Hi All,

Recent appointments
Congratulations to Dr Caroline Adams who has been appointed to the 3-year fulltime post in Health Sciences (teaching focussed) to teach across core courses in Human Movement, Occupational Therapy and Health Sciences. Congratulations also to Dr Lucy Lewis who has been appointed as a 2-year part-time Research Fellow to work with Professor Tim Olds and colleagues in the Health and Use of Time Research Group. I am also delighted to announce the appointment of Ms Amber Mosewich from the University of British Columbia, as the new 2-year full time Lecturer in Human Movement (Sport and Exercise Psychology) to commence in May 2013.

Appointments in process
Interviews for the Clinical Exercise Physiology Lecturer post have recently taken place and we are hoping to announce the successful candidate in a few days. Unfortunately, we say goodbye to Mr Chris Jansen (Medical Sonography) who is leaving to take up a post in Melbourne from January. Interviews for this post have also just taken place and we will make an announcement in the next few days. Interviews for the 3-year, part-time Physiotherapy Lecturer posts (Acute Care; Cardiothoracics) and the 1 year, part-time Lecturer post in Physiotherapy (Paediatrics) and the part-time Research Fellow post with Professor Roger Eston and Associate Professor Gaynor Parfitt are scheduled before the end of November.

2012 UniSA Citations for Outstanding Contribution to Student Learning
It was a pleasure to attend the above event to celebrate staff success in teaching. Congratulations to Mr Brad Stenner who received one of the four above citations (For enhancing the student learning experience in the field Occupational Rehabilitation, through the use of engaging teaching practices that develop students’ clinical skills). Congratulations also to the recipients of the ‘Supported Teacher’ award: Dr Jim Dollman; Dr Diana Gentilcore; Dr Nicola Massy-Westropp; Dr Grant Tomkinson; Ms Teresa Cross; Ms Eileen Giles; Mr Mark Jones; Mr John Petkov and Mr Scott Polley. Well done and thanks to all of you.

Minor Capital Works
I am delighted to announce that approval has been given for work to commence on a ≈$400k project to enhance the area adjacent to the Exercise Benefits Gym in the Centenary Building at the City East Campus. This will provide an upgraded Exercise Physiology Clinic and an integrated High Performance and Exercise Science Laboratory. This new space will have its own waiting and reception area, and dedicated and integrated areas suitable for inter professional support. The corridor space will also be brightened up with an impressive glass fronted facade along the length of the wall. The project is scheduled for completion in July 2013.

China Visit
A delegation from the Division of Health Sciences (Professor Allan Evans: Pro VC, Division of Health Sciences; Mr Nigel Relph: Vice President: International and Development; Professor Carol Grech, HOS: Nursing and Midwifery; Professor Shudong Wang, School of Pharmacy and Medical Sciences; Mr Peter Bardadyn, Manager: International Relations; and myself) travelled to China to visit a number universities to explore potential collaborations for research, research appointments and joint teaching initiatives. The visit included Universities in Beijing, Jinan, Nanjing, Shanghai and Hong Kong. It was a busy and hectic schedule, with some very productive outcomes, which I will be following up in due course. There were also some interesting experiences, including some particular tasty culinary delights and travelling at speeds of over 310km/h on the rocket like trains!
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), who does such a great job with the Newsletter, informed of all your news. We enjoy writing about your successes.

Best Wishes
Roger Eston

Smile it’s good for you!

Did you know that laughter is very good for your health? The following seems to be good advice for both patients and health care professionals: "Add laughter to your working and daily life, remember to laugh regularly, share your laughs, and help others to laugh too."


So, in light of the above: - some ‘oldie but goldie’ bar jokes!

A bear walked into a bar and said to the bartender, "I'll have a pint of beer and a ... (long pause)........................................................................................................................................................................ packet of peanuts."
The bartender said, "OK there you go – and oh! why the big paws?" !!!! 😊

A horse trudges slowly into a pub and orders a drink. The bartender says “Hello, - why the long face?”

Just one more!

A horse walks into a smart cocktail bar. The doorman says: “Wait you can’t come in here without a tie.” The horse goes out to his car, looks in the boot and gets a set of jump leads, which he ties around his neck. He goes back in and says to the barman: “Is this alright?” The barman says: “Ok... but don’t start anything.”
DID YOU KNOW?

“Dementia announced as the Ninth National Health Priority Area. Did you know that regular exercise can prevent cognitive decline and delay the development of dementia and Alzheimer’s disease?”

