

16th October 2009

Dear Annette,

Please find below this weeks enews

- 2009 AAESS Member Survey
- Survey for exercise physiologists - Evidence Based Practice Network system
- State chapter meetings&minutes
- State AGM's
- AAESS 2010 conference
- Continuing education (**workshop cancellation**)
- Positions Vacant (**5 new jobs**)

COMPLETE THE 2009 AAESS MEMBER SURVEY

for your chance to**WIN**:

ULTIMATE 2XU HIGH PERFORMANCE COMPRESSION WARDROBE

valued at RRP \$520.00.

In order for the Australian Association for Exercise and Sports Science to better serve its members, we are seeking vital feedback on our performance and potential as well as future services.

We invite you to complete this survey that asks you to rank or explain your feeling towards numerous issues related to your membership with AAESS, the exercise physiology profession and AAESS as an organisation.

The survey will take less than 10 minutes to complete and the information will be of considerable value for AAESS and its members. By completing the survey you will also be placed in a draw to win prizes including:

1st Prize Ultimate 2XU high performance compression wardrobe valued at RRP \$520.00

2nd Prize an AAESS membership for 1 year

3rd Prize an AAESS membership for 1 year

To complete the survey, please click on link –

http://www.surveymonkey.com/s.aspx?sm=AVKdIDHC63myMaKWbTSVtw_3d_3d

Survey Closes Friday 30th October, 2009

Survey for exercise physiologists – Evidence Based Practice Network system

AAESS are considering the development of an Evidence Based Practice Network system. This system would likely take the form of a web based data management and reporting system similar to Medical Director which is used by many GPs. Our database would be designed specifically for the Exercise Science/Exercise Physiology practitioner to gather the information AAESS has created a survey for exercise physiologists to ascertain the needs and requirements for this database. Please follow the link to complete survey http://www.surveymonkey.com/s.aspx?sm=1FZ1haT7nASrIRK6BoK5kQ_3d_3d

Closing date 30th of October 2009

State Chapter meetings

ACT –20thOctober
NSW - 21stOctober
NT- 4thNovember
QLD-21stOctober
SA- 8thDecember
TAS- 22ndOctober
VIC- 10thNovember
WA- 28thOctober

For more details -http://www.aaess.com.au/index.php?q=chapter_news

NSW September minutes -http://www.aaess.com.au/index.php?q=nsw_chapter
QLD September minutes -http://www.aaess.com.au/index.php?q=qld_chapter
ACT September minutes -http://www.aaess.com.au/index.php?q=ACT_chapter
SA August minutes -http://www.aaess.com.au/index.php?q=SA_chapter
TAS August minutes -http://www.aaess.com.au/index.php?q=TAS_chapter
NT September minutes -http://www.aaess.com.au/index.php?q=NT_chapter

State Chapter AGMs

QLD – 5thNov (nomination form were disseminated on 1stOct)
NSW – 18thNov
ACT – 15thDec
VIC – 3rdDec
TAS – 12thDec
SA – 10thNov
WA – 28thNov

AAESS Conference 2010

'Research to Practice'

Science&Nutrition in Exercise&Sport

Abstract submissions are open online and **close 31st of October 2009—only 2 weeks left**

Visit <http://www.aaess.com.au/conference2010/index.php?q=AbstractSubmission>

If you experience any problems please email conference@aaess.com.au

Conference registrations are

now open online. Visit <http://www.aaess.com.au/conference2010/index.php?q=registration>

Important Dates

April 7th&8th 2010— AAESS Conference 2010 pre-conference workshops. Further details will be provided by September 2009.

April 9th-11th 2010— AAESS 2010 Conference, Conrad Jupiters Casino Gold Coast.

