Hi everyone

**New Appointments and Staff Movements**

The number of clinical placements is pivotal to the growth of our academic programs in physiotherapy, podiatry, occupational therapy, medical radiation and exercise physiology as student places are limited to the number of clinical placements available each year. I’m therefore delighted to announce the appointment of Jodie Quilliam as Manager: Clinical Operations, who starts her full time role in this position in August. Jodie will work closely with Fay Hanns of the Clinical Placement Unit to develop and manage the School’s clinical activities. Jodie will also oversee the successful operation of the School’s health and fitness facilities. Welcome to Heidi Gould who has been appointed as the Program and Course Administration Officer for Occupational Therapy. Other staff movements include the appointment of Louise Massie as Administration Officer for the Nutritional Physiology Research Centre from August. Congratulations to Marie Williams who has been appointed as the Associate Head for the new School of Population Health for three years. For the first few months Marie will be part time with the School of Population Health, becoming full time from January 2013. Congratulations also to Narelle Vaughan who has been appointed as the Personal Assistant to the Head of School of Population Health. Good luck to all of you in your new positions.

We hope to appoint the new **Program Director: Occupational Therapy** by September. We are most grateful to Sue-Gilbert Hunt who has successfully directed this program for almost 9 years. A further significant new position in the School of Health Sciences is the **Associate Head: Research**, the expressions for which are now advertised (**Associate Head of School: Research**), and which we hope to appoint by the end of September. The appointee will work closely with myself and Pat Buckley (Dean: Research and Research Education) and will have prime responsibility for overseeing the School’s research training and research programs and their development and evaluation. The Associate Head will be responsible for enhancing existing areas of research and for identifying new areas. The position will also manage the School’s research infrastructure and facilitate the integration of early career researchers into existing areas of research.

Now that the Service Improvement Process has defined an optimal professional staffing structure across the Division, we are busily engaged in the recruitment and interview process for a number of administrative and senior administrative officer positions (HE03 to 6 ) which includes a team leader position (HE06) within the School. We will be confirming appointments to these positions over the next few days and weeks.

**Exercise Physiology Clinic and Development of High Performance/Sports Science Support Laboratory**

As you know, funding to develop a high performance physiology laboratory was awarded within the last year. A venue for this has now been confirmed and over the next few months, we will be putting into place our plans for developing the space around the exercise physiology clinic and the dance studio, to create an integrated space for the exercise physiology clinic and a new high performance laboratory which will be adjacent to the ‘Exercise Benefits’ Health and Fitness Facility. This sits comfortably with our plans to grow the exercise physiology clinic, alongside the exciting new degree program in Clinical Exercise Physiology (see below) and further enhance the profile of sports and human performance research and scientific support which the School of Health Sciences at UniSA can offer for the future.

**Chancellor’s Awards for Community Engagement Applications**

This is a record year for the number of applications to be submitted for the above award. The six applications aptly attest to the variety and extent of community engagement by our staff. Thanks to staff who have taken the time to submit applications for this round, and to those of you (not named below) who have also taken the time to nominate your colleagues. Whilst it is recognised that only a few applications will be successful for the award, I would like to recognise the efforts of the six following nominations and wish you every success: Liz Pridham, Jill Offe and Margarita Tsiros for their
‘Motor to the Max’ program with Cowandilla High School; Sue Gilbert-Hunt and Susie Owens for their project with interPART (International Partners in Action, Research and Training from Australia) and the Komar Pikar Foundation (a Cambodian NGO); Carolyn Murray, Angela Berndt, Jocelyn Kernot and Sarah Seekamp for their project involving stimulation therapy programs for older people with dementia; Mary Magarey, Mark Jones and Jenny Roberts for their Sports Physiotherapy Community Football Clinical Placement program; Kobie Boshoff for her project involving Occupational Therapy in Children’s Centres for Early Childhood Development and Parenting; and Angela Berndt for her ‘CarFit’ health promotion project for older drivers.

Clinical Exercise Physiology Degree to commence in Study Period 2, 2013
The new four-year degree program was recently approved by UniSA’s Academic Standards and Quality Committee and was formally approved at Academic Board on July 27th for commencement in 2013. Details of the program are now described in the 2013 South Australian Tertiary Admissions Centre (SATAC) Guide. It is intended to recruit 25 full time equivalent places from February 2013. News of the new program met with a very positive response from the career counsellors’ event held at UniSA in June. Maarten Immink (Program Director for Human Movement and Clinical Exercise Physiology) has described what an ESSA-accredited exercise physiologist is in the ‘Did you Know’ presentation flagged in the HLS May 2012 Newsletter. An overview of the program is also now available on youtube (Youtube CEP Overview).

The two annual 2012 Ian Gould Experimental Science Grants are won by students in Health Sciences
As reported in the May Newsletter, the Ian Gould Experimental Science Grant has been established via a personal gift from Dr Ian Gould, Chancellor of the University of South Australia. The grant aims to encourage Honours and PhD students to undertake ‘hands on’ research where the student proposes to engage actively in experimental work and collect and analyse their own data for thesis work in any area of science, including the social sciences. The scheme, which has been in place since 2010, is open to all Honours and PhD students across the University, with two awards of $5000 being offered each year. It’s particularly pleasing to note that the two awards were awarded to two of our Human Movement students - Tom Butler and Clint Bellenger. Well done guys! Tom described his project in the May Newsletter and Clint has kindly provided a description of his project in this month’s Newsletter.

Sansom Institute Research Seminar
In this issue we advertise the forthcoming presentations by Steven Blair from the University of South Carolina and Stephen Nicholls of the South Australian Health & Medical Research Institute (SAHMRI). These promise to be excellent presentations from two world leading experts. I am particularly grateful to Bob Barnard of the Centre for Physical Activity in Ageing, Hampstead Rehabilitation Centre, for helping to organise Steven Blair’s visit to UniSA, and to Active Ageing Australia for sponsoring Professor Blair’s visit to Adelaide.

