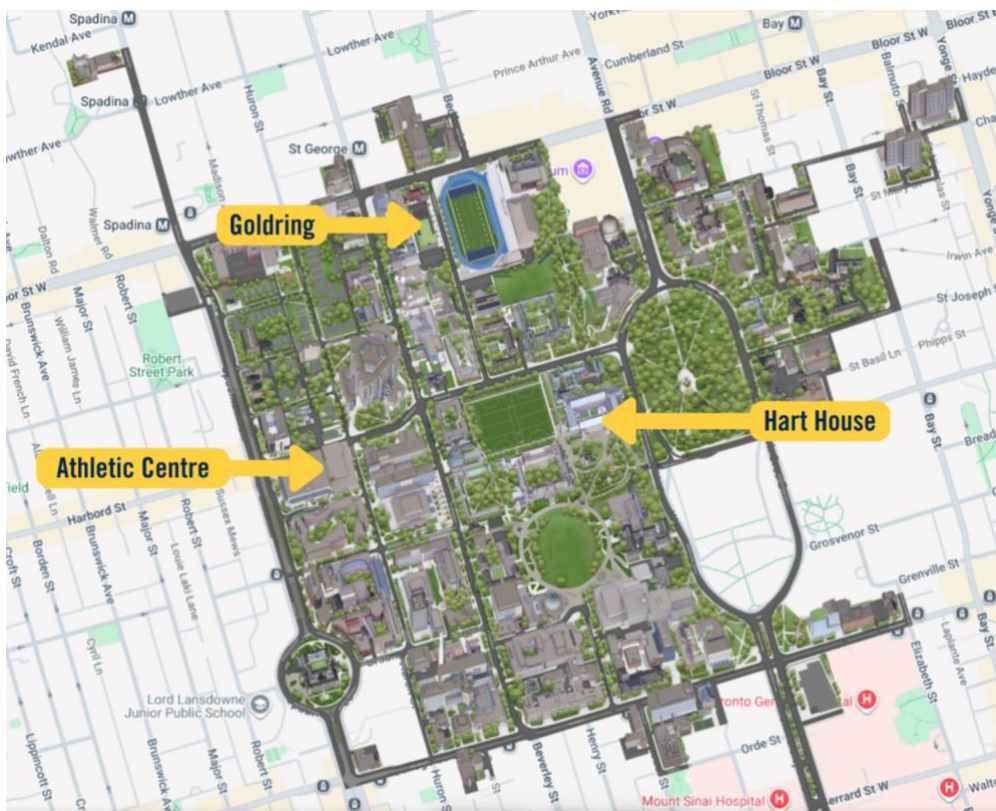
# General Information

## Conference Venue

The **QRSE2026 Conference** will be held at the St. George campus of the University of Toronto at the following locations:

1. **Hart House** ([7 Hart House Circle, Toronto](#))
  - **QRSE2026 Academic Program**
  - **Banquet Dinner** (pre-ticketed event) on the evening of Wednesday, May 13<sup>th</sup> will be held in the Great Hall at Hart House
  - **Affinity group lunch** meet-ups, held in the Music Room (2006) and the Debates Room (2034)
  
2. **Goldring Centre for High Performance Sport** ([100 Devonshire Pl](#))
  - The **Poster Reception** on Tuesday, May 12<sup>th</sup>
  
3. **The Athletic Centre** ([320 Huron Street](#) or [55 Harbord St](#) entrances)
  - The **Pre-Conference Workshops** on Monday, May 11<sup>th</sup> will take place in two rooms: [Benson 302](#) and [Warren Stevens B67](#). Registration will occur in the lobby of the Athletic Centre starting at 9am

Please see the next sections for an **overview** of each location.



## Hart House

Hart House is the main conference hosting and presentation room complex. Hart House is situated between Museum Station and St. George Station of the TTC and is located on the University of Toronto St. George campus. Oral presentations, symposia, keynotes, award presentations, and the conference banquet dinner will be held at Hart House. Please follow signs for QRSE2026 located around Hart House. Further information about the venue and accessibility information can be found on the [QRSE website](#) and the [Hart House website](#).

On the main floor of Hart House, the conference opening, keynotes, and ECR presentation will be hosted in the [Great Hall](#) (Room 1022). All other activities will be spread across multiple rooms.

Here's what you need to know (see floor plans below):

<p><b>Lower Level (basement)</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">The Arbor Room</a> (café)</li> <li>• Elevator and staircase access</li> <li>• Universal washroom</li> </ul>
<p><b>Level 1 (Ground floor)</b></p>	<ul style="list-style-type: none"> <li>• <b>Conference Registration is here!</b></li> <li>• <a href="#">Great Hall</a> (Room 1022)</li> <li>• <a href="#">East Common</a> (Room 1034)</li> <li>• Tea/coffee/lunch stations (Lower Lobby, in front of Great Hall)</li> <li>• Water dispenser</li> <li>• Accessible entrances (Tower Road and Hart House Circle)</li> <li>• Accessible toilets</li> <li>• Elevator and staircase access</li> </ul>
<p><b>Level 2 (Second floor)</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Debates Room</a> (Room 2034)</li> <li>• <a href="#">Music Room</a> (Room 2006)</li> <li>• <a href="#">Board Room</a> - designated quiet space (Room 2004)</li> <li>• Accessible toilets</li> <li>• Elevator and staircase access</li> </ul>

