Hi Everyone!

Thanks again to all of you for keeping Kylie Fogarty and I informed about recent news. We are interested in communicating your good news, which might be about your research, national appointments, community engagements, awards, achievements and sporting endeavours, etc. Please keep us informed.

Also, please note that the current and most recent Newsletters (April, May, June) are available to all staff, students and general public on the ‘On the Pulse’ page of the School of Health Sciences website.

Exercise for Health and Human Performance

The benefits of regular exercise and physical activity are well known. Research has shown convincing evidence that exercise and physical activity are associated with good health. Confidence in exercise as a means of maintaining good health and for developing and maintaining cardiorespiratory, musculoskeletal and neuromotor fitness has led to a key slogan by the American College of Sports Medicine (ACSM) that ‘Exercise is Medicine™’. Exercise has also been described as ‘the best buy in public health’ (Morris JN, Exercise in the prevention of coronary heart disease: today’s best buy in public health, Med Sci Sports Exerc 1994; 26: 807-14). Given the importance of exercise to health, it makes sense that ‘exercise’ per se should feature within the School of Health Sciences research profile. Whilst there are excellent examples of exercise science research within the School, its visibility within the School’s research profile could be enhanced. I would be very keen to consolidate human performance research in the broadest sense and will be looking to explore possibilities and interest in creating a research concentration around exercise as a primary means of rehabilitation for clinical populations, improvement of fitness in healthy adults and as a central theme from a cognitive, behavioural, biomechanical, psychomotor control and physiological perspective. In this regard, the development of an ‘Exercise for Health and Human Performance’ concentration would enhance possibilities for interdisciplinary research between staff and provide further scope for increasing the breadth of studies at Honours and PhD level. I would hope that the formation and synergy of such a grouping would also help to raise the Excellence of Research Australia (ERA) 2010 rating for Human Movement research at UniSA and further facilitate inter-professional collaborative research within allied health and opportunities for community engagement. I will be asking for expressions of interest for the formation of such a grouping very soon.

I hope that the formation of such a concentration will also facilitate research on human performance at the elite level. As I indicated in my last report, I am keen for staff and students to engage with elite sport across the community and raise the profile of sports science support that staff and students in the School of Health Sciences may provide for teams and individual performers in Adelaide. This will naturally involve consideration for the improvement of some areas and appropriate provision of equipment and staff. In relation to the central role of exercise for health, I am keen to ensure that the health and fitness facilities within the School of Health Sciences (including those at the Magill Campus) are fit for purpose, well managed and provide a desirable place to exercise. As such, we are in the process of reviewing the state of the current facilities to provide the best possible service to meet the exercise needs of staff and students at UniSA. In the next few days, we will be asking staff and students within Health Sciences to complete a survey to help us identify the priority issues around health and fitness facilities.
ERA journal quality indicators

The ERA announcement that the current ranking of journals (A*, A, B and C) will no longer be used, means that other means of assessing quality will be used. I don’t quite understand exactly how the proposed ERA methods will work, but I think we can be fairly sure that the legacy of the ERA ranking of journals will influence perceptions of quality for some time. Nevertheless, the door is open for other quality indices to be used. Whilst I am a little critical of the Impact Factor (IF) as a measure of quality (for good reason – it is not a perfect indicator of quality), whether we like it or not, it is highly likely that it will continue to feature in the assessment of the quality of outputs for many disciplines. In this regard, it is critical that the IF is interpreted within discipline, as the average IF varies considerably between fields of research. As the IF is included in the DOT points and reports to University, so it is now included alongside the staff publications listed in the School of Health Sciences Newsletter. The rank of the journal is by the 5-year IF, where this is available, as this provides a more stable estimate of the journal’s citation rating. I throw this one out there for comment and deliberation: the top ranked 20% might be equivalent to the perceived quality of an ERA A*, with the remaining quintiles approximating A, B, C and unranked, respectively. Of course, the list of journals provided by the Institute for Scientific Information (ISI) is not 100% exhaustive of all academic journals, so some journals will not have an IF, but may nevertheless be considered to be leading journals within a particular discipline. When submitting your papers, could you please provide an indication of the IF and its ranking, or other means of gauging how the journal ranks within discipline.