For further information and regular updates please visit the conference website www.aaess.com.au/conference2010

If you would like information on sponsorship, trade&exhibitor opportunities please download the [conference](#)

[prospectus](http://www.aaess.com.au/conference2010/index.php?q=TradeExhibition) at <http://www.aaess.com.au/conference2010/index.php?q=TradeExhibition>

Continuing Education

AAESS Courses—Please visit www.aaess.com.au to download a course registration form or email laura.vidmar@aaess.com.au

AAESS Continuing Education Course Pricelist

Member	\$220.00
Non Member	\$350.00
Student Member	\$110.00
Student Non-Member	\$150.00

Chronic Pain Management

The prevalence of chronic pain is projected to increase as Australian's population ages – from approximately 3.2 million Australians in 2007 to 5 million by 2050. The high prevalence of chronic pain, combined with its enormous cost, make chronic pain a huge public health problem. It is important to recognise that for many people, pain is not managed optimally, so there is broad scope for reducing the economic and social impacts as they currently stand.

Pain management is an important, but difficult area to work in. Commonly used treatments for chronic pain have rarely been validated in well-designed studies. Many health care professionals are now recognising that pain is complex and multidimensional. Most Exercise Physiologists work with chronic pain clients (e.g. back pain, arthritis or headache sufferers) on a daily basis and play a key role in developing effective and collaborative pain management strategies.

WHY ATTEND THIS CEO?

- Understand modern theories of pain, challenge old ones and explore amazing pain case studies
- Learn about pain neurophysiology education – Can patients get it and is it effective?
- Conduct a thorough biopsychosocial assessment & learn when a coordinated multidisciplinary approach is most effective
- Incorporate behavioural approaches into your programs – focus on improvement in functional activities despite pain by utilising a modern CBT approach that incorporates pacing, goal-setting, flare-up planning and thought challenging.
- Improved outcomes will require appropriately trained health professionals to assess and treat the broad range of problems in people with chronic pain – Exercise Physiologists play a key role.

8 CEP's

Tasmania Saturday 7th November 2009, 9:00-5:00pm **(Cancelled)**

Darwin Saturday 17th October 2009, 9:00am-5:00pm

Townsville Saturday 31st October 2009, 9:00am - 5:00pm

DVD workshops

- **Metabolic Syndrome—maximising patient outcomes with an integrated nutrition and exercise approach**

DVD

5 CEP's

- **Diabetes Education for Exercise Physiologist's**

DVD

5 CEP's

Fit+Fall-Free workshop

This continuing education program will equip exercise professionals with important information to guide the provision of appropriate falls prevention exercise programs for older people. Topics to be covered include the social and economic issues of falls, risk factors for falls, physiological consequences of ageing, biomechanical and physiological principles of balance, and effective falls prevention strategies. Prerequisite knowledge of the principles of exercise prescription is assumed, as the program is targeted at graduates and working professionals. In undertaking the program, participants will be trained to develop safe and efficacious community exercise programs for older adults that are designed in a manner to maximise uptake and adherence of those populations who stand to most benefit from exercise. Through structured learning tasks across a number of different learning formats, participants will acquire the knowledge and ability to identify, develop, demonstrate and implement evidence-based exercise interventions designed to enhance physical and functional capacity and prevent falls and fall related injury.

8 CEP's

Melbourne Saturday 28th November 2009, 9.00-5.00pm

NSW Seminar Series – Aqua Exercise for Exercise Physiologists

(Presented by Renae McNamara)

Date: 31st October, Prince of Wales Hospital, Randwick 1:30pm-5:30pm (fully booked)
7th November, Prince of Wales Hospital, Randwick 1:30pm-5:30pm (fully booked)
21st November Prince of Wales Hospital, Randwick 1.30pm-5.30pm (NEW DATE)

Cost: \$120.00 financial AAESS member, \$80.00 AAESS student member
\$150.00 non members, \$100.00 non student members

External workshop – government sponsored

Chronic Disease Self Management course specifically for AAESS members. And at no charge to you!

Would you like to be upskilled to better manage your clients with Chronic and Complex diseases?

Would you like to have a say in how AEPs of the future could work with clients with chronic disease?

Would you like to be eligible for up to 6 CEPs, and not have to pay for them?

Are you prepared to provide information to the Project managers about your successes or otherwise with 4 of your clients after using the tools and processes experienced in the workshop and on-line?

Can you see yourself as a Master Trainer in CDSM – travel and see this wide brown country at no cost to you?

If you answered YES to one of more of these questions, and are prepared to attend a one day workshop, and take part in on-line learning and discussions with colleagues in a similar position to yourself, then....

