

SMX 20 07



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VICTORIAN CONFERENCE OF SCIENCE AND MEDICINE IN SPORT AND EXERCISE



Bridging the Gap Between High Performance Sport and Physical Activity
Saturday 23rd June 2007 Melbourne Sports and Aquatic Centre

PROUDLY SUPPORTED BY



The Victorian Conference of Science and Medicine in Sport and Exercise will promote knowledge and practice in sports science

and medicine by providing an interactive and inter-disciplinary education forum of the highest standard to enhance the participation,

performance and well-being of Australians engaged in sport and exercise.

Welcome 9.00am - 9.10am **DR DAVID BOLZONELLO** President SMA Victorian Branch

Keynote 1 9.10am - 9.45am **The Michael Kenihan Lecture presented by THE HONOURABLE JAMES MERLINO** Minister for Sport, Recreation and Youth Affairs
Building Community Confidence in Safe Participation

<h1>1</h1> <p>Session 9.45am - 10.45am</p>	<p>9.45am Start</p> <p>THE LIMITS TO PHYSICAL ACTIVITY DUE TO INCONTINENCE Margaret Sherburn, Physiotherapist Incontinence can be a socially isolating problem, causing shame and behavioural change. Pelvic floor muscle training, and altering skill patterns can reduce leakage during exercise.</p>	<p>THE IMPACT OF ENVIRONMENTAL CONDITIONS ON EXERCISE-INDUCED BRONCHOCONSTRICTION Dr Karen Holzer, Sports Physician Exercise-induced Bronchoconstriction (EIB) is an extremely common condition in both elite and recreational athletes, particularly those with underlying atopy. Environmental conditions play a major part in the development or severity of EIB.</p>	<p>EFFECTS OF POST EXERCISE PROTEIN SUPPLEMENTATION ON RECOVERY Jessica Mathers, Exercise Physiologist Can we affect efficiency of recovery by altering the post exercise inflammatory response?</p>
	<p>10.15am Start</p> <p>"SACROILIAC JOINT INSTABILITY" A PROBLEM SOLVED WITH EXERCISE Melbourne Pilates and Fitness Group The need for specific exercise to strengthen the deep pelvic muscles to solve sacroiliac joint pain and sacroiliac joint pain in pregnancy.</p>	<p>CARDIOVASCULAR HEALTH FOR OLDER ADULTS, THOSE WITH HEART DISEASE AND DIABESITY Associate Professor Steve Selig, Exercise Physiologist Exercise is therapeutic by reducing risk or retarding progression of heart disease and diabetes.</p>	<p>THE SCIENCE BEHIND CYCLOID THERAPY Anthony Ferraro, National Manager, Accell Therapies Cycloid therapy has been clinically proven for over 58 years to assist with recovery and rehabilitation.</p>

Morning Tea 10.45am - 11.00am

<h1>2</h1> <p>Session 11.00am - 12.30pm</p>	<p>11.00am Start</p> <p>PRACTICAL LIFESTYLE STRATEGIES TO PREVENT OSTEOPOROSIS Gaele Ducher, Research Fellow Practical exercise prescription guidelines for optimising bone health in children and the effects of energy deficiency on bone health in female athletes.</p>	<p>LIFT FOR LIFE - RESEARCH TO REAL LIFE IMPACT Renee Slade, Manager - Lift for Life Research has demonstrated that regular high-intensity resistance training in a supervised environment improves diabetes control.</p>	<p>TRANSITIONS FOR COACHES Andrew Dawson, Lecturer, Level 4 Track and Field Coach Career transition is not just for athletes, coaches experience transition too often at great cost to their health, personal and professional development and socio-economic status.</p>
	<p>11.30am Start</p> <p>PHYSICAL ACTIVITY IN POPULATIONS AT RISK OF OSTEOPOROSIS Dr Robin Daly, Senior Research Fellow Practical exercise prescription guidelines for individuals at different levels of risk for osteoporosis. Best practices for physical activity programs to enhance musculoskeletal health in older adults.</p>	<p>PHYSICAL ACTIVITY FOR THOSE WITH DIABETES Associate Professor Richard O'Brien, Endocrinologist The metabolic syndrome, a precursor of diabetes, affects 25% of Australians. Lifestyle and exercise programs can halve the number of people progressing to diabetes.</p>	<p>UTILISING MOVEMENT, MOTIVATION AND LEARNING TO ENCOURAGE ACTIVE LIVING Mark McGrath, Coach/Manager Bluearth Institute Theory postulates of three innate psychological needs; competence, autonomy and relatedness which when satisfied yield enhanced self-motivation and mental health.</p>
	<p>12.00pm Start</p> <p>NUTRITION FOR BONE HEALTH Sonja Kukuljan, Dietitian and Lecturer in Sports Nutrition Review of the key nutritional strategies for the prevention and management of osteoporosis in older adults.</p>	<p>EXERCISE PRESCRIPTION FOR RETURNING TO SAFE PHYSICAL ACTIVITY Peter Ryan, Exercise Physiologist Chronic illness is often accompanied with complexity – multiple co-morbidities. Returning to safe physical activity is an opportunity to revise goals for an active lifestyle.</p>	<p>CHILDHOOD OBESITY AND EXERCISE. RESEARCH PROGRAMS AND PROCESSES FOR EFFECTIVE REFERRAL Associate Professor Geraldine Naughton, Exercise Scientist Prevention is the best community based approach. Supporting families as the agent of change appears to be the most developmentally appropriate approach.</p>

Lunch 12.30pm - 1.30pm

Keynote 2 1.30pm - 2.15pm **The VIS - Is it All About Performance? ANNE MARIE HARRISON** CEO - VIS

<h1>3</h1> <p>Session 2.15pm - 3.15pm</p>	<p>2.15pm Start</p> <p>LIFE AFTER ELITE SPORT Stephanie Moorhouse, Retired Elite Gymnast - Student Re-establishing personal equilibrium and learning to identify and apply life skills of gymnastics to retirement. Advice on building a successful transition into life after elite sport.</p>	<p>AQUATIC EXERCISE - EVIDENCE, PRECAUTIONS AND SCREENING Sophie Heywood, Physiotherapist Aquatic exercise is effective in improving function, mobility, strength and cardiovascular fitness in people with arthritis, low back pain and chronic illness. Specific screening and monitoring is required related to the physiology of immersion and when exercising in an aquatic environment.</p>	<p>A BALANCED STATE - EXPLORING SAFE LANDING STRATEGIES Lisa Shuck, Lecturer at Deakin University and Director of KidSkills Australia Landing strategies as injury prevention and performance enhancement. Exploration of dynamic static balance. Motivating participants to move and learn through stimulation of the vestibular system. Simple effective ways to develop movement fundamentals and beyond.</p>
	<p>2.45pm Start</p> <p>RESILIENCE - THE BOUNCE BACK FACTOR Lisa Stevens, Sport Psychologist Attitudes and beliefs – cognitive behavioural aspects of resilience. Physiological benefits and liabilities – simple resilience strategies.</p>	<p>(1 hour session)</p>	<p>(1 hour session)</p>

Afternoon Tea 3.15pm - 3.45pm

<h1>4</h1> <p>Session 3.45pm - 4.45pm</p>	<p>3.45pm Start</p> <p>DIETING - FRIEND, FAD OR FICTION? Fiona Sutherland, Sports Dietitian A critical examination of the messages general populations and athletes receive regarding dietary practices. Strategies to separate fact from fiction! (1 hour session)</p>	<p>FUNCTIONAL EXERCISE FOR OLDER ADULTS Peter Cayley, Executive Director Victorian Weightlifting Association The importance of power training for older adults. The effect of olympic style weight training on agility, balance and coordination. (1 hour session – Practical)</p>	<p>FROM PILLAR TO POST YOUTH ATHLETE FORUM Presenters Include Wendy Braybon, VIS Physiotherapist; Ross Monaghan, Development and Welfare Manager Melbourne Football Club; Jacqui Louder, Sport Psychologist and Kerry Otto, Sports Dietitian Exploring a joint approach to the physical and mental preparation of talented youth to avoid overtraining between school, club and pathway activities. (1 hour session)</p>
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Closing 4.45pm - 5.00pm **GARY MOORHEAD** CEO Sports Medicine Australia

REGISTRATION

Name _____
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Suburb _____ P/Code _____
Contact Phone _____
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Profession/Area of Study _____

Payment Details (All Prices Include GST)
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ABN 45 006 104 025

Early bird registration is available until 5.00pm Friday 25th May 2007

SMX 2007

Saturday 23rd June 2007

MEMBER REGISTRATION

Early \$160
 Late \$210

For all SMA and discipline group members, NCAS coaches and Kinect Australia registered instructors. Please indicate which group/s you are a member of and note your membership number.

SMA SPA
 SDA APS-CSP
 AAESS NCAS
 AOA KINECT AUSTRALIA

Member No. _____

FULL REGISTRATION

Early \$200
 Late \$250

STUDENT REGISTRATION

Early \$100
 Late \$120

Please attach a photocopy of your current student card.

Special Dietary Requirements _____

Closing date for registrations
Wednesday 20th June 2007.

Please send/fax this form with payment. All prices include GST.
A tax invoice confirming your registration will be issued upon receipt of payment.

