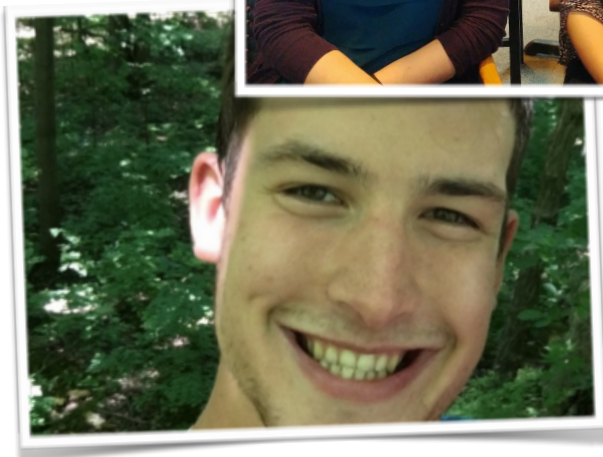
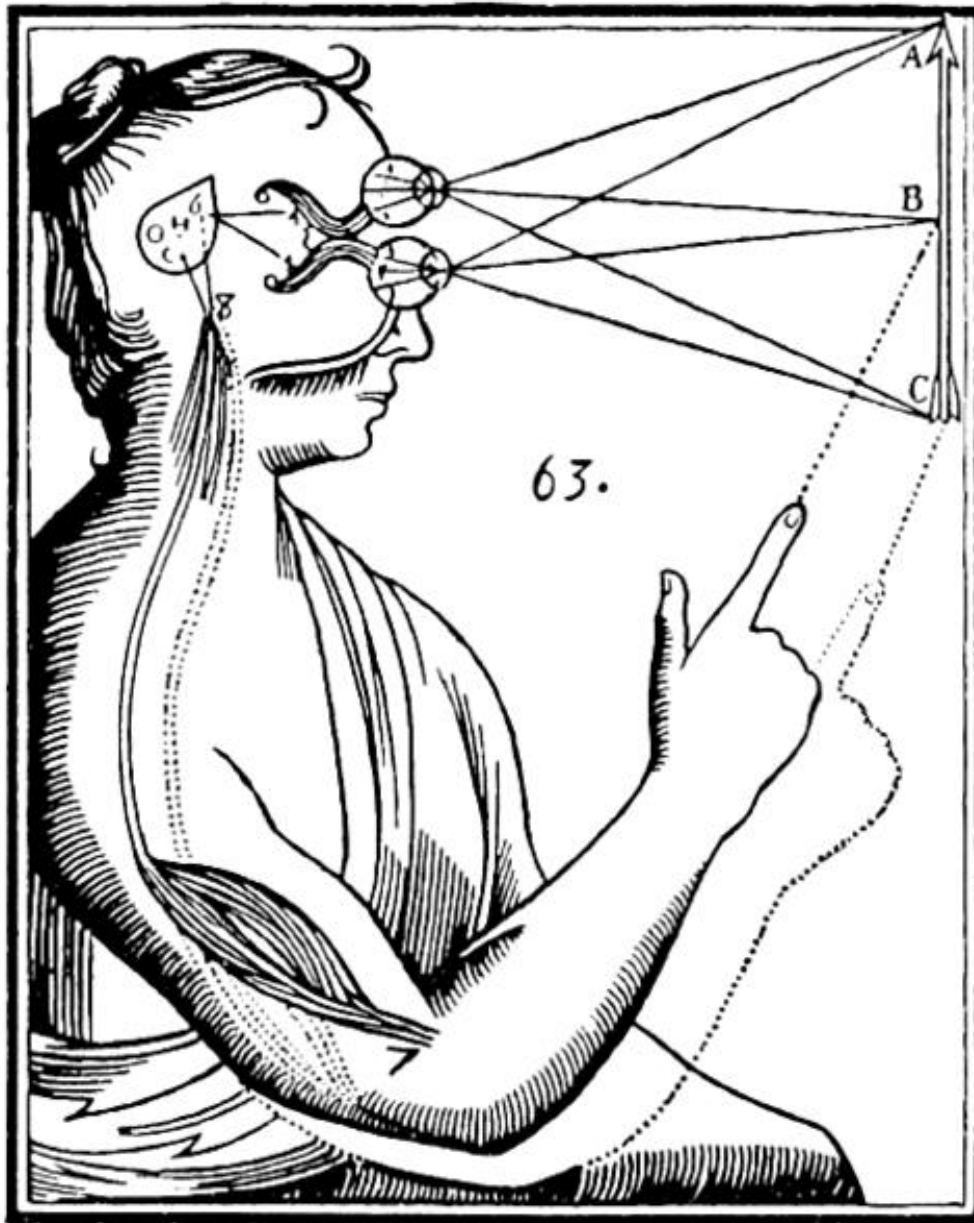