Contributions to the HLS Newsletter
Thanks again for all your contributions to the Newsletter. It is circulated to all students and staff in Health Sciences and to other UniSA staff and external stakeholders. It is also available to the general public on the ‘On the Pulse’ website. News about research, national appointments, community engagements, awards, achievements and sporting endeavours, etc., are welcomed, so please continue to keep Kylie Fogarty (kylie.fogarty@unisa.edu.au) informed of all your news.

Best wishes

Roger Eston 😊
(now an official permanent resident of Australia!)

Did You Know?
Your brain is able to do about 10^{12} to 10^{14} operations per second and using 25 watts. In comparison, an average desktop computer with a 2.8GHz processor can do 2.8 billion operations per second using up to about 250 watts.

Dr Maarten Immink
STAFF NEWS AND APPOINTMENTS

Congratulations to the Undergraduate Medical Radiation Team; Trenna Albrecht, Cristina Blefari, Denise Ogilvie, Diana Gentilcore, Donna Matthews, Eileen Giles, Jane Shepherdson, Karen McBean, Sally Strange, Tim Sawyer and Rachael Dantu on a successful accreditation of the Bachelor of Medical Radiation Science Radiation Therapy and Medical Imaging streams.

Congratulations to Dr Margarita Tsiros who’s PhD was conferred on 21 July 2012, titled ‘Obesity, the new childhood disability. Exploring physical functioning and disability in children with obesity’.

Congratulations to Scott Polley who was awarded the 2012 Outdoor Educators Association of South Australia Award for Excellence, for leadership at a national level with Outdoor Education Australia.

Congratulations to Dr Diana Gentilcore on a successful application for the UniSA Research Leadership Development Program 2012-2013.

Congratulations to Professor Roger Eston who was made an Honorary member of the Golden Key International Honour Society in May 2012.

TEACHING AND LEARNING

TEACHING AND LEARNING COMMITTEE

Feedback at the School Planning day in November 2011 indicated the committee should be re-established and so it was. Associate Professor Kerry Thoirs had 20 people indicate they wanted to be part of the committee and the first meeting was held on 3 April 2012.

Terms of Reference were agreed and Chairpersons were nominated by email – lucky Cristina Blefari and Sue Gilbert Hunt.

The Committee has met 3 times and in 2012 we are focusing on:

- engaging students – using best teaching practice;
- maximising the learn-online environment;
- re-instating a peer review process for courses.

It was agreed that the committee would meet monthly and alternating between Wednesday and Friday to allow more people to participate. It is an open meeting so you are welcome to join us so feel free to contact Gill Carr for meeting schedule and Cristina and Sue are willing to chat if you want to know more.

If you are curious about what we talk about, the minutes are able from the following link in the Teaching and Learning Committee folder https://teamsites.unisa.edu.au/hsc/hls/Governance/Forms/AllItems.aspx

Cristina Blefari and Sue Gilbert Hunt
Chairs: School of Health Science Teaching and Learning Committee
A lifetime of caring for wildlife

ANNA VLACH

ONE of Nicola Massy-Westropp’s earliest memories is as a seven-year-old nursing a lizard her grandmother had accidentally run over with a laundry trolley.

The UniSA lecturer in anatomy has been caring for injured wildlife ever since.

A member of the Fauna Rescue volunteer group since 2003, Dr Massy-Westropp, 44, of Myrtle Bank, takes care of about 350 animals, including birds and possums, every year.

She also educates people about their care and welfare.

Dr Massy-Westropp has been nominated for a Pride of Australia medal in the Environment category.

“A big part of (Fauna Rescue) is letting people know the whole story ... how they can watch out for a critter and what to do when one needs first aid,” she said.

Dr Massy-Westropp’s role also involves mentoring other volunteers like Walford Anglican School for Girls student Chloe Price, 17, who nominated her for the medal.

“She does a lot of good work that doesn’t get recognised,” Chloe said.

Dr Massy-Westropp said she hoped her nomination would raise awareness of Fauna Rescue.

Fauna Rescue Wildlife Volunteer
Helpline ph 8289 0896.
FOOTBALL UNITED “REFUGEES WEEK” COMMUNITY FOOTBALL CHALLENGE

Once again, the passion for sport – and football in particular – proved very successful in bringing people and communities together. On Saturday 23 June, Football United®-UniSA and local community partners including Uniting Communities, the Association of Burundian Communities of SA, Youth Jet, Munno Para City Soccer Club and OPAL organised a Community Football Challenge in the City of Playford to celebrate Refugees Week. The event was an official Refugees Week initiative, and included free games for children, a free community barbecue and a football game between a team representing the African Refugees community of Adelaide’s northern suburbs and a team of Football United®-UniSA volunteers.

The event celebrated the central theme of 2012 Refugees Week, “Restoring Hope”, and it emphasised the relevance of community sport programs to help build stronger and more cohesive communities. The African Refugees team won the Community Football Challenge after a well-fought game (final score: 3-1), but the highlights of the day were the friendship displayed by all involved, the outstanding climate of collaboration among participants, organisers and volunteers, and the general sense of belonging experienced by everyone involved.

Football United® is an innovative social development program fostering social inclusion through football, and it is run in SA through UniSA’s Division of Health Sciences. The program relies on volunteers from both UniSA and the community and engages dozens of children and youths on a weekly basis across several locations in the state. For more information on Football United® in SA, or to volunteer for the program, please visit: www.unisa.edu.au/footballunited.
MOBILE ALLIED-HEALTH CLINIC

The Mobile Allied-Health Clinic (MAHC) attended Paralowie Primary and High School this month to attend their school’s Wellbeing and Career Expo. The staff at Paralowie School had reported to us that their students have a limited understanding and awareness of potential career pathways that include university studies, particularly in respect to allied health. With this in mind our students assisted with creating their own displays for the day and also provided demonstrations of some skills from their degree. Our students acted as great ambassadors and mentors talking about how they gained entry into university, what they study in their discipline and where they will expect to work in the future. It was a great community event and we hope that in the future we will improve educational outcomes from previously unrepresented schools and communities.

