No matter how you feel. Get up, dress up, show up and never give up...

So much, and more happening within the School of Health Sciences here are some highlights...

- UniSA’s Inaugural DSc Professor Lorimer Moseley
- The Road Home and the Invictus Games
- Program and Research Director Reports
- Clinic News
- Curriculum Innovation Process
- Plus lots more

“A huge thank you and appreciation for the effort, organisation and delivery of a high level conference for secondary students (a rare opportunity for secondary students)…

It is a privilege for secondary students to have this level of interaction with the University and to work with experts in exercise and sport…

The conference is a huge credit to the collaboration between UniSA College: Connect Programs and the School of Health Sciences.”

- UniSA Connect Programs

In This Issue

- Head of School Report
- Associate HoS (Academic) Report
- Associate HoS (Research) Report
- Clinical Operations Report
- Program Director Reports
- Research Director Reports
- Staff and Student Publications
- Library Report
- Events / Announcements
- Contact Us
Head of School Report

Welcome all to another School of Health Sciences newsletter for 2017.

The Road Home Invictus Pathway

“I always hoped the Invictus story would continue after the London Games. And having seen so many new people benefit from their journey to Orlando this year, I definitely did not want it to end here. So today, I am absolutely delighted to announce that the Invictus Games legacy will continue when Toronto hosts the third Invictus Games.”

— Prince Harry

Thanks largely to Jodie Quilliam (HLS Clinical Operations Manager) I’m delighted to note we have recently signed a Clinical Services Collaboration Agreement with The Road Home - The Wellbeing Program supporting the training and development of veteran’s seeking to participate in Prince Harry’s Invictus Games. The program provides opportunities for our students to establish Allied Health training and sports science assessment services to support the development of Invictus Games competitors and emerging participants. Our collaboration not only provides placement and project opportunities for students across four disciplines, it also enables us to evaluate the program’s efficacy through research. Our initial iteration of the program will incorporate Sports Physiotherapy, Podiatry Biomechanical and Exercise Physiology/Exercise Science screenings and Performance Base Line Assessments. Participants base line testing will be reassessed prior to competition and training camps. The training programs will be developed by our Exercise Physiology students as part of their formal placement.

The Hospital Research Foundation is supporting a PhD Scholarship ($37k pa x 3 years), led by A/Prof Gaynor Parfitt and Dr Steve Milanese. This award, among others...
and including the award to Amy Baker, Dr Mandy Stanley and Prof Nicholas Proctor, was formally announced at the Anzac Commemorative Cocktail Evening—one of the most important events in The Repat Foundation commemorating and acknowledging the sacrifices made by veterans and their families in times of war. The Road Home raises awareness and funds to support health and well-being research into injuries of service such as Post Traumatic Stress (PTS) for the nation’s veterans and emergency first responders and their families.

In relation to the program, we are now also the proud sponsors of the sports uniform for the Australian Cycling Team for the Invictus Games to be held in Toronto in September, 2017. The gear will proudly bare the University of South Australia and the Road Home Logos, which I hope will be front and centre during Prince Harry’s visit to Sydney, Australia in June as part of the formal announcement of the Australian teams.

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Staff Appointments

Welcome to all our new staff members

Dr Brenton Hordacre
NHMRC Early Career Research Fellow

Dr Grant Van der Ploeg
Exercise Scientist: Applied Sport Science

Dr Katja Siefken
Lecturer in Sociology of Health

Dr Robert Crowther
Senior Lecturer in Human Movement

Congratulations to staff appointed to new positions

Gill Carr
Team Leader: Academic Services

Helen Creedon
Senior Academic Services Officer

Ryan Higgins
Technical Officer

Farewell and all the best to…

Tim Brooke-Smith

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Keep your staff page up to date
Graduation

It was great to see such a fantastic turn-out of HLS staff at graduation in April! I think that was the biggest graduation for the School of Health Sciences ever!

Congratulations to our graduands and of course our very own Professor Lori-mer Moseley who was presented with UniSA’s inaugural Doctor of Science acknowledging his distinguished international contribution to physiotherapy and clinical neuroscience, assessed by an international panel of experts.

2016 Curriculum Innovation (CIP): High and consistent ‘teacher overall satisfaction scores for 2014-2016

In the 2016 CIP, a number of academic staff were commended by the Provost and PVC for achieving and sustaining very high scores over the last three years for their teacher overall satisfaction. Congratulations to the following:

- Max Nelson
- Scott Adams
- Dr Arjun Burlakoti
- Dr Caroline Fryer
- Dr Emily Ward
- Ali Aguilar
- Dr Jocelyn Kernot
- Denise Ogilvie
- Dannielle Post
- Brad Stenner
- Alison Bell
- Dr Angela Berndt
- Dr Jesse Childs
- Dr Maureen McEvoy
- Dr Harsha Wechalekar
- Dr Nicola Massy-Westropp
- Dr Kylie Johnston
- Dr Saravana Kumar

Commendable resuscitation efforts lift overall course satisfaction scores above the ‘Crimson’ line!

I would also like to thank and congratulate the most important contribution from a number of staff whose dedication to improving the student experience has resulted in bringing about significant and sometimes remarkable improvements in overall course satisfaction. Thank you and well done to:

- Dr Ryan Causby
- Hayley Uden
- Dr Saravana Kumar
- Dr Michelle McDonnell
- Dr Katia Ferrar
- Dr Gisela Van Kessel
- Cherie Noble
- Dr Angela Berndt
- Dr Jocelyn Kernot
- Lindy Williams
- Jo McInnes
- Joanne Oldfield
- Dr Caroline Adams
- Dr Richard McGrath
Development of Offshore Programs in Singapore and Hong Kong

A delegation from UniSA including me, A/Prof Kerry Thoirs (Associate Head: Academic), Scott Polley (PD Human Movement) and Dr Nayana Parange (PD Medical Sonography) and Prof Rachel Gibson (Health Sciences Dean: Academic) and A/Prof Tony Woods (Associate Head: Academic, PMB) visited Kaplan in Singapore in March for further discussions to establish an Offshore Programs Agreement for Exercise and Sports Science and Medical Sonography.

The meetings were very successful and we are planning to launch the Exercise and Sports Science program in 2018.

A further delegation from UniSA also including me, A/Prof Kerry Thoirs (Associate Head: Academic), Dr Shylie Mackintosh (PD Physiotherapy) and Dr Sara Jones (PD Podiatry) and Prof Rachel Gibson (Health Sciences Dean: Academic) will visit Hong Kong Baptist University to further discuss their interest in the Graduate entry Physiotherapy program and Podiatry.

Awards and Recognition

- **Professor Lorimer Moseley** – UniSA’s Inaugural DSc was acknowledged for his distinguished international contribution to physiotherapy and clinical neuroscience, assessed by an international panel of experts.

- **Associate Professor Carol Maher** – received the Healthy Development Adelaide Women’s Excellence in Research Award 2017.

- **Dr Katherine Baldock, Dr Margarita Tsiros and Dr Saravana Kumar** – have been successful in their application to the UniSA Crowdfunding Scheme for their project ‘Let’s go Outside! (Re)designing outdoor play spaces for children in the early years’.

- **Professor Eva Bezak** – has been successful in her application to the UniSA Crowdfunding Scheme for project ‘Clonogenic Stem Cells in Head and Neck Cancer and Their Impact on Novel Treatment Approaches Based on Patient Stratification and Outcome Optimisation’

- **Dr Sophie Lefmann, Associate Professor Susan Hillier and Dr Ray Russo** – awarded the Women’s and Children’s Health Network research grant ‘What are the possible benefits of robotic-assisted gait training and how is training needed? A pilot clinical trial with children with acquired brain injury’ $72,962

- **Dr Amy Baker, Dr Mandy Stanley, Dr Monika Ferguson and Prof Nicholas Procter** - successful recipient of The Repat Foundation’s ‘The Road Home’ funding scheme for 2017; $50,000

- **Dr Alyson Crozier** - awarded $12,000 from Early Career Researcher – Networking Award to travel to host institution University of British Columbia in Canada.

- **Associate Professor Gaynor Parfitt and Dr Steven Milanese** - PhD Scholarship Funding ($130k) awarded by the Hospital Research Foundation (Invictus Games Pathway) for the project: ‘The effect of participation in the Invictus Games Program on returned service personnel’

- **Dr Nayana Parange**—awarded a community award-SAIMA President award by SAIMA (South Australian Indian Medical Association) for her volunteering efforts to teaching.