### Conference Room Uses:

[Great Hall](#) - Welcome remarks, all lunches and keynotes, ECR presentation, and oral presentations

[East Common](#) - Oral presentations

[Debates Room](#) - Oral presentations and affinity group meet-up at lunch

[Music Room](#) - Oral presentations and affinity group meet-up at lunch

[Board Room](#) - Designated quiet space

### Hart House Room Map:



## Goldring Centre for High Performance Sport

The **Wine and Cheese Poster Session** is being held on Tuesday, May 12<sup>th</sup>, at Goldring on St. George Campus at the University of Toronto.

[The Goldring Centre for High Performance Sport](#) is the home to University of Toronto varsity teams and the sport medicine clinic, located at 100 Devonshire Place, Toronto, ON. Goldring is less than a 10-minute walk from Hart House.

## The Athletic Centre

The **Pre-Conference Workshops** will be held at the [Athletic Centre](#). The two workshop rooms are: [Benson 302](#) (Huron Street Entrance) and [Warren Stevens B67](#) (Harbord Street entrance).

## University of Toronto Campus Map

[An interactive version the map is available here.](#)



## Building Accessibility

### Hart House

The conference and banquet dinner are being held in Hart House on St. George Campus at the University of Toronto. Hart House is one of the University of Toronto's central event spaces, located at 7 Hart House Circle, Toronto, Ontario.

There are two accessible entrances and exits at Hart House, one located at Tower Road and one on Hart House Circle, the southeast double doors at the Founder's Prayer. In addition to the two accessible entrances/exits, the south doors east of the Arbor Room entrance on Hart House Circle are also available for use. For wayfinding, a map of Hart House is included in the General Information section with presentation rooms highlighted in yellow. Signage for rooms will also be posted throughout Hart House during the conference.

A passenger elevator provides access to all levels of the building. Accessible washrooms are available near the Great Hall, the Theatre lobby, and a Universal Washroom is located on the basement level.

Please visit <https://harthouse.ca/theatre/visitor-info> for more accessibility and venue information and <https://harthouse.ca/open> for wayfinding information. Additionally, please email our student accessibility team at [kpe.qrse2026@utoronto.ca](mailto:kpe.qrse2026@utoronto.ca) with any questions.

### Goldring Centre for High Performance Sport

The Wine & Cheese Poster Session is being held on Tuesday, May 12<sup>th</sup> at the Goldring Centre for High Performance Sport. There is an accessible main entrance to the Goldring Centre for High Performance Sport, including a powered, glass door, accessible turnstile entrance, and a level pathway. An additional accessible entrance is located at the north end of the building. However, this entrance is currently not available due to construction work.

A passenger elevator provides access to all levels of the building, including voice-floor announcements, low elevator buttons, and braille or raised-number signage. The elevator or stairs can take delegates down to the court where the poster session will take place.

## Moving Around

Approximate walking/wheeling time to/from Hart House:

- Chestnut Residence: 20 minutes (walking)
- Chelsea Hotel: 20 minutes (walking)
- Kimpton St. George Hotel: 10-15 minutes (walking)
- Goldring Centre: 10 minutes (walking)

- Athletic Centre: 10 minutes (walking)

Subway, Streetcars and Buses: The best option for selecting the most appropriate mode of transit will be to use the Directions feature (adding 'current location' and 'destination') on Google Maps. Toronto uses the [TTC](#).

Taxi: [Beck Taxi](#) (Tel. 416-751-5555)

Note. Ubers are also available in Toronto

## Parking

Please note that parking is not available directly outside of Hart House. Public parking lots are available, and all are subject to availability and pricing as set by the managing parking authorities:

35 Hart House Circle, Toronto, ON -Lot R-Landmark Garage – 5 – minute walk to Hart House

107 St George (Rotman) – 8-minute walk to Hart House

Green P Municipal Parking lot at Bedford Rd. and Bloor St. W.

Metered, street parking is available on Hoskin Avenue, Devonshire Place, and St George Street

## Contact Information

- A member of the QRSE2026 team (wearing orange lanyards) will be on, or near to, the Registration desk at all times should you have any questions during the conference.
- Organizing committee: [kpe.qrse2026@utoronto.ca](mailto:kpe.qrse2026@utoronto.ca)



## The Conference

### Creating an Enjoyable and Inspiring Conference Environment for All

QRSE2026 at the University of Toronto is an opportunity for us to come together to share our passion and research for qualitative methods, sport, and exercise. Whilst this opportunity for connection is wonderful, we also embrace our diversity. We know that our conference delegates are representative of different stages of the career pipeline (from postgraduate students through to professors), have travelled from different countries, bring forward different disciplinary perspectives (e.g., psychology, sociology, coaching, public health etc) and have different needs and ways of engaging with the conference. We hope that the conference is a welcoming and enjoyable time *for all*.

