UNIVERSITY OF CALGARY

The O'Brien Institute for Public Health & the Department of Community Health Sciences present:

Social support and social outcomes in older adult physical activity

Speaker: Meghan McDonough, PhD

Friday, May 1, 2020 - 12:00 to 12:50 p.m. | Zoom Webinar
https://ucalgary.zoom.us/j/431581000

Social support can encourage physical activity among older adults, and group exercise creates an opportunity for social connection. Understanding interpersonal actions which support physical activity and participants' emotional responses to these exchanges can have motivational implications. This presentation will discuss research exploring supportive actions, and different types of social connections in the physical activity context that may have implications for reducing social isolation and improving well-being.

Meghan McDonough, PhD, is an Associate Professor specializing in exercise and health psychology in the Faculty of Kinesiology. Her work examines social processes as they relate to enabling physical activity, and how social relationships in the physical activity context facilitate well-being among older adults, clinical populations, and vulnerable populations. She received her PhD in Human Kinetics from UBC, and was a faculty member at Purdue University prior to joining the UofC faculty. Her work is funded by sources including SSRHC, CIHR, and the Brenda Strafford Center on Aging.

Objectives:

1. Understand various types of social supports and social outcomes related to physical activity
2. Understand role of social support in physical activity for older adults
3. Understand considerations for social support for vulnerable populations of older adults

This event is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

The recording will be archived and accessible for later viewing at: https://obrieniph.ucalgary.ca/news-and-events/chsobrien-institute-seminar-series