- **Hayley Uden** has attained the qualification as a ‘Certified Paediatric Podiatrist’. Hayley is one of only 4 nationally with this qualification.
Spiced

SPICED came to City East campus on Wednesday 29 March and it was great to see it come to life on the Plaza with 180 students and 10 staff all having a great time.

Darren Lay, Caterer, coordinated cooking demonstrations of Chinese dumplings, Malaysian chicken satays and Thai noodles. A group of Bachelor of Nutrition students volunteered on the night to help Darren.

The event was a great success (despite the poor weather) and it goes to show that “if you build it they will come”! It provided a lovely opportunity for new students, especially international students, to meet new people, and demonstrated that UniSA is a welcoming place and takes student engagement seriously.

Spiced was funded from a Student Experience Grant and additional funds from the School of Health Sciences. Watch this space for more events!

Newsletter Contributions

Thanks again for all your contributions and special thanks to the Program and Research Directors.

Any feedback and suggestions for further improvements would be most appreciated. The HLS Newsletter is available on the School of Health Sciences website http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/. News on research, national appointments, community engagements, awards, achievements, sporting endeavours, etc., are welcomed (as are any jokes etc to bring a smile to your day!).

Please contact Sally Nimmo (Sally.Nimmo@unisa.edu.au) to tell us your news and feel free to include photos of your activities.

A picture says a thousand words – please keep them coming in.
Best wishes
Roger

😊
Associate Head of School (Academic) Report

Myanmar Fellows

The 2016-2017 round of Australian Awards Fellowships is again being managed by the University of South Australia as the host organisation in liaison with the School of Nursing at the University of Adelaide. It is with great pleasure to welcome our group of thirteen Australian Awards Fellows who will be visiting us for eight weeks. In the School of Health Sciences we will be hosting 2 Physiotherapy academics (New Ni Thein, Thazin Myint), 2 Medical Radiations academics (Win Myat Soe, Kye Thu), and 3 Population Health academics. Kyaw Soe Nyunt, Thiri Daw, Htet Sandar). Professor Roger Eiston welcomed our visitors formally on Wednesday 26th April.

Curriculum Innovation Process

Our results at our annual curriculum innovation meeting with the Provost and Deans in March were excellent, particularly relating to teaching quality, student engagement and satisfaction. This doesn’t happen by accident and I would like to thank all our teaching staff for their enthusiasm and dedication in providing a great educational experience to our students.

New Assessment Policy

Please be aware of the following changes to the assessment policy which will impact on upcoming end of semester moderation decisions and which are outlined below:

- All courses now have supplementary examination/assessment unless they have been exempted. Exempted courses are mostly courses that have a clinical placement.
- Conceded and terminating passes are no longer pass options
- Students are eligible for supplementary examinations/assessment if the final grade is 45-49. Supplementary examinations are also awarded where students have passed everything in their program excepting for the final two courses and their final course grade is less than 45%
School and DAPAG Timelines for Program and Course Amendments 2017

Reminder: School papers close for amendments to assessments (for SP5 2017) and teaching and learning arrangements (for SP2 2018) on the 26th May 2017. This is your last chance to make changes.

Lunchtime Teaching and Learning Sessions

Thanks to those who attended the first Lunchtime Teaching and Learning Session: Teaching research and evaluations.

Bernie Hughes advised us on what we needed to know about ethics. What to do if you are thinking of doing a teaching and learning research project. Do you want to publish it? And Amanda Richardson reported on the results of survey: ‘Staff awareness, barriers and enablers to Teaching and Learning Research’ that was distributed to staff last year.

A recording is available from https://vcs.unisa.edu.au/p2v5fwgn3mo/

The next Lunchtime teaching and learning session will be held on Friday 19th May 1-2 pm. This session will inform you of class recording options when inbuilt recording facilities are not available.

Hayley Timms and Anne Lonie will run this session to show you the options there are for:
- Recording a lecture from your desktop
- Recording in room where recording facilities not available
- Streaming a lecture to group of students who are off campus
- The hardware and software required for the above scenarios

SA Health Criminal and Relevant History Screening Policy Directive

New students in 2017 will need to undertake a National Police Check and a DCSI Child related screening assessment. Continuing students in 2017 will require these checks by 31 January 2018.

The Clinical Placement unit will manage student requirements.

Revised STALC Guidelines

Guidelines for written assessments

Academic Survival Guide—good for new academics
Career Services

Career services have developed some great resources for students. There is lots of advice around career planning and funding work. [http://w3.unisa.edu.au/career-services/indexnew.html](http://w3.unisa.edu.au/career-services/indexnew.html)

Your Career Pathway

Start planning for the future, setting yourself some career goals, and take steps towards your dream career.

Build your Employability

Achieve your career goals by using these ideas to build your experience, networks, skills and knowledge.

Self-Help Career Resources

Use this extensive suite of online resources to help and guide you through your career journey.

Login to: self-help career resources

Finding Work

Looking for a job? Here’s some places to get you started.

Login to: Unisa CareerHub

“Anyone who has never made a mistake has never tried anything new”. Albert Einstein - come step into my circle

Where the magic happens

Your comfort zone

It’s difficult to follow your dream. It’s a tragedy not to.
Welcome **Prof Roger Byard**. Roger is undertaking a PhD by Portfolio Publications – not to be confused with the normal thesis containing published work. This is a specific degree which allows formal recognition of established researchers and/or scholars who have already produced research of international standing in their field. His topic is “Pathological investigations differentiating the causes and characteristics of sudden accidental and inflicted early childhood deaths from sudden infant death syndrome”, under the supervision of **Prof Robert Vink** and **Dr Sara Jones**.

Congratulations to our newest HDR Graduand, **Dr Ivana Stankov**! Ivana’s PhD was conferred at the March meeting of the UniSA council.

- **Dr Ivana Stankov**: Integrating complex systems methods to explore the influence of the built environment on cardiometabolic risk.
  Supervisors: **A/Prof Margaret Cargo, Prof Mark Daniel, Dr Natasha Howard, Prof Ross Hammond**

Congratulations also to 5 of our HDR Candidates who’ve recently been recipients of the ‘School of Health Sciences First Publication Scheme’. Details on their publications can be found in the Staff and Student Publications listing later in this newsletter. Well done **Dorothea, Simon, Alexandra, Paul and Emma** on this important milestone!

**HDR Representative News**

Many thanks to **Melissa Hull** for all of her great work as a HDR rep. As Melissa “moves to the bench”, I’d like to welcome **Brooke Osborne** to the HDR rep team. Brooke joins **Brad Stenner** and **MD Shafiqur Rahman (Jabin)** in representing their peers on a range of issues and committees across the School.

The most recent example of the great support and initiatives our HDR representatives undertake, is a successful application made by Brad for a UniSA Student Experience Grant, awarded $1,000 to run 4 social networking events for HDR candidates across the School over the next 6-7 months – HDR candidates, watch your emails for more details coming soon.

**Statistics Update**

The Division of Health Sciences has recently launched a new Learn Online site in **Research Methods and Data Analysis**. This site is available for both staff and students who wish to develop or update their statistical skills and knowledge.

**Research Momentum During Maternity Leave Scheme**

This recently established scheme aims to provide UniSA researchers with the opportunity to access additional support to make it easier for women on maternity leave, or recently returned from this, to manage their research commitments and the demands of a new baby. The scheme is for staff who are active and productive researchers, and will fund a range of support measures. Staff can access further details on the [School sharepoint site](#) (staff access only).
GLITtER (green light imaging interpretation to enhance recovery): a novel, psycho-education intervention to reduce chronic pain

Emma Karran, 3rd Year PhD Candidate, Body in Mind Research Group, School of Health Sciences

Stratified models of health care delivery are becoming increasingly popular for their potential to increase the efficiency and effectiveness of care, and have recently been recommended for the management of low back pain (LBP). Such approaches frequently involve the matching of patients to the ‘most appropriate’ management pathways based on their risk of a poor outcome - and rely on the use of screening questionnaires to determine this risk. In the over-burdened spinal outpatient setting at the Royal Adelaide Hospital (where I was working prior to commencing my PhD) this strategy seemed promising as a means of providing timely treatment to the patients who need it most.

I soon discovered however, that the accuracy of screening questionnaires is setting-specific: an instrument developed and validated according to specific conditions in one setting, could not be assumed to perform similarly elsewhere. This prompted the first phase of my research in which I undertook a head-to-head comparison of 3 previously validated instruments in a spinal secondary care setting. I recruited 220 participants into a prospective cohort study in which participants were asked to complete the 3 screening instruments and outcome measures at inception and were followed-up 4 months later.