National and International Guidelines for Exercise

It is good to see national and international guidelines being influenced by academic staff in the School of Health Sciences. Professor Kevin Norton chaired a joint committee comprising Exercise and Sports Science Australia (ESSA), Sports Medicine Australia (SMA) and Fitness Australia to develop a joint pre-exercise screening system which was launched in July (Screen-tool pdf and APSS-User-Manual-Health-Fitness pdf). This is an important development for exercise screening. More detail inside.

Also, the most recent ACSM 2011 Position Stand on the recommended quantity and quality of exercise, has for the first time recognised the importance and potential for using affect (i.e., the sense of pleasure or displeasure one feels when exercising at various intensities) as a means of self-regulating and prescribing exercise intensity. The method was first proposed by Associate Professor Gaynor Parfitt, whose research is cited as evidence for the use of this novel technique.

First Publication! - Publication Incentive Scheme

The first publication is something very special and, thanks to the collective ideas of the SHS Research Leaders Group (Lorimer Moseley, Tim Olds, Marie Williams, Susan Hillier, Alison Coates, Robyn McDermott, Mark Daniel, Karen Grimmer-Somers, John Buckley, Kerin O’Dea and me!), I am delighted to announce a new publication incentive scheme. The aim of this scheme is to acknowledge the inaugural publication of staff, Higher Degree by Research students (HDR), and Honours students in the School of Health Sciences (details enclosed).

It’s great to see the contributions to knowledge and the local and national community from staff and students in Health Sciences. Invitations to be part of national accreditation/registration panels, national task groups, national and international conferences, publication of papers in peer-reviewed journals and the hosting and organisation of workshops, are testament to the contributions made by staff and students of the School of Health Sciences. Examples of all of these activities are contained in this month’s newsletter. Thanks to all for keeping us informed and for your continued contributions to the success of Health Sciences at UniSA.

Kind regards

Roger Eston

DID YOU KNOW

We have 33 Divisional Honours students and 48 Honours students in our ‘with Honours’ programs (Bachelor of Physiotherapy/Podiatry/Medical Radiation Science/Occupational Therapy with Honours).
STAFF NEWS AND APPOINTMENTS

- Congratulations to Mary Russell on her recent appointment as Chair of the Occupational Therapy Board of Australia.

- Congratulations to Trenna Albrecht on her recent appointment as the undergraduate Program Director for Medical Radiation (as of 8th August).

- Congratulations to Richard McGrath on his successful appointment as Lecturer in Health Sciences (Health Promotion).

- Rebecca Golley (NHMRC Postdoctoral Fellow) was appointed to an expert panel ‘Curriculum renewal in Public Health Nutrition’, an Australian Learning and Teaching Council Project (2010-2011).

- Mary Magarey is contracted to Softball Australia Limited as the team physiotherapist with the Junior Women’s Softball team for Junior World Championships to be held in Cape Town South Africa from December 6-17th. Mary will be involved with a number of training camps in the lead-up to the championships, including one in the week of July 25th at Blacktown Olympic Park in Sydney where the players are involved in an International Challenge Series as part of their preparation for Junior Worlds. Mary’s role involves providing the players with injury prevention strategies, education on aspects of preparation for competing at international level and provision of fitness programs specific to the needs of softball players, along with injury management. Mary has been involved at national level with junior softball for 12 years and at state level for a further 6 years before that, including running a National Development Academy (SA) for 4 years.

- Congratulations to Margaret Green and the ALTC Grant team being award the best paper at the Australian Universities Quality Forum held Friday, 1st July 2011. Title of the paper “Academic Integrity Standards: A Preliminary Analysis of the Academic Integrity Policies at Australian Universities”.

- Rebekah Das was recently awarded an International Continence Society Travel Award to attend the International Continence Society Annual Meeting in Glasgow this year. The conference is from 29 August – 1st September 2011.

