

Emma McLaughlin

HONOURS RESEARCH



Research Focus:

Emma's honours research is focused on determining the feasibility and appropriateness of implementing the Canadian Assessment of Physical Literacy (CAPL) testing protocols on children with disabilities. This protocol has currently only been validated for typically developing children, and we are interested in testing this protocol on our target population of children with autism and down syndrome involved in Saturday morning SMILE. This study will allow us to determine the current gaps in physical literacy levels and testing of children with disabilities while making note of areas for improvement that can be implemented within SMILE programming.

About Emma:

Emma McLaughlin is a 4th year Kinesiology with honours student from Calgary, Alberta. Throughout the past 4 years, Emma has actively been involved with the Adult SMILE Program on Friday Nights, and is currently a Leader. Emma also currently serves as the AKS Professional Events Coordinator and is Co-President of Exercise is Medicine on Campus. For the past 2 years Emma has been a SIAM Student with the Varsity Women's Soccer team. She also finds time to be a Teaching Assistant for several Kinesiology core courses.



Her experience with SMILE and knowledge she gained from Adapted Physical Activity class sparked her interest in pursuing research in this field. Earlier this semester, Emma presented her Honours Research Proposal at the North American Federation of Adapted Physical Activity Symposium at Oregon State University. Following graduation, Emma will be attending the University of Calgary to complete a Masters of Science in Kinesiology investigating the role that exercise plays in the lives of paediatric cancer patients and cancer survivors. This upcoming summer she will be working as a Research Assistant in her Health & Wellness Lab at UofC.

Supervisor: Dr. Roxanne Seaman