Professor Roger Eston

STAFF NEWS AND APPOINTMENTS

- Congratulations to **Ms Kristy Scherer** from the Social Epidemiology and Evaluation Research Group on her recent Vice Chancellor’s Professional Staff Excellence Award in the category of Providing Quality Service. Well done Kristy.

- **Dr Coralie English** is an invited member of the Scientific Committee Stroke Society of Australasia Annual Scientific meeting in Darwin 31 July to 2 August 2013 and also an invited member of the Scientific Committee for the Australian Physiotherapy Association Neurology Conference held in 17-20 October 2013.

- **Dr Margarita Tsiros** was accepted as a member into the Australian Child and Adolescent Obesity Research Network (ACAORN) [http://www.acaorn.org.au/](http://www.acaorn.org.au/). ACAORN aims to foster research collaborations amongst Australian and New Zealand child and adolescent research groups. **Dr Margarita Tsiros** was also accepted as member into Health Development Adelaide (HDA). HDA aims to promote, facilitate and enhance the research relating to infants, children and adolescents (see [http://www.adelaide.edu.au/hda/](http://www.adelaide.edu.au/hda/)).

- **Professor Roger Eston** has been appointed as the Associate Editor of the *Journal of Exercise Science and Fitness*

- Congratulations to **Ms Wendy Barber** who has been elected as the Academic/education representative to the Australian Sonographer Accreditation Registry (ASAR – national accrediting body for sonographers) Stakeholder Advisory Committee (SAC).

- Congratulations to **Dr Lucy Lewis** who has been appointed to a further 2 year (0.5FTE) appointment as a Postdoctoral Research Fellow in the Health and Use of Time Group. The role will involve ongoing project management of the ISCOLE (International Study of Childhood Obesity, Lifestyle and Environment) project, a 12-nation survey of children’s fatness, nutrition and lifestyle, developing and pursuing an individual research program, ongoing supervision of PhD and Honours students, and working with other HUT members on their research directions.

- Congratulations to **Ms Sue Gilbert-Hunt** who was awarded the Occupational Therapy Australia Significant Contribution to the Profession Award at the 2nd Combined SA OT State Conference and County Forum in Murray Bridge in October. The award was in recognition of her contribution and leadership to the occupational therapy profession in South Australia over the last decade.

---

*Brad Stenner and Acting Vice Chancellor Professor Joanne Wright – Celebration of Teaching Awards Lunch.*
2012 CHANCELLORS AWARDS FOR COMMUNITY ENGAGEMENT

Winner in category: Best collaborations on improving the community engagement experience for students:

**Mobile Allied-Health Clinic**

Nominees: Mrs Jo Willis, Dr Maureen McEvoy, Dr Richard McGrath, Dr Sara Jones, Mr Ryan Causby, Miss Hayley Uden (Absent) with Dr Ian Gould AM (Chancellor: UniSA).

**Community Partners:** Shelter SA, Paralowie High School, Northern Futures, Foot Screening Program (Country Health SA).

**Background Information:** The Mobile Allied-Health Clinic was developed as a practice based learning experience for students. This project provides activities that are focused on supporting disengaged communities while students practice clinical and communication skills and promote health and life skills. Students gain experience in outer suburban and regional country areas, and work with clients from all walks of life.

Winner of the category: Best collaborations for enhancing the training of graduates for the professions:

**KPF-UniSA-interPART Project**

Nominees: Susan Gilbert Hunt, Susie Owens, Kerry Thomas (InterPART) with Dr Ian Gould AM.

**Community Partners:** Kerry Thomas, Director, InterPART & Associates, and Vechtra Kong, CEO Komar Pikar Foundation

**Background Information:** KPF-UniSA-InterPART is a collaborative project between the School of Health Sciences and two community-based organisations InterPART (International Partners in Action, Research and Training from Australia) and Komar Pikar Foundation (a Cambodian NGO). The aim is to build capacity of Komar Pikar Foundation staff and other relevant Cambodian groups through the provision of ongoing UniSA occupational therapy student placements that focus on community based rehabilitation. Programs and services for young people with disabilities and their carers/families are enhanced and other related disability needs addressed. The students gain a deeper understanding of how culture interacts with practice and an increased awareness of global health issues.
TEACHING AND LEARNING

TEACHING AND LEARNING COMMITTEE

Tips on increasing student response rate to course/ teaching evaluation instruments

Student feedback via the University online structures, such as the Course Evaluation Instrument (CEI) and Student Evaluation of Teaching (SET), are important at the course or program level and to the individual staff member level for performance review and promotion. Getting an effective response rate from the student body can be challenging. At the October STALC the group came up with the following list of tips to assist you in increasing the student response rate.

