

Invited Presentations and Keynotes

2025

Rhodes, R. E. (2025, March 7). *Promoting child physical activity within the family system: Current evidence and future directions* [Invited presentation]. Center for Children's Healthy Lifestyles & Nutrition, Children's Mercy Hospital, Kansas City, USA.

2024

Rhodes, R. E. (2024, September 19). *Bridging the physical activity intention-behavior gap* [Invited webinar presentation]. American College of Sports Medicine's Around the Field Series.

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

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

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

Rhodes, R. E. (2024, February 21). *The physical activity intention-behavior gap: A Multi-Process Action Control (M-PAC) approach* [Invited presentation]. School of Applied Psychology, Griffith University, Brisbane, QLD, Australia.

2023

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

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

Rhodes, R. E., & Luszczynska, A. (2023, September 3–4). *All we know about physical activity & the social environment: A systems mapping approach* [Invited presentation]. SYNERGY Expert Meeting, European Health Psychology Society, Bremen, Germany.

Rhodes, R. E. (2023, May 5). *Promoting physical activity for healthy aging: An overview of research from UVic's Behavioural Medicine Laboratory* [Invited presentation]. Pacific Health Research & Education Institute, Honolulu, Hawaii, USA.

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

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

2022

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

Rhodes, R. E. (2022, June 17). *Action control as a reflex? The role of habit and identity in the translation of physical activity intention into behaviour* [Keynote presentation]. Canadian Psychology Association Annual Meeting (Health Psychology Section), Calgary, AB, Canada.

Rhodes, R. E. (2022, May 12). *Translating physical activity intentions into action: Evidence from the multi-process action control (M-PAC) framework* [Invited presentation]. McMaster Kinesiology Seminar Series, Hamilton, ON, Canada.

2021

Rhodes, R. E. (2021, November 3). *Family development and physical activity* [Invited presentation]. Pathways to Lifelong Health Conference, Institute of Lifelong Health, University of Victoria.

Rhodes, R. E. (2021, October 12–14). *All in the family: What works (and what doesn't) when promoting parental support of child physical activity* [Keynote presentation]. 8th International Society for Physical Activity and Health (ISPAH) Congress, Virtual Conference.

Rhodes, R. E. (2021, January 7). *Helping to make those New Year's physical activity resolutions stick* [Invited podcast]. Ghost Bureau. <https://www.ghostbureau.com/>

Rhodes, R. E., Liu, S., & Lithopoulos, A. (2021, May 25). *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]. University of Victoria Pandemic Storms 2021 Virtual Discussions.

2020

- Rhodes, R. E.** (2020, October 22). *Canadian movement behaviours during the COVID-19 pandemic* [Invited presentation]. BC Research Ethics Virtual Symposium: Ethical Implications of COVID-19.
- Rhodes, R. E.** (2020, June 25). *Canadian physical activity in the age of COVID-19* [Invited webinar presentation]. Nova Scotia Health Physical Activity Practitioner Exchange.
- Rhodes, R. E.** (2020, September 1). *Canadian physical activity in the age of COVID-19* [Invited presentation]. BC COVID-19 Research and Collaboration Symposium: Public Health, Populations, Health Services and Impacts.
- Rhodes, R. E.** (2020, March 25). *Moving from adoption to sustainable physical activity patterns: Application of the multi-process action control framework* [Invited webinar]. International Society of Behavioral Nutrition and Physical Activity, Motivation and Theory Special Interest Group.
- Rhodes, R. E.** (2020, October 28). *Promoting child and youth health behaviours in the family system: The role of different parent supports and their antecedents* [Keynote presentation]. Annual Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity.
- Rhodes, R. E.** (2020, March 9–10). *Promoting family physical activity* [Invited presentation]. Ludwig-CRUK Cancer Prevention and Physical Activity Conference, 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]. Colloquium "Bernese Talks on Sport Science," University of Bern (virtual).
- Rhodes, R. E.** (2020, January 13–14). *Theories of human behavior: Implications for autonomous vehicles* [Invited presentation]. Symposium for Autonomous Vehicles and Human Movement, Victoria, BC.

2019

- Rhodes, R. E.** (2019, October 29). *Cancer prevention and lifestyle behaviours* [Invited presentation and Q&A]. Canadian Cancer Society Donor Appreciation Event, Victoria, BC.
- Rhodes, R. E.** (2019, October 24). *Factors that influence depot recycling: Forming habits* [Invited presentation]. Coast Waste Management Association Annual Conference, Victoria, BC.

Rhodes, R. E. (2019, March 18–19). *Family physical activity planning: Examples from two randomized trials* [Invited presentation]. Using ‘Brain Hacks’ for Multiple Health Behaviour Change Conference, Ottawa, ON.

Rhodes, R. E. (2019, August 21). *Helping to make changes in workplace physical activity: A practical approach based on current evidence* [Invited webinar]. Fitbit Health Solutions.

Rhodes, R. E., Spence, J. C., Berry, T., Faulkner, G., Latimer-Cheung, A., O’Reilly, N., Tremblay, M. S., & Vanderloo, L. (2019, September 24). *Understanding parental support of the 24-hour movement guidelines for children and youth* [Invited presentation]. Canadian Physical Activity Network/ParticipACTION Delegate Meeting, Toronto, ON.

2018

Rhodes, R. E. (2018, November 19–22). *Individual level promotion of regular physical activity among older adults: An overview of current evidence* [Invited presentation]. Consensus Conference on Physical Activity and Ageing, Helsinore, Denmark.

