

Invited Presentations and Keynotes

Rhodes, R.E. (2024). Understanding physical activity maintenance: Current evidence and future directions. *Invited keynote presentation at the Asia-Pacific Society for Physical Activity, Early Careers' Research Showcase, June 10, 2024.*

Rhodes, R.E. (2024). How to mentor graduate students and build a successful laboratory culture. *Invited presentation at the Department of Early Childhood Education, The Education University of Hong Kong, Hong Kong, China, May 6, 2024.*

Rhodes, R.E. (2024). Publishing and scientific writing. *Invited presentation at School of Applied Psychology, Griffith University, Brisbane, QLD, Australia, February 28, 2024.*

Rhodes, R.E. (2024). The Physical Activity Intention-Behavior Gap: A Multi-Process Action Control (M-PAC) Approach. *Invited presentation at School of Applied Psychology, Griffith University, Brisbane, QLD, Australia, February 21, 2024.*

Rhodes, R.E. (2023). How to mentor graduate students and build a successful laboratory culture. *Invited workshop, School of Applied Psychology, Griffith University, Brisbane, QLD, Australia, December 14, 2023.*

Rhodes, R.E. (2023). The physical activity intention-behavior gap. *Invited presentation to the Lululemon Futures Innovation Team, October 16, 2023.*

Rhodes, R.E. & Luszczynska, A. (2023). All we know about Physical Activity & the social environment: A systems mapping approach. *Invited SYNERGY Expert Meeting, European Health Psychology Society, Bremen, Germany, September 3-4th, 2023.*

Rhodes, R. E. (2023). Promoting physical activity for healthy aging: An overview of research from UVic's Behavioural Medicine Laboratory. *To be presented at the Pacific Health Research & Education Institute, Honolulu, Hawaii, May 5, 2023.*

Rhodes, R.E. (2023). Why can't we follow-through on positive physical activity intentions? *The Dorothy Harris Memorial Lecture, Pennsylvania State University, State College, Pennsylvania, USA, April 13, 2023.*

Rhodes, R.E. (2023). Tips for sticking to regular physical activity during the transition to university student life. *Presented at the UVic Faculty Spotlight Series, March 2, 2023.*

Rhodes, R.E. (2022). Physical activity and older adults: promotion at the individual level. *Keynote presentation at the Getting Active For Better Ageing Conference, Institute of Public Health on October, 2022, Ireland.*

Rhodes, R.E. (2022). Action control as a reflex? The role of habit and identity in the translation of physical activity intention into behaviour. *Presented as a keynote at the 2022*

Canadian Psychology Association Annual Meeting (Health Psychology Section) on June 17, 2022, in Calgary, AB.

- Rhodes, R.E.** (2022). Translating physical activity intentions into action: Evidence from the multi-process action control (M-PAC) Framework. *Invited presentation at the McMaster Kinesiology Seminar Series on May 12, 2022, in Hamilton, ON.*
- Rhodes, R.E.** (2021). Family development and physical activity. *Invited presentation at the Pathways to Lifelong Health Conference, Institute of Lifelong Health, University of Victoria, November 3, 2021.*
- Rhodes, R.E.** (2021). All in the family: What works (and what doesn't) when promoting parental support of child physical activity. *Keynote at the 8th International Society for Physical Activity and Health (ISPAH) Congress, October 12-14, 2021, virtual conference.*
- Rhodes, R.E.** (2021). Helping to make those New Year's physical activity resolutions stick. *Invited podcast with Dr. Jack Muskat for <https://www.ghostbureau.com/> on January 7, 2021.*
- Rhodes, R.E., Liu, S., & Lithopoulos, A.** (2021). COVID-19 and its impact on health behavior: Predicting physical distancing and physical activity in a representative sample of adult Canadians AND Personality and perceived stress during COVID-19 pandemic: Testing the mediating role of perceived threat and efficacy. *Invited presentation at the University of Victoria Pandemic Storms 2021 virtual discussions on May 25, 2021.*
- Rhodes, R.E.** (2020). Canadian movement behaviours during the COVID-19 pandemic. *Invited presentation at the BC Research Ethics Virtual Symposium: Ethical Implications of COVID-19, October 22, 2020.*
- Rhodes, R.E.** (2020). Canadian physical activity in the age of COVID-19. *Invited presentation /webinar for the Nova Scotia Health Physical Activity Practitioner Exchange, June 25th 2020.*
- Rhodes, R.E.** (2020). Canadian physical activity in the age of COVID-19. *Invited presentation at the BC COVID-19 Research and Collaboration Symposium: Public Health, Populations, Health Services and Impacts, September 1, 2020.*
- Rhodes, R.E.** (2020). Moving from adoption to sustainable physical activity patterns: Application of the multi-process action control framework. *Invited webinar for the International Society of Behavioral Nutrition and Physical Activity Motivation and Theory Special Interest Group, March 25, 2020.*
- Rhodes, R.E.** (2020). Promoting child and youth health behaviours in the family system: The role of different parent supports and their antecedents. *Keynote presentation at the Annual Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity, October 28, 2020.*