1. **Formative Evaluation** - the use of formative evaluation strategies within the course increases student’s awareness of why feedback is important, especially if they see improvements/ change to the teaching and learning based on their feedback. Examples of formative evaluation include:

   a. One minute paper – often used at the end of a teaching session to gain an indication of how students responded to the content covered or format of the session. Ask the students to respond to 1 or 2 targeted questions.
   b. Use the feedback forum in ‘learnonline’ to seek feedback about specific aspects of the course – this can also focus on student understanding of specific content. To access this feature click on **Add an Activity** and choose **Activity not for assessment** from drop down box. Select **Feedback** from the activity type dropdown box and follow prompts.
   c. Paper or online survey (could use the feedback forum above) with 3 key questions e.g. What would you like me to do more of in class? What would you like me to do less of in class? What would you like me to keep doing in class?

   All of the above are more powerful if you share the feedback and actions taken with the student group.

2. **Educate students** – explain the purpose of the CEI and SET (in future tool will be **myCourseExperience**) to students and indicate how it is used. It is also useful to check the students understanding of what the questions refer to. This can be done at beginning of the course particularly if you discuss the feedback previously received and associated actions taken as a result of it.

3. **Determine best time to undertake the evaluation** – at beginning of the course plan when and how you will monitor and evaluate. Set up the processes and expectations for the evaluation strategies with the students during first weeks of the course.

4. **Make time in class for the evaluation to be completed**

   a. **Book the computer pool** for last 15 minutes of class and ask students to go complete the surveys.
   b. **Provide the survey in paper format in class** – Currently a manual/ paper option does exist; you do need Professional Staff assistance to undertake this data collection method (data entry).

In Study Period 2, several academics participated in the trialling of the new evaluation tool, **myCourseExperience**, that is scheduled to replace the CEI and SET in 2013 and we will keep you update on this process.

_Sue Gilbert-Hunt_
MAHC @ SHELTER SA’S HOMELESSNESS, HEALTH AND HOUSING EXPO

The Mobile Allied Health Clinic (MAHC) along with 40 eager university students attended the Shelter SA’s Homelessness, Health and Housing Expo in October. It was the MAHC’s second year in attending the expo, with students this year attending from various areas including: Bachelor of Podiatry, Bachelor of Physiotherapy, Bachelor of Health Sciences, Graduate Diploma in Clinical Exercise Science, Bachelor of Pharmacy, Bachelor of Law and Human Nutrition (HLTH 2001) course students. The combination of students worked well with the different disciplines interacting and working together in a very professional manner.

Our Health Science students promoted alternative pathways into University, and assisted in connecting those that were homeless or in financial crisis to our health services we offered on the day which included; foot assessments, physiotherapy massage and advice, blood glucose & blood pressure testing, nutrition advice on a budget, pharmacy and legal advice.

For most students their attendance at the expo was an additional opportunity to their study however for others it was part of their study with two health science students undertaking the Shelter SA project as their Field Study placement (HLTH 3009) with two physiotherapy students creating many posters and handouts for the expo as part of their Health Promotion in Physiotherapy B (REHB 4035) course and two exercise science students attended the expo as part of their clinical placement requirement.

Thank you to all the staff and students that supported the activity. I’d also like to thank Palmers who donated 200 shampoo/conditional and lip balm packs as well as Practitioner Suppliers who donated theraband for physiotherapy use. The school also donated fresh fruit and have offered to anyone who attended the expo that is in financial crisis an opportunity to attend in the future any of our clinics at no cost. This also gives our students an opportunity for continued exposure to the socially and financially excluded. All the goodies we gave out on the day as well as our services provided were very well received.

Podiatry
Physiotherapy

Health Sciences
Exercise Science

**DIABETES EXPO**

*Lynne Corbett* (Podiatry) and *Cherie Noble* (Exercise Physiology) held a UniSA - School of Health Sciences stand at the Diabetes Expo in October. Lynne and Cherie were supported by our students, talking to participants about having regular checks which help to delay or even prevent the development of diabetes complications including problems with your feet. They also spoke about the benefits of exercise and exercise physiology.