- At the 24th National Occupational Therapy conference on the Gold coast recently Dr Mandy Stanley presented a poster co-authored with a 2011 Honours student, Nancy Joseland which won the conference poster prize. The poster was titled “Community safety: The perspective of older adults”.
  
  o Mandy also presented two papers titled “Exploring the shed space: the meaning of the shed for older Australian men”, and “Incorporating language and culture in aged care: A case study in the Italian community” as well as a full day pre-conference workshop ‘Building research capacity- skills for qualitative research’.

- Professor Robyn McDermott was appointed as Committee Member to the National Indigenous Health Equality Council (NIHEC) for the period July 2011 to 30 June 2014. The key aims of the NIHEC is to assist in the development and monitoring of health-related goals and targets to support the Government’s commitment to closing the gap in outcomes for Aboriginal and Torres Strait Islander peoples.

- Mark Jones recently had the opportunity of being interviewed about “Physiotherapy” on an ABC radio program. It also involved interaction with listeners calling in with questions for Mark.
TEACHING AND LEARNING

MAHC @ PEDAL PRIX

On Sunday 31st of July students from the Bachelor of Applied Science (Human Movement and Health Studies) participated in a community health outreach activity during Stage 2 of the Pedal Prix under Dr Maarten Immink’s supervision.

The students performed assessments for cardiovascular disease risk and provided physical activity advice to over 65 adults at the event. Where appropriate, adults were referred on by students to the HLS Health & Fitness Centre or the Exercise Physiology Clinic. Children were also provided with blood pressure testing to raise healthy heart awareness. The activity was a great success; students raised health awareness in the community while putting their knowledge and skills to the test and gaining work experience hours. If you wish to utilise the MAHC then please contact jo.willis@unisa.edu.au.

Jo Willis
RAA TO OFFER CARFIT TO THE COMMUNITY

The Occupational Therapy Program is working in collaboration with the RAA to offer CarFit to the community. CarFit, designed by Elin Scholds-Davis (OTR), is a 3-step process that assists people to maximise the fit between themselves and the features of their motor vehicle. While appropriate for any driver, CarFit is particularly helpful to older drivers due to the ‘frailty bias’ which leads to higher injury if older people should be involved in a motor vehicle accident. Currently 4th year OT students are participating in CarFit as part of their portfolio course. CarFit was officially launched in June with excellent coverage on both radio and television.

NEW JOURNALS NOW AVAILABLE IN THE LIBRARY

The library has a number of new journals that may be of interest to you and are now available in the library:

- American Journal of Kidney Diseases
- American Journal of Medicine
- American Journal of Occupational Therapy
- American Journal of Physiology: Endocrinology and Metabolism
- American Journal of Respiratory and Critical Care Medicine (AJRCCM)
- American Journal of Respiratory Cell and Molecular Biology
- Applied and Environmental Microbiology
- Blood
- British Journal of Pharmacology
- Clinical Microbiology Reviews
- Current Opinion in Clinical Nutrition and Metabolic Care
- Diabetes
- Diabetes Care
- Drug Safety
- Drugs
- Endocrine Reviews
- Endocrinology & Metabolism Clinics of North America
- Epidemiology and Infection
- International Journal of Older people nursing
- Journal of Clinical Oncology
- Journal of Gerontology Series B: Psychological Sciences and Social Sciences
- Journal of Medical Microbiology
- The Journal of Nutrition
- Journal of Pediatrics
- Microbiology and Molecular Biology Reviews
- Multiple Sclerosis: Clinical and Laboratory Research
- Nutrition Reviews
- Pharmacological Reviews
- Radiology

SEMINAR ON THE ‘ACCREDITED EXERCISE PHYSIOLOGIST’

Prof. Steve Selig, Chair of Clinical Exercise Science at Deakin University, on behalf of the South Australia Chapter of Exercise & Sports Science Australia (ESSA), provided a seminar at UniSA City East Campus on Monday, 1st August covering the youngest Allied Health Profession in Australia, Exercise Physiology.