To help foster a welcoming and enjoyable conference experience for everyone, we hope that you will join us in:

**Allowing time for all:** Conference timetables are notoriously busy. Keeping to the time limit for oral presentations is one way that we can: (a) ensure that each delegate gets an equal opportunity to present and respond to questions, and (b) ensure that we are able to enjoy the downtime of coffee breaks, lunches, and movement opportunities. So as a presenter, please ensure you arrive in your rooms promptly and, as an audience member, keep any longer questions for the coffee breaks.

**Developing connections:** Conferences are a great opportunity to (re)connect with people, some you may already know, and others you may want to get to know. Through connections we can expand our research horizons, learn together, and even work through challenging conversations to enhance the originality and creativity of our work. So please be kind, respectful, and reciprocal when opportunities to connect arise. Around the conference proceedings you will notice opportunities facilitate this connectivity, come join us for morning runs, walks, or rolls, and movement breaks throughout the day (more about this to follow). Please join us for the social activities on Monday evening, as well as the wine and cheese poster session on Tuesday, and the banquet on Wednesday evening.

**A conference is not a viva / exam** – Conferences are fantastic spaces where we can expand our ideas, hear different perspectives, and talk about early ideas. Our questions and conversations can, and should, challenge us. Sometimes this can help us to develop our thinking in new and unexpected ways. Importantly, none of us are here to be publicly interrogated, disrespected, or made to feel stupid for somebody else's pointless pleasure. It's just not cool and that's why this style of "engagement" has no place at a QRSE conference.

**Crafting a schedule that suits you:** The conference proceedings outlined in this handbook are a guide, please use your time here at the University of Toronto in ways that suit you. Alongside the oral presentations and additional social activities,

we also have designated [the Board Room at Hart House](#) as a space for quiet reflection. Delegates may use this room to take a moment to themselves for respite throughout the conference (Tues-Thurs).

**Encouraging *comfort not conformity*:** Whether it is wearing comfortable shoes to walk or wheel around campus and the downtown area or dressing in a way that makes you feel comfortable, we encourage you to do what works for you. There is no specific dress code for QRSE2026.

## Registration

**When:** Monday, May 11<sup>th</sup>, 3:30PM - 5PM; Tuesday May 12<sup>th</sup> to Thursday May 14<sup>th</sup>, 8AM onwards

**Where:** The Athletic Centre (55 Harbord St., M5S 2W6) on the Monday; Hart House registration table outside of the Great Hall from the Tuesday onwards

**What:** Sign in. Collect your conference materials.

**Returning your lanyard:** In efforts to be more sustainable, the QRSE conference Organizing Committee rented lanyards that can be returned and reused. Please drop off your lanyard in one of the collection receptacles at the end of your time at QRSE2026. Lanyards that are not returned by delegates will need to be paid for by the Organizing Committee so we appreciate you making all efforts to remember to return them!

**What does my registration fee include?** Registration includes your attendance at the entire academic program, including refreshments, lunch, and Tuesday's wine and cheese reception.

- If you booked a ticket for the *conference banquet* (Wednesday) or booked a *pre-conference workshop*, you will sign into each of these activities with your name before each event.
- If you booked a *day pass*, your registration will include all programming, lunch, and refreshments for the day of your registration only (not including the banquet dinner because this is a ticketed event).

**Cancellation Policy:** Please note that all registrations are non-refundable after April 1<sup>st</sup>, 2026 due to planning and catering commitments. Thank you for your understanding.

## Wifi

The University of Toronto uses Eduroam, so students and staff whose institutions also use [Eduroam](#) should connect seamlessly. Guests who do not have Eduroam at their institutions or places of work, and those who may have trouble connecting should use the following instructions:

1. Text (SMS) "QSRE" to 1-833-338-7626 to get your username and password.
2. **DO NOT FOLLOW** any of the instructions texted to you. Please just obtain the username and password from the reply and use that to login to the "eduroam" wifi network.

## Meals and Refreshments

Teas, coffees, and lunches will be served **outside the Great Hall at Hart House**.

*Note:* Please consider bringing a reuseable take-away cup for coffee/tea throughout the conference.

## Water

A water station with glasses of water will be available, as will water dispensers. To reduce costs and be mindful of environmental impacts we will not have bottled water.

*Note:* To encourage waste reduction, we encourage attendees to bring re-fillable water bottles.

## Dress Code

Conforming to shared dress codes can help people feel that they belong. However, in the same way, dress codes can exclude. They can make people feel uncomfortable and out of place, or that they don't belong in particular settings and spaces. For this reason, there is no dress code for QRSE2026. Instead, we invite you to dress in a way that *you* feel most comfortable. Dress up, dress down, change outfits throughout the day, or wear the same clothes for the entire conference. What you wear is your call and nobody else's.

## Faith-Based Space

Located on the first floor of Hart House in Room 1033, the [Chapel](#) is a small multi-faith space available for conference attendees. Feel free to pop in during opening hours (9:30AM–4PM).

## Covid-19

The [Government of Canada](#) does not currently have any COVID-19 entry requirements in place.

If you have COVID-19 you should try to stay at home.

You do not need to take a test or quarantine when you arrive in Canada.