*If you are interested in attending similar community events with the MAHC please contact Jo Willis.*

**FUn-UniSA HAS JUST WON ANOTHER AWARD!**

After the Chancellor’s Award for Community Engagement, this time we collect one of the **2012 OPAL Awards from the City of Playford.**

These awards recognise programs that are occurring in the community to promote eating well and being active with children and families. FUn-UniSA won the ‘**Supporting children and families to be active**’ award, awarded for making significant changes and/or developing initiatives that support children and families to be more active.

OPAL (Obesity And Lifestyle Program) is a proud partner of Football United®-UniSA and has contributed to several community events organised by Football United®-UniSA in the City of Playford. Football United®-UniSA runs weekly football activities at Uley Oval, Elizabeth Downs, engaging around thirty young people from an African refugee background. FUn volunteers, coaches and community leaders have done a great job since February bringing together a fantastic group of enthusiastic participants who enjoy football clinics, educational workshops, games and special community events. Among the many highlights of 2012, the Playford community came together during Refugee Week, when a game between a local African team and a UniSA student team marked a great day of cultural awareness and community celebration.

*Dr Edoardo Rosso (Project Officer: Football United UniSA)*
RESEARCH NEWS

- Congratulations to Associate Professor Susan Hillier, David Hobbs and Ray Russo for the Channel 7 Grant ($65,000) for the project “Can children with cerebral palsy improve their hand sensation using special haptic computer games: a randomised controlled trial” (Project is administered out of Flinders University).

- Congratulations to Rachel Wong (PhD Candidate) who was awarded $500 from the Foundation for High Blood Research-Research Young Investigator Travel Award to attend the 24th Scientific Meeting of the International Society of Hypertension 2012 in Sydney, 30 September to 4 October.

- Congratulations to Georgina Crichton (PhD Candidate) who was awarded a 4 year NHMRC Sidney Sax Fellowship for project “Dietary patterns, cognitive performance and cardiovascular risk”.

- Congratulations to Max Martin (PhD Candidate) on his recent Chairman’s Award from Fitness Australia. Max is a Level 3 Exercise Professional, an Accredited Exercise Physiologist and an experienced educator and practitioner in the musculo-skeletal rehabilitation field. He also founded Corrective Exercise Australia, where he links exercise research and clinical practice to Exercise Professionals nationally.

- Congratulations to Julie Luker (ICAHE) and Natasha Stanton (BiM) who were recently successfully with a NHMRC Post-Doctoral.

- The Health and Use of Time (HUT) group is heading up the Australian arm of the International Study of Childhood Obesity, Lifestyle and Environment (ISCOLE), run out of the Pennington Biomedical Research Centre, Louisiana, USA. The study currently has consented 528 year 5 children to participate in metropolitan Adelaide, with 445 of these children currently having completed the data collection process. We are well on track to reach our goal of 500 children with complete data by the end of term 4, 2012.

- The Health and Use of Time Group are thrilled to announce the acceptance of Ms Katia Ferrar’s PhD, Time use patterns of Australian and New Zealand young people: the potential of cluster analysis, to be officially conferred on the 11th of December 2012. Katia has been a diligent and integral leader among students and researchers in the HUT and the group wish her all the very best.

RESEARCH GRANTS / FUNDING

Congratulations to Professor Lorimer Moseley and Dr Karen Murphy on their recent NHMRC Project Grant Applications.

- Professor Lorimer Moseley “Testing the imprecision hypothesis of chronic pain”. Funding $760,995.88. The application was awarded the Marshall and Warren Award for the best innovative and potentially transformative project, from the 3,800 projects submitted in the 2013 Funding Round.

- Dr Karen Murphy “Can a Mediterranean diet improve cognitive performance and psychological wellbeing?” Funding $691,341.89.

- Timperio, A., Cleland, V., Crawford, D. & Dollman, J. ARC Discovery Project Grant 2013 -Critical windows: understanding changes in eating and physical activity over the transition from late adolescence to young adulthood. $325,343.


- Blunden, S., Olds, T., Banks, S. & Searle, A. Beyond Blue - How much does cumulative sleep loss across a school term affect depression and anxiety in adolescent males? $84,000.
THE AUSTRALIAN LUNG FOUNDATION / BOEHRINGER INGELHEIM
CHRONIC OBSTRUCTIVE PULMONARY DISEASE RESEARCH FELLOWSHIP 2013/2014

Boehringer Ingelheim Pty Limited Australia proudly sponsors this COPD Research Fellowship

Background

The Australian Lung Foundation / Boehringer Ingelheim COPD Fellowship supports research to improve the diagnosis and management of Chronic Obstructive Pulmonary Disease in Australia. Specifically, the proposed research must be aimed at developing and/or delivering optimal care to people with COPD.