Steve made reference to the following –

- Provided the scope of the exercise physiology profession specialising in clinical exercise interventions for persons at high-risk of developing, or with existing chronic and complex medical conditions and injuries. They are recognised by Medicare, Department of Veteran Affairs, some private health organisations and in most states, WorkCover (which is not the case in SA);
- Provided history of the profession - Youngest Allied Health Professional (AHP), recognised in 2006, average professional is 3 years post-graduation for clinical training program – the Accredited Exercise Physiologist (AEP) model is unique globally (no other public health system has AEPs);
- Indicated that the AEP profession is unique as it was founded on long standing research evidence on the benefits of exercise for primary and secondary prevention;
- Indicated that growth of the profession is ongoing and there is need to educate the community, the health sector and government in terms of the role of the profession;
- Indicated that there is a need to distinguish the role of fitness professionals and AEP as the former are placing themselves in service delivery for which they are not prepared for;
- He clarified the difference between General Practitioner (GP) referral (where the GP transfers the responsibility of managing risk to the AEP) and GP clearance (where a fitness professional assumes that the exercise-related risk has been managed or ‘cleared’ when in fact it has not). He provided examples from his clinic where patients were not ready to commence exercise and it was only through his AEP skill set that problem areas where identified and the patient was back referred to the GP.

Maarten Immink
RESEARCH NEWS

Those of you who’ve been up to Centenary Level 8 lately may have noticed the three research posters outside the lifts. These posters were the finalists in the 2010 Research Week HDR Poster Session. This popular session will again feature in Research Week 2011, to be held from 26-30\textsuperscript{th} September 2011. An updated schedule for the week will be circulated shortly.

- Congratulations to PhD candidate Caroline Fryer, who was recently awarded a payment under the School HDR Publication Incentive Scheme for her publication ‘The effect of limited English proficiency on falls risk and falls prevention after stroke’. This paper was accepted for publication in Age and Ageing.

- Congratulations to PhD candidate Rebekah Das, who was recently awarded a payment under the School HDR Publication Incentive Scheme for her publication ‘Development of a questionnaire to assess habits, knowledge and beliefs about fluid intake and output’. This paper was accepted for publication in Australian and New Zealand Continence Journal.

- Congratulations to PhD candidate Jaci Peters, who was recently awarded a payment under the School HDR Publication Incentive Scheme for her publication ‘Parental influences on the diets of 2-5 year old children: systematic review of interventions’. This paper was accepted for publication in Early Child Development and Care.

- Congratulations to PhD candidate Lucylynn Lizarondo, who was recently awarded a payment under the School HDR Publication Incentive Scheme for her publication ‘A systematic review of the individual determinants of research evidence use in allied health’. This paper was accepted for publication in the Journal of Multidisciplinary Healthcare.

SCHOOL OF HEALTH SCIENCES PUBLICATION INCENTIVE SCHEME – FIRST PUBLICATION

Purpose of Scheme
The aim of this scheme is to acknowledge the inaugural publication of School of Health Sciences staff, Higher Degree by Research students (HDR), and Honours students.

Eligibility
The scheme is open to:

- All staff currently employed on a continuing or fixed term contract by the School of Health Sciences;
- HDR students currently enrolled in a research degree (Masters by Research or PhD) through the School of Health Sciences.
- Honours students currently enrolled in any program within the School of Health Sciences (stand-alone Honours or ‘with Honours’ Programs).

Criteria
In order to be eligible for the School of Health Sciences publication incentive scheme, the following criteria must be met:

- The publication must be included within the current ERA list or accepted by the DEST publication audit meeting the criteria for the C1 category;
- UniSA must be identified in the candidate’s affiliation by-line.

Funding
A sum of $200 will be awarded to the recipient.
Process
- When paperwork required for the University Research Publications Collection is submitted, the submitting author flags that this is the first publication by author ‘x’. The Publication Coordinator will then pass this information to the Admin Officer: Research (AOR) responsible for administration of the scheme.
- The AOR will print a copy of the first page of the publication and pass to the Head of School to sign (with a congratulatory note), then insert into UniSA certificate frame.
- AOR to coordinate with relevant staff to arrange for the framed article to be presented to the student/staff member at a significant Divisional or School event (e.g. Here’s Health. Research, Here’s Health. Honours, School Board, final honours presentation day, etc.).

Review
The scheme will be reviewed annually as part of the UniSA budgeting process.