- Rhodes, R.E.** (2020). Promoting family physical activity. *Invited presentation at the Ludwig-CRUK Cancer Prevention and Physical Activity conference, March 9-10, London, UK (conference cancelled).*
- Rhodes, R.E.** (2020). Promoting family physical activity in the age of COVID-19: The role of parental support. *Invited presentation virtually at the Colloquium "Bernese Talks on Sport Science" at the University of Bern.*
- Rhodes, R.E.** (2020). Theories of human behavior: Implications for autonomous vehicles. *Invited presentation at the Symposium for Autonomous Vehicles and Human Movement, Victoria, BC, January 13-14, 2020.*
- Rhodes, R.E.** (2019). Cancer prevention and lifestyle behaviours. *Invited presentation and Q & A at the Canadian Cancer Society Donor Appreciation Event, October 29, 2019, Victoria BC.*
- Rhodes, R.E.** (2019). Factors that influence depot recycling: Forming habits. *Invited presentation at the Coast Waste Management Association Annual Conference on October 24, 2019 in Victoria, BC.*
- Rhodes, R.E.** (2019). Family physical activity planning: Examples from two randomized trials. *Invited presentation at the Using 'Brain Hacks' for Multiple Health Behaviour Change Conference, Ottawa, ON, March 18-19.*
- Rhodes, R.E.** (2019). Helping to make changes in workplace physical activity: A practical approach based on current evidence. *Fitbit Health Solutions Webinar (August 21, 2019).*
- Rhodes, R.E.,** Spence, Berry, T., Faulkner, G., Latimer-Cheung, A., O'Reilly, N., Tremblay, M.S., Vanderloo, L. (2019). Understanding Parental Support of the 24 Hour Movement Guidelines for Children and Youth. *Invited presentation at the Canadian Physical Activity Network/ParticipACTION Delegate Meeting (September, 24, 2019), Toronto, ON.*
- Rhodes, R.E.** (2018). Individual level promotion of regular physical activity among older adults: An overview of current evidence. *Invited presentation at the Consensus Conference on Physical Activity and Ageing, November 19-22 in Helsinore, Denmark.*
- Rhodes, R.E.** (2018). Grant writing for success. *Invited presentation at Hong Kong Baptist University Speaker Series on September 11, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Systematic reviews and meta-analyses. *Workshop presented at Hong Kong Baptist University Speaker Series on September 13, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Publishing and scientific writing. *Workshop presented at Hong Kong Baptist University Speaker Series on September 18, 2018 in Hong Kong, China.*

- Rhodes, R.E.** (2018). Transforming exercise intentions into habits. *Seminar presented at Hong Kong Baptist University Speaker Series on September 27, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Review of evidence from the multi-process action control framework. *Seminar presented at Hong Kong Baptist University Speaker Series on October, 4, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Promoting physical activity across the lifespan and the role of family. *Seminar presented at Hong Kong Baptist University Speaker Series on October 16, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2017). Habit research in physical activity. *Invited presentation at the British Columbia Ministry of Health Policy, Innovation, and Engagement Series, held on November 28th, 2017 in Victoria, BC.*
- Rhodes, R.E.** (2017). Integrating innovative health interventions with behavioral theory: Examples from physical activity promotion. *Keynote address given at the Health Innovation Summer School, August 22, 2017, Halmstad, Sweden.*
- Rhodes, R.E.** (2017). Innovation in physical activity promotion. *Keynote presented at the 2017 Health Innovation Summer School (Aug 22-25), Halmstad, Sweden.*
- Rhodes, R.E.** (2017). Physical activity promotion: State of the evidence. *Invited presentation at the Annual Meeting of the Academy of Behavioral Medicine Research (June 21-24), Santa Fe, NM.*
- Rhodes, R.E.** (2017). Physical activity across the lifespan: The role of the family in health promotion. *Keynote presentation at the FAMILY symposium 2017, May 11-13, 2017, Hong Kong, China.*
- Rhodes, R.E.** (2017). Strategies to enhance family physical activity for health and well-being. *Workshop presentation at the FAMILY symposium 2017, May 11-13, 2017, Hong Kong, China.*
- Rhodes, R.E.** (2017). Promoting physical activity...with some help from the dog. *Keynote presented at the Association of Graduate Education Students Annual Meeting (April 12, 2017), Victoria, BC.*
- Rhodes, R.E.** (2017). Sticking to your New Year's exercise resolution. *Invited presentation at the Gustavson School of Business Health Series, University of Victoria, Victoria, Canada.*
- Rhodes, R.E.** (2017). How do I do it? Transforming my resolutions into exercise habits. *Presented at the Faculty of Education Award for Excellence in Research Lecture, University of Victoria, Victoria, Canada.*