Relevant domains of research inquiry range from evaluation of population screening initiatives; interventions to improve diagnostic accuracy within primary care; through to issues of management in the context of a clinician-patient interaction to system level issues to do with the organisation, financing and performance of the health system, including COPD management of indigenous and ethnic minorities within Australia.

The Australian Lung Foundation (Lung Foundation) invites applications from medical and scientific graduates who will be resident in Australia throughout the period of the research program.

The Fellowship is available as either a one or two year award, with a value of $A80,000 per annum, and is tenable in conjunction with additional financial support.

Eligibility

Applicants must be a financial member/associate member of The Australian Lung Foundation and the Thoracic Society of Australia & New Zealand.

Timelines

Closing date for applications 19 November 2012.

BUPA HEALTH FOUNDATION GRANTS PROGRAM

Submission Date 17 December 2012

Every year, the Bupa Health Foundation looks to fund new initiatives that provide a clear benefit to the Australian community. This year, the Foundation is inviting expressions of interest for funding in the key strategic areas of:

- wellbeing
- chronic disease
- healthy ageing
- empowering people about their health, and
- promoting affordable healthcare

The Foundation's activities fall within the charitable objectives set out in its constitution and charter, which are to promote:

- health research (into the outcomes, information, policy and financing of health)
- health education
- programs for leading healthy lives

BUPA take a partnership approach to all investments and aim to fund initiatives from $100,000 to $500,000 for up to three years to improve health outcomes for all Australians.

AGED CARE SERVICE IMPROVEMENT AND HEALTHY AGEING GRANTS FUND

Submission Date 21 Dec 2012

Following a review of administrative arrangements in the Health and Ageing portfolio, the Australian Government established the Aged Care Service Improvement and Healthy Ageing Grants Fund (the Fund). The Fund consolidates the
activities of a number of previous programs and provides a large, flexible funding pool for initiatives aimed at promoting healthy and active ageing.

The Invitation to Apply has been updated to reflect the expanded support provided through the Living Longer Living Better aged care reform package announced in April 2012. The aged care reform package identifies additional funding to be included in the Fund for activities that increase support for people with dementia, support the uptake of evidence-based better practice in aged care, and greater recognition of and support for older people from diverse backgrounds.

Funding is being provided to further the objectives of the Aged Care Service Improvement and Healthy Ageing Grants Fund, including measures introduced by the Living Longer Living Better aged care reform package. Funding will support activities under the following Priorities aimed at helping to build a better, fairer, sustainable and more nationally consistent aged care system:

- support activities that promote healthy and active ageing;
- respond to existing and emerging challenges, including dementia care;
- support activities that build the capacity of aged care services to deliver high quality care;
- support activities that provide information and support to assist carers maintain their caring role;
- support to services providing aged care to Aboriginal and Torres Strait Islander people and people living in remote areas; and
- support older people with diverse needs, particularly those from culturally and linguistically diverse backgrounds, care leavers, and lesbian, gay, bisexual, transgender and intersex people.

Funding to successful applicants may commence in 2012-13 through to 2015-16. The Department anticipates that funding to the majority of successful Applicants will occur from July 2013.

The funding period will commence from the date of execution of the Funding Agreement through to 30 June 2016

Please contact Senior Business Development Manager Bruce Chadwick for further information on extension 22333.

PUBLICATIONS BY STAFF AND STUDENTS

   Abstract

   Abstract

   Abstract

   Abstract

   Abstract
PRESENTATIONS / UPCOMING CONFERENCES

- Oral presentation entitled “Vasodilator benefits of resveratrol supplementation in humans” at the International Society of Hypertension Satellite Meeting – Physical Activity, Nutrition and a Pinch of Salt, 28 September 12 in Sydney. Authors: Rachel Wong, Narelle Berry, Dr Alison Coates, Associate Professor Jon Buckley, Iris Kunz and Professor Peter Howe. Nutritional Physiology Research Centre, University of South Australia, Adelaide, Australia; DSM Nutritional Products, Kaiseraugst, Switzerland.

- Poster presentation entitled “Sustained improvement of vasodilator function by resveratrol in obese adults” at the 24th Scientific Meeting of the International Society of Hypertension on 1st October 2012. Authors: Rachel Wong, Narelle Berry, Dr Alison Coates, Associate Professor Jon Buckley, Iris Kunz and Professor Peter Howe. Nutritional Physiology Research Centre, University of South Australia, Adelaide, Australia; DSM Nutritional Products, Kaiseraugst, Switzerland.