My main finding was that prognostic screening to determine LBP patients at risk of a poor outcome did not offer value to clinical decisions in secondary care. (We determined this by comparing the predictive validity of the instruments and assessing clinical value using ‘Decision Curve Analysis’). The potential for patients to be misclassified by screening and the high incidence of non-recovery (84% had a ‘poor outcome’ at follow-up) suggested that treatment should be equally allocated to all patients in this setting, on the assumption that all are ‘at risk’. (This manuscript has recently been published in the Journal of Pain, PMID: 28153805.)

To further address current uncertainty related to the accuracy of prognostic screening for LBP, I carried out a systematic review of the discriminative performance of available instruments for determining poor outcome risk in adults with recent onset LBP. We found that screening instruments (including the popular STarT Back Tool) are consistently poor at differentiating who will and will not develop persistent LBP. They are a bit better at estimating the risk of persistent disability and can probably inform us most accurately about work-related outcomes. Our findings suggest that clinicians who use screening instruments in their clinical practice should be cautious about accepting their prognostic accuracy, and consider the consequences of making care decisions based on (potentially inaccurate) prognostic information. (This manuscript was published in BMC Medicine and is openly available here. A blog post of my findings can also be accessed here).

The final phase of my PhD returns to the question that motivated my involvement in research at the outset: can we (i.e. the Spinal Outpatient service at the RAH) do things better? I have recently led the development of GLITtER (Green Light Imaging Interpretation to Enhance Recovery) – a brief psycho-educational intervention able to be integrated into current clinical practice. GLITtER involves a new and standardised method of reporting radiological findings in a manner designed to reassure patients and promote engagement in an active recovery. The development process has involved literature scoping, working party contributions, feedback from clinicians and consumers and formal testing…….. and a ‘quasi-randomised, controlled, feasibility trial of GLITtER’ is currently underway. (Further details can be found via the protocol registered on Open Science Framework and the ANZCTR).

Supervised by Lorimer Moseley, Susan Hillier, James McAuley and Yun-Hom Yau

Emma Karran
PhD Candidate
School of Health Sciences
Clinical Operations Report

City West Health and Medical Clinic Project Update

The project has encountered numerous complications with the building works that have unfortunately resulted in a revised practical completion at the end of July. Allowing for a couple of weeks of commissioning of equipment we plan to be open for business in the first week of August just in time to showcase the space on Open Day.

Discussions are continuing with proposed partners with some excellent best practice multi-disciplinary service ideas (with research opportunities) being actively negotiated. Exciting times!

Clinic News

You may be surprised to learn of the reach for our UniSA onsite clinics. We have clients that come from all over the metropolitan area with some clear concentration of activity in particular around the CBD, eastern suburbs and the northern suburbs. It’s great to see that our excellent student services are attracting clients from all over the state. Great effort by the students and supervisory teams.

Abstracts showcasing some of our innovative clinical activities have been accepted to be presented at a couple of conferences in the coming months along with invitations for our staff to speak at numerous forums, I will provide links to presentations once complete.

The pro-bono physiotherapy and podiatry clinic has commenced practice at the Salvation Army site on Pirie Street, every Wednesday afternoon. A fantastic initiative led by Dr Katia Ferrar involves a clinical services agreement between the Salvation Army, UniSA and SOS Health.

As the clinics continue to grow with two new sites coming on board in 2017/18 understandably there will be further increases in awareness and activity. Taking the opportunity to consider some health economics around the contribution our clinics are making to the South Australian community will make for interesting reading in the middle to end of next year.
Mobile Health Clinic

A big thanks to Sue Gash from the Northern Student Hub who oversaw a joint venture for Heart Week with the Heart Foundation and some of the Division Nursing students. With Media picking up this story over 70 times the activity conducted over 250 health checks and the story had a reach of 950,000+ readers. Excellent Job!!

Jodie Quilliam
Manager: Clinical Operations
Open Door Health Clinic

Providing free physiotherapy and podiatry services for adults in crisis

ABOUT

The Open Door Health Clinic provides quality physiotherapy and podiatry services to adults in crisis or experiencing homelessness in South Australia.

Designed to address individual needs, we deliver hands-on quality care to help restore, maintain and promote optimal function.

The Clinic offers assessment and treatment across a variety of different areas.

Services are provided by professionally supervised final year undergraduate physiotherapy and podiatry students from the University of South Australia and/or fully qualified volunteer physiotherapists and podiatrists.

SERVICES

Podiatry services
Podiatrists can help treat any foot problem including:
- Callus or corns
- Foot and ankle injuries
- Foot pain
- Nail problems including infections

Physiotherapy services
Physiotherapists can assess and treat a wide range of conditions, including:
- Neck and back pain
- Joint and muscle injuries
- Headaches
- Neurological conditions
- Movement related disorders

We offer self-management strategies and exercises to clients with a range of issues that may occur. We can also design exercise programs and offer advice to improve fitness, health and wellbeing.

All services are free of charge and medical referral is not required.

Open Door Health Clinic is an initiative between the University of South Australia, The Salvation Army and SOS Health Foundation.

CONTACT DETAILS

Please contact us to arrange an appointment (walk-ins are also welcome).

Telephone: 1800 316 790 (Free call)

Location
Open Door Health Clinic
The Salvation Army Building
277 Pine Street
Adelaide SA 5000

Clinic hours
Wednesdays, 1:00pm–4:30pm

Car parking
Tram parking tickets can be purchased (coin or credit card) for parking on Pine Street.

For further information, visit
unisa.edu.au/opendoor

Information correct at time of printing (May 2017)
CRICOS provider number 00124B
Bachelor of Health Science (Honours)

This has been a busy semester in the Divisional Honours program with 13 students getting ready to submit Research Proposals and Literature Reviews for assessment in May 2017. This means, of course, that we will be doing a call out for staff prepared to assess these research proposals and literature reviews. I appreciate that we are all busy with our teaching workloads and completing our research grants/publications but I would like to encourage you to put your hand up for at least one of these assessments.

My experience is that you get out of this process almost as much as you put in. The quality of the Research Proposals and Literature Reviews is always high and reflects a significant amount of work by the students and their supervisors. If you have never assessed an Honours Proposal or Review before and have been putting it off due to fear – I would be delighted to help – it is not as scary as it looks!! If you are a PhD supervisor assessing Honours work is a great way for your student to develop reviewing skills.

I am happy to discuss how HDR students can be involved in marking these Proposals and Reviews. The success of our Honours programs depends on the quality of the reviewers so I strongly encourage you to think about it.

Divisional Honours Presentations

Also put **Wednesday, 21 June** in your diary to attend the **Divisional Honours presentations**. We will have 13 presentations and this presents a great professional development opportunity for staff with any research workload to see what other groups are doing in the Division. There is a mix of qualitative, quantitative and mixed methods methodologies presented by Divisional Honours students so also a great chance to learn of different methodologies. More details will come out closer to the time. We have specifically selected the first week of exams as teaching requirements should be significantly reduced for most staff and it provides a break from marking exams to come along and hear the Honours students.

Dr Steven Milanese
Program Director
Clinical Exercise Physiology Program Report

The new CEP program has been approved for implementation in 2018. The new program has a number of changes to bring the content in line with current accreditation requirements and will incorporate an honours project across 3rd and 4th year for all students. The honours will be either traditional academic research or professional industry based research aiming to address real world issues for practicing professionals. Our industry consultation has been very positive and we have multiple partners thinking about ways they can work with students to mutually beneficial outcomes. Current second year students will be transitioning and commencing the honours project work next year. Current 3rd year will complete the existing program structure next year as planned.

Example of complex ECG response with evident AF, T wave inversion and ventricular pauses seven minutes into recovery from an exercise test.

Week 8 of semester saw our annual workshop on advanced cardiac testing and prescription delivered by Prof Steve Selig from Deakin University once again. Coincidentally Prof Selig had just the week before submitted a letter to the editor of the International Journal of Sports Medicine on safety concerns with a maximal perceptually regulated exercise test for cardiac patients, co-authored with Prof Roger Eston, Dr Kade Davison, Prof Bill Runciman, Dr Andre La Gerche, and Prof Gunnar Borg. Prof Selig ran students through some of his 115 comprehensive case study files and ran three consultations for complex clients of the UniSA EP clinic. One of the clients had permanent stable Atrial Fibrillation with inverted T waves and exercise induced significant ST segment depression.
The first week of May saw the Adelaide convention centre host the Royal Australia New Zealand Clinical Psychiatry Conference and CEP students (Alison Burford, Anna Vogelzang, Christian Cirocco, Laura Johns, Natalya Zupan, and Jacinta Brinsley (qualified EP and Honours student)) volunteered on an ESSA booth to promote the joint position statement on the role of AEPs in managing mental health. The activity was led by Dr Simon Rosenbaum and his Masters Student Hamish Fibbins of the School of Psychiatry at UNSW and Louise Czosnek, ESSA Policy and Advocacy Manager. By all accounts the booth was a great success and our students were highly praised by the booth organisers and the delegates.