NEW WEBSITES TO SUPPORT RESEARCH DEGREE ADMINISTRATORS AND SUPERVISORS

Two new websites which provide range of information and useful links for supervisors and administrators of research degree students have been launched by the Graduate Research Centre. The supervisor site includes information and links on supervisor responsibilities, managing the student-supervisor relationship, the register of postgraduate research degree supervisors, management and committees, the PORTIA system, professional development and resources, and support services. Links to these sites has been added to the staff sharepoint site.

NEWS FROM THE HEALTH AND USE OF TIME RESEARCH CENTRE

New Adult Pre-Exercise Screening System

- **Professor Kevin Norton** chaired the task force to develop a new Adult Pre-Exercise Screening System to identify people who may have medical conditions which put them at a higher risk of an adverse event during physical activity / exercise. Exercise & Sports Science Australia, Fitness Australia, and Sports Medicine Australia worked together over the past year and jointly developed a system that all associations will recommend to their registrants, members, government and other associated organisations. The aim of this development is to establish a consistent approach for pre-exercise screening and management to ensure that clients achieve better health outcomes and sustained physical activity throughout the lifespan. It is expected that the recognition and use of a consistent platform for pre-exercise screening by fitness professionals, exercise physiologists, other allied health practitioners and general practitioners will greatly assist coordination of exercise service delivery. Most importantly, it is anticipated that the three-staged tool will improve identification of risk and subsequent client education and management. The content of the tool is based upon the latest available evidence, includes an evidenced based exercise intensity guide and is annexed by an informative user manual which provides an explanation of terms and process for use. It is expected to be adopted widely in the fitness industry as well as in areas such as research projects involving exercise interventions and in other health and fitness settings. ([Screen-tool pdf](url) and [APSS-User-Manual-Health-Fitness pdf](url))
In July, Professor Tim Olds, Dr Carol Maher and Lisa Matricciani attended a training session in preparation for the upcoming ISCOLE (International Study of Childhood Obesity, Lifestyle and the Environment) study at the Pennington Biomedical Research Center in Baton Rouge, Louisiana. ISCOLE is the largest ever international healthy lifestyle study of school children. It is a 12-nation study, co-ordinated by Dr Peter Katzmarzyk at the Pennington Biomedical Research Center in Baton Rouge, Louisiana and has received $8 million dollars of funding for the next four years. The training session was very successful, and members of the Health and Use of Time (HUT) Group will now start training research assistants with a view to going into the field in September to collect the Australian data.

After a very busy 7 months in 2011, the HUT group are about to farewell our ‘Irish’ – that is Kerry McCarthy and Michael O’Reilly who have been here on a 7-month placement as part of their Exercise and Sport Science degree at the University of Limerick, Ireland. Kerry and Michael have been getting their hands dirty (literally) as research assistants for the Activitystat project, not only getting physical in the exercise classes, but even learning the fine art of urine collection and sampling! From recruitment to screening, data collection and data entry, to exercise instruction, even equipment maintenance and drop offs – they have done it all...and always with a smile on their face - even after a very long 12 hour day! No-one here could question their extremely hard work ethic, and ability to entertain the participants (as well as the rest of the HUT group) and brighten the place up. They certainly have brought the luck of the Irish with them as the project has run extremely successfully so far, which can definitely be attributed to these two fantastic helpers. Many thanks to Kerry and Mike from the entire HUT team.

**RESEARCH GRANTS / FUNDING**

Congratulations to PhD candidate Sjaan Gomersall who has been awarded the HDR International Travel Grant to be used in conjunction with her previous travel award of $6000. She will use this grant to travel for two months to Cambridge University to study doubly labelled water isotope analysis with Dr. Les Bluck, and to network with key researchers in physical activity at a the International Convention on Science, Education and Medicine in Sport in Glasgow, Scotland. She will also spend time in the Netherlands to meet with key researchers. Sjaan’s success has received a mention in The Research Edge. Please take the time to have a look.