That said, as a conference committee, we are taking the following steps to reduce the risk of Covid spread:

### Mask Wearing:

- For those who prefer to do so, we support mask wearing (ideally FFP2 standard) in indoor spaces.
- We invite Presenters and Session Chairs to remove their face mask when addressing the group to support accessibility.

## Social Media

Please tag one of the conference accounts and/or use the hashtag #QRSE2026 to document your conference memories.

- **Instagram:** [@qrse2026](#)
- **LinkedIn:** [QRSE Conference](#)

*Note:* Please state at the beginning of your presentation if there is any part of your presentation that you do not want to be recorded or posted onto social media.

To make images accessible for more people, please [include an image description](#) (ALT TEXT).



## Social and Activity Program

### University of Toronto – Fitness Facilities

On campus at the University of Toronto is our Athletic Centre and Goldring Centre for High Performance Sport. For those wishing to utilize strength and conditioning centres, pools, drop-in sports, and group fitness classes available at the Athletic Centre and Goldring Centre for High Performance Sport, we are pleased to offer 1-week free access.

To see schedules and offerings, please visit [uoft.me/sportandrec](https://uoft.me/sportandrec).

To activate your 1-week membership, please follow these instructions:

*Effective Dates: May 10 – May 17*

1. **Register:** Create an account on the Sport & Rec [portal](#).
2. **Select Membership:** Choose **Sport & Rec Membership – QRSE Conference**.
3. **Waiver & Cart:** Select the membership duration, add it to your cart, and review/accept the required waiver.
4. **Apply Discount:** At checkout, enter promo code **QRSE2026** and click "Apply" to bring the balance to **\$0.00**.
5. **Access Card:** Present your photo ID at the **Athletic Centre Main Office** (55 Harbord St.) to collect your printed membership card.

Please note that the gym space within Goldring is designed in a tiered format. All tiers can be accessed by stairs; however, the elevator only goes to the top and bottom tiers.

### Monday May 11<sup>th</sup> (Pre-conference Workshops)

#### **Meet ‘n Greet Scavenger Hunt – (Meet at the Athletic Centre, 4:30PM – 6PM)**

For delegates who are in Toronto on Monday, there is a scavenger hunt available – all you'll need is your phone! The scavenger hunt will take you to various buildings and historic landmarks across the University of Toronto campus, focusing on buildings in which conference activities will take place. All interested delegates are to meet at the registration table in the lower lobby at 4:30PM to receive instructions. The scavenger hunt will finish at the Duke of York pub where delegates can socialize, order food and drinks, and win prizes for completing the scavenger hunt!

#### **Social Mixer @ Duke of York Pub (6:30PM – 8:30PM)**

Following the Scavenger Hunt on Monday, we have reserved a private space at the Duke of York Pub, which is located at 39 Prince Arthur Avenue (M5R 1B2). All delegates are welcome to enjoy delicious appetizers, great company, and a chance to win prizes!

## Tuesday May 12<sup>th</sup>

### **Guided Morning Run/Walk/Roll (7AM – 8AM) [FREE]**

For those who would like to go on a guided run, walk, or roll before the conference, attendees can meet in front of Hart House at 7AM on Tuesday and Thursday. There will be two guided routes (5km & 7km) designed to be inclusive. The route is flat on largely accessible terrain.

**Start time:** 7AM (Tuesday May 12th)

**Meeting point:** Outside Hart House (Main Entrance/Exit)

### **Affinity Group Meet-Ups - LGBTQ2S+ and First-Generation Scholars, 2<sup>nd</sup> floor conference rooms (12:30PM – 1:15PM) [FREE]**

Affinity group meet-ups are a new addition to the QRSE conference program to create intentional spaces for connection, support, and community-building within the broader field of sport and exercise research. These gatherings offer attendees an opportunity to engage with peers who share lived experiences, perspectives, and professional pathways, fostering dialogue that is both affirming and generative.

This year, we are proud to host **four affinity group meet-ups** based on attendee registration interest which include: LGBTQ2S+ scholars, BIPOC scholars, first-generation scholars, and disabled scholars. Each session is designed to centre the voices and experiences of its community, while also encouraging collaboration, mentorship, and the exchange of ideas in a supportive environment.

Whether you are seeking community, looking to expand your network, or hoping to engage in meaningful conversations about equity and inclusion in academia, these meet-ups will provide a welcoming space to connect and grow.

### **Poster Reception – Goldring Centre for High Performance Sport (5PM – 7PM) [FREE]**

Join us for the poster session with wine and appetizers in the Kimel Family Field House. Delegates are to bring their drink ticket with them (provided with your nametag at registration) to receive one complimentary drink (alcoholic or non-alcoholic). A cash bar will also be available.