Over the Easter weekend Human Movement staff member Dr Carmel Nottle and her Assistance Dog Bunji plus and a number of other dogs and handlers from the Para District Obedience Dog Club travelled to Hastings, Victoria for the 2017 Australian Flyball National Championships. Bunji, Gypsy and the rest of their Para Shooters team finished an impressive second overall in their Division.
Human Movement Program Report

Professional Pathways in Human Movement and Exercise Science

When the Bachelor of Human Movement started in 1997 as a synthesis between the Bachelor of Exercise and Sport Science and the Bachelor of Physical Education the intent was to create a degree that was non-vocational, flexible and provided the basis for further study for a professional career. It was to embody all the virtues of a liberal scientific and social University education and embrace knowledge as a foundation for future consideration of vocation. Since that time there has been increasing pressure on broad education programs such as Human Movement to increase their vocational performance immediately post-graduation as students and parents increasingly ask ‘will I get a job at the end of my degree?’ In this time of high youth unemployment (around 25% for 16-24 year olds) it is reasonable for government and students to hold the view that spending valuable time and resources on education should in some way help to improve the opportunities to make a living.

Nationally, students with a Bachelor degree have higher prospects of employment and are likely to have higher incomes in the long term. The data from surveys of Human Movement students who graduate is not conclusive due to the low response rate, but full time employment figures from the program have varied between 52% to 79% over the last 5 years. This compares favourably with national figures of between 69% and 74% for the same period for all degrees and 52-65% nationally for the category of Human Movement. The employment figures for Human Movement are not as strong as some of the dedicated Allied Health professions such as Clinical Exercise Physiology, Physiotherapy, Occupational Therapy, Podiatry etc., but it is reasonable to assume that prospects for employment for those that seek work immediately post-graduation remain good without being outstanding.

The figures we know for Movement graduates go figure has varied between years. Most go on to but a number will start a research program. Those study report higher em- ployers seek certain are how many Human on to further study and this 58 and 78% over the last 5 post graduate coursework, second degree or undertake a students with post graduate employment and income opportu- single degree.

We don’t have accurate figures of what happens to our students once they leave university (we ask them but only a small proportion reply!) but we can make reasonable predic- tions based on acceptance figures in other programs. The predictions for the 2017 group that have commenced are that approximately 180 will graduate. Approximately 60 will undertake post graduate Education in either Health and Physical Education or Primary Education; approx. 50 will undertake post graduate studies in Allied Health including Physiotherapy, Occupational Therapy, Clinical Exercise Physiology; 30 will undertake other post graduate study; approx. 5 will undertake research careers; leaving around 35 who will pursue a range of exercise science, sport or health positions or move into other areas such as the Services (government, NGO, fire, police, military) who value the skills and knowledge these students have. A number will start their own small business and others will work in other industries.

In today’s job market it is important to have what employers need - plus a point of difference. To this end, there is a large degree of variation in the exact course combinations that students complete. In addition, employers also seek depth of knowledge with Human Movement having specialisations in Health, Health and PE, Exercise Science, Allied Health, Nutrition, Allied Health or Outdoor Education. There is also the opportunity to un- dertake a double degree in Nutrition and Food Science or Psychological Science. Finally, employers seek that hard-to-define quality of employability. To this end the Human Movement program tries to progressively challenge students theoretical and practical skills to enhance their ‘capability’ with most students undertaking a final year professional practi- cum. These aspects have been greatly appreciated by both young undergraduates that seek a first career and not-so-young Human Movement students that seek a change in career.
Impressive Suite of Human Movement Programs

In 2018 the Human Movement returns to its roots of having a dedicated Exercise and Sport Science Program as direct entry or transfer option but will maintain the existing Human Movement Programs. The suite of Human Movement Programs (Bachelor of Human Movement | Bachelor of Exercise and Sport Science | Bachelor of Human Movement / Bachelor of Nutrition and Food Science | Bachelor of Exercise and Sport Science / Nutrition and Food Science | Bachelor of Human Movement / Bachelor of Psychological Science (Counselling and Interpersonal Skills) | Bachelor of Exercise and Sport Science / Bachelor of Psychological Science (Counselling and Interpersonal Skills) | Bachelor of Human Movement / Master of Teaching) will maintain the focus on a strong liberal and scientific education and continue to set strong benchmarks for knowledge attainment and development - but will maintain a focus on continuously improving the graduate employment outcomes as well.

UniSA Go Scholarship

Congratulations to John Boxer our very own third year Human Movement student, on being the first recipient of the Goodes O'Loughlin UniSA Go Scholarship—aimed at high achieving Aboriginal students at UniSA who are studying in a sports related field.

I was there at the launch of the Scholarship and it was fortunate to hear Michael O'Laughlin speak about the establishment of this opportunity. It is great to see the realisation of the vision of Adam and Michael in support for John's studies.

See the full UniSA News item here.

Scott Polley
Program Director
Human Movement
The academic year has started in its normal busy fashion. The first years are settling well into their programs and university life. They are currently being assisted in their transition by the fourth year medical radiation science cohort. The fourth years have been randomly allocated first years as mentees to assist the first years with their transition into the university and later in the year their first clinical observation. This mentor program has been in operation for a number of years now and has been well received by both the mentors and the mentees. The mentees appreciate someone who has reasonably recently been through transition assisting them while the fourth years appreciate assisting a lower year level student and learn a lot from the process that they will be able to apply once they are fully registered and supervising students.

We recently welcomed two educators from Myanmar to observe teaching practices within the Medical Radiation Science Programs. These Fellows from Myanmar are here for eight weeks to learn about different ways of teaching medical imaging as well as find out more about radiation therapy and nuclear medicine which are currently not offered as programs of study in Myanmar. Coming as a Fellow is a large commitment as they have had to apply and have been merit selected for these positions. Should you see them around I am sure you will welcome them.

We reported last newsletter about the students and staff who presented at the Annual Scientific Meeting for Medical Imaging and Radiation Therapy in Perth so this newsletter it is pleasing to be able to report that one of the Nuclear Medicine fourth year students, Madeline Buttfield, presented at the Annual Scientific Meeting of the Australian and New Zealand Society of Nuclear Medicine in Hobart.

Thank you all for your continued support of the students and involvement in the program.

Jane Shepherdson
Program Director
In March this year I proudly represented the University of South Australia at the 12th Annual Scientific Meeting of Medical Imaging and Radiation Therapy held in Perth. As a fourth-year student undertaking Honours (under the supervision of Eva Bezak, Eileen Giles and Amy de Smit) and as part of my undergraduate degree of Bachelor of Medical Radiation; Radiation Therapy, this experience was a once in a lifetime opportunity. I was selected to present the initial findings of my Thesis; ‘A retrospective dosimetric study of radiotherapy patients with left-sided breast cancer; benefits of the deep inspiration breath hold.’ This was by far the most nerve-racking yet rewarding achievement of my student life. My attendance was possible due to the School of Health Sciences Conference Scholarship, kindly awarded to me.

The conference (24th-26th March) was divided into sessions dedicated to the two medical professions (Radiation Therapy and Medical Imaging) with accompanying student conference sessions and motivational speeches. It was a great opportunity to network and meet with a range of clinicians from around Australia and New Zealand. I attended both the radiation therapy student and general conference which covered a variety of topics with current studies and future directions. The sessions were all relevant clinically, allowing me to expand my current knowledge of the practise on a national level. Many centres across Australia presented studies on the successful implementation of protocols improving treatment outcomes and quality of patient care. Several presentations made me reflect on the current protocols I have observed throughout my clinical placements here in South Australia. Sessions which were particularly interesting included those that focussed on the implementation of new protocols that improved patient safety, quality of care and efficiency.

Overall the information gained was invaluable and has broadened my understanding of my chosen profession and my role within the community. I would like to thank the University of South Australia for their support throughout my study and the scholarship which allowed me this opportunity.
Visit to Singapore:

Nayana and Kerry caught up with recent graduates when they visited Singapore to discuss potential offshore expansion of medical sonography programs in liaison with Kaplan.

AAEMRS Australasian Association of Educators in Medical Radiation Science (AAEMRS) - March 2017:

The medical sonography team presented six conference papers in the conference.

Kerry, Nayana and Sandy with Associate Prof Jan Mackay, Curtin University, who was the convener of the AAEMRS conference.