- Dr Margarita Tsiros delivered an oral presentation at the Australian and New Zealand Obesity Society Annual Scientific Meeting in Auckland, New Zealand (18th-20th October 2012). The published abstract is now available:


- Dr Shylie Mackintosh was the co-convenor with Michele Sutherland (Quality and Safety Unit, Department of Health) of the 5th Biennial Australian New Zealand Falls Prevention Conference, Adelaide Oct 2012. Over 400 health professionals from around the globe attended this very successful conference.

  The theme for the conference was Translating Research into Practice with Dr Frances Healey (UK) and Dr Olivier Beauchet (France) keynote overseas speakers addressing topics of guideline implementation, gait changes with cognitive decline and the role of vitamin D in preventing falls.

  The School of Health Sciences was well represented with Dr Saravana Kumar (School of Health Science) setting the scene for the theme in the opening plenary session with a presentation on behalf Australian Commission for Safety and Quality in Health Care. Dr Shylie Mackintosh presented an overview for preventing falls in people with stroke and also delivered a sold out workshop on evidence based exercise programmes to prevent falls. Kimberly Teo presented, in a poster, her Physiotherapy Honours study on adherence and attitudes to exercise in people who are recommended exercise as a falls prevention strategy.

  On a more social note, Adelaide delivered perfect weather for us to amble down the River in Popeye to the conference dinner at the Zoo as well run Tai Chi sessions on the banks of River in morning prior to sessions starting. In all, a thought provoking event in a relaxed and friendly atmosphere, what more can you ask for.

- Dr Grant Tomkinson has been invited to deliver a presentation on time trends in the aerobic fitness of children and adolescents to staff at the Cooper Aerobics Institute in Dallas (Texas) in December.

- Dr Grant Tomkinson ran a series of invited lectures, practical demonstrations and workshops for the Dongguan Leopards Basketball Team (Chinese Basketball Association) in China in October 2012. He presented on dynamic warm-up and recovery techniques for explosive athletes, and on developing speed/agility, with his presentations aimed at developing youth (aged 13-17) and professional athletes (aged >18 years). He also delivered an invited presentation entitled "Are today's children aerobically fitter than their peers from the past?" to staff and students from the Institute of Human Performance at the University of Hong Kong.

- Professor Tim Olds, Dr Alex Rowlands, Dr Carol Maher, Katia Ferrar, Rebecca Stanley, Natasha Schranz and Sjaan Gomersall from the HUT group each presented their research at the 4th International Congress of Physical Activity and Public Health – Be Active 2012, held in Sydney from the 31st of October to the 3rd of November. Particular congratulations to Sjaan Gomersall who was shortlisted for the PhD student prize for Best Student Paper for her presentation Dose response between physical activity and physiological outcomes: a randomised controlled trial. All the presentations were highly regarded and included the following:
• Tim Olds - Physical activity is less fun than sex, but better than work.

• Alex Rowlands - Workers and Metronomes: the periodicity of physical activity in relation to work pattern

• Carol Maher - The internet is postpartum women’s umbilical cord? - The role of the internet in the lives of postpartum women.

• Katia Ferrar - How similar are Australian and New Zealand youth? Trans-Tasman youth time use clusters and correlate profiles.

• Rebecca Stanley - Increasing specificity to correlate research: can we improve the prediction of children’s context-specific physical activity.

• Natasha Schranz - Can resistance training change the strength, body composition and self-concept of overweight and obese adolescent males? A randomised controlled trial.

• Sjaan Gomersall - Dose response between physical activity and physiological outcomes: a randomised controlled trial.

OCCUPATIONAL THERAPY COMBINED STATE CONFERENCE AND COUNTRY FORUM IN MURRAY BRIDGE, OCTOBER 2012 (OT PROGRAM STAFF AND STUDENTS)

• Bridging the research to practice gap: Implementing research findings on loneliness – Dr Mandy Stanley.

• Workshop: Apps for OT’s – Mr Hugh Stewart.

• The Early Years Learning Framework – a short course for OT’s – Mr Hugh Stewart.

• Bridging risk and client well-being: experiences of prescribing motorised scooters - Anita Maywald (Honours student) and Dr Mandy Stanley.

• Building bridges for effective collaboration with teaching and care staff - Dr Kobie Boshoff and Mr Hugh Stewart.