Rhodes, R. E. (2018, September 11). *Grant writing for success* [Invited presentation]. Hong Kong Baptist University Speaker Series, Hong Kong, China.

Rhodes, R. E. (2018, September 13). *Systematic reviews and meta-analyses* [Workshop presentation]. Hong Kong Baptist University Speaker Series, Hong Kong, China.

Rhodes, R. E. (2018, September 18). *Publishing and scientific writing* [Workshop presentation]. Hong Kong Baptist University Speaker Series, Hong Kong, China.

Rhodes, R. E. (2018, September 27). *Transforming exercise intentions into habits* [Seminar presentation]. Hong Kong Baptist University Speaker Series, Hong Kong, China.

Rhodes, R. E. (2018, October 4). *Review of evidence from the multi-process action control framework* [Seminar presentation]. Hong Kong Baptist University Speaker Series, Hong Kong, China.

Rhodes, R. E. (2018, October 16). *Promoting physical activity across the lifespan and the role of family* [Seminar presentation]. Hong Kong Baptist University Speaker Series, Hong Kong, China.

2017

Rhodes, R. E. (2017, November 28). *Habit research in physical activity* [Invited presentation]. British Columbia Ministry of Health Policy, Innovation, and Engagement Series, Victoria, BC.

Rhodes, R. E. (2017, August 22). *Integrating innovative health interventions with behavioral theory: Examples from physical activity promotion* [Keynote address]. Health Innovation Summer School, Halmstad, Sweden.

Rhodes, R. E. (2017, August 22–25). *Innovation in physical activity promotion* [Keynote presentation]. Health Innovation Summer School, Halmstad, Sweden.

Rhodes, R. E. (2017, June 21–24). *Physical activity promotion: State of the evidence* [Invited presentation]. Annual Meeting of the Academy of Behavioral Medicine Research, Santa Fe, NM.

Rhodes, R. E. (2017, May 11–13). *Physical activity across the lifespan: The role of the family in health promotion* [Keynote presentation]. FAMILY Symposium 2017, Hong Kong, China.

Rhodes, R. E. (2017, May 11–13). *Strategies to enhance family physical activity for health and well-being* [Workshop presentation]. FAMILY Symposium 2017, Hong Kong, China.

Rhodes, R. E. (2017, April 12). *Promoting physical activity...with some help from the dog* [Keynote presentation]. Association of Graduate Education Students Annual Meeting, Victoria, BC.

Rhodes, R. E. (2017). *Sticking to your New Year's exercise resolution* [Invited presentation]. 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* [Invited presentation]. Faculty of Education Award for Excellence in Research Lecture, University of Victoria, Victoria, Canada.

Rhodes, R. E., & Williams, D. M. (2017, February). *Do standard assessments of self-efficacy tap perceived capability or motivation?* [Invited presentation]. Society of Behavioral Medicine's (TTBCL Sig) Brown Bag Webinar Series.

2016

Rhodes, R. E. (2016, June 22–25). *Improving action control in family physical activity* [Invited presentation]. Annual Meeting of the Academy of Behavioral Medicine Research, Whistler, BC.

Rhodes, R. E. (2016). *Exergames in the family home* [Invited presentation]. Consortium to Improve Physical Activity across the Adult Lifespan: Maximizing the Potential of Digital Technologies, Vancouver, BC.

Rhodes, R. E. (2016, March 30–April 2). *Social cognitive approaches to understanding health behavior: The undead of health behavior theories* [Invited presentation]. Debate Series in

the Theory Sig, Annual Meeting of the Society of Behavioral Medicine, Washington, D.C.

Rhodes, R. E. (2016, March). *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.

2015

Rhodes, R. E. (2015, December 1–2). *Habit research in physical activity and sedentary behavior* [Invited presentation]. Behavioral Phenotyping of Physical Activity and Sedentary Behavior Workshop, National Institutes of Health, Washington, DC.

Rhodes, R. E. (2015, October 16–18). *Building from the cracks of our foundational physical activity theories* [Keynote presentation]. Canadian Society for Psychomotor Learning and Sport Psychology Annual Meeting, Edmonton, Alberta.

2014

Rhodes, R. E. (2014). *Turning good physical activity intentions into actions* [Invited presentation]. Canadian Cancer Society Volunteer Summit, Nanaimo, BC.

Rhodes, R. E. (2014). *Physical activity adoption and adherence in the workplace* [Invited workshop]. Canadian Conference Board Annual Summit, Calgary, AB, Canada.

2013

Rhodes, R. E. (2013). *Advancing physical activity theory: Conceptual and methodological future directions* [Invited presentation]. 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]. University of Manitoba Health, Leisure and Human Performance Research Series, Winnipeg, Manitoba.

Rhodes, R. E. (2013). *Interventions to promote physical activity for preventive medicine: What works and what doesn't* [Invited presentation]. "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]. Victoria's International Day of the Older Person Celebration, Victoria, BC.

2012

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

2011

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

2009

Rhodes, R. E., & Pfaeffli, L. A. (2009). *Mediators of behaviour change among adult non-clinical populations: A systematic review update* [Invited presentation]. Advancing the Future of Physical Activity Measurement and Guidelines 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]. Public Health Agency of Canada and Canadian Society for Exercise Physiology PAR-Q/PARmed-X Conference, Vancouver, BC.

2008

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

2007

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]. Human Early Learning Partnership Research Days, Vancouver, BC.