Ultrasound Simulation Lab Student Workshops

Our new ultrasound simulation lab is ready and students have been enjoying working with state of the art high fidelity simulators and ultrasound phantoms on campus.
Occupational Therapy Program Report

Graduations

Dr Carolyn Murray collected her parchment at the recent Graduation ceremony. Well done Carolyn.

Graduating student Deb Forsyth won an academic prize.

Congratulations to all those who graduated. I spoke to only 7 of the students after the service and all said they were in paid work.

Vale Professor Sylvia Rodger

We were all deeply saddened by the death last week of Professor Sylvia Rodger from University of Queensland who was an absolutely towering figure in OT research and academia. She was very generous to our program and will be sadly missed.

Occupational Therapy Australia

At the recent OTAustralia AGM Sue GilbertHunt was elected to the council for the SA division (again) along with two student reps, Chloe Stephenson and Alice O’Connell Debais. Well done.

Virtual Reality in the classroom

Ben Sellar continues to explore the possibility for virtual reality experiences with our students.

The picture below shows some of our students engaging in a simulated environment.

Just for a smile...

Q: Why do birds fly south in winter?
A: Because it’s too far to walk

Q: What do you call a penguin in the Sahara desert?
A: Lost

Q: What are the small rivers that run into the Nile?
A: The juve-niles

Q: What do ghosts eat?
A: Spookgetti
Student bowls day

Well done to the student committee for organising a great day. Over 40 students from all years attended.

Simulated placement for first year Masters students

Sue Gilbert-Hunt, Susie Owens and Wendy Cearns ran a week long simulated placement out at the UniSA facility near the Lyell McEwin for first year IMOGs in April. It received very good feedback from the students.

Research Funding success

Dr Amy Baker shared the news that a team (consisting of Amy, Dr Mandy Stanley, Dr Monika Ferguson and Prof Nicholas Procter) has been selected as the successful recipient of The Repat Foundation’s ‘The Road Home’ funding scheme for 2017. The project is a participatory action research study exploring enablers and barriers to help-seeking for mental health issues amongst emergency services first responders (phase 1) and trialling strategies to address help-seeking (phase 2). It is for approximately $50,000 over one year. Congratulations all.

Hugh Stewart
Program Director
Physiotherapy Program Report

New Graduate Awards Evening

A number of UniSA staff attended the New Graduate Awards Evening on Wednesday, 29 March at the Australian Physiotherapy Association where a range of awards were presented.

The Helen S Blair prize was awarded to new graduate Tenille Schammer at the New graduate awards evening on the 29th of March held at the Australian Physiotherapy Association. The Helen Blair Prize is awarded to the student with the highest academic achievement in the Paediatric components of the UniSA Bachelor of Physiotherapy. Dr Margarita Tsiros was thrilled to be able to present the award on behalf of the South Australian Chapter of the National Paediatric Group of the Australian Physiotherapy Association.

Congratulations also go to Bachelor of Physiotherapy Students Kate Barber for both the Kate Gilmore Reid Prize and the Audrey Simpson Prize; Jessica Campbell for the Elma Casely Prize; Shannon Watchman for the Geoffrey Maitland Prize; Sinead Noonan for the Andrea Warden-Flood Prize; Emily Curtis for the Jeanne-Marie Ganne Prize in Women’s Health; and Monique Wilson for the Physiotherapy Research Foundation Prize.

And congratulations to Master of Physiotherapy (Graduate Entry) student Lucy Hamett who was awarded both the Elma Casely and Ruth Grant Prizes.

The Australian Physiotherapy Association (SA Branch) Student Group Perpetual Trophy was awarded to Emma Lowe.

2017 ANZAHPE Post-graduate Student Prize

Priya Martin, one of our PhD students, has won the 2017 ANZAHPE Post-graduate Student Prize.

Priya is supervised by Dr Saravana Kumar, Dr Lucylynn Lizarondo and Dr Katherine Baldock (co-supervisors).

As part of the prize, Priya gets $500 plus complimentary registration for the 2017 Australian and New Zealand Association for Health Professional Educators conference to be held in Adelaide from 11th – 14th July 2017.

Miss Universe Australia SA State Finalist 2017 in our midst

The Miss Universe South Australian Final took place in April 2017. UniSA Physiotherapy student Tharika Rodrigo has been selected as one of four girls moving forward to the National Finalists for 2017.

Congratulations to Tharika. She has been donating her time for hands on work and fundraising for the Children’s charity ToyBox International as part of the program.
Open Door Health Clinic

The official launch of the Open Door Health Clinic occurred at The Salvation Army Adelaide on Wednesday 3rd May at 277 Pirie Street, Adelaide.

The Open Door Health Clinic is a collaborative initiative between the University of South Australia, The Salvation Army and SOS Health Foundation.

The Open Door Health Clinic will provide quality physiotherapy and podiatry services to adults in crisis or experiencing homelessness in South Australia. Designed to address individual needs, we will deliver hands-on quality care to help restore, maintain and promote optimal function.

Free services will be provided by professionally supervised final year undergraduate physiotherapy and podiatry students from the University of South Australia and/or fully qualified volunteer physiotherapists and podiatrists.

The service will be a “pop-up” clinic each Wednesday afternoon at the Salvation Army on Pirie Street. Screening, folding plinths and multi-purposing some rooms will allow the clinic to be set up and taken down each week.

Particular UniSA staff who need to be acknowledged are Dr Katia Ferrar who has driven the project from the start and successfully gathered start-up funding for the venture. Also, Gail Gibson and Jodie Quilliam have put in many hours with Katia to realise the clinic.
UniSA final year physiotherapy students in Brunei Darussalam as part of the 2017 Mobility Program. New Colombo Plan

Saravana Kumar

Brunei Darussalam is a sovereign state located on the north coast of the island of Borneo in Southeast Asia. Since its independence from United Kingdom in 1984, Brunei has continued to transform into a newly industrialised country with extensive petroleum and natural gas fields. Brunei has a population of just over 400,000 and its capital is Bandar Seri Begawan. During 2014, I was invited by the Interim Committee for Brunei Allied Health Professions Council as the keynote speaker for the Advancing Allied Health in Evidence Based Practice Seminar. Since this time, I have had ongoing collaboration with allied health professionals in Brunei. As means of cementing this collaboration and expanding this partnership to other areas, I was successful in obtaining funding as part of the Mobility Program from the Australian Government’s New Colombo Plan (NCP). The funding enabled final year physiotherapy students, who were enrolled in Evidence-Based Practice 3 (EBP 3) course, to undertake a short-term physiotherapy practicum/ study tour of Brunei Darussalam. As part of EBP 3, the students undertake a systematic review of the literature, the topic for which was developed in collaboration with allied health professionals in Brunei. The findings from this systematic review will be provided to these allied health professionals to enable them to translate best research evidence into best practice.

The physiotherapy practicum/ study tour of Brunei was operationalised through collaboration between University of South Australia and Brunei Darussalam’s Ministry of Health and University of Brunei Darussalam. During the stay (13th – 24th March), the physiotherapy students engaged in local cultural activities and communities through participation in numerous cultural events (visit to Kuala Belalong Field Studies Centre, Bruneian Traditional Dance Workshop, Nelayan Tour, Prawn Crackers and Traditional Kite Making Demo at Sungai Bunga Village, Gulintangan (Traditional Music) Workshop, visit to Malay Technology Museum, Maritime Museum & Sultan Omar Ali Saifuddien Mosque and visit to Jame’ Asr Mosque, Royal Regalia & Lapau). Over the course of the two weeks, students also attended a number of public hospitals in Brunei including RIPAS, KB and Tutong Hospitals, where they had the opportunity to liaise and partner with local physiotherapists and allied health professionals. The students also had the opportunity to attend the Brunei Cancer Centre and Brunei Neuroscience and Rehabilitation Centre, a brand-new...
world class facility to tackle the two of the most common health issues in Brunei – cancer and stroke.

The trip to Brunei provided the students with a number of learning opportunities. Being embedded in a different cultural contexts provided the students with unique insights into how cultural and social values and belief systems plays an important, and often decisive, role in health care service delivery. They also experienced the rich diversity of clinical presentations and how health care professionals have to be innovative and adaptive to overcome barriers (such as workforce issues).

