



SMX2009

SPORTS MEDICINE AUSTRALIA
Safety · Prevention · Advice

VICTORIAN CONFERENCE OF SCIENCE AND MEDICINE IN SPORT AND EXERCISE

"On ya bike! Movement for health"

Sunday 21 June 2009 The Sebel Albert Park, Melbourne

OFFICIAL CONFERENCE PARTNER:

CLUB WAREHOUSE
SPORTS MEDICAL SUPPLIES

PROUDLY SUPPORTED BY:

asics

Elastoplast
Sport

Welcome and official opening
9.00am - 9.45am

Dr DAVID BOLZONELLO President SMA Victorian Branch
JAMES MONTGOMERY Director, Community Sport and Recreation, Sport and Recreation Victoria, Department of Planning and Community Development

'GET GOING'

'GOING HARD'

1 **PHYSICAL ACTIVITY AND PLAY FOR THE OVERWEIGHT CHILD**

Kay Gibbons, Dietitian

Physical activity advice for children in the overweight weight range may need to be modified from the general age recommendations. Discussion needs to be practical, positive, and age and developmentally appropriate.

Session
9.50am - 10.35am

CLAUDICATION IN ELITE ATHLETES

Mr Roger Bell, Vascular Surgeon

This is a poorly recognised condition in elite cyclists and triathletes. Difficult to diagnose and more common than expected.

Morning tea 10.35am - 11.00am

2 **SPECIAL CONSIDERATIONS FOR WOMEN - WHAT'S SO SPECIAL ABOUT WOMEN?**

Gen McGlashan, Physiotherapist

Exercise during and after pregnancy - does it need to be different? How does the Pelvic Floor impact on exercise selection and performance?

Session
11.00am - 11.45am

CYCLING AND DRUGS - WHAT'S THE PROBLEM?

Dr Andrew Garnham, Sports Physician

Bike racing is notorious for its association with performance enhancing drugs. Is the problem as widespread as it is portrayed, and do riders have to be drugged to win?

3 **THE MALE MANTRA - EAT HEALTHY, EXERCISE WELL, LIVE LONG**

Associate Professor Robin Daly and Dr Sonja Kukuljan, Lecturer

Food is your medicine - the optimal energy and nutrient intakes to maximise health and prevent chronic diseases in men. Exercise is medicine - the optimal type and dose and how to achieve best outcomes.

Session
11.50am - 12.35pm

'IMPROVING PERFORMANCE' - PREPARING ELITE AFL FOOTBALLERS TO OPTIMISE PERFORMANCE

Dr David Buttifant, Sport Science Director

Profiling and physiological monitoring to ensure effective and specific exercise prescription.

Lunch 12.35pm - 1.15pm

Keynote speaker 1.15pm - 2.00pm **BEHAVIOURAL APPROACHES TO PROMOTING PHYSICAL ACTIVITY**
ASSOCIATE PROFESSOR, ELIZABETH EAKIN

4 **EXERCISE PRESCRIPTION FOR FALLS PREVENTION IN THE ELDERLY**

Deborah Pascoe, Lecturer/Exercise Physiologist

Exercise prescription for falls prevention needs to be based on results of an assessment of physiological risk factors. Research has shown properly prescribed exercise to be a leading intervention in decreasing falls.

Session
2.05pm - 2.50pm

CYCLING BIOMECHANICS AND IMPLICATIONS FOR OVERUSE INJURIES

Emma Colson, Sport and Musculoskeletal Physiotherapist

Presentation of case examples of injury aetiology in cyclists using video analysis.

Afternoon tea 2.50pm - 3.05pm

5 **GET UP, STAND UP - SEDENTARY BEHAVIOUR AND HEALTH**

Dr Genevieve Healy, Research Fellow

Being sedentary is not necessarily the same as not doing any moderate to vigorous intensity physical activity. When prescribing activity, physical activity behaviour across the whole day - not just time spent in moderate to vigorous intensity activity needs to be considered.

Session
3.05pm - 3.50pm

MANAGING CYCLING INJURIES - HOW ARE THEY DIFFERENT, WHAT IS THE SAME?

Dr Andrew Garnham, Sports Physician

Managing illness, falls and injuries generally follows conventional methods, but there are some cycling specific considerations which are essential to success.

Closing Address 3.50pm - 4.00pm

CPR UPDATE 4.00pm - 6.00pm Update your CPR skills in this two hour practical skills session. This session is consistent with Australian Resuscitation Council Guidelines and National Accredited Training.

REGISTRATION SMX2009

Early bird registration is available until 5.00pm
Wednesday 10 June 2009.

SMX2009

Sunday 21 June 2009

MEMBER REGISTRATION

- Early \$180
 Late \$230

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
 RACGP APS-CPS
 SDA NCAS
 AOA KINECT
 AAESS SDrA

Member no. _____

* CPD points available. Information available upon registration.