Thanks to all the student volunteers and our staff member Richard McGrath who attended Paralowie School with me. Also special thanks to the Central Store staff, Louise Massie and Ziggy Gniadek for their support with equipment and items required on the day.

If you would like to participate in any future MAHC activities, please send me an email jo.willis@unisa.edu.au
RESEARCH NEWS

- Congratulations to PhD candidate Natasha Schranz, who was recently awarded a payment under the School HDR Publication Incentive Scheme for her publication ‘Is three-dimensional anthropometric analysis as good as traditional anthropometric analysis in predicting junior rowing performance?’

- Congratulations to PhD candidate Rachel Wong who was recently awarded a payment under the School HDR Publication Incentive Scheme for her publication “Chronic Effects of a Wild Green Oat Extract Supplementation on Cognitive Performance in Older Adults: A Randomised Double-Blind, Placebo-Controlled, Crossover Trial”.

- Congratulations to PhD candidate Katia Ferrar who was recently awarded a payment under the School HDR Publication Incentive Scheme for her publication “Adolescent time use clusters: a systematic review”.

- Dr Susan Hillier and the iCAHE team provided the systematic search and critical appraisal for the recently released “Guidelines for the management of Absolute cardiovascular disease risk” (2012). Link to publication. This is an initiative of the National Vascular Disease Prevention Alliance and endorsed by the NHMRC and the RACGP.

Gavin Tempest and Harrison Evans (PhD students) helping out with a project in collaboration with the SA Metropolitan Fire Service (project with Alan Crocket, Alex Rowlands and Roger Eston) to assess the effects of self-contained breathing apparatus (SCBA) on lung function.
Researchers at iCAHE have recently undertaken a number of research projects in collaboration with other researchers from Queensland, Victoria and New South Wales. Working in close association with staff from Queensland Health, researchers at iCAHE undertook an evaluation of an innovative initiative aimed at supporting rural and remote allied health professionals, Allied Health Rural and Remote Training and Support Program (AHRRTS). The AHRRTS program aims to provide an integrated program of education and professional support activities for allied health professionals working within Queensland Health in rural and remote locations. By doing so, the AHRRTS program aims to increase and support the participation of allied health professionals in education and professional support activities which would ultimately positively impact on clinical governance, clinical and professional capability and health outcomes in rural and remote areas of Queensland. The evaluation identified wide spread positive impact of the AHRRTS program and highlighted opportunities for further improvement in some areas. The core learning’s from the evaluation are now being considered for implementation as the AHRRTS program continues to move forward. As iCAHE supports the uptake and implementation of research evidence into practice, working in collaboration with a range of allied health and nursing staff from Queensland Health, researchers at iCAHE developed a clinical practice guideline for compression therapy in the treatment of peripheral oedema in adults with chronic venous disease. The impact of chronic venous disease can be significant due to its high prevalence, cost of assessment, diagnosis and management and the associated economic and social costs, and therefore it is imperative that the right treatment is provided to the right patient at the right time by the right health professionals. Using an innovative and customised approach to evidence synthesis, researchers at iCAHE developed clinical practice guidelines which will assist in evidence-based management of peripheral oedema in adults with chronic venous disease.

With significant pressures on the health workforce in Australia, allied health assistants are increasingly being considered as an important solution to addressing workforce issues in health. However, it is still unclear how best to effectively and efficiently integrate allied health assistants workforce in the wider health workforce. A persistent gap in this area is the supervision and delegation of allied health assistants. Working in collaboration with researchers at Health Management Advisors and the Department of Health in Victoria, researchers at iCAHE developed, tested and implemented a supervision and delegation framework for allied health assistants. The framework will assist in closing the knowledge gap and result in effective and efficient use of allied health assistants within the health workforce. Interprofessional education is becoming increasingly common in health programs. However, the evidence on how best to implement interprofessional education into undergraduate health curriculum and how best to measure the success of outcomes remain varied and equivocal. In collaboration with researchers at University of Western Sydney, researchers at iCAHE undertook a systematic review of the literature to identify which interprofessional strategies works for whom, in what contexts, and why. Findings from this systematic review will help to better understand interprofessional education processes and outcomes for health programs and issues to consider when implementing these programs.

**Dr Saravana Kumar**

<table>
<thead>
<tr>
<th>Title</th>
<th>Source of funding</th>
<th>Amount of funding</th>
<th>Investigators</th>
<th>Stage of completion</th>
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<tr>
<td>Evaluation of the Allied Health Rural and Remote Training and Support Program</td>
<td>Queensland Health</td>
<td>50,479</td>
<td>Saravana Kumar, Karen Grimmer-Somers, Kylie Wall, Julie Luker, Lucylynn Lizarondo, Kate Beaton and Kevan Hendry</td>
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<tr>
<td>Clinical practice guidelines for compression therapy to treat peripheral oedema in adults with chronic venous disease</td>
<td>Queensland Health</td>
<td>50,400</td>
<td>Saravana Kumar, Khushnum Pastakia, Lucylynn Lizarondo, Namita Mehta and Karen Grimmer-Somers</td>
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<td>Building a restorative workforce – healthy ageing: better future</td>
<td>Health Workforce Australia</td>
<td>250,000</td>
<td>UniSA – Saravana Kumar In partnership with Northern Adelaide Health Network, ACH, ECH and Domiciliary Care SA.</td>
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<td>Evaluation of Country Health Clinical Governance Structure</td>
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<td>Implementation of the Supervision and Delegation Framework for Allied Health Assistants</td>
<td>Department of Health, Victoria</td>
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<tr>
<td>Systematic review of the effectiveness of interprofessional education</td>
<td>University of Western Sydney</td>
<td>5,000</td>
<td>Saravana Kumar</td>
<td>Completed</td>
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</tbody>
</table>
THE IAN GOULD EXPERIMENTAL SCIENCE GRANT AWARD – CLINT BELLENGER

I feel very honoured to be selected as a recipient of the Ian Gould Experimental Science Grant for 2012 given the quality of the competition and the fact that there are just two recipients of the award, the calibre of the interviewing panel, and also considering that the grant is a personal gift from the Chancellor himself because he feels so passionately about young researchers collecting and analysing their own data.