**PUBLICATIONS BY STAFF AND STUDENTS**

   [Abstract](#)

   [Abstract](#)

   [Abstract](#)

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**CONFERENCE PRESENTATIONS / UPCOMING CONFERENCES**

- **Ali Coates** is giving a keynote presentation about the Health benefits of nuts for people with diabetes at the Australian Diabetes Educators Association South Australian (ADEA-SA) Branch Conference. The title of the presentation is “Nutrition Research and Managing Diabetes - in a nutshell”. This meeting is being held on Saturday, 30th July 2011 at the Adelaide Convention Centre.

- Paul Rothmore and **Rose Boucaut**, specialist OHS physiotherapists, coordinated a successful pre-congress workshop prior to the World Congress of Physical Therapy in Amsterdam in June 2011. Titled ‘Moving in on Occupational Health’ the one day workshop attracted about 40 attendees, from across the globe including participants from Africa, Scandinavia, Europe, the Americas and Asia.
  - During the WCPT congress **Rose Boucaut** also facilitated a networking session for about 30 OH physios which was a great opportunity to share knowledge and experience and hear about OH physiotherapy in other regions. Several small groups got into lively discussion about issues including (i) the future formation of a WCPT subgroup in OHS, (ii) post base grade education (iii) the ICF framework and (iv) OHP service delivery.

- **Nayana Parange** presented a paper in the AAEMRS 2011 Conference, Australasian Association of Educators in Medical Radiation Science (15-16 July 2011) which is the National Conference of the Australasian Educators in Medical Radiation Science. The conference was held in Adelaide, UniSA, City East Campus. Nayana’s paper was titled “Curriculum design in a new masters level course on fetal echocardiography for flexible delivery online”.

- **Mary Magarey** was an Invited Speaker at the St George Shoulder Conference in Sydney from 2nd – 4th June 2011. Mary’s role was to present her Invited Lecture, sit on three panel discussions and present four workshops. The Conference involved internationally renowned Orthopaedic surgeon researchers Prof Eiji Itoi, Professor and Chair,
Department of Orthopaedic Surgery, Tohoku University School of Medicine, Sendai, Japan and Dr Stephen O’Brien from The Hospital for Special Surgery, New York, US.

- **Professor Kevin Norton** was invited to give the keynote address at the VIl World Congress on Science and Football that was held in Japan from May 26th - 30th 2011. Kevin gave two presentations in Japan: *Match Analysis in AFL, Soccer and Rugby Union: Patterns, Trends and Similarities and Evolution of rule changes and coaching tactics in AFL: Impact on game speed, structure and injury patterns*, both of which have been written up as full papers for the conference proceedings.

- **Professor Kevin Norton** has been invited to be the keynote speaker at the World Cycling Research Forum in Brisbane from September 22-23rd 2011.

- **Dr Diana Gentilcore** was the invited Plenary Speaker, her presentation entitled ‘*Postprandial Hypotension and the Gut*’, at the Medical Grand Round at The Queen Elizabeth Hospital on 19 July 2011.

**CONTEXTUAL AWARENESS SEMINAR 22 SEPTEMBER: DELIVERING AN OUTSTANDING STUDENT EXPERIENCE**

Friday, 7th October 2011 - 9.30am – 1.00pm
Bradley forum, Hawke Building, City West

In collaboration with other Units, Portfolios and the Divisions, the Organisation Development team has hosted a series of staff development activities under the banner of *Contextual Awareness* to inform staff of the issues and forces that shape the development of UniSA and of Higher Education in Australia.

As you are all aware, the University’s administrative services are undergoing significant change to ensure our processes, practices and professional staff structures support Horizon 2020 goals. In the midst of change, it can be easy to lose sight of the bigger picture and it is timely to run a Contextual Awareness seminar specifically for professional staff to ensure they are kept informed of key developments and initiatives to deliver on the institution’s aspirations.

This seminar will give staff the opportunity to hear from Professor Joanne Wright, Deputy Vice Chancellor & Vice President: Academic and Mr Nigel Relph, Pro Vice Chancellor & Vice President: International & Development, about a number of developments and initiatives within their respective portfolios.

Staff are invited to register online on will receive a meeting request to confirm attendance. Please contact Danielle Mott if you have any queries.

**COCHRANE TRAINING WORKSHOP: ADELAIDE, 11-12 AUGUST 2011**

[http://acc.cochrane.org/timetable-registration](http://acc.cochrane.org/timetable-registration).

