

9th October 2009

Dear Annette,

Please find below this weeks enews

- **Survey for exercise physiologists – Evidence based practice network system**
- **Australian Rural and Remote Health Professional Scholarship**
- **World Diabetes Day Wednesday 14th November**
- **State chapter meetings & minutes**
- **State AGM's**
 - **AAESS 2010 conference**
 - **Continuing education**
 - **Positions vacant (2 new jobs)**

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

Australian Rural and Remote Health Professional Scholarship

Applications for the 2010 Scholarship Round are now open for the Australian Rural and Remote Health Professional Scholarship (ARRHPS). This scheme provides financial assistance for Allied Health Professionals living and working in rural and remote areas to study at postgraduate levels. Funding is also available to attend conferences, short courses and clinical placements. Aboriginal Health Workers (minimum Certificate III) are eligible to apply. To find out more about this scholarship visit the SARRAH website (www.sarrah.org.au) and follow the ARRHPS Scholarship link or call 1800 338061.

Applications close on the 2 November 2009.

Bring diabetes to light and show your support on World Diabetes Day November 14

This November Diabetes Australia are lighting the nation blue to raise awareness of diabetes. You can support this initiative and light up a well known landmark or monument in your region in blue to mark World Diabetes Day on November 14.

Last year hundreds of iconic landmarks and buildings were lit blue to mark World Diabetes Day around the world. In fact, a staggering 1107 monuments were lit in blue, including 23 in Queensland alone. This year Diabetes Australia hopes to encourage more iconic buildings and monuments to light up and invite your organisation to take part. For some organisations

lighting up their building is not practical or feasible. However there are other ways to be involved with World Diabetes Day:

Hold a 'Blue Do' - Organisations are encouraged to hold a 'Blue Do' on World Diabetes Day Eve, Friday November 13. Register your participation online at www.diabetesqld.org.au or by phone, and then encourage your club, school or workplace to wear something blue and make a donation.

Your involvement can be as big or as small as you'd like, you can combine a number of fundraising activities or just make a donation.

If you'd like more information contact us on 1300 136 588 or log onto our website at www.diabetesqld.org.au

State Chapter meetings

ACT - 20th October
NSW - 21st October
NT - 14th October - CRS Australia
QLD - November date to be confirmed
SA - 14th October - Inform Health and Fitness
TAS - 22nd October
VIC - 13th October
WA - 28th October

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 – 5th Nov (nomination form were disseminated on 1st Oct)

NSW – 18th Nov

ACT – 15th Dec

VIC – 3rd Dec

TAS – 12th Dec

SA – 10th Nov

WA – 28th Nov

AAESS Conference 2010

'Research to Practice'

Science & Nutrition in Exercise & Sport

Abstract submissions are **open** online and close 31st of October 2009.

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](#) 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
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

Arthritis Vic Strength Training for Chronic Illness

For further information visit www.arthritisvic.org.au or contact Helen McLauchlan at Arthritis Victoria on (03) 8531 8033 or email helenmc@arthritisvic.org.au

14th October 2009—Elsternwick

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)

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” 7CEP

**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

10-11 Oct	Sydney
17-18 Oct	Brisbane
24-25 Oct	Canberra

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/> or info@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 PNF 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/> or info@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/> or info@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/> or info@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/> or info@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: Accredited Exercise Physiologist
Employer: Active One Group
Location: Hampton Bayside and Frankston
Closing date: 8th November 2009

Job title: Accredited Exercise Physiologist in Occupational Health
Employer: KINNECT
Location: Cairns
Closing date: 4th November 2009

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

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

Job title: Fitness Provider
Employer: Queensland Police Health & Recreation Association

Location: Brisbane
Closing date: 12th October 2009

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

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

Job title: Exercise Physiologist Contractor
Employer: WentWest Ltd
Location: Western Sydney
Closing date:

For further details on these jobs visit <http://www.aaess.com.au/?q=node/205/jobs>

Regards

The Australian Association for Exercise and Sports Science (AAESS)

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