During the stay in Brunei, the students had the wonderful opportunity to interact with student ambassadors of University of Brunei Darussalam as part of the Global Discovery Program (GDP). The student ambassadors were with the students right from day one (they welcomed us at the airport) till the day of departure (sending us off at the airport). This unique experience enabled the students to get first-hand account of the rich and vibrant history and culture of Brunei. Ms Alex Rice, a student who was part of this trip, commented that “The activities conducted by the student ambassadors….were thoroughly enjoyable and offered Australian students the opportunity to learn about Brunei’s history and culture. The student Ambassadors complemented the GDP through provision of local insight that would not have been possible without them.” Overall, the trip to Brunei helped the students to gain a broad understanding of what it means to be a truly global citizen and this is reflected in the following comment made by another student (Mr Steven O’Donnell) “The NCP allowed me to experience Physiotherapy practice in various hospital based settings and to interact with allied health and medical clinicians from various parts of the world. This study trip showed me that my future profession is a truly global one with many possibilities to study and work abroad.”
The immense success of this trip would not have been possible without the generous support of the Australian Government’s funding of New Colombo Plan Mobility Grants; the allied health professionals from the public and private hospitals and other health care stakeholders at the Ministry of Health; and the staff and students of University of Brunei Darussalam, and in particular those were part of the Global Discovery Program. Our thanks also to the staff from UniSA International and International Business Development for the organisational assistance provided towards this initiative.

UniSA students participating in Bandarkuceria, a community event held every Sunday morning to promote physical activity.

UniSA students interacting with their counterparts from GDP of University of Brunei Darussalam.

As part of Bandarkuceria, UniSA Physiotherapy student, Ellie, showcasing her soccer skills.

UniSA students and staff meeting with physiotherapist and occupational therapist at the Brunei Cancer Centre and Brunei Neuroscience and Rehabilitation Centre.
Podiatry Program Report
Podiatry Biomechanics Clinic

The Podiatry program conducts different types of clinics at both the City East and Magill campuses. The biomechanics clinic is a popular and well-attended service run by our fourth year students on a weekly basis during teaching periods.

Currently run every Wednesday, the biomechanics clinic offers assessment, education and treatment for people with problems involving their foot structure and function. Common reasons for attendance are foot pain, heel pain, sports injuries, running advice, footwear issues and advice, and other musculoskeletal problems.

New and returning clients to the service are provided with an assessment, which may include evaluation of walking patterns and examination of joint ranges of movement. Footwear advice forms a large part of the clinic, together with education about stretching and strengthening exercises. If the assessment indicates that some form of a prefabricated insole or an orthotic is needed to help to manage the problem, the students can follow up and manufacture the required device.

Throughout third and fourth year the podiatry students learn advanced skills in the manufacture of devices (including orthoses), stretching and strengthening programs, strapping, balance and running retraining programs amongst many others used in the podiatric profession. We have access to a range of manufacturing methods, and students have the opportunity to be involved in the prescription of prefabricated, cast-based and scanned techniques for the manufacture of foot orthoses. A charge is levied for orthotics made at the University, in order to cover the material costs. However, this charge is substantially less that that charged by external providers (as the substantial time and knowledge input is not levied), making the clinic service very attractive.

Our own Hayley Uden has recently finished her qualifications to be titled as a ‘Certified Paediatric Podiatrist’. This is a new credentialing program through our national body which provides recognition of clinical ‘sub-specialties’; Paediatrics, High Risk and Sports & Biomechanics.

There are currently only 4 others nationally who have also finished the requirements and who are also credentialed paediatric podiatrists.

Dr Ryan Causby
Lecturer

Dr Sara Jones
Program Director
RESEARCH DIRECTOR REPORTS

Professor Jon Buckley
Director
Alliance for Research in Exercise, Nutrition and Activity (ARENA)

Dr Steve Milanese
Director
International Centre for Allied Health Evidence (ICAHE)

Professor Elina Hypponen
Director
Centre for Population Health Research (CPHR)

Professor Lorimer Moseley
Director
Body in Mind (BiM)
NHMRC Success for ARENA Researchers

Associate Professor Paul Anderson: NHMRC Project Grant “Does enhanced vitamin D activity in bone heal the skeleton in disorders of FGF23 excess?”

Associate Professor Carol Maher: NHMRC Career Development Fellowship “Using online social networks to improve health”

Professor Cory Xian: NHMRC Project Grant “NT-3 as an upstream and potentially master regulator promoting bone fracture healing”

Media

Professor Tim Olds’ article ‘The lure of cycling: tips from a middle-aged man in Lycra’ and confessions of a MAMIL (Middle-Aged Male in Lycra) was published in The Conversation in January and can be found at this link.

Professor Jon Buckley’s article ‘Does excessive midlife exercise do more harm than good to your body?’ was covered by ABC News in February and can be found at this link.

ARENA’s PhD candidate Ainslie Ford discusses her radio interview on Coast FM

Toward the end of 2016 I discussed my PhD project in Fish oil on Coast FMs morning show with Roy Garreffa. Although quite nervous, I want to pursue a career in science communication so had planned on using this experience as a testing ground for my capabilities. Roy and I had a lengthy discussion about the use of fish oil as a complementary and adjunct treatment for arthritis and other disease states characterized by underlying chronic inflammation. To my surprise we even had a caller!

I really enjoyed my 20 minutes with Roy and am now happily at the helm of my own radio show on Mondays from 9am-Noon, on Hills Radio 88.9FM. Thank you ARENA for giving me the opportunity!

Active Healthy Kids Australia Co-Chair and ARENA Research Fellow Dr Tasha Schranz spoke with ABC News about the complexities around kids being more active. It might come as a surprise to find out the vast majority of Australian children are not spending enough time being active. In fact not even one in five Australian kids aged between five and 17 get anywhere near the recommended 60 minutes of physical activity a day. The interview was covered in the article ‘Why kids are inactive (and why it’s not just their parents’ fault)’ and can be found here.

On the 14th of April Associate Professor Carol Maher gave a number of invited media commentaries on a new UK study that linked babies’ and toddlers’ use of touchscreens and poorer sleeping patterns. Interviews included the Channel 9 Today Show, Sydney Radio 2GB and Perth radio 2PR.

Awards

Congratulations to ARENA’s Associate Professor Carol Maher who has won the HDA Women’s Excellence in Research Award 2017. Carol will be giving a guest lecture “Children’s health, activities and lifestyles around the world” to receive the award Wednesday 17 May 2017 at the University of Adelaide. Children’s physical activity,
screen time, sleeping patterns and diet have fundamental and wide ranging impacts on their health and wellbeing. A/Prof Maher will review the latest data from around the world, which reveal surprising relationships with obesity and fitness around the world. See how Australian children's lifestyles, fitness and health compare with other nations.

ARENA's Associate Professor Alison Coates has won the Mid-Career Award for demonstration of excellence in nutrition research and contribution to the activities of the Nutrition Society of Australia.

ARENA's Dr Margarita Tsiros and Dr Katia Ferrar have been announced as 2016 AMP Tomorrow Makers. They are two of the 53 AMP Tomorrow Makers for 2016, a group comprised of a diverse range of artists, athletes, social innovators, scientists, educators, entertainers, entrepreneurs, filmmakers, fashion folk, musicians and medical researchers, each sharing in $1 million in grants. Read their stories and see their videos here:

- Dr Margarita Tsiros awarded an AMP Tomorrow Maker award and grant of $19,000 to explore how balance, activity and other factors are related to movement skills in girls. Read about Margarita's research as covered by The Sydney Morning Herald in February here in the article Want more girls to get into sport? There are two things we need to fix.

- Dr Katia Ferrar awarded an AMP Tomorrow Maker grant for $48,250 to fund a pro bono clinic start-up with the Salvation Army.

Congratulations to ARENA's PhD student, Dorothea Dumuid, who has been awarded a Research Degree Student International Travel Grant to visit the University of Cambridge. The aims of these grants are to enable PhD students to gain an international perspective and improve their thesis by having the opportunity to undertake research, data collection or work with an institutional or industry partner.

Invited Presentations

ARENA’s Dr Natasha Schranz was invited to present at the Health and Physical Education Curriculum Leaders Forum on Friday the 24th of March in Brisbane. We spoke about the 2016 Report Card in the context of schools and where they might hold accountability for getting kids more active using a whole of school approach. Tasha was also invited to present at the Recreation SA and Parks and Leisure Conference on Monday the 3rd of April, held at the ARC Campbelltown (image attached) where she spoke about the 2016 Report Card with a focus on sport and recreation and what role we all have to play in order to develop the tools kids need to be active for life.

Dr Margarita Tsiros was invited to run an interactive virtual classroom session with the Australian Physiotherapy Association held on the 20th April. This was an introductory session for physiotherapists around Childhood Overweight and Obesity. Margarita was invited to do the session after members highlighted it as an area of interest for further professional development. The session was really well attended with physiotherapists from all around Australia logging in to take part. The session was recorded and will be disseminated.
Project Updates

Ten members of the Chinese cycling team were put through their paces by ARENA’s Exercise Science PhD students at the City East High Performance Clinic last month. Male and female cyclists were challenged using the South Australian Sports Institute (SASI) two-part testing protocol, which measures power output and blood lactate at various exercise intensities, including during a maximal four-minute time trial.