• Supporting Well Being right from the start: parent infant therapy for dysregulatory disorders in the first year of life - Lynly Mader and Mandy Seyfang.

• Journey to Wellness (UniSA 4th Year students Participatory Community Practice Project) – Carolyn Jarrett and Melissa Norman.

• Bridging the evidence gap: towards evidence for the Willbarger Therapressure protocol – Scott Weeks (Honours student) and Dr Kobie Boshoff.

• Playgrounds for parents – Mr Hugh Stewart.

Dr Tasha Stanton was invited to speak at the Pleasure and Pain Workshop, Oct 8-9, 2012 in New Forest, UK. This workshop is a collaboration of researchers from various fields interested in nociception and somatosensation.

Dr Tasha Stanton attended the Low Back Pain Forum in Odense, Denmark, October 16-19th. Poster Presentation - Treatment-based classification of low back pain – Who are the unclear classifications? Tasha R Stanton, Julie M Fritz, Adri A Apeldoorn, Benedict M Wand, Mark J Hancock.

Professor Lorimer Moseley gave an invited lecture at the University of California Berkeley on the 15th October 2012. Presentation Title: The Neuromatrix Theory – Where did it come from and where to now?

Professor Lorimer Moseley was a keynote speaker at the American Physical Therapy Association Annual meeting in Portland, USA from the 12-14th October 2012. Presentation Title: The Brain, Mind and Body in Chronic Pelvic Pain.
• **Professor Lorimer Moseley** ran a two day workshop for Kaiser California Rehabilitation Fellows Meeting in Los Angeles, USA from the 17-18 October 2012. Presentation Title: Explain Pain Better.

• **Professor Lorimer Moseley** was a keynote speaker at the International Pelvic Pain Society Annual Meeting in Chicago, USA from the 19-21st October 2012. Presentation Title: The role of the brain in pelvic pain.

**INDIGENOUS CULTURAL COMPETENCY**
Thursday, 22 November 2012
10.00am – 4.00pm
AU2-02/03, Level 2, 101 Currie Street
[register here](#)

**RETHINKING WELLBEING: PERSPECTIVES ON LANGUAGE, EDUCATION AND HEALTH – PUBLIC FORUM**
Monday, 3 December 2012
5.00pm – 6.30pm
Bradley Forum, Hawke Building

**SCHOOL ADMINISTRATION**

**GEAR UP 2013 - O-WEEK MUSIC & ARTS FESTIVAL**
Wednesday, 27 February 2012, 12pm – 8pm (Wednesday of O-Week)

In 2013, UniSA will host the first ever Gear Up event - a music & arts festival for **ALL** UniSA students! Join us for the biggest party of the year to welcome all new students and welcome back continuing students to UniSA.


**HOLDEN CAPTIVA**

Please note the car park for the school's captiva has changed from car park 3 to **car park number 27**.

Please remember to use the School's Holden Captiva as an alternative to a University car or a Hughes car. 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](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](https://teamsites.unisa.edu.au/hsc/hls/bookings/Lists/Captiva_Car/calendar.aspx)
EXERCISE BENEFITS – GYM MEMBERSHIP

Unfortunately, due to the recent Fringe Benefit Tax (FBT) changes, gym membership will no longer be available to salary sacrifice as of 22 October 2012. The FBT treatment was as an in-house benefit but the Federal Government has now removed this concession.

STUDENT NEWS

ATTENTION 2ND YEAR HUMAN MOVEMENT STUDENTS

If you are interested in pursuing a career working with elite athletes then this is a must!

Over the past 3-4 years we have been working closely with a number of professional sporting organisations to set up and offer cadetship placements for University of South Australia Human Movement students. This year (2012/13) we are pleased to be able to offer placement opportunities at Port Adelaide Football Club (PAFC), Adelaide Football Club (AFC) and Adelaide United Football Club (AUFC). We are looking to expand this list even further but these cadetships are available to start IMMEDIATELY. These cadetships have been an excellent springboard for a number of students already. We have already had 2 previous cadets gain either full time or part time employment with an AFL club and 5 or 6 students go on to honours projects and a further 2 students successfully gain scholarships to complete a PhD.

Overall, you will work closely with some of the best applied sport science professionals in the state and gain firsthand experience working with elite athletes. You will be required to commit some time outside of your University commitments between now and the end of the season for the respective sports. Both AFC and PAFC start their preseason campaign in the coming weeks with multiple sessions daily including weekends the work will be varied, AUFC have commenced their season and have a number of roles to aid their current season.