My Honours study is looking to determine whether a simple heart rate parameter can track changes in exercise performance in competitive cyclists. I am supervised by Associate Professor Jon Buckley, Professor Peter Howe and Dr. Rebecca Thomson. Winning the Ian Gould Experimental Science Grant will allow me to focus my time solely on my Honours study, allowing me to complete the study to the high standards that are required to potentially pursue a PhD research degree.

RESEARCH GRANTS / FUNDING

- **Dollman J, Parfitt G**, Saint K (Country Health SA Local Health Network; CHSALHN), Smith M (CHSALHN), Ramanathan R (CHSALHN), McFayden G (Communities SA), Marie B (Riverland Division of General Practice), Pillen H (Riverland Regional Health Services), Garfield T (Yorke and Lower North Health Services). Supporting rural cancer survivors with an on-line physical activity and dietary behaviour resource, Cancer Australia Supporting People with Cancer Initiatives grant, **$75,000**, 2012-2013.


GRANTS INFORMATION SESSIONS - AUGUST 2012

Got a bright idea? Don't take it for granted

Come and join Experience Plus to find out more about the Experience Plus Grants! We will be running several Information Sessions to explain and answer any questions you may have about applying for a Grant.

Information Sessions will be on the following campuses and dates:

**City West/City East:** Monday 6th August, 11am-12pm, Room RR3-10
City West contact: ExperiencePlus@unisa.edu.au
City East contact – Kathryn Denton: ExperiencePlus-CE@unisa.edu.au

**Magill:** Tuesday 7th August, 2pm-2:30pm, Room B1.55
Magill contact – Genevieve Raj: ExperiencePlus-MAG@unisa.edu.au

**Mawson Lakes:** Wednesday 8th August, 11am-11:30am, Room MM1-05
Mawson Lakes contact – Kelly Graham-Sutton: ExperiencePlus-MLK@unisa.edu.au

Register Here:

By applying for one of these grants, you could get up to $5000 to go towards initiatives aimed at enhancing the overall student experience at UniSA. Experience Plus Grants are open to both UniSA Students and Staff.

For more information on the grants and how to apply, please visit the Experience Plus Grants [Webpage](https://my.unisa.edu.au/internal/registerit/exp-workshopregister.asp).
MASON FOUNDATION – CLOSING DATE FOR BOTH PROGRAMS IS 1 JULY 2012

- Medical and Scientific Research Grants – Alzheimer’s disease (Wicking Trust and Mason Foundation)

Research into more effective diagnosis, or treatment of Alzheimer’s disease; and/or Research into cures for Alzheimer’s disease.

Projects will be funded for one year only. Applicants may reapply. Individual grants of up to $50,000 will be considered, and the total annual income available for this grant category is usually in the order of $400,000. Grants will be made to organisations in Australia only

- Medical and Scientific Research Grants – Alzheimer’s Disease

Research into more effective diagnosis, or treatment of Alzheimer’s disease; and/or Research into cures for Alzheimer’s disease.

In assessing projects, the Foundation will favourably consider applications for emerging research concepts requiring seed funding or young investigators being established. Projects will be funded for one year only. Applicants may reapply. Individual grants of up to $50,000 will be considered, and the total annual income available for this grant category is typically in the order of $350,000 – $400,000.

The Mason Foundation has similar goals to The Wicking Trust (Medical and Scientific Research Grants) with respect to Alzheimer’s disease. Researchers in this area need lodge only one application in order to be considered by both trusts. The grants are made separately and will be acknowledged appropriately.

- Medical and Scientific Research Grants – Chronic Fatigue Syndrome

Research into more effective diagnosis, therapeutic intervention, care or treatment of Chronic Fatigue Syndrome; and/or Research into cures for Chronic Fatigue Syndrome.

In assessing projects, the Foundation will favourably consider applications from Chief Investigator(s) who:

Are leaders in their field;

Demonstrate best practice;

Provide high quality research aimed at making a positive impact in the area of Chronic Fatigue Syndrome;

Have a commitment to collaboration with other organisations.

Projects will be funded for one year only. Applicants may reapply. Individual grants of up to $100,000 will be considered, and the total annual income available for this grant category is typically in the order of $500,000 - $600,000.

NHMRC / A*STAR JOINT GRANT CALL FOR RESEARCH - UTILISING INTEGRATIVE TECHNOLOGIES TO COMBAT EMERGING INFECTIOUS DISEASE

In September 2011, Agency for Science, Technology and Research, Biomedical Research

Council (A*STAR) and National Health and Medical Research Council, (NHMRC) signed a Memorandum of Understanding (MoU) of general cooperation to promote and encourage research and development activities amongst researchers from Singapore and Australia. Under this agreement, such collaborations will be facilitated through the joint organisation of symposia and a joint grant call for research. The Symposia combating emerging infectious diseases through integrative technologies was held on 27-28 February 2012.

A*STAR and NHMRC have allocated a total of up to SGD$4.5M (AUD$3.5M) to support up to six collaborative research projects for up to 3 years duration. The amount funded for each project will be between SGD$500k (AUD$390k) - SGD$1M (AUD$780k)
To be eligible proposals must involve a genuine collaboration involving at least one research team each from Singapore and Australia. The research project requires joint input of both the Singapore and Australian teams.

Applications for the joint grant call opened on 6 June 2012. Applications must be submitted by 17:00hrs (AEST) 8 August 2012.

**PUBLICATIONS BY STAFF AND STUDENTS**

   
   1 Year IF = 2.068, 5 Year IF =3.041, (Social Sciences: N/A) (Sciences: 37/151 Medicine, General and Internal, 53/140 Public Environmental and Occupational Health)

   [Abstract](#)

   
   1 Year IF = 1.306, 5 Year IF = N/A (Social Sciences: 56/114 Public, Environmental and Occupational Health) (Sciences: N/A)

   [Abstract](#)
CONFERENCE PRESENTATIONS / UPCOMING CONFERENCES

The Sansom Institute for Health Research is pleased to invite you to a

Visiting Researcher Seminar

Professor Steven Blair

Public Health, University of South Carolina

Physical Inactivity: How Do We Address the Biggest Public Health Problem of the 21st Century?

Non-communicable chronic diseases (NCDs), such as cardiovascular disease, diabetes, and cancer, are currently responsible for 65% of all deaths worldwide and are projected to cause over 75% of all deaths by 2030. A substantial accumulation of epidemiological and experimental, evidence has established a causal relationship between NCDs and well-known yet preventable risk factors (e.g., physical inactivity and obesity). Given that physical activity has both direct and indirect effects on the mortality and morbidity of NCDs via other risk factors (e.g., obesity, diabetes, and hypertension), it is now undeniable that sedentary lifestyles are one of the most significant public health problems of the 21st century. In 2007, the American College of Sports Medicine (ACSM) and American Medical Association (AMA) launched the Exercise is Medicine® (EIM) initiative in recognition of the fundamental importance of physical activity to health and well-being. EIM is on the forefront of a global movement to reduce sedentary lifestyles, foster implementation of exercise counselling into clinical practice, and disseminate exercise therapy on a global scale. If the devastating human losses and financial burden of inactivity-induced chronic disease are to be ameliorated, the wide-ranging cost-effective health benefits and financial feasibility of physical activity interventions must be appreciated and promoted.

Professor Steven Blair is a Professor in the Arnold School of Public Health at the University of South Carolina. He is also a Benjamin Meaker Fellow at the University of Bristol, England. Professor Blair is a Fellow in the American College of Epidemiology, Society for Behavioral Medicine, American College of Sports Medicine, American Heart Association, and American Academy of Kinesiology and Physical Education; and was elected to membership in the American Epidemiological Society.

He was the first president of the National Coalition for Promoting Physical Activity, and is a past-president of the American College of Sports Medicine and the American Academy of Kinesiology and Physical Education.
The Sansom Institute for Health Research is pleased to invite you to a

Visiting Researcher Seminar

Professor Stephen Nicholls

Heart Foundation Heart Disease Theme Leader

South Australian Health & Medical Research Institute (SAHMRI)

Metabolic Factors Driving Progression of Coronary Atherosclerosis: Confessions of a Plaque Photographer

Technological advances in arterial wall imaging have permitted characterisation of the factors that influence the progression of atherosclerotic disease. Clinical trials have demonstrated that modification of metabolic risk factors plays a major role in slowing disease progression and ultimately regression of atherosclerotic plaque. The implications of these findings for disease prevention, development of new therapies and imaging of atherosclerotic plaque will be reviewed.

Professor Stephen Nicholls is the inaugural SAHMRI Heart Foundation Heart Disease Theme Leader and Professor of Cardiology at the University of Adelaide. He undertook his medical training in Adelaide, cardiology training in Newcastle and PhD focusing on the anti-inflammatory properties of high-density lipoproteins at the Royal Adelaide Hospital and Heart Research Institute. The recipient of the Ralph Reader Overseas Research Fellowship from the National Heart Foundation permitted him to undertake postdoctoral studies at the Cleveland Clinic in plaque imaging. He subsequently held dual faculty appointments in the Departments of Cardiovascular Medicine and Cell Biology, in addition to being the Cardiovascular Director of the Cleveland Clinic Coordinating Center for Clinical Research. His research interests include factors influencing the relationship between dyslipidaemia and atherosclerosis, development of new plaque imaging modalities and large scale clinical trials of novel cardioprotective therapies. He was the recipient of the Young Investigator Award at the 2003 International Symposium on Atherosclerosis and was a finalist for the 2005 Samuel A. Levine Clinical Young Investigator Award for the American Heart Association. He has published more than 350 original manuscripts, book chapters and meeting abstracts, in journals including the New England Journal of Medicine, JAMA, Lancet, Nature Medicine and Circulation and presents his work widely at national and international meetings. He is currently a member of the editorial board of Arteriosclerosis, Thrombosis and Vascular Biology, the Journal of the American College of Cardiology and the European Journal of Preventive Cardiology.
- **Dr Margarita Tsiros** was invited to give an inspirational talk to 80 Personal Learning Plan Year 10 students at Modbury High School. During the interactive sessions, Margarita discussed her career in Science and provided information about courses in Health Sciences available at UniSA. Students and staff found the session informative and useful and they have invited Margarita to visit again later in the year with a new group of students.

- **Professor Lorimer Moseley** was a keynote speaker at the Conference of Science, Medicine & Coaching in Cricket at the Australian Institute of Sport in Canberra from the 7-8 June 2012. Presentation Title: "Pain, performance and the trainable brain".

- **Professor Lorimer Moseley** ran a CRPS Pre Congress Workshop in Pretoria, South Africa on the 22 June. Workshop Title: "Training the brain for pathological pain: Graded Motor Imagery and other fun treatments".

- **Professor Lorimer Moseley** was a keynote speaker at the South African Pain Congress in Pretoria from the 22-24 June 2012. Presentation Title: "The brain in pain: current concepts and opportunities".

- **Professor Lorimer Moseley** was a keynote speaker at the Advanced clinical practice in pain management symposium in Johannesburg, South Africa from the 7-9 July 2012. Presentation Title: Explain pain.

- **Dr Maarten Immink** attended the North American Society for Psychology of Sport and Physical Activity (NASPSPA) 2012 Conference in Waikiki Beach, Hawaii, 7-9 June. The conference was attended by over 500 delegates from North America, Europe, South America, Middle East, Australia and New Zealand. It represents one of the major International conferences in the area of motor behaviour and exercise and sport psychology.

  Maarten presented three papers, as lead or sole author, representing original research work. Presentation of this work has commenced discussion for collaborative research with colleagues at Texas A&M University and the University of North Dakota. The papers have been published as conference abstracts in the *Journal of Sport & Exercise Psychology*, vol 34, 2012. Details: Immink M. A comparative trial of lecture, online lesson and blended modes of teaching motor learning and control theory; Immink M, Chan W, Hillier S. A pilot randomized controlled trial of yoga therapy supplemented exercise interventions for motor function and quality of life outcomes in patients with chronic post-stroke hemiparesis; Immink M Post-training meditation mediates motor memory consolidation.

- **Dr Catherine Paquet** attended the 3rd International Congress on Abdominal Obesity in Quebec, Canada from 9-12 July.


- **Professor Mark Daniel** and **Dr Margaret Cargo** attended the **Gi_Forum 2012 – Geoinformatics Forum** in Salzburg, Austria from 3-6 July.


- **Professor Mark Daniel** and **Dr Margaret Cargo** attended the 2nd Global Congress for Qualitative Health Research in Milan, Italy from 28-30 June.

  - Margaret chaired a session called “Co-constructing programme theory: how can community based knowledge help us to define more effective programmes?”

Cargo M on behalf of Stankov I, Cargo M (2012). What the school-level barriers to physical activity experiences by overweight adolescents can tell us about strategies for engagement. 2nd Global Congress for Qualitative Health Research, Milan, Italy, 28-30 June 2012. (poster)

Daniel M on behalf of Daniel M, Cargo M, Dawson A, Chong A, Stewart H (2012). A participatory approach to developing program theory to enable Aboriginal Health Workers to quit smoking. 2nd Global Congress for Qualitative Health Research, Milan, Italy, 28-30 June 2012. (poster)

Mr Neil Coffee attended the Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity held in Austin, Texas from 23-26 May.


Professor Mark Daniel was invited to McGill University, in Montreal, Canada to hold a seminar and discussion session on Friday 11th May for the McGill World Platform for Health and Economic Convergence (MWP). His seminar was entitled “Beyond Multi-Level: The need for explicit framing, and spatio-temporal measurement, of built and social environmental factors to support and evaluate inter-sectoral policy interventions on lifestyle risk factors”.

THE 3rd ANNUAL FOOD INDUSTRY FORUM FOR NUTRITION RESEARCH – SAVE THE DATE
Monday, 3 September 2012
Stamford Sydney Airport Hotel

22nd ANNUAL TheMHS CONFERENCE – 21-24 AUGUST 2012
Cairns Convention Centre, Cairns, Queensland.
Further information www.themhs.org

FOUR WORKSHOPS FOR STATISTICIANS AND NON-STATISTICIANS – SEPTEMBER 2012
Four workshops for statisticians and non-statisticians. The Australian Development Agency for Statistics and Information Systems is proud to be presenting four new workshops at the University of Adelaide this year:

* Survey Design - Choosing the participants and collecting the data
* Survey Design - Designing questions, data processing, and missing data
* A Gentle Introduction to Statistics in SPSS and R
* Introduction to Linear and Logistic Regression

These workshops are aimed at non-statisticians as well as statisticians new to these fields. For further information please contact Taryn Mungur, Senior Business Consultant, ADASIS Consulting, t.mungur@adasis-oz.com or by phone on 0411 397 130.

BE ACTIVE 2012
31st October – 3rd November 2012
http://sma.org.au/be-active/

THE FIRST AUSTRALIAN p53 WORKSHOP
20 – 21 November 2012
http://www.petermac.org/Research/p53Workshop
A group of our professional staff recently travelled to the McLaren Vale to enjoy a team building day at Chapel Hill Retreat. The last twelve months for the team have been challenging and this excursion was seen as a fun diversion from the normal 9 to 5 office routine.

The day started with the groups being split into two, the first group visited the Chapel Hill winery to try some of their best wines and the second group got to work in the kitchen, after an hour and a half the groups swapped over. The activities in the kitchen were a great fun way to spend time together preparing our lunch banquet.

The fruits of our labour resulted in an absolute sumptuous feast of sensational tapas styled dishes, with the produce sourced from local and seasonal products. All of our dishes were matched to wines from the extensive Chapel Hill range. Our efforts in the kitchen were guided by the talented Executive Chef, Rebecca Stubbs, who in 2008 won the South Australian Lexus Young Chef of the Year and finished runner up in the national competition. As a result she gained the enviable experience of cooking with Luke Mangan at his Salt restaurant in Tokyo.

All in all this was an incredible experience and one that we will remember for many years to come. Special thanks must go to Roger and Kerry for supporting this initiative.

Raewyn Todd
HOLDEN CAPTIVA

The school’s Holden Captiva has now been branded (see picture below). Just as a reminder, as an alternative to the car pool car’s or a Hugh’s car, please use our School’s Holden Captiva that can be used as a 5 seater with storage or a 7 seater without storage. Bookings can be made via the ‘captiva_loan_form’ which is online with the other school’s forms on the SharePoint site here: https://teamsites.unisa.edu.au/hsc/hls/Forms_School/Forms/AllItems.aspx

You can check as a guide only if the vehicle is currently booked by viewing here: https://teamsites.unisa.edu.au/hsc/hls/bookings/Lists/Captiva_Car/calendar.aspx
TAKING YOUR UNIVERSITY-OWNED MOBILE PHONE OVERSEAS?

The University's standard mobile phone and mobile broadband plans cover voice and data usage within AUSTRALIA only. Using wireless broadband (mobile data) and making mobile voice calls while overseas can be very expensive, i.e. costs incurred can be in the $1,000’s. For example, data is charged at a minimum of $16 per Megabyte (MB) while overseas.

Please ensure that if you are taking your university-owned mobile phone overseas, that you read the following information to assist in reducing costs whilst away:

Alternatively, please contact the IT Help Desk on X25000 or ithelpdesk@unisa.edu.au to discuss your options.

ACCOUNTS PAYABLE HANDBOOK

Please note the following amendments to Clause 7.4 of the AP Handbook which have been made to update redundant information and in response to an audit recommendation.

1. We have clarified the processing of reimbursement expense claims.
   “For amounts greater than $50, reimbursements must be claimed via ProMaster for employees paid through Payroll. Claims by Adjuncts, Emeritus Professors and other non-employees must be made through Accounts Payable using Form FS03 and must be to a bank account.”

2. We have updated the requirement for the provision of a compliant Tax Invoice. The necessity of providing a compliant Tax Invoice in order to claim a GST rebate was increased by the ATO to $82.50 including GST.

3. We have clarified the necessity of providing proof of payment where expenses have been paid on personal credit cards. A copy of the Card Statement must be provided and must show the cardholder’s name and the relevant expense. For privacy, all other transactions may be blacked out.

4. Following an audit recommendation, we have now added the following clause:
   “Home internet, telephone or mobile phone expense claims (where not arranged through ISTS) must be paid in full by the staff member personally. The expense may then be claimed either through ProMaster with the appropriate private use declaration, or through Accounts Payable using the Form FS03 with an attached FBT Declaration Form. Home internet, telephone or mobile phone expense claims may not be paid using a University Credit Card.”

Please contact myself or Mike Royans if you have any queries.

Peter Prest
Director: Finance
WORLD UNIVERSITY ORIENTEERING CHAMPIONSHIPS SPRINT RACE
WEDNESDAY 4TH JULY 2012.

The 18th World University Orienteering Championships was held from the 2nd to the 9th of July 2012 in Alicante, Spain. The Championships featured nearly 500 competitors from 27 countries around the world. Each country was allowed 6 female and 6 male competitors in total and three for each race.

The Sprint distance was run in the streets of Alicante which facilitated the greatest spectator support and media coverage of all the races. Beginning in the castle of Santa Barbara, the race looped through the steep streets and laneways to finish at the beach. This finish destination was welcomed by competitors who had to compete in temperatures of 35+ degrees.

For Australian competitors, the sprint race was the best event of the competition with three top 30 womens’ placings in a field of 80 competitors. Uni SA’s Lauren Gillis, a newcomer to the international stage, displayed not only her speed but her fitness too. Lauren backed up after almost a two hour effort the day before in the long, to place a tremendous 13th. Queenslander Rachel Effeneys 15th was also a top result, especially as she lost a minute at a mid race control. Bridget Anderson, also from Uni SA, produced her best ever international result with 30th.

Results

<table>
<thead>
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<th>Time</th>
<th>Name</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>17.47</td>
<td>Iveta Duchová</td>
<td>Czech</td>
</tr>
<tr>
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<td>18.38</td>
<td>Julia Gross</td>
<td>Swiss</td>
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<tr>
<td>3</td>
<td>18.43</td>
<td>Ivana Bochenková</td>
<td>Czech</td>
</tr>
<tr>
<td>13</td>
<td>20.20</td>
<td>Lauren Gillis</td>
<td>Aus</td>
</tr>
<tr>
<td>15</td>
<td>20.31</td>
<td>Rachel Effeneys</td>
<td>Aus</td>
</tr>
<tr>
<td>30</td>
<td>21.47</td>
<td>Bridget Anderson</td>
<td>Aus</td>
</tr>
<tr>
<td>57</td>
<td>24.54</td>
<td>Laurina Neumann</td>
<td>Aus</td>
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TAKEN FROM UNISA NEWS – JUNE 2012

OLYMPICS DREAM A REALITY FOR UNISA ALUMNI - by Kelly Stone

Three UniSA alumni each fulfil a lifelong dream at the Olympic Games in London next month.

Physiotherapy graduate Jessica Trengove (pictured left) will compete for Australia in the women’s marathon. She will be accompanied to London by her coach, teaching graduate Adam Didyk, while Master’s physiotherapy graduate Angela Dunsford will work as a physiotherapist at the Games.

Trengove, 24, says competing as an athlete at the Olympic Games was always her childhood dream growing up in Naracoorte, though she didn’t really know which sport she wanted to compete in.

“I just thought the Olympics looked awesome and wanted to go,” says Trengove, who graduated from UniSA in 2010.

It wasn’t until Trengove’s third year of her physiotherapy degree that she started to train specifically for running.

“I didn’t necessarily see myself becoming a marathon runner or an athlete competing at an elite level when I started university but I think the knowledge I gained from the degree certainly helped me to reach my current level,” she says.

“It helped me understand my training, injuries, biomechanics, and psychological aspects of running and manage myself accordingly. Being a physiotherapist certainly has come in handy as a runner!”

“Competing at an Olympic Games became a formal goal of mine about four years ago but London 2012 only really became a goal in my mind about one year ago.”

Trengove, who works at Flex Rehabilitation Clinic in Adelaide, had only competed in one full marathon (42.2km) before being selected for London – the Nagoya Marathon in Japan in March, which she completed in a brilliant two hours, 31 minutes.

Trengove says her stunning marathon debut makes London even more exciting because she knows there is room for improvement, not just for her next marathon in London, but more generally in the years ahead.

“I think London will be a great chance to ‘have a go’ and aim for a personal best, while gaining as much knowledge and experience as I can to help me progress and achieve my future goals,” she says.

Coach Adam Didyk (pictured right) says Trengove is a dedicated and hard-working athlete and she will be in great shape when she gets on the start line in London.

“I don’t like to predict a position or finishing time for Jess at the Olympics, but know that whatever I have in mind, she will find a way to exceed even my own optimistic predictions,” says Didyk, 30, who works as a Year 7 teacher at St Michael’s College Junior School at Beverley.

Didyk coaches about 30 athletes who are part of ‘Team Tempo’, training for distances ranging from 400 metres to marathon.

He says joining Trengove in London will be an amazing experience as a coach, and will provide him with an invaluable opportunity to work with and learn from some of the best coaches and athletes in the world.
Meanwhile, heading to the Olympic Games to work as a physiotherapist is the fulfilment of a lifelong dream for Angela Dunsford (pictured left).

Dunsford, 30, is Director of Good Country Physiotherapy in the South East. She will work in the Athletes’ Village, treating athletes from any country and any sport.

She is a recent graduate of UniSA’s Master of Musculoskeletal and Sports Physiotherapy and says her master degree played a major role in her winning her volunteer position at the Games.

“The Olympics won’t take physios with less than a master qualification so it was vital that I had that, as well as experience with sporting teams,” she says.

“I see the Olympics as the pinnacle of sporting competition worldwide and therefore as a sports physiotherapist, the ultimate place to work! I hope to meet physiotherapists and other professionals from around the world, establishing new friendships and networks.

“I hope to learn from both the multidisciplinary environment and the elite athletes competing at the highest level. There will undoubtedly be some very stressful times but I hope these will be counteracted by the sense of achievement and satisfaction when an athlete is able to perform at his or her best in competition.”

Dunsford has worked as a general physiotherapist in her own private practice in the South East since graduating with her Bachelor of Physiotherapy in 2003. In 2010 she decided to fine-tune her clinical skills into her main area of interest, Musculoskeletal and Sports Physiotherapy.

“The master degree provided me with a fantastic opportunity to learn from world experts on a wide range of topics in these fields,” she says.

Dunsford’s trip to London will be her second trip to the UK this year. She travelled to the UK with the Brighton Chiefs Rugby Union Football Club on an invitational tour of England and Wales, and then stayed on in London volunteering as a physiotherapist at the British Olympic Swimming Trials.

All three alumni are excited to be heading to London next month, ready for the Olympic Games opening ceremony on July 27.

OTHER UPDATES


- Congratulations to Lisa Sachse (Human Movement student graduated 2011) was presented her Certificate of Excellence at the Outdoor Educators Association of South Australia Awards Presentation for highest GPA for 2011. Lisa received cash and prizes from OEASA. The dinner attracted over 100 guests at the Unley Town Hall.
ROUSTAH - RURAL OUTLOOK FOR UNIVERSITY STUDENTS TOWARDS ALLIED HEALTH

ROUSTAH is actively seeking new members to join our wonderful club for 2013. ROUSTAH is the rural health club for UniSA and supports students who have an interest in rural health.

Have you thought about rural health? Do you enjoy the thought of a job that requires a lot of initiative, a variety of nursing skill, sense of community involvement and access to some exclusive scenic rural environments? Do you enjoy the lifestyle of adventure, travel, socialising and Indigenous health?

If so, ROUSTAH is the Club for you, to start you on your journey to your future career with Rural Health.

ROUSTAH is the UniSA Rural Health Club and is sponsored by RDWA- Rural Doctors Workforce Agency S.A., UniSA Division of Health Sciences and UniLife.

ROUSTAH works closely with S.A.’s other University RHC’s-Rural Health Clubs: FURHS -Flinders University Rural Health Society and AURHA- Adelaide University Rural Health Alliance.

Become a ROUSTAH Member today! Membership is 100% FREE just visit www.Roustah.com and follow the links

As a member of ROUSTAH you automatically also become a member of NRHSN- the National Rural Health Students Network which provides communications with the 29 university Rural Health Clubs across Australia and is active at the National level. NRHSN represents medical, Allied Health and Nursing students aiming to promote positive health outcomes and increase workforce for rural and remote Australians.

ROUSTAH membership includes access to Rural Scholarships and Rural Placement Assistance.

Networking and RHC event and activity update is available on Facebook with student members of ROUSTAH and NRHSN covering the 29 Australian RHC’s across each Australian State and Territory.

Alumni support and membership is offered to Graduating students through NRHSN to help keep in contact with the Rural Health community and help with Rural Health job opportunities.

Working Rural and Remote can be Rewarding and Challenging. ROUSTAH can help prepare you for your Health career journey.

Whether you’re a “local” or “International” student, RHC’s can give you a better feel for what Rural Health in Australia is all about.

If you require any further information, please don’t hesitate to contact me.

Kristen Giersch
3rd Year Nursing Student
E: giekm001@mymail.unisa.edu.au
A note from Valeria Alonso, Sports/Events Coordinator, UniLife

Do you like science? How about sports science? How about just sports?

If you’re still reading that’s good news, because the Australian University Games are coming to Adelaide! Between 23 and 28 September 2012, the biggest University sports event is coming to our own back yard. Up to 7,000 local and interstate students will compete from over 40 national universities for real bronze, silver and gold medals. One of them could be yours, along with the glory that goes with it.

The competition, formed in 1993, has become Australia’s largest multiple sport event. A different host city is chosen each year, with Adelaide last hosting the event in 2006.

So if you’re finishing your studies soon, this is your big chance to wear the blue and white and represent UniSA on the biggest stage around. You can join in just for fun, or take it even further and aim to take the games by storm. In fact, many past participants are now competing at the London Olympics! And, you guessed it; some went to our very own Uni SA.

But it’s not just about the sports. The games are also a great opportunity to get up close and personal with some of the most promising young sporting talents in Australia - both during the days, and even bigger nights. Social events are organized every evening at venues across the city allowing students to mingle with their interstate colleagues in a less formal setting.

So if you have an interest in any of the following sports: athletics, AFL, baseball, basketball, fencing, handball, judo, kendo, lawn balls, sailing, soccer, softball, squash, swimming, table tennis, taekwondo or tenpin bowling – join in and make a team. There are also still some spots still available for women’s basketball and women’s soccer, but you have to be quick because spots are filling fast!

To join in today, register your interest on www.unisport.com.au before 17 August 2012 to avoid late fees. Registration includes insurance for the event, exclusive entry to all the evening social destinations (including food and drink specials), free transport and of course your own brand new UniSA uniform so you can show your grandchildren in years to come! Even if you don’t have a team yet or want to enter solo, we will set you up with your own team. What better way to meet some friends and make a day of it?

So if you want to make the most out of Uni and be part of something special, here’s your chance. Grab some mates, make a team and join in!

For more information or to register visit: www.unisport.com.au.
Alternatively, contact Unilife at unilife.sports@unisa.edu.au or by phone on 8302 1011.
WINTER WORKOUT:
UniSA students kept active during the mid-year break, sweating it out at the campus gym.

Randall Lim, Sang Nguyen

Mohammad Babaie, Ali Amirikah

Huy Pho, Chris Vuong

Sean Baker, Thomas Smith

James Murray, Hao Jia Lee

Jimmy Chiem, Kevin Samreth