ARENA’s PhD candidates Max Nelson, Michael Hartland and Jason Bartram, conducted the testing with the help of UniSA undergraduate students on placement.

“The testing was a huge success, and should have huge benefits to the coaches and athletes within the Chinese cycling team,” Nelson says. “The information provided will help their coaches to determine the ideal zones needed to optimise both training load and to monitor their recovery during training.”

Read the full article covered in UniSA News here.

Appointments

Congratulations to Dr Margarita Tsiros who has taken on the roles of Secretary and Deputy Chairperson for the South Australian Chapter of the National Paediatric Group for the Australian Physiotherapy Association.

Farewell John Arnold

It was with pride and sadness that ARENA farewelled the lovely Dr John Arnold as he departed for the United Kingdom to commence his NHMRC CJ Martin Early Career Fellowship for the next two years at Leeds University. His last day at the UniSA was Friday March 10th so it was only fitting that we took John out on the town for some drinks and a bite to eat. A great night with loads of laughs and significant amounts of whisky was had by all.

Dr John Arnold and the big boss Professor Jon Buckley. Well done John!

Dr Francois Fraysse and Dr Chris Bishop.

John’s respected colleagues Dr Alyson Crozier and Dr Kade Davison.

The C2 crew. PhD candidates Stuart Millar and Stuart Gollan, with Dr Max Nelson and Honours candidate Jacinta Brinsley.
Planning for the inaugural iCAHE conference on 8-9th November is well underway, with keynote speakers, plenary speakers and other invited speakers already in place. This conference celebrates 20 years of iCAHE activities. Calls for abstracts are currently open (see [http://unisa.edu.au/Research/Sansom-Institute-for-Health-Research/Research/Allied-Health-Evidence/iCAHE-20th-Anniversary-Allied-Health-Conference/](http://unisa.edu.au/Research/Sansom-Institute-for-Health-Research/Research/Allied-Health-Evidence/iCAHE-20th-Anniversary-Allied-Health-Conference/)). Abstracts close **Wednesday, 31 May**. School of Health Science staff and students are encouraged to submit abstracts. PhD and Honours students are especially encouraged to take this opportunity to present new research in the field of allied health.

Beyond the conference, there will be pre-conference workshops will be held on 7th November on Writing for Publication, and Using the GRADE approach for writing clinical guideline recommendations (presented by Zach Munn from JBI). A post-conference workshop will be held on 10th November on Adopting, Contextualizing or Adapting clinical practice guidelines. For more information, please keep an eye out for the iCAHE newsletter which will be released later this month, including an overview of our internationally renowned keynote and plenary speakers! If you would like to know more, please feel free to contact us at the details provided on the conference website.

iCAHE staff are providing the ‘backroom’ work for the Allied and Scientific Office (ASHO) Dept Health SA, to support the Transforming Allied Health South Australian agenda. The iCAHE team is largely involved at present with the roll-out of the seven-day-per-week allied health initiative in acute hospitals, in terms of finalizing literature searches, and auditing practice.

**Dr Steve Milanese** was appointed iCAHE Director in April 2017, taking over from **Prof Karen Grimmer** who has led iCAHE in its various iterations since 1997.

iCAHE recently won a tender to evaluate a novel Transitions of Care initiative being conducted by the Capital Primary Network (ACT).

The first course of the iCAHE Professional Certificate in Health Consumer Engagement is successfully nearing completion, with the students recently participating in the two day intensive face-to-face aspect of the program. The Professional Certificate is conducted in partnership with Health Consumers Alliance SA, and showcases the range of health consumer engagement activities occurring in South Australia, and nationally. **Heath Pillen** is managing this course for iCAHE and can be contacted on health.pillen@unisa.edu.au.
Dr Janine Dizon has finalised training courses for iCAHE in health research methods, biostatistics, evidence-based practice, quality improvement and health economics for continuing professional development. A Professional Certificate that offers a range of study options is in its final stages review.

Dr Asterie Twizeyemariya is presenting an oral paper at the 12th Allied Health Conference in Sydney in August: Economic modelling of best practice evidenced podiatry care for the diabetic foot: Impact on South Australian healthcare budget. This paper reports on the cutting edge work that iCAHE and ASHO have done in examining the economic benefits to South Australia of ensuring best practice referral and podiatric care for people suffering from diabetes.

For more on these items, please see the iCAHE newsletter upon its release.

Just for a smile...

Q: Did you hear about the race between the lettuce and tomato?
A: The lettuce was a ‘head’ and the tomato was trying to ‘ketchup’!

Q: Why can’t you give Elsa a balloon?
A: Because she will Let it go.

Q: What did the pencil say to the other pencil?
A: You’re looking sharp.

Q: How do you make a tissue dance?
A: Put a little boogey in it!
What has been happening at CPHR

Professor Elina Hypponen

A key event for us was a one day symposium - “Addressing child and adolescent mental health: The key to disrupting intergenerational disadvantage. SAHMRI's auditorium was close to its 200 seat capacity during this event on 23 March 2017, which had been arranged by one of the Centre's senior leaders, Professor Leonie Segal, Foundation Chair Health Economics and Social Policy. The symposium was opened by Professor Tanya Monro, who also chaired the morning session which featured an address by the Hon Leesa Vlahos MP, Minister for Mental Health and Substance Abuse.

Leonie and Dr Gareth Furber reported from a recently completed NHMRC Partnership Grant (CIA Segal), which was jointly funded by SA Health with several senior SA Health staff as active partners (including Dr Aaron Groves the Chief Psychiatrist, Dr Prue McEvoy Clinical Director CAMHs and Catherin Turnbull the Chief Allied Health Officer). Dr Jackie Amos, a senior child and adolescent psychiatrist and psychotherapist, outlined research underpinning her PhD thesis supervised by Leonie and Gareth “When wounds from infancy collide: the mother child relationship as trauma, trigger, and treatment” which has recently been ‘passed forthwith’, with the examiners confirming the international significance of the research. In addition to the Minister’s address, support from government was also reflected in presentations by Cathy Taylor, Chief Executive, Department for Child Protection; Ann-Marie Hayes, Executive Director, Early Years and Child Development, Department of Education and Child Development; Dr Prue McEvoy Clinical Director CAMHs and Commissioner Chris Burns, SA Mental Health Commission.

The core message from the meeting was alarming, and hopefully awakening to those in power. There are many infants and children currently experiencing serious psychological distress which inevitably comes with a range of family adversities and that the service system does not have the capacity to respond. This has disastrous consequences for these children, families and the economy and is seen in a burgeoning child protection budget, criminal justice engagement, domestic violence and homelessness.

Feedback from attendees, who included representatives from government departments with responsibilities for children, NGOs supporting disadvantaged families, practitioners, academia and students in associated disciplines was very positive, with Dr Jackie Amos’ outstanding presentation receiving particular praise.

Alongside with the great efforts by Leonie, thanks for this successful event go to all presenters, Judith Burgemeister for assistance with putting the symposium together, Professor Sharon Dawe (Griffiths University) for chairing the afternoon session, and CPHR personnel Tanya Hardy, Gloria Mejia Delgado, Catia Malvaso, Caitlin Dowell and Lettie Pule for their help on the day.

For the Nutritional and Genetic Epidemiology Group this has also been a busy period with several of our large scale meta-analyses coming to the final stages. “All good things come slowly” or so we can hope, as all these projects have taken several years to prepare, with even the act of manuscript submission (including in excess of 100 of our closest collaborators) being an effort worth a mention. In this context, thanks for hard work are due to Dr Ang Zhou who for the past year has been helping me with related analyses. We recently also published our first joint papers and were delighted to see two accepted in one week, one to appear in Circulation and the other in Scientific Reports. In March I attended the 17th Fat Soluble Vitamins Meeting in Paris, which was a great small meeting. I was kept busy during the event with chairing duties, acting as debate participant during the conference dinner and a meeting to plan for a future EU project submission. My talk sum-
marised the current state of art in vitamin D (“Vitamin D: Is it beneficial or even safe?”), with the key message very much in keeping with ‘common sense’… I highlighted the need to prevent (real) deficiency, but to do this appreciating recent studies alerting about underappreciated safety concerns. These issues are very much the focus of my new NHMRC project grant where we will be looking at the “dark side” of vitamin D.