FULL REGISTRATION

- Early \$230
 Late \$280

STUDENT REGISTRATION

- Early \$80
 Late \$120

Please attach a photocopy of your current student card.

CPR UPDATE (this course can also be used to update your current CPR accreditation)

- \$35

Special dietary requirements

Closing date for registrations
Wednesday 17 June 2009

Please send/fax this form with payment. All prices include GST. A tax invoice confirming your registration will be issued upon receipt of payment. The SMA refund policy is available at www.smavic.org

Name _____
Address _____
Suburb _____ P/Code _____
Contact phone _____
Email _____
Profession/area of study _____
Payment details (all prices include GST)
 Enclosed is my cheque for \$ _____ (payable to SMA - Victorian Branch)
PLEASE DEBIT \$ _____ FROM MY: EFT payment to: BSB 013-030, Acc. no 1003-58763, Acc. name SMA - Victorian Branch, email confirmation to bree@vic.sma.org.au
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Sports Medicine Australia - Victorian Branch

Sports House, 375 Albert Road, South Melbourne 3205

Phone: 03 9674 8777 Fax: 03 9674 8799

Email: bree@vic.sma.org.au

ABN:13 821 409 176

SPEAKER profiles 09

Keynote Presenters

Associate Professor, Elizabeth Eakin

Elizabeth is Deputy Director and Principal Research Fellow in the Cancer Prevention Research Centre of the School of Population Health at the University of Queensland. She holds a NHMRC Senior Research Fellowship in Population Health (2008-2012), is past president of the Australasian Society for Behavioural Health & Medicine, and is the former Head of Behavioural Science Unit in the Viertel Centre for Research in Cancer Control at the Queensland Cancer Fund.

James Montgomery

Director, Community Sport and Recreation, Sport and Recreation Victoria, Department of Planning and Community Development.

Session Speakers

Mr Roger Bell

Roger is a vascular and transplant surgeon at Monash Medical Centre, with a special interest in the vascular problems of athletes.

Dr David Buttifant

David is in his ninth year at Collingwood Football Club as the Sport Science Director. Prior to this position he was the Senior Sport Scientist and Strength and Conditioning Coordinator at New South Wales Institute of Sport which involved working with many athletes for the Sydney Olympic Games.

Emma Colson

Emma is a musculoskeletal and APA Sports Physiotherapist who herself has represented Australia at the Commonwealth Games (MTB) and has worked as a physiotherapist at the elite level with the Australian Womens Road Cycling at the Sydney Olympic Games. Emma now has a bicycle 'set-up' practice, consulting with clients for three hour appointments, assessing their physical and biomechanical deficits that have led to injury/pain whilst cycling.

Associate Professor, Robin Daly

Robin is a Principal Research Fellow in the Department of Medicine at the University of Melbourne, Western Hospital. He has conducted extensive clinical and public health research into the role of exercise and nutrition to prevent and

manage common chronic diseases across the lifespan, particularly in males.

Dr Andrew Garnham

Andrew is President of the Australasian College of Sports Physicians, and works at Alphington Sports Medicine Clinic and the School of Exercise and Nutrition Sciences, Deakin University. Coming from a background of competitive distance running, his knees decided that cycling is the next best thing. An advocate of cycling for fitness and transport, Andrew has worked at road and track cycling events at the Olympics and World Championships, as well as many cycling tours. These experiences give an insight into the sometimes mysterious traditions of cycling.

Kay Gibbons

Kay is Head of Nutrition Services at the Royal Children's Hospital, Melbourne and a Fellow of the Dietitians Association of Australia. Kay has worked closely with Professor Geraldine Naughton, Professor of Paediatric Exercise Science ACU, in the clinical, research and public health aspects of childhood overweight; they are currently developing national Healthy Eating & Physical

Activity Guidelines for Early Childhood Settings.

Dr Genevieve Healy

Genevieve is a NHMRC and NHF Postdoctoral Research Fellow at the University of Queensland and Baker IDI. Her research interest is the relationship between sedentary behaviour and cardio-metabolic health.

Dr Sonja Kukuljan

Sonja is an Accredited Practising Dietitian and Lecturer in Sports Nutrition in the School of Exercise and Nutrition Sciences at Deakin University. Her research interests include the benefits of physical activity and nutrition to maximise health outcomes in older men.

Gen McGlashan

Gen is a continence and women's health physiotherapist, and a director of Fitwise Physiotherapy - a women's health physiotherapy private practice that provides exercise programs for pregnant and post natal women, and older women. She is a lecturer and clinical educator at the University of Melbourne Physiotherapy School - undergraduate and postgraduate.

Deborah Pascoe

Deborah is a lecturer in the areas of exercise prescription and clinical assessment. She is an Accredited Exercise Physiologist, teacher and clinician in musculoskeletal rehabilitation. Deborah has taught in universities for 20 years and is dedicated to improving teaching and learning of clinical exercise prescription knowledge and skills.

Session Partners

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