### **Informal Dining in Toronto**

Toronto is home to 158 neighbourhoods and is known for its multicultural character and vibrant food scene. If there is a particular place you'd like to eat at, we recommend booking a table in advance. Here are some popular Toronto food districts:

#### **St. Lawrence Market & Old Town**

A historic food district with bakeries, casual eats, sit-down restaurants, quick lunches, and Toronto's famous peameal bacon sandwiches

**Distillery Historic District**

A pedestrian-only area with upscale dining, cafés, breweries, and outdoor patios

**Kensington Market & Chinatown**

One of Toronto’s most diverse food areas, offering street food, budget-friendly eats, vegetarian/vegan options, and global cuisine

**Queen Street West / West Queen West**

An energetic strip known for modern dining, cafés, and cocktail bars

**Dundas West / Little Portugal**

Known for Portuguese bakeries, relaxed restaurants, family-run spots, and excellent casual dining

**Ossington Strip (Dundas W to Queen W)**

One of Toronto’s top dining destinations, featuring many of the city’s most acclaimed restaurants, nightlife, wine and cocktail bars

**Little Italy (College Street)**

A food strip with classic Italian restaurants, espresso bars, patios, casual dinners, and lively evenings

**The Danforth (Greektown)**

Famous for Greek restaurants and relaxed neighbourhood dining and patios along Danforth Avenue

**King West / Entertainment District**

Ideal for dining before or after concerts, sporting events, or shows, with modern restaurants, bars, and food halls

**Leslieville**

An east end neighbourhood with cozy cafés, bakeries, brunch spots, and locally loved restaurants

Please visit the [Destination Toronto Guide](#) for more restaurant information.

**Wednesday May 13<sup>th</sup>**

**Un-Guided Walks/Runs**

For those who wish to go for walks or runs on their own, here is a link to 1km-10km routes in and around the University of Toronto: <https://kpe.utoronto.ca/outdoor-routes>.

**Affinity Group Lunch Meet-Up - BIPOC Scholars and Disabled Scholars, 2<sup>nd</sup> floor conference rooms (1PM – 1:45PM) [FREE]**

Come join one of these two group meet-ups during the lunch hour! Bring your lunch up to the 2<sup>nd</sup> floor conference rooms for an opportunity to engage with peers who share lived experiences, perspectives, and professional pathways. All are welcome!

**Conference Dinner – Hart House (7:30PM – 10PM) [TICKETED]**

A buffet-style dinner will be held in the Great Hall at Hart House. This will be an evening to remember, and we look forward to sharing it with you. Guests will be asked to sign-in when they arrive. A complimentary drink ticket will be provided. This ticket can be used for either a non-alcoholic or alcoholic drink. A cash bar will also be available.

Following the conference dinner, you can continue to socialize until 10pm. There are also multiple bars and pubs around the city for those wishing to socialize further.

Those not attending the Conference Dinner, refer to the suggested options for Toronto dining above.

## Thursday May 14<sup>th</sup>

**Guided Morning Run/Walk/Roll (7AM – 8AM)**

For those who would like to go on a guided run, walk, or roll before the conference, attendees can meet in front of Hart House at 7AM. There will be two guided routes (5km & 7km) designed to be inclusive. The route is flat on largely accessible terrain.

**Start time:** 7AM (Thursday, May 14th)

**Meeting point:** Outside Hart House (Main Entrance/Exit)

**ECR Round Table – Hart House, Music Room (12PM – 1PM)**



ECRs are invited to the Music Room (room 2006) of Hart House on Thursday during the lunch break for an hour of individual / small group informal conversations with several experienced scholars. This will be a space for exchanging and learning from collective experiences within the room.

There may be a limited capacity for this event beyond those who registered when registering for the conference. Please indicate to the conference team at the registration desk when you arrive at the conference if you would like to attend.

# Academic Program

Please visit the [conference website](#) for the most up-to-date version of the conference program.

## Schedule Overview

QRSE CONFERENCE  MAY 11-14, 2026


### MONDAY, MAY 11

10AM - 12:00	<b>WORKSHOP 1: QUALITATIVE ANALYSIS</b> <small>Smith/Marks</small>	<b>WORKSHOP 2: PARTNERSHIPS</b> <small>Sabiston/Darnell</small>
12:00 - 1PM	<b>LUNCH</b> <small>Pre-paid with workshop fee</small>	
1:00 - 3PM	<b>WORKSHOP 3: AI AND TECHNOLOGY</b> <small>Bundon/Silver</small>	<b>WORKSHOP 4: TRAUMA-INFORMED APPROACHES</b> <small>Day/Clift</small>
3:30 - 4:30PM	<b>REGISTRATION BOOTH</b> <small>@ Athletic Centre (55 Harbord St., M5S 2W6)</small>	
4:30 - 6PM	<b>MEET 'N GREET SCAVENGER HUNT</b> <small>@ Athletic Centre (55 Harbord St., M5S 2W6)</small>	
6:30 - 8:30PM	<b>SOCIAL MIXER</b> <small>@ Duke of York Pub (39 Prince Arthur Ave., M5R 1B2)</small>	