We are looking for 4 cadetships at AFC, 2 at PAFC and 3 at AUFC. These positions are extremely competitive as all of the HM students have pretty much completed the same Exercise and Sport Science Stream, to ensure we are able to select the most appropriate student, applicants have been asked to follow these guidelines: A 1 page CV with a cover letter to outline the 3 preferences for the advertised positions, why you are the most suitable for the position, and career aspirations in Sport Science.

Adam Hewitt

NETWORK OF SINGAPOREAN STUDENTS (NSSA)

In the September study break one of our international students undertaking the Bachelor of Health Sciences, Esther Yee, attended a 2-day Students’ Leader Conference which was held by Network of Singaporean Students (NSSA) in Australia.

The network is a gathering point for student leaders (President, Vice President etc.) of the Singapore Association clubs from all Australia universities to share experiences, exchange and brainstorm ideas. This year the conference also aimed to revise and redefine the role of the NSSA.

Esther’s reflection on the event was that:

‘I found good ideas generated through the active and intense discussion by everyone. It was nice to meet new people from New South Wales, Melbourne, etc.’

More about the NSSA:

The Network of Singaporean Students in Australia was founded in November 2009 with the purpose of bringing together Singapore Students Associations across Australia, to work collectively and serve the community of Singaporean students in Australia.

The original committee was appointed on a volunteer basis. Its purpose was not only to represent a collective body of associations and societies, but to be an avenue from which students can benefit from.
So far, the events that have been organised include:

- The Meeting Point (a student-employer forum and career fair)
- Inter-Varsity Sports Carnival, hosted by NSW universities
- NSSA Student Leaders’ Forum

The NSSA is in a unique position to raise and increase awareness of issues that affect not just Singaporean students in Australia but perhaps even overseas Singaporeans students in general.

Aims and Objectives:

- To foster better and closer working relationships between Singaporean student leaders, Singapore organisations and agencies.
- Promote interaction and networking between Singaporean students in Australia
- To serve as a central platform for communication and coordination amongst associations and societies in Australia.

It is worth keeping the NSSA in mind when relating to students as it may be a useful network to link Singaporean students into.

Dr Janette Young

‘MAKING A DIFFERENCE’ THROUGH COGNITIVE STIMULATION THERAPY

An opportunity to enhance quality of life.

Occupational Therapy students from the University of South Australia, Hannah Deussen and Wen Shin Choo, recently completed a 12 week placement with ACH Group at Findon running a Cognitive Stimulation Therapy Group using the themes of the ‘Making a Difference’ program with four older people experiencing memory loss.

The group participants Bonnie, Kenneth, Ruth and Thomas had a lot of fun each week and have got to know each other.

The group aim was to encourage social interaction, build and strengthen relationships, promote reminiscence, to communicate, share memories, and to maximize their potential to contribute and carry out meaningful activities.

The group used past roles, experiences and interests to provide a choice of activities including painting, drawing, playing quoits, listening to music, identifying sounds, famous faces, and scenes from around the world.

Taken from ACH Group – In the Loop Regional Newsletter – September 2012
DO IT IN A DRESS - $36,657 raised!

Monday, 29 October 2012

Watch it on YouTube: http://www.youtube.com/watch?v=XcyrxuxIaAQ
Professor Roger Eston accepting a “Do It In a Dress” Award on behalf of Professor Lorimer Moseley (pictured top right whilst presenting at an international conference) after such an exceptional effort with fundraising a total of over $17,000 on his own!!
Are you retiring in the next 1 to 6 months?
Are you willing to be part of a study that will help people plan for a satisfying and healthy retirement?

Retirement is a major life transition. We want to understand how people’s activity patterns, health and well-being change as they transition into retirement. This information will assist the development of programs aimed at helping people maximise their health and wellbeing in retirement.

Participant benefits at no cost:

Health screen info (blood pressure, cholesterol and glucose levels)

How many visits?

2 face-to-face visits, 2 postal follow ups, and 8 phone calls
Participants will receive $150 in appreciation of their time and effort
For more information please phone or email Judy Sprod on 8302 1741
judy.sprod@unisa.edu.au

This study has been approved by the UniSA Human Research Ethics Committee.
Chief Investigators: Prof Tim Olds (UniSA), Prof Wendy Brown (Uni of Qld), Dr Carol Maher (UniSA), Dr Nicola Burton (Uni of Qld) and Dr Jannique van Uffelen (Victoria Uni). Ms Judy Sprod, PhD candidate.