

transfer, was determined. The normalized vertical CoM excursion of children with CP was 70% greater, $p < 0.03$, than that of the controls. CoM excursion in the controls correlated with walking velocity, $r = 0.62$, $p < 0.01$, whereas this was not true for children with CP. The relative phase of KE to PE in the control group was closer to the ideal of 180° , $p < 0.04$. This phasic relationship suggests a less efficient movement strategy in children with CP, as reflected by the 30% smaller R , $p < 0.01$. The results of this study show that both vertical excursion and relative phase can provide insights on walking efficiency. Further work is needed to quantify the relationships between these measures and energy consumption. Future work will include simultaneous measurement of VO_2 , kinematics, and kinetics on an instrumented treadmill to allow a direct comparison of energy costs and these measures in children with CP with and without orthoses.

The Effects of Exercise Advertising on Exercise Self-Efficacy and Decisional Balance

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Although researchers have identified a number of reasons why individuals may exercise, the public sector uses health as the main exercise incentive while the private fitness industry focuses on appearance in their advertising. However, it remains to be determined what effect health and appearance-based exercise messages have on exercise-related cognitions. The purpose of this research was to determine whether televised health-promotion exercise advertising had a different effect than televised appearance-based exercise advertising on viewers' exercise self-efficacy and decisional balance (pros or cons of changing exercise behavior). Participants were 156 undergraduate students who viewed one of three 20-min videos containing neutral and exercise-related advertising, and a TV program that made no reference to exercise, sport, or appearance. The videos differed only in the treatment ads (health, appearance, or control) they included. This study used a Solomon design, so that 96 participants completed pretest and posttest questionnaires whereas 60 participants completed posttest questionnaires only. Data were analyzed using procedures outlined by Braver and Braver (1988) for Solomon design experiments. That is, ANOVAs were used to determine whether there were significant interactions between treatment conditions, gender, and pretest or no-pretest groups on the dependent variables. If there were no significant interactions, ANCOVAs were performed on the data from the group that included a pretest, with pretest scores and exercise stage as covariates. Results showed no pretest effects. Subsequent ANCOVAs showed that men in the appearance condition had significantly lower self-efficacy than women for exercising alone, $F(2, 87) = 5.89$, $p < .005$, $\eta^2 = .12$, or when there was resistance from others, $F(2, 87) = 3.93$, $p < .05$, $\eta^2 = .08$. Although further research is needed to confirm these results, it would seem that appearance is not a good exercise motivator for men, as it has a negative impact on exercise self-efficacy.

The Effect of Video as an Augmented Feedback Tool in the Acquisition of a Motor Skill

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When performing motor skills, feedback about the characteristics and/or success of an action can come from many sources. From an internal perspective, proprioceptors in our muscles, tendons, and joints provide information about the position of our limbs in space. In addition to these built-in sources of feedback, information about performance can also come from external sources such as instructors or coaches, or more recently, from evaluating one's own performance on video replay. The present pilot experiment was designed to