### TUESDAY, MAY 12

7:00 - 8AM	<b>GUIDED GROUP RUN, WALK, OR ROLL</b>
8:00 - 9AM	<b>REGISTRATION &amp; COFFEE/TEA</b>
9:00 - 9:30AM	<b>WELCOME &amp; DISTINGUISHED SCHOLAR AWARD</b>
9:30 - 10:30AM	<b>KEYNOTE: TRENA PAULUS</b> <small>Reclaiming Research Identities in the Age of AI</small>
11AM - 12:15	<b>PARALLEL PAPER SESSION #1</b>
12:15 - 1:30PM	<b>LUNCH &amp; AFFINITY GROUP MEET-UP</b>
1:30 - 2:45PM	<b>PARALLEL PAPER SESSION #2</b>
3:00 - 4:15PM	<b>PARALLEL PAPER SESSION #3</b>
5:00 - 7PM	<b>POSTER SESSION &amp; WINE AND CHEESE RECEPTION</b> <small>@ Goldring Centre (100 Devonshire Pl., M5S 2C9)</small>
7:30 - 10PM	<b>FACULTY AND STUDENT SOCIALS</b>


### WEDNESDAY, MAY 13

8:00	<b>REGISTRATION &amp; COFFEE/TEA</b>
8:15 - 9:30AM	<b>PARALLEL PAPER SESSION #4</b>
9:45 - 11AM	<b>PARALLEL PAPER SESSION #5</b>
11:15AM - 12:15PM	<b>KEYNOTE: TRICIA MCGUIRE-ADAMS</b> <small>Indigenous Research Methodologies in Sport &amp; Physical Culture</small>
12:15 - 12:45	<b>EARLY CAREER RESEARCHER PRESENTATION</b>
12:45 - 2PM	<b>LUNCH &amp; AFFINITY GROUP MEET-UP</b>
2PM - 3:15PM	<b>PARALLEL PAPER SESSION #6</b>
3:30 - 4:45PM	<b>PARALLEL PAPER SESSION #7</b>
7:30 - 10PM	<b>BANQUET DINNER</b> <small>@ Hart House (Ticketed Event)</small>

### THURSDAY, MAY 14

7:00 - 8AM	<b>GUIDED GROUP RUN, WALK, OR ROLL</b>
8:00 - 9AM	<b>REGISTRATION &amp; COFFEE/TEA</b>
9AM - 10:15	<b>PARALLEL PAPER SESSION #8</b>
10:45 - 11:45	<b>KEYNOTE: ROSS WADEY</b> <small>Starting Small, Thinking Big: Scalability in Qualitative Research</small>
11:45 - 1:15PM	<b>LUNCH &amp; EARLY CAREER ROUND TABLE</b>
1:15 - 2:30PM	<b>PARALLEL PAPER SESSION #9</b>
2:30 - 3PM	<b>CONFERENCE CLOSING REMARKS</b>

# CONFERENCE SCHEDULE AT A GLANCE



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

## Posters

The Poster session will be held on the campus at The Kimmel Family Field House in the Goldring Centre for High Performance Sport. This building is a 10-minute walk from Hart House.

Delegates have been invited to consider alternative and more engaging poster designs such as the [Poster 2.0](#) format, which focuses on the most compelling results of their work.

We are holding a Best Poster competition. Our appreciation goes to Routledge Books for sponsoring this competition, and our judges [Dr. Michael Atkinson](#) and [Dr. Catherine Sabiston](#) both from the University of Toronto.

Presenters must have their posters set-up between **4:15pm and 5pm**.



## Oral Presentations

We will be using Google Drive to organize the presentation slides to ensure that presenters have access to their slides on the computer of their presentation room.

When you sign-in at the registration desk, there will be a QR code available which will give you access to the Google Drive to upload your slides. Please cross-reference the schedule and add your slides to the room and time that aligns with your presentation.

You will be required to **submit your slides at least 30 minutes prior to your presentation time**. This timing is to ensure that the moderators have enough time to set-up the slides prior to the session. Slides will be deleted from the Google Drive immediately following each presentation session.

If you have any questions related to uploading your slides, please contact us at [kpe.qrse2026@utoronto.ca](mailto:kpe.qrse2026@utoronto.ca)

Important information about presenting your work:

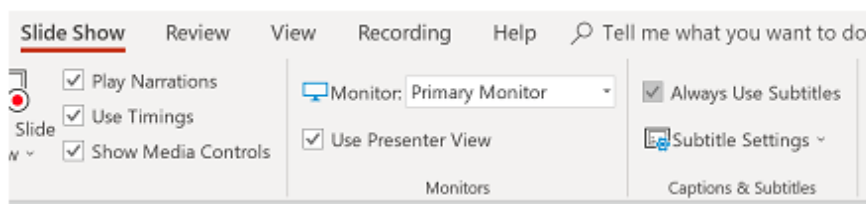
- Standard oral papers have been allocated an **18-minute slot** (15 mins presentation + 3 mins for questions).
- Symposia sessions have been allocated **1hr 15 minutes**. Use this time in the way that works best for the format you have chosen.
- Please be respectful of fellow presenters and **keep to time**. Session Chairs will ask that you stop talking if you reach the end of your designated slot and are still going... but it's nicer for everyone if they don't have to!
- For accessibility, we ask that all presenters:
  - Use the captioning feature in PowerPoint for their presentations. Please ensure that you have set-up and enabled real-time automatic closed captions in PowerPoint before starting your presentation.
  - Use **the microphone** provided within the conference room
  - Speak clearly and at a moderate pace
  - Ensure slides and visuals have **high contrast** and clear fonts
  - When taking questions, **repeat or paraphrase** the question before responding
  - If using videos, enable **captioning** and provide transcripts when possible

**Note:** These recommendations are based on the NASSS 2025 – Supporting Accessibility Guide, which was developed by the NASSS 2025 Conference Accessibility Committee to support meaningful engagement of all delegates in conference-related activities.

