**ATLANTIC PROVINCES EXERCISE SCIENTISTS AND SOCIOCULTURISTS 2023 (APES+ 2023)**

**Université de Moncton, Moncton, NB**

**General Conference Information**

* APES+ will be held at the Université de Moncton in CEPS Louis-J.-Robichaud building. The address is 40, ave Antonine-Maillet Moncton, NB E1A 3E9.
* The conference will begin at noon on the 30th of march and will conclude at noon on the 31st of march.
* Parking will be available on Campus and will be 4$/hour or 14$/day.
* The banquet will be held on Thursday evening at the Resto 63, located in the Centre étudiant Mawiomi.

**Conference Hotel**

* The Best Western Plus Moncton will serve as the conference hotel.  Directions between the Best Western Plus Moncton and the CEPS (~3 km) can be found on [map](https://www.google.ca/maps/dir/CEPS+Louis-J.-Robichaud,+Antonine-Maillet+Avenue,+Moncton,+NB/Best+Western+Plus+Moncton,+300+Lewisville+Rd,+Moncton,+NB+E1A+5Y4/@46.1060602,-64.7932043,14z/am=t/data=!3m1!4b1!4m19!4m18!1m10!1m1!1s0x4ca0bed4eab60727:0xe386d57b1970f1c9!2m2!1d-64.785091!2d46.1080186!3m4!1m2!1d-64.7870075!2d46.1087077!3s0x4ca0bf2a4036c157:0x8c41e329791a39f1!1m5!1m1!1s0x4ca0beccef58ee85:0x231a16d48247ff6b!2m2!1d-64.7645529!2d46.1010376!3e0).
* A block of 20 rooms have been held for the night of the 30th. The nightly rate is $114 + taxes.  Group rates are for single or double occupancy.  Rates are subject to applicable taxes and fees.
* Parking at the hotel is free for registered guests.
* The block of rooms will be held until **Friday, February 28th**, so please book prior to this date.
* To book reservations, please contact their Reservations Department by phone at (506)388-0888 or toll free at 1(800)780-7234.  Quote the group APES + to receive the discounted rate.

**Conference Registration**

* The cost to register for the conference is $85. This cost includes your meals for the duration of the conference. We would appreciate if you could register by **Friday March 10th**.
* To register, please complete the [registration and abstract form.](https://survey.beamlab.ca/index.php/437125?lang=en)
* **Conference registration payment can occur through any of the following options:**  
  - An interac e-transfer sent directly to [grant.handrigan@umoncton.ca](mailto:grant.handrigan@umoncton.ca)

- Cash payment (on-site registration only).  
**-** Cheques will be accepted during on-site registration or can be mailed directly to Grant Handrigan, Université de Moncton, Campus de Moncton, 18, avenue Antonine-Maillet, Moncton, NB, E1A 3E9

**Abstract Submission and Presentation**

* For details regarding abstract or research summary formatting please see the example abstract found below. The abstract and registration information are to be completed via the [registration and abstract form.](https://survey.beamlab.ca/index.php/437125?lang=en)
* The deadline to submit an abstract is **Friday March 10th, 2023**.
* Oral presentations will be 10 minutes in duration with 5 minutes permitted for questions.  There will be no poster presentation sessions.

**EXAMPLE**

**ÉVALUATION DE LA VALIDITÉ ET DE LA FIABILITÉ D'UN AMPLIFICATEUR À BASE DE MICROCONTRÔLEUR À FAIBLE COÛT POUR MESURER LA FORCE MUSCULAIRE DES MEMBRES INFÉRIEURS ET SUPÉRIEURS**

Julie Gaudet & Grant Handrigan  
École de kinésiologie et de loisirs, Faculté des sciences de la santé et des services communautaires, Université́ de Moncton, Moncton, Canada

**Introduction:** Muscle strength is an important measure of functional ability.There are several methods of measuring muscle strength, ranging from manual tests to sophisticated instruments. Recently, there has been a proliferation of inexpensive tools that can adapted to measure muscle strength. This study aims to evaluate the inter- and intra-session validity and reliability of a low-cost microcontroller-based load cell amplifier for measuring maximal isometric muscle strength in the lower and upper limbs**.**

**Methods:** The low-cost microcontroller-based amplifier was compared to a commercial-grade signal conditioner and a hand-held force gauge.

**Results:** The microcontroller-based device correlated almost perfectly with the other instruments, and had a good to excellent ICC association for inter- and intra-session reliability.

**Conclusion:** The low-cost microcontroller-based amplifier is comparable to the commercial signal conditioner and hand-held dynamometer for measuring maximal isometric muscle force.

**References:**

* 1. Jaric, S. Muscle Strength Testing. Sports Med. 2002, 32, 615–631.
  2. Moss, C.L.; Wright, P.T. Comparison of Three Methods of Assessing Muscle Strength and Imbalance Ratios of the Knee. J. Athl. Train. 1993, 28, 55–58.

**Acknowledgements:** We would like to thank all our participants for volunteering their time to assist with this project. Also, all members of the Biomechanics, Ergonomics and Analyse du Mouvement (BEAM) laboratory for their assistance and encouragement during data collection. This research was partially funded by the Canadian Frailty Network Catalyst Grant CAT 2018-15. and the CFN-NBHRF Summer Studentship 2020 SSA grant as salary support for J.G.