- The Australasian Cochrane Centre will present the next introductory workshop for authors of Cochrane systematic reviews in Adelaide on 11-12 August, 2011. Registered authors and those in the process of registering a title are invited to come along for a thorough introduction to Cochrane methods, free of charge (thanks to funding from the Department of Health and Ageing). For more information, or to register online, go to [Deb Williams](mailto:Deb.Williams@unisa.edu.au)

**AOCS FATS & OILS - INDUSTRY, INNOVATION & HEALTH CONFERENCE: ADELAIDE 9-12 NOVEMBER 2011**


- The conference program will cover nutritional research, omega 3 oils, marine lipids, dairy lipids, oxidation, biotechnology, animal lipids, aquaculture, edible oil and ingredient supply, olive oils, oil analysis and other activities that support the lipid industry and oils research. This year a **hot topic session** will focus on the new olive oil standards in Australia and New Zealand. Furthermore two workshops, “Lipid Oxidation and Antioxidants” and “Production of Margarines, Dairy Blends and Spreads” (the latter workshop to be held at CSIRO Food and Nutritional Sciences, Werribee, Victoria) will be held prior to the conference. The program will be structured to allow delegates to meet colleagues in a social environment to discuss matters of mutual interest.

**Keynote speakers so far will include:**
- A hot topic session chaired by Dr. Rob Mailer (Australian Oils Research) featuring industry leaders on new olive oil standards; **Dr. Surinder Singh** (CSIRO Food Futures Flagship) — Update on the Omega-3 project; **Prof. Colin**
Barrow (Deakin University) — Future of biotechnology in fats and oils; Prof. Peter McLennan (University of Wollongong) — getting to the heart of omega-3 fatty acid health benefits: Reconciling the recommendations with the evidence.

COMMUNITY ENGAGEMENT

DO YOU KNOW
A LONG TERM CARER
or
A LONG TERM MEDITATOR?

Who would like to learn how the body responds to stress?

Seeking Volunteers for a Research Project Investigating Stress Responses in Carers who face high levels of stress AND people who meditate to manage stress (or as a life skill)

The School of Health Sciences at the University of South Australia is conducting a research project that seeks to identify methods of measuring stress.

What Does Participation Involve?
Participants will be asked to collect samples of saliva at home using a provided kit, which makes collection easy and clean. Saliva contains stress related chemicals which can be measured. In addition, participants will attend a 2-hour testing session in which they complete a questionnaire, collect saliva samples, engage in computer-based tests of mental performance and complete a public speaking task.

Where is the Study Being Conducted?
School of Health Sciences, City East Campus of UniSA, North Terrace, Adelaide

The Criteria?

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<th>Carers</th>
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<td>are between 18-70 years of age</td>
<td>are between 18-70 years of age</td>
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<td>are generally in good health</td>
<td>are generally in good health</td>
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<td>have been a carer for at least 2 years</td>
<td>have been engaged in uninterrupted meditation practice for at least the past 3 years, involving a minimum of 5 days a week</td>
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<td>able to collect saliva samples at home following specific instructions</td>
<td>able to collect saliva samples at home following specific instructions</td>
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<td>able to converse in English</td>
<td>able to converse in English</td>
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<tr>
<td>able to attend a 2-hour testing session at UniSA</td>
<td>able to attend a 2-hour testing session at UniSA</td>
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<td>not a regular meditator</td>
<td>not a carer</td>
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What Do Participants Get?
To compensate you for participation time and associated costs such as respite care, parking or transport, all study participants that complete the study will receive one payment of $30.

Also, upon completion of the study, all participants in the study will receive a report explaining the findings from this study, which will include how the body responds to stress in people who regularly meditate and people who are exposed to long-term stress.

If you would like more information contact Dr Shona Kelly by email at shona.kelly@unisa.edu.au or by phone (08) 08 8302 2901. If you’ve contacted us before and we haven’t called you back – please leave another message (our answering machine isn’t the best). This project has been approved by the University of South Australia’s Human Research Ethics Committee.
Dear All

This email is to advise the days and campus locations Copyright Services will be working throughout August.