- Rhodes, R.E., & Williams, D.M.** (2017). Do standard assessments of self-efficacy tap perceived capability or motivation? *Invited presentation at the Society of Behavioral Medicine's (TTBCL Sig) Brown Bag Webinar Series, February, 2017.*
- Rhodes, R.E.** (2016). Improving action control in family physical activity. *Invited presentation at the annual meeting of the Academy of Behavioral Medicine Research June 22-25th, Whistler, BC.*
- Rhodes, R.E.** (2016). Exergames in the family home. *Invited presentation at the Consortium to Improve Physical Activity across the Adult Lifespan: Maximizing the Potential of Digital Technologies, Vancouver, BC.*
- Rhodes, R.E.** (2016). Social cognitive approaches to understanding health behavior: The undead of health behavior theories. *Invited presentation at the Debate Series in the Theory Sig, Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. March 30-April 2, 2016.*
- Rhodes, R.E.** (2016). Action control of physical activity: Evidence for motivational, regulatory, and reflexive processes to turn good intentions into behaviour. *Invited presentation Centre on Aging Research Presentation Series, March, 2016.*
- Rhodes, R.E.** (2015). Habit research in physical activity and sedentary behavior. *Invited presentation at the Behavioral Phenotyping of Physical Activity and Sedentary Behavior Workshop for the National Institutes of Health. December 1-2, Washington, DC.*
- Rhodes, R.E.** (2015). Building from the cracks of our foundational physical activity theories. *Presented as the Keynote speaker at the Canadian Society for Psychomotor Learning and Sport Psychology, on in Oct. 16th – 18th Edmonton, Alberta.*
- Rhodes, R.E.** (2014). Turning good physical activity intentions into actions. *Invited presentation at the 2014 Canadian Cancer Society Volunteer Summit, Nanaimo, BC.*
- Rhodes, R.E.** (2014). Physical activity adoption and adherence in the workplace. *Invited workshop for the Canadian Conference Board Annual Summit, Calgary, AB, Canada.*
- Rhodes, R.E.** (2013). Advancing physical activity theory: Conceptual and methodological future directions. *Invited presentation at the 2013 Theory Guiding Practice and Future Direction in Physical Activity Conference, Newcastle, Australia.*
- Rhodes, R.E.** (2013). Closing the intention-behaviour gap in physical activity. *Invited presentation at the University of Manitoba Health, Leisure and Human Performance Research Series, 2013, Winnipeg, Manitoba.*

Rhodes, R.E. (2013). Interventions to promote physical activity for preventive medicine: What works and what doesn't. *Invited presentation at "the Flip Side 2013," Medical Sciences, University of Victoria, Victoria, Canada.*

Rhodes, R.E., & Kowalski, K. (2013). Let's get physical: The how, the why, and what it means for you. *Keynote presentation at Victoria's International Day of the Older Person Celebration, Victoria, BC.*

Rhodes, R.E. (2012). Why those New Year's physical activity resolutions do not usually work. *Invited presentation at the 2012 Immunizing Canadian Seniors Against Inactivity Expert Symposium, Vancouver, BC.*

Rhodes, R.E. (2011). Parental influences on youth physical activity and sedentary behaviour: An evidence synthesis. *Invited presentation at the 2011 Friends of Europe Think Tank on Obesity, Brussels, Belgium.*

Rhodes, R.E. & Pfaeffli, L.A. (2009). Mediators of behaviour change among adult non-clinical populations: A systematic review update. *Invited presentation at Advancing the Future of Physical Activity Measurement and Guidelines 2009 Consensus Conference, Kananaskis, AB.*

Rhodes, R.E., Temple, V.A., & Tuokko, H.A. (2009). Evidence-based risk assessment and recommendations for physical activity clearance: Cognitive and psychological conditions. *Invited presentation at the Public Health Agency of Canada and Canadian Society for Exercise Physiology 2009 PAR-Q/ PARmed-X Conference, Vancouver, BC.*

Rhodes, R.E. (2008). Intention-behaviour discordance: Personality, social cognitive and environmental explanations in the physical activity domain. *Invited presentation for the Early Career Award at the North American Society for the Psychology of Sport and Physical Activity 2008 Annual Meeting, Niagara, ON.*

Rhodes, R.E., Naylor, P.J., McKay, H.A., Parkinson, T. & Dean, R.N. (2007). Family-based physical activity: An evaluation of motivational and post-motivational intervention strategies. *Invited presentation at 2007 Human Early Learning Partnership Research Days, Vancouver, BC.*