### PowerPoint and Real-time Automatic Closed Captions:

To set this up, please following these simple steps:

1. On the slide-show ribbon tab, select **Subtitle Settings**



2. In the subtitle settings menu select the position of the captions/subtitles. We recommend **below the bottom of the slide (docked)**.
3. More appearance settings are available by clicking **Subtitle Settings > More Settings**. We recommend the default settings (including white captions on a black background).

## Sensitive Content Warnings

### Guidance for delegates presenting on sensitive or emotionally challenging topics

If your presentation includes sensitive or emotionally challenging content, it is likely that you included content note information in your abstract submission.

Below is a checklist of further evidence-based<sup>1</sup> actions we recommend taking as a presenter to contribute towards a more psychologically safe conference environment for all.

1. Include the content note information on the first slide (or poster). A shortened version can be included in the corner of the slide/poster. See below for an example.

Topic: Depression

Population: Student-athletes

Method/analysis: 1-1 interviews/Reflexive thematic analysis

Details: Only positive experiences discussed but quotes provided

Why do this? So people can see it before you start and can leave the room if preferred

2. If detailed quotes are included on particularly sensitive or emotionally challenging content, avoid reading this type of quote out loud  
*Why do this? So attendees have the choice to not read the quote by looking away from the screen*
3. Only share details within the remit of the presentation  
*Why do this? To minimise the risk of secondary trauma for those with lived/living experiences of topics not outlined within the remit of the presentation*
4. If involved in a presentation format (e.g., symposium) that includes a panel discussion, include a reminder of what is within the remit for taking questions on  
*Why do this? To minimise the risk of secondary trauma for those with lived/living experiences of topics not outlined within the remit of the presentation*

### Signposting information

If delegates experience any distress from attending the conference, there are a number of support resources available.

For immediate support

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<sup>1</sup> This guidance was created by Dr Mary Quinton (University of Birmingham) based on the findings from research co-designing guidelines for safeguarding researchers' mental health. For more information about the project, visit [www.sprintproject.org](http://www.sprintproject.org).

- Call 9-8-8 (Suicide Crisis Helpline)
- Call 416-408-HELP (4357) (Distress Centre)
- Call 2-1-1 (non-police community crisis teams)

For non-emergencies

- Visit <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/mental-health-resources/> for resources in the Toronto area
- Visit <https://cmha.ca/find-help/>
- Remember to also seek support from your University wellbeing services if required upon return from the conference

Conferences can be energising and stimulate deep-thinking and new ideas, but we also recognise that they can sometimes be overwhelming for some people too. Remember to take breaks throughout the conference program if you would find it helpful.

There will also be a designated quiet space, which can be found in the Board Room (2004) in Hart House. Please ask a member of the conference team upon arrival if you require any further information.



## Keynote Speakers



### Professor Trena Paulus

*East Tennessee State University, USA*

[Dr. Trena Paulus](#) is a Professor and Coordinator of the Graduate Certificate in Qualitative Research Methods at East Tennessee State University. She specializes in the area of qualitative research technologies, including the development of innovative methodologies for analyzing social media conversations and other online communication environments. She is co-author of *Doing Qualitative Research in a Digital World*; *Looking for Insight, Transformation and Learning in Online Talk*; and *Digital Tools for Qualitative Research*. She has facilitated numerous workshops in national and international contexts, most recently as a Fulbright Distinguished Scholar in Humanities and Social Sciences at Adam Mickiewicz University in Poznan, Poland.



## Dr. Tricia McGuire-Adams

*University of Toronto, Canada*

[Dr. Tricia McGuire-Adams](#) is an Anishinaabekwe from Bingwi Neyaashi Anishinaabek and is an Associate Professor with the Faculty of Kinesiology and Physical Education at the University of Toronto. Recently awarded a Tier II Canada Research Chair in Indigenous Health Resurgence, she utilizes Indigenous research methodologies to study how Indigenous peoples' knowledge systems can inform new thinking and practices in addressing health and well-being as a process of Indigenous Resurgence. Her current research program, supported by her innovative H.E.A.R.T. Research Lab (Health Education and Resurgence Theory), focuses on treaty relationality in advancing sociocultural studies of sport, martial arts and trauma-informed practices, and Indigenous disability sport and wellbeing.



## Professor Ross Wadey

*St. Mary's University, Twickenham, London, UK*

[Dr. Ross Wadey](#) is a Professor and Research Centre Director at St Mary's University, Twickenham, London. His research interests are injury, disability, rehabilitation, physical activity, and qualitative research. Working with multiple sport, exercise, and health organizations, Ross has worked in various capacities that have used participatory research designs to foster localized and nationwide impact. The main research role he continues to enjoy is supporting the next generation of academics. Ross and his family live in a small village in Surrey, where he volunteers twice a week to support children and young people to engage more in physical activity.