Contact Active Ageing Australia® on (08) 8232 9077 or email falls@activeageingsa.net.au

SMA – Victorian Sports Trainers Conference

Date: Saturday 21st November

Please visit www.smavic.org for further information

7 CEP's

External workshops/courses accredited by AAESS

Pilates Core Module - Pilates Institute of Queensland—CEP: 13

\$450 early bird entry (one month prior to course date) or
\$550 late entry

The aim of this series of courses is to provide a sound understanding of the history, principles and Pilates exercise regimes for Exercise Physiologists dealing with a gym based population. It will cover the application of traditional Pilates exercises to up to date research on core stability, both in the abdominal/pelvic region and shoulder stability.

Perth 21st & 22nd November 2009

Level 1 Matwork- Pilates Institute of Queensland—CEP: 13

Perth 28th & 29th November 2009

Balls Bands and Rollers - prerequisite core module & level 1 matwork –CEP: 15

Sydney 7th & 8th November 2009

For course details and registration contact:

Ph: (07) 3862 2322 Fax (07) 3862 2332

E: info@pilatesoncollingwood.com.au

W: www.pilatesoncollingwood.com.au

“Trunk Muscle Weakness and Dysfunction with CLBP - A Functional Anatomy / Exercise Perspective” 7 CEP

**Presenters: Dr John Booth (EP, Credentialed McKenzie Therapist)
Zoe Mills (EP, Physiotherapist)**

Canberra Sat Nov 7 Closing date: Oct 26

Brisbane Sat Nov 14 Closing date: Oct 30

This one-day course emphasised a practical learning experience and commences by examining the architecture and function of the global and deep trunk muscles implicated in CLBP. Session 2 will develop the practitioner's understanding and competency with the assessment of trunk muscle function and exercise prescription for CLBP. A primary focus will be progressing exercises at the commencement of a program to more demanding specific functional exercise to achieve return to work and functional outcomes.

For course details and registration email: frontdesk@rehwork.com.au or go to www.rehwork.com.au Phone: 02-42292012

Nordic Academy

Become an internationally recognised Nordic Walking Instructor and learn how the 'smart

new way to walk' is making a big difference in the Exercise Physiology profession.

Nordic Academy is running its next National Training Tour in each capital city between September and October. AAESS members save \$45 off their registration and earn 11 CEPs.

For more information visit: www.nordicacademy.com.au

17-18 OctBrisbane

24-25 OctCanberra

2009 Comprehensive Pilates Instructor Training course

CEP's 15
Wollongong NSW

This AAESS accredited comprehensive course is designed to provide the successful graduate with a complete and thorough understanding of the Pilates Method fundamentals. The Australian Pilates Method Association (APMA), the industries professional certifying body, accredits this course and successful completion of all components will make available to the graduate, a direct pathway to membership of the association.

The course is conducted on a part time basis during 2009 and is presented in the format of 8 modules. The program of study involving lectures and practical components will apply current research in movement studies, biomechanics and motor re-learning to provide a basis for effective problem solving and instructional practice of the Method to both healthy and post acute rehabilitative clientele. It will provide an ability to deliver an appropriate program of exercise prescription utilising a broad knowledge of repertory from the pre-Pilates, traditional Matwork, Reformer, Cadillac (Trapeze Table), Wunda Chair and other small Pilates apparatus.

For course outline and further information contact Donna Oliver dandon@bigpond.com.au or phone **0429307140**

Online courses accredited with AAESS

Self Management for Exercise Physiologists and their Clients Manual for Scaffolding Self-management.

This very popular Workshop (**6 CEPs**) is now offered **On-Line**. It provides a range of tools for AEPs for use with their clients, and can now be completed conveniently at home, or at the office.

The on-line workshop contains Manual, videos, pdf files, word documents, and opportunities to discuss your particular successes and challenges with clients with other AEPs on an on-line discussion forum.

You can also access on-line and phone mentoring support from Sue and Owen Curtis.

For further details and registration, contact owen@ortran.com.au or visit www.ortran.com.au

Exercise Anatomy - 4 CEPs

This course is an introduction to the structural organisation of the human body, with special emphasis on how the bones, joints, muscles and nerves function to accommodate movement. This course is supported by superb software.