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- Attendance may provide NCAS coaches with updating points for re-accreditation.
- APA members attendance at this conference will accrue Continuing Professional Development points as per Australian Physiotherapy Association Guidelines. 1 point for each hour of participation.
- An AAESS recognised conference - a maximum of 8 CEPs is possible.
- Members of the Australian Psychological Society can log the details of the session they attended in the PD Log Sheet: PD points allocated would be 1 point per hour of the conference (max 6 points).
- Delegates who are Accredited Practising Dietitians (APD) can claim CPD hours for their APD requirements from this event if they have identified 2007 learning goals related to the conference content.
- 7.5 category 1A CPD points apply for AOA members.
- Attendance at this conference will accrue 3 PDPs for Kinect Australia instructor re-registration.
- This activity has been approved by the RACGP QA&CPD Program.
TOTAL CPD POINTS:
12 (Category 2).

Refund Policy

Refunds will be provided in line with the SMA Refund Policy. For a copy of this policy please contact (03) 9674 8704 or members@vic.sma.org.au

Privacy Policy

The information you supply will be used for our records only and to provide you with information on upcoming SMX conferences.

SPEAKER profile

Keynote Presenters

The Honourable James Merlino MP

Elected the Member for Monbulk in November 2002, James Merlino was subsequently appointed to the Victoria Government front bench as the Minister for Sport, Recreation and Youth Affairs in November 2006. Prior to his Parliamentary career, he studied a Bachelor of Arts, worked part time as a bricklayer, worked in the union movement and was a councillor in the Shire of Yarra Ranges. James is a member of the Hawthorn Football Club as well as several other local sporting associations.

Anne Marie Harrison

Appointed CEO of the Victorian Institute of Sport in August 2006 following 7 years as the inaugural Executive Director of the Scottish Institute of Sport. Her time in Scotland culminated with the 2006 Commonwealth Games; the most successful ever by the country finishing in 6th place on the medal table with 29 medals including 11 gold. Previously Anne Marie was the CEO of Vicsport and has worked in the sports industry for 27 years covering the spectrum of National and State Sporting Organisations (including 10 years in gymnastics), the Olympic movement and Peak Agencies.

Session Presenters

Wendy Braybon

Physiotherapy Coordinator at the Victorian Institute of Sport, Partner of the Melbourne Physiotherapy Group and the Melbourne Pilates and Fitness Group. Physiotherapist at the Barcelona, Atlanta and Sydney Olympic Games and Team Physiotherapy Coordinator at the Melbourne 2006 Commonwealth Games. Currently works with the Victorian and Australian Women's Artistic Gymnastics Teams.

Peter Cayley

Executive Director of the Victorian Weightlifting Association and seasonal lecturer on exercise and rehabilitation at Deakin University in Melbourne, Kangan TAFE and the Australian School of Therapeutic Massage. Works in the areas of heavy resistance training for older adults and weightlifting and bone health for adolescents.

Dr Robin Daly

NHMRC Senior Research Fellow within the Centre for Physical Activity and Nutrition Research at Deakin University. His research focuses on the role of physical activity and nutrition during growth and ageing for the prevention and management of chronic disease, particularly musculoskeletal disorders.

Andrew Dawson

Coached for more than 20 years in athletics, karate, life-skills, academic performance, careers and health. Also a lecturer and coordinator of the Coach Education Program at Deakin University and is completing a PhD investigating career transition and development of Australian coaches.

Gaele Ducher

Exercise Physiologist working at the Centre for Physical Activity and Nutrition Research at Deakin University. Her research focuses on the effects of exercise on the musculoskeletal system during growth, and how physical activity can help to prevent osteoporosis.

Anthony Ferraro

National Manager of Accell Therapies. Studied and completed a degree in Medical Science and Health Science. Played AFL for Melbourne and Carlton between 1998 and 2002.

Sophie Heywood

Senior Aquatic Physiotherapist at Sunshine Hospital, Western Health and Physiotherapist at the Melbourne Sports Medicine Centre. Chairperson of the Australian Physiotherapy Association Aquatic Physiotherapy Group National Management Committee. Published research in hip and knee osteoarthritis and core stability in aquatic physiotherapy.

Dr Karen Holzer

Sports Physician at Olympic Park Sports Medicine Centre. Extensive experience in the clinical and research aspects of exercise-induced respiratory disorders in elite and recreational athletes.

Sonja Kukuljan

Dietitian and Lecturer in Sports Nutrition at the School of Exercise and Nutrition Sciences at Deakin University. Currently completing her PhD on the influence of nutrition and physical activity for the prevention and management of osteoporosis in older adults.