Should staff wish to contact Copyright Services with any copyright queries, please contact us on extension 25630 or by email: copyright@unisa.edu.au

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<th>Thursday 4 August City East</th>
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Catherine Daniel
Copyright Co-ordinator
STUDENT NEWS

HUMAN MOVEMENT CAREERS NIGHT HOSTED BY UNISA CAREERS SERVICES AND ESSA

UniSA Careers Services and the South Australian Chapter of Exercise & Sport Science Australia (ESSA)

Invites you to attend a

Careers Evening for Human Movement Students

Wednesday August 17th, 2011
5:00pm-7:00pm
University of South Australia
City East Campus
C4-16

The evening will be attended by a range of industry representatives and will include a hosted employer Question & Answer Panel as well as networking time with employers

Information relating present and future job options, further study options and tips on how to maximise your job prospects while still studying will be presented

Drinks and Nibbles will be provided

Entry is **FREE** but spaces are limited.

Bookings essential – please book via UniSA MyCareerPlan ‘Events’
WORK EXPERIENCE OPPORTUNITY – HLS HEALTH & FITNESS CENTRE

I would now like you to start thinking about getting some valuable practical experience which will not only allow you to apply your knowledge but it will also be good on the CV for the future. We are now offering you the opportunity to complete work experience within the HLS Health and Fitness Centre as we have a range of opportunities that are increasing all the time. This includes:

- completing your 140 hours of exercise delivery with apparently healthy populations which is required as a pre-req to the Grad Dip in Clinical Exercise Sciences
- observing and assisting within the Exercise Physiology clinic
- assisting in Sport Science activities
- and more

The type of activities that will be available to you will depend on your own personal interests and what courses you have already completed, i.e., what knowledge and skills you currently have.

ATTENTION HUMAN MOVEMENT STUDENTS!!

Do you want to become an Accredited Exercise Physiologist? Looking for a career in Sport science or Strength & Conditioning? If so it is important to gain as much practical experience as possible. And here is an opportunity to gain this experience.

If you are you thinking of completing the Graduate Diploma in Clinical Exercise Science in the future to become an accredited Exercise Physiologist, it is an entry requirement of the program that you have already completed 140 hrs of exercise prescription with apparently healthy individuals and these hours will then be counted towards your 500 hrs of clinical experience that are required to become an accredited exercise physiology. For those students who are not wishing to pursue the Graduate Diploma in Clinical Exercise Science, your work experience hours can be used for membership to ESSA or simply for your own experience as a Human Movement student / graduate.

Similarly if you are looking for a career in Sport Science or Strength & Conditioning it is vital that you gain as much practical experience as possible throughout your undergraduate degree.

How do I get this experience?

We would like to offer work experience in the Health and Fitness Centre at the City East and/or the Magill Campus with all expectations and responsibilities being the same as those of a normal employee. All hours will be supervised and signed off in your ESSA logbook. We are looking for 15 students for a 10 week block to commence on the 22nd August until the 28th October with the aim of a further 10 week block for an additional 15 students before the end of the year.

If you are interested can you please email me (adam.hewitt@unisa.edu.au) before 5:00pm Tuesday 16th August with the following information:

- Short cover letter expressing your interest in this position and a brief outline as to your intention for the future (further studies / employment)
- CV

I look forward to hearing from you ASAP and hope you take this opportunity to gain valuable experience that will be useful for your future studies or employment. This is your chance to put all that theory into practice!

Adam Hewitt
IBHL STUDENTS - CLEANING UP CAMBODIA’S WATER SYSTEM

SOUTHERN SUNS STAR

Congratulations to Holly Evans (IBHT Student) who has been selected as a mid-fielder for the Southern Suns, her success with the Southern Suns has led to selected for the Australian Hockeyroos in preparation for 2012 Olympic Games. Holly travels to Perth for training and competitions on a regular basis. We wish Holly all the best with her Olympic preparation and look forward to hearing about her journey to this special event.

The Southern Suns also recently won the National Championships. Other members of this successful team include -

- Georgina Kiel (HM Student)
- Bianca Greenshields (HM Student)
- Brooke Breuker (MR Student)