# Southern Ontario Motor Behaviour Symposium

University of Guelph



# UNIVERSITY of GUELPH



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The Southern Ontario Motor Behaviour Symposium (SOMBS) hosted by the University of Guelph on Friday May 4<sup>th</sup> was a monumental success. The success of the symposium was due in large part to the efforts of event organizer Dr. Lori Vallis and her team of graduate students with the support of Dr. Lawrence Spriet. The committee of University of Guelph students that organized the meeting consisted of Becky Breau, Keaton Inkol, David Shulman, Emily McIntosh, Lukas Linde and Jake Chaput. The University of Guelph and the Department of Human Health and Nutritional Science is grateful for the efforts of the organizing committee and would like to congratulate and thank all the members for their hard work.

### Conference Site

This year's symposium was in fact a joint conference between the Southern Ontario Motor Behaviour Symposium (SOMBS) and the Centre for Motor Control (CMC). The conference was held on the University of Guelph campus with all presentations taking place in room 100 of Alexander Hall. The Atrium of the Summerlee Science Complex hosted catering for the attendees and an after conference social took place at The Fifth Rooftop Patio & Lounge on the top floor of the University Centre.

### Attendance

Although 45-50 people were originally anticipated for the meeting, the registration numbers increased dramatically the week before the meeting. It was the biggest meeting of the group ever! With 13 faculty members, 2 post doctoral fellows and 70 trainees at the undergraduate, MSc and PhD levels attending we achieved a total of 85 delegates. The

meeting included representation from 11 different institutions including; York University, University of Ontario Institute of Technology, University of Toronto, Brock University, Toronto Rehabilitation Institute, Sunny Brook Hospital, Wilfrid Laurier University, University of Waterloo, McMaster University, University of Ottawa and of the University of Guelph.

## **Presentations**

All presentations took the form of a rapid-fire style of talks with PowerPoint and were aided by two large screens. These lectures consisted of a five minute presentation and were followed by two minutes of questions. The environment was casual and provided opportunities for constructive discussions. The content matter consisted of ongoing studies and completed work and the conference provided a platform to exchange ideas related to fundamental and applied motor control.

The first session was based on cognition and was titled "Putting The Brain to Work". Presentations consisted of talks on concussions, gambling, decision making, action planning and the effects of perception and attention on balance.

The second session was based on learning and was titled "Practice Makes Perfect". These talks consisted of research on how practice and fatigue effect skills and learning.

The third session was based on sensory perception and was titled "Can You Sense Where We are Going". Presentations consisted of talks on visual feedback, perceived motion and sensory integration and processing.

The fourth session was based on motor skills and was titled "Let's Get Moving". Research varied from posture and degrees of movement, to the effects of fatigue and discomfort.

### **About SOMBS**

"The Southern Ontario Motor Behaviour Symposium (SOMBS) is an annual event that focuses on research in the motor behaviour domain, with the objective of bringing together students and researchers from institutions across the Southern Ontario region. This conference is casual in its execution, but serious in its focus and objective. SOMBS facilitates a positive environment for the exchange of ideas and provides a great opportunity for students and faculty members alike, to present and discuss their proposed, current, and completed research projects."

### **About CMC**

"The Centre for Motor Control (CMC) is an Extra-Departmental Unit of the University of Toronto, hosted by the Faculty of Kinesiology & Physical Education. The chief objective of the CMC is to be an internationally recognized leader in the generation and translation of fundamental research into all aspects of motor behaviour. This objective includes generating, disseminating, and promoting knowledge related to the execution of movement. The CMC will serve as a multidisciplinary hub for scientific, clinical, industrial and community groups. The anticipated benefits of the generated knowledge include the creation and/or design of optimal rehabilitative, learning, training and working conditions necessary to facilitate the performance of all members of our society. As such, the CMC will cover the entire spectrum of human movement: From patient populations to average individuals to elite athletes."