<http://www.hkeducationcenter.com/orinfo@hkaustralia.com> or ph 08 8372 0999

PNF Techniques for Upper Extremity Rehabilitation - 4 CEPs

This course is designed to help practitioners understand and apply PHF procedures and techniques to upper extremity rehabilitation. The course is supplemented by a text which includes illustrations and animations that simplify the science behind PNF providing challenges to apply the knowledge to develop rehabilitation programs for various upper extremity injuries from a variety of sports.

<http://www.hkeducationcenter.com/orinfo@hkaustralia.com> or ph 08 8372 0999

Managing Physical Activity Programs for Older Adults - Programming—2 CEPs

This online course empowers health and fitness practitioners to design, implement and manage physical activity programs for older adults, the fastest growing population in the health and fitness industry. The practical information presented in this series can be used by wellness, fitness activity and program directors in a range of settings. Participants will learn to develop or adapt programs for a variety of people, from fit to frail.

<http://www.hkeducationcenter.com/orinfo@hkaustralia.com> or ph 08 8372 0999

Managing Physical Activity Programs for Older Adults - Staffing—2 CEPs

Expert Jennifer Mayer teaches you the five secrets to staffing: recruiting, selection, orientation and training, accountability, and retention.

Upon completion, you will be able to:

- Implement the five secrets to staffing during the hiring process.
- Describe methods of identifying and attracting potential candidates.
- Identify behavioural-based interviews.
- Develop, evaluate, and discipline staff.

<http://www.hkeducationcenter.com/orinfo@hkaustralia.com> or ph 08 8372 0999

Care&Treatment of Asthma in Athletes—4 CEPs

This online course is for certified athletic trainers seeking continuing education credits. The purpose of this course is to teach you how to treat athletes who have asthma. Asthma can be triggered by factors such as sensitivity to pollen or animals, viral infections and exercise. After completing this course you will have a clear understanding of asthma and a basic knowledge about how it is treated.

<http://www.hkeducationcenter.com/orinfo@hkaustralia.com> or ph 08 8372 0999

'For all other Human Kinetics resources please visit: www.humankinetics.com'

Positions vacant (new jobs in red)

Job title:Senior Research Assistant
Employer:Queensland University of Technology
Location:Kelvin Grove, Brisbane
Closing date:30th October 2009

Job title:Rehabilitation Consultant (AEP)
Employer:APM (Advanced Personnel Management)
Location:Bunbury, Western Australia
Closing date:

Job title:Rehabilitation Consultant (AEP)
Employer:APM (Advanced Personnel Management)
Location:Wollongong
Closing date:

Job title:Experienced Pilates Instructor – 2 positions
Employer:The Reform Group

Location:Toorak, Melbourne
Closing date:1stDecember 2009

Job title:Exercise Physiologist
Employer:SSPC
Location:Melbourne
Closing date:30th October 2009

Job title:Lecturer/Senior Lecturer
Employer:Dept of Physiology, University of Otago
Location:Dunedin, New Zealand
Closing date:30thOctober 2009

Job title:Exercise Specialist / Elite Personal Trainer
Employer:Beyond Exercise Studio
Location:Neutral Bay, Sydney
Closing date:29th October 2009

Job title:Exercise Physiologist
Employer:Valley Fitness
Location:Western Sydney
Closing date:

Job title:Accredited Exercise Physiologist
Employer:Active One Group
Location:Hampton Bayside and Frankston
Closing date:8thNovember 2009

Job title:Accredited Exercise Physiologist in Occupational Health
Employer:KINNECT
Location:Brisbane
Closing date:4thNovember 2009

Job title:Exercise Physiologist
Employer:Executive Medicine
Location:Sydney CBD
Closing date:

For more information about these jobs, please visit
<http://www.aaess.com.au/?q=node/205/jobs>

The Australian Association for Exercise and Sports Science (AAESS)

Location: Suite 1a AMA Place, 88 L'Estrange Tce, Kelvin Grove

Postal address: PO Box 123, Red Hill 4059

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F:(07) 3856 5688

E:info@aaess.com.au

W:www.aaess.com.au