Jacqui Louder

Works at Olympic Park Sports Medicine Centre, consulting to National Institute of Circus Arts, Tennis Australia and Fernwood Women's Gyms. Previously worked with Kangaroos (AFL), Victorian Institute of Sport, Victorian Softball/Ice Hockey, and Australian Handball Team for 2000 Sydney Olympics.

Jessica Mathers

Completed an honours year looking at the effects of oral L-arginine supplementation, in conjunction with resistance training, on strength, body composition and vascular reactivity in resistance trained athletes. Currently completing her PhD on the effects of protein on the eccentric exercise induced inflammatory response in skeletal muscle.

Mark McGrath

Program and Coach Development Manager at the Blueearth Institute. Experience in teaching, coaching, treating, writing, mentoring and managing. Influences include Janda, Kolar and Cumpelik from the Prague School of Developmental Kinesiology. The principles explored in this presentation have been trialed with participants from 3 to 85 years of age and, are succeeding at the highest levels of competition.

Melbourne Pilates and Fitness Group

Physiotherapists at the Melbourne Pilates and Fitness Group have a particular interest in lumbar pelvic instability and sacroiliac joint pain.

Ross Monaghan

Melbourne Football Club Player Development and Football Operations Manager. Previously has worked as a PE teacher, with the Australian Sports Commission on Junior Development Programs and with Football Administration with three TAC Cup Clubs (Northern Knights, Western Jets and Calder Cannons).

Stephanie Moorhouse

An elite gymnast from age 5 to 18, a member of National Squad from 1999 to 2005 and a 2004 Olympic Team Member. At the 2004 Olympics was an All Around Individual Finalist. Other achievements include being a 2002 Commonwealth Games Team Gold Medalist, winning a 2003 World Championships Team Bronze medal

and numerous national titles. Currently in 2nd year of studying Bachelor of Business: Sport and Leisure Management.

Associate Professor Geraldine Naughton

Paediatric Exercise Scientist with a background of projects aiming at improvements in physical activity pathways for a range of young populations from overweight and obese children to intensively training adolescents.

Associate Professor Richard O'Brien

Endocrinologist at Austin Hospital and visiting scientist at Baker Heart Research Institute. Interests in diabetes and atherosclerosis. Clinical Dean of Medicine at the Austin and Northern Schools, University of Melbourne, and previously Head of Diabetes at Monash Medical Centre.

Kerry Otto

Sports Dietitian with experience in clinical and sports nutrition. Part of the Sports Dietitians Team involved with the Sydney Olympics and the Melbourne 2006 Commonwealth Games. Currently working with a variety of junior athletes and the Gippsland Academy of Sport Youth Development Program.

Peter Ryan

Exercise Physiologist accredited with AAESS, currently coordinating the implementation of a Chronic Disease Management Program for an area health service here in Melbourne. Extensive experiences in lifestyle modification and behaviour change counselling among individuals diagnosed with or at risk of chronic disease.

Associate Professor Steve Selig

Conducted one of the first clinical trials on strength training for patients with chronic heart failure, with data presented in the Scientific Sessions of the American Heart Association and published in the American Journal of Cardiology and the Journal of Cardiac Failure. Chair of the Australian Association of Exercise and Sports Science AAESS Accreditation Advisory Committee.

Margaret Sherburn

Physiotherapy Manager at the Royal Women's Hospital in Melbourne. An academic at the School of Physiotherapy, The University of Melbourne and manages the Women's Health Programs within the school. Also in private practice, writes reviews for journals and is the Continence and Women's Health Group National Representative for the APA.

Lisa Shuck

Movement Educator with a degree in Health and Physical Education. Background in coaching and teaching with experience in gymnastics. Written two books and developed a music and movement CD focusing on movement education. Her company KidSkills Australia delivers educational gymnastics programs nationally teaching body management and enhancing self-esteem.

Renee Slade

Worked on various physical activity initiatives with leading health organisations such as the National Heart Foundation and Diabetes Australia - Victoria, for the last ten years. Currently works at the International Diabetes Institute and oversees the development and national implementation of Lift for Life - an evidence-based strength training program for people with or at risk of diabetes.

Lisa Stevens

Consultant Sport Psychologist for Racing Victoria Limited (Critical Incident, Jockey Assistance Program EAP, Special Project Development). Consults as a Sport Psychologist for the VIS Swimming Program, Swimming Australia Limited, the Gippsland Academy of Sport and the Australian Para Equestrian Team. Also Director of a private sport psychology practice Racing Minds @ working with a variety of sports.

Fiona Sutherland

Specialist in eating behaviour and sports nutrition with special interest in weight-restricted sports, body composition and bulimia nervosa. Works with the Australian Ballet School, Racing Victoria Jockey Program and the Victorian Institute of Sport Gymnastics Program.