**Staff news** during this period include saying goodbye to **Dr Gareth Furber**, which will be a great loss to Leonie Segal’s team and the Centre. He is now working as an e-Mental Health Project Officer within Health, Counselling and Disability Services at Flinders University. His role is to explore how technology can be used to expand the reach and impact of counselling services. Gareth also continues in his position as Manager for the Psychology and Health Forum. We wish Gareth all the best in his new ventures.

On 16 March we also said goodbye to **Professor William (Bill) Runciman’s** personal assistant **Kaye Dolman** who retired. She will be sadly missed, but we are excited that she can now focus on spending quality time with her husband and pursuing her dreams of travel and other interests.

**In other news**, over the Easter weekend our very own **Professor William (Bill) Runciman** attended the annual Australian Sports Rotorcraft Association Inc. (ASRA) fly-in into Goolwa. There were twenty-eight gyro’s from all over Fleurieu Peninsula, including Bill’s.

*Below is a photo of Bill’s gyro… the “champagne” coloured one on the end (number 1 position)!*

Bill is also set to depart on more adventures soon using up his three months of long service leave to “document details of Australia’s shoreline”.

Having recently flown to Wilpena Pound and back, and circumnavigated the shoreline of Kangaroo Island in his gyroplane, Bill will fly the entire shoreline of the Australian mainland and Tasmania taking videos and still images (stamped with coordinates and time) of certain details, in collaboration with shoreline experts, to document some features for monitoring the effects of global warming. Some are dramatic, such as the die-back of mangroves along the northern coast of Australia, others less so, such as movement of sand from some of the 12,000 Australian beaches.

Bill plans to take around three weeks to fly along the shoreline from the Murray Mouth (near Goolwa) to the Gold Coast, then across via Toowoomba to the headwaters of the Darling River, down that and back home along the Murray River. The next leg is up the rest of the East Coast, across the top, and down the middle. The final leg will be along the Great Australia Bight, up the West Coast along the top to Darwin and down the middle via Alice Springs and Coober Pedy.
Body in Mind areas of research interest include:

1. Teaching people about pain
2. Complex regional pain syndrome
3. Early intervention after injury and its effect on later development of chronic pain
4. Chronic back pain
5. Descending control of homeostasis by cognitive factors
6. Brain responses to noxious stimuli
7. Cross modal modulation

The Pain Revolution round up

The Pain Revolution outreach tour meandered its way from Melbourne to Adelaide in early April. Part physical challenge, part travelling pain lab, part fundraiser and part educational roadshow, Pain Revolution had several aims:

1. To raise awareness of persistent pain as a significant health problem particularly in The Bush.
2. To use innovative methods to engage the general public and health professionals in recent discoveries in the field.
3. To partner with corporate, clinical and community partners in presenting a coherent and consistent evidence based and science-informed message, thus promoting social and economic benefit for rural communities.
4. To increase knowledge and skills of clinicians treating people in pain.
5. To raise funds for implementation and evaluation of a Local Pain Educator network.
6. To partner with communities to develop a service delivery plan - including training and support - that will deliver enduring positive outcomes.

Here is what we did:

Twenty two scientists, clinicians and carers cycled 880km over 7 days. They hailed from SA, Victoria, NSW, QLD, Tasmania, New York and Montana. Each cyclist paid a thousand bucks to do it and each had to raise $3000 in donations. The ride itself was fully supported – mechanic, support vehicles and crew, meals and riding sustenance, and comfy lodging en route thanks to Best Western Hotels. The ride served to extend our support networks and attract some attention, for example the National Nine News exclusive (who flatteringly misread the press release, describing us as ‘professional cyclists’ rather than ‘professionals who were cycling’).

We kicked off at Royal Melbourne Hospital on a fresh but clear morning. The cyclists were keen to get into the saddle, but spent some quality time sussing out each others’ bikes and calves, each gauging the likelihood that they would be dropped from the peloton when the going got tough. Interviews, photo ops and a fine collection of pastries followed and then we clicked in and rolled out for Ballarat.

Dr Tasha Stanton and UniSA PhD graduate Dr Daniel Harvie went ahead in the Brain Bus, a modern day conversion of the MAHC Van, stocked with visual illusions, virtual reality and a hefty pile of handouts, brochures, banners and business cards. The Brain Bus was a hit, setting up in shopping malls, village greens, surf clubs and community parks. A constant stream of passers by would stick their hands into The Mirage, or their head into the MOoVi virtual reality system, and Body in Mind researchers were on hand to talk them through how it all works and how it relates to pain and other protective feelings.

Each evening we held a free public lecture and a free professional workshop. The idea of a bunch of pain scientists, doctors and lawyers riding from town to town to ‘spread the word’ was clearly a hit. By engaging directly with rural communities, most obviously those in pain (60% of participants reported suffering from pain) but also those whose family, colleague, friends (or in one case, a corgi) were suffering. Attendees were aged between 15 and 85. About 650 people attended the public engagement events and about 350 GPs, physiotherapists, psychologists, exercise physiologists, social workers, nurses and undergraduate health students attended the health professional workshops. We did over 25 radio, newspaper and TV interviews, filmed for an ABC documentary, and almost trended over social media.
We think we made a proper impact. We are still analysing formal feedback – we have a great deal of data to sift through - but the informal feedback has been outstanding. We have already been approached by 12 other rural towns wanting to be included in future iterations; we surpassed our fundraising target ($75,000); we have established a network of health professionals from participating towns; we have linked up like minded health professionals with each other; we have received over 50 formal enquiries from locals seeking further involvement in our ongoing strategies; we have established productive partnerships with government and key industry stakeholders, with whom we are currently planning an ongoing strategy to keep the momentum up.

We will be following up each town we visited (Ballarat, Lorne, Warrnambool, Mount Gambier and Murray Bridge) later in the year, at which time we will evaluate the ongoing impact of Pain Revolution. We have also learnt a great deal. We have seen what worked really well and what didn’t. It was so good, we might just take it on again next year. We hope to produce a short video on Pain Revolution, but until then, here are a few photos that tell the story.....
Staff and Student Publications

First Publications


Recent Staff and HDR Publications


Luker J., PhD, Murray C., PhD, Lynch E., PhD, Bernhardtsson S., PhD, Shannon M., MSc, & Bernhardt J., PhD. Carers' experiences, needs and preferences during inpatient stroke rehabilitation: a systematic review of qualitative studies, Journal Perspectives on Medical Education 2017, doi: 10.1016/j.apmr.2017.02.024 Abstract


Abstract


Abstract


Abstract


Abstract


Abstract


Abstract

Letter to the Editor


Abstract
A new concept on the function of communicating arteries of the human brain.

We would like to share with you our recently published journal paper titled “The cerebral basal arterial network: morphometry of inflow and outflow components” (Burlakoti et al. 2017). This work has introduced a new concept on the function of four communicating arteries of the brain to provide a mechanism for maintaining the brain arterial perfusion pressure thus lowering the incidence of aneurysms and subarachnoid haemorrhage (a form of stroke). Diameters of inflow vessels (bilateral vertebral and internal carotid arteries), connecting vessels (anterior communicating, basilar and bilateral posterior communicating arteries) and outflow vessels (anterior, middle and posterior cerebral arteries) were measured (at specific sites perpendicular to the long axis of the vessels using a digital Vernier calliper, figure 1) and cross-sectional areas were calculated in 51 cadaveric brain specimens and the data were analysed statistically using SPSS and Excel 2013.

Figure 1: Schematic diagram of cerebral basal arterial network (CBAN). Red lines indicate the sites where the diameters were measured in millimetres (mm). BA = basilar artery, diameter measured at midway between SCA and PCA, rt VA = right vertebral artery, diameter measured at the most distal part, lft VA = left vertebral artery, diameter measured at the most distal portion, rt P2 = second part of the left posterior cerebral artery, diameter measured at the proximal portion, rt P2 = second part of the right posterior cerebral artery, diameter measured at the proximal portion, rt PComA = right posterior communicating artery, diameter measured at around the mid-point, lft PComA = left posterior communicating artery, diameter measured at around the mid-point, rt ICA = right internal carotid artery, diameter measured at the level of optic chiasm, lft ICA = left internal carotid artery, diameter measured at the level of optic chiasm, rt A2 = second part of the right anterior cerebral artery, diameter measured at the most proximal part, lft A2 = second part of right anterior cerebral artery, diameter measured at the most proximal part, AComA = anterior communicating artery, diameter measured around mid-point, rt M1 = first part of right middle cerebral artery, diameter measured at the most proximal part, lft M1 = first part of left middle cerebral artery, diameter measured at the most proximal part, SCA = superior cerebellar artery and PCