

Ottawa University (Anglophone event)

Friday, May 10th, 2024

WORKSHOP CATALOGUE

CODE	TITRE	DESCRIPTION	AM	PM	PRÉSENTATEUR / PRÉSENTATRICE
L01	Understanding the brain in movement: Behavioural Neuroscience	Humans are remarkable movers. We can learn new movements (e.g., the intricate finger movements required to play the violin or the coordination of multiple body segments to propel our body over the bar in high jump). We can also adapt our movements to new situations that arise within the environment (e.g., changing our walking gait when a surface is icy or changing the location of where we kick a soccer ball depending on the location of the defensive players), or within ourselves due to age or disease. In this workshop, we will explore the processes underlying motor skill acquisition and adaptation from a behavioural neuroscience perspective.	14	0	Erin Cressman
L02	Introduction to motion analysis	Students will learn the basics of human movement analysis, the different contexts for which such analyses are necessary/useful, and the type of equipment that can be used - from smartwatches to laboratory equipment. Students will also develop a protocol for testing and comparing different types of movement. A discussion of the results will follow, with practical applications for the clinic and/or performance.	16	0	Julie Nantel
L03	Exploring Exercise for People with Neurological Disorders	This workshop will focus on the role exercise for people living with neurological disorders with a specific focus on multiple sclerosis. Learn about multiple sclerosis and the benefits of exercise for this population. Hands-on activities will include motor, cognitive, and physiological testing sessions.	12	0	Lara Pilutti
L04	Unlocking Epigenetics: Understanding Stress' Impact on Our Health	Explore the fascinating world of epigenetics in our workshop titled 'Unlocking Epigenetics: Understanding Stress' Impact on Our Health' Delve into how our environment can influence gene expression, impacting our health and well-being. Through interactive discussions and engaging activities, students will discover how stress affects our bodies at a molecular level and the potential long-term consequences. They will learn about the role of epigenetics in regulating gene activity, providing insights into how we can mitigate stress-related health issues. Join us for an enlightening journey into the world of epigenetics and its implications for our overall health.	0	30	Lei Cao
L05	Pathways to a Career in Child and Youth Mental Health	This workshop will explore the different health disciplines that work in Child and Youth Mental health, and what their work involves. Participants will also get a chance to learn some skills involved in this work and try them out with each other during the workshop.	0	16	Olivia Macleod

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L06	Tumour Games	Cancer is the uncontrolled growth of abnormal cells that develop when the body's normal control mechanisms stop working. A tumor is a complex tissue, usually as complex as an organ having multiple cell types that each play a role in collectively promoting the hallmarks of cancer. When trying to treat a tumor, every treatment will have a "good" effect on some cell types but might have a "bad" effect on other cell types. During this game board activity students will make choices on treatment options and rolls of the dice will determine treatment efficacy.	15	25	Sue McKee
L07	Amazing Race: Personal Genomics	Get an overview of genetics and how genetic screening is done to identify risk of disease. Discussions will cover some of the ethical issues associated with genetics-based decision-making and the concept of genetic mutations in cancers and how that helps to tailor personalized cancer treatment. Most of the learning elements are embedded within an Amazing Race-style competition.	15	25	Sue McKee
P01	Translational And Molecular Medicine Labs: From Benchwork to The Clinics	Work through case studies and apply biological concepts to understand disease mechanisms and identify potential therapeutic avenues. Students will get a taste of what it is like to be a undergraduate TMM student in the Faculty of Medicine or work in a biomedical research setting.	10	10	Sue McKee
R01	Real and Artificial Intelligence: Physics and Computer Science in Neuroscience *This workshop includes a short 15min shuttle bus ride	We will present research directions and career paths available to students interested in applying the tools of physics and computer science to the study of neural systems. Students will complete hands on programming tasks to simulate the biophysics of a neuron and gain insight into how larger networks of neurons can process information. No previous programming experience is expected but the students should create a Google account to use Google Colab beforehand.	14	16	John Beninger
R02	Seeing biomolecules through atomic lens *This workshop includes a short 15min shuttle bus ride	In this workshop, we will explore together how to look at the biological molecules (such as proteins or DNA) one of the important components at the perspective of a super-microscopic scale (a.k.a. ATOMIC)!!	10	0	Jyh-Yeuan (Eric) Lee
R03	Med School Minis: Bite-sized Clinical Skills and Career Chats with Medical Students *This workshop includes a short 15min shuttle bus ride	Join us for an engaging and interactive session led by medical students, where you'll learn basic clinical skills and hear diverse stories of journeys into medicine. In small, guided groups, you'll have the opportunity to learn and practice patient history-taking skills using case studies and simulated patient scenarios, gaining valuable insights into patient care and the life of a medical professional. Our medical student facilitators will also discuss their personal journeys towards choosing and joining medicine, sharing perspectives, advice, and experiences on the pathway from initial exploration and self-discovery through to the application process. Whether you're curious about healthcare or considering a career in medicine, this workshop offers a glimpse into the world of clinical practice and medical education. Come chat, learn, and explore with us!	0	30	Emily Liang

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R04	Animal Models of Human Diseases *This workshop includes a short 15min shuttle bus ride	What can a mouse tell us about a human? A lot! Come see how scientists use behaviour testing in mice to learn more about human diseases and to develop new treatments.	14	14	Kerstin Ure
H01	Research with Heart *This workshop includes a short 15min shuttle bus ride	Join us at the University of Ottawa Heart Institute if you are interested to see how research will help detect and treat patients with heart and blood vessel disease. In our laboratories you will see a live beating heart as well as beating human heart cells (generated from patient stem cells). Note this workshop is not for the faint of heart/ squeamish!	10	0	Wenbin Liang
H02	The ♥ of the Matter: Let's Talk about Women's Heart and Vascular Health *This workshop includes a short 15min shuttle bus ride	This workshop will spark conversation among the students about women's heart health. Our interactive session will: 1. Outline the rationale as to why women's heart and vascular health is important. 2. Describe the anatomy of the heart, different heart and vascular diseases, how women's hearts are different than men's, how women's symptoms of a heart attack can be different than men's, and what they can do to help. 3. Describe healthy behaviours to encourage the prevention and management of heart and vascular diseases. 4. Identify resources to learn more and the steps for acting and advocating for women's heart and vascular health at your school and in your community.	14	0	Kerri-Anne Mullen
H03	What are plaque cells? *This workshop includes a short 15min shuttle bus ride	Visit a laboratory at the Heart Institute and observe plaque cells in a heart artery that could cause heart attack in a patient. Students will be able to control a microscope while looking at cells on slides.	10	0	Mireille Ouimet
H04	The role of exercise: Why it is important in cardiac care *This workshop includes a short 15min shuttle bus ride	Did you know that exercise is one of the most important ways to help treat and manage heart disease? Visit the University of Ottawa Heart Institute to learn about the role of exercise and why it is so important in cardiac care. You will see a demonstration of top-of-the-line fitness testing for athletes and patients and have the opportunity to speak with experienced Registered Kinesiologists, Exercise Physiologists and Physiotherapists about different types of exercise and how we prescribe exercise to our patients.	12	0	Jennifer Reed