## Exploring Toronto

Toronto is home to 158 neighbourhoods and is known for its multicultural character, featuring diverse neighbourhoods like Chinatown, Queen West, Little India, Little Portugal, Kensington Market, The Danforth, Koreatown, and Little Italy. Toronto offers a diversity of activities and attractions that provide wonderful opportunities for delegates (and non-delegates) around or in between Conference activities. Here is a small selection of local attractions that we encourage you to explore in your time in the city!

### **Toronto CityPASS**

The Toronto CityPASS offers convenient bundled admission to several of the city's top attractions, making it a cost-effective and flexible way to explore must-see sights at your own pace.

### **CN Tower**

Take in breathtaking panoramic views from one of Toronto's most iconic landmarks, offering sweeping vistas of the city skyline and Lake Ontario from its observation decks.

### **Ripley's Aquarium of Canada**

Located at the base of the CN Tower, Ripley's Aquarium features immersive exhibits, walk-through tunnels, and thousands of marine animals from around the world.

### **Royal Ontario Museum (ROM)**

One of Canada's largest museums, the ROM showcases world-class collections of art, culture, and natural history in a strikingly modern setting.

### **City Sightseeing Bus Tours**

Hop on and off Toronto's City Sightseeing Bus to explore major attractions with ease while enjoying guided commentary and scenic open-top views of the city.

### **Toronto Islands Ferry**

Escape the city with a short ferry ride to the Toronto Islands, offering peaceful beaches, walking trails, skyline views, and a relaxed, car-free atmosphere.

### **Lakefront Trail & Sugar Beach**

Stroll along Toronto's waterfront trail and relax at Sugar Beach, a vibrant urban beach known for its bright pink umbrellas and views of the harbour.

### **Live Music & Concert Venues**

Catch a live performance at one of Toronto's renowned venues; from major concerts at Scotiabank Arena to intimate shows at Massey Hall, Danforth Music Hall, HISTORY, and more.

### **Toronto Blue Jays at Rogers Centre**

Experience Canada's favourite pastime by watching the Toronto Blue Jays play at Rogers Centre, located just steps from the CN Tower downtown.

**Cherry Blossoms in Trinity Bellwoods Park**

In spring, Trinity Bellwoods Park becomes a popular spot to enjoy beautiful cherry blossoms, picnic, and soak up local neighbourhood vibes.

**Distillery Historic District**

Explore this pedestrian-only district filled with preserved Victorian industrial architecture, artisan shops, galleries, restaurants, and cafés.

**Ossington Strip**

Ossington Street is a lively neighbourhood destination known for its trendy restaurants, cocktail bars, and vibrant nightlife scene.

**St. Lawrence Market**

A Toronto classic, St. Lawrence Market is a bustling food hall offering fresh local produce, baked goods, international cuisine, and iconic peameal bacon sandwiches.

**Niagara Falls (Day Trip)**

Just a short drive from Toronto, Niagara Falls is one of the world’s most famous natural attractions, offering dramatic views, boat tours, and scenic walking paths along the falls.

**Niagara-on-the-Lake (Day Trip)**

Located near Niagara Falls, this historic town is known for its many wineries, picturesque streets, boutique shops, and excellent restaurants.

## QRSE Delegate Perks

As a delegate of the QRSE 2026 Conference hosted at the University of Toronto by the Faculty of Kinesiology & Physical Education, we are pleased to extend unique benefits to enhance your experience while on campus and exploring our city.

**Save 20% on weekdays or 10% on weekends at Elmwood Spa!**



Discover a downtown oasis where you can unwind and refresh your mind and body.

Book online with code AFFINITY20 on weekdays (Mon - Thurs) and AFFINITY10 on weekends (Fri - Sun).

### Get 20% up to six tickets at Illuminarium



Make the most of your adventure in Toronto with interactive activities and exclusive souvenirs!

Use Promo Code [UTVB20](#) for discounted tickets.

### Get 15% admission at the Royal Ontario Museum



Enjoy art, culture and nature in our expansive galleries and exhibition spaces at the Royal Ontario Museum, one of the top 10 cultural institutions in North America and Canada's largest and most comprehensive museum.

Use the discount code VARSITYBLUES to get 15% off ROM admission. Visit [rom.on.ca](http://rom.on.ca) to get tickets and plan your visit.

### Get active with 1-week free access to U of T Sport & Rec Facilities



Get access to strength and conditioning centres, pools, drop-in sports and group fitness classes available at the Athletic Centre (55 Harbord Street) and Goldring Centre (100 Devonshire Place). To see schedules and offerings, please visit [uoft.me/sportandrec](http://uoft.me/sportandrec).

To activate your 1-week membership, please follow these instructions:  
*Effective Dates: May 10 – May 17*

1. **Register:** Create an account on the Sport & Rec [portal](#).
2. **Select Membership:** Choose **Sport & Rec Membership – QRSE Conference**.
3. **Waiver & Cart:** Select the membership duration, add it to your cart, and review/accept the required waiver.
4. **Apply Discount:** At checkout, enter promo code **QRSE2026** and click "Apply" to bring the balance to **\$0.00**.
5. **Access Card:** Present your photo ID at the **Athletic Centre Main Office** (55 Harbord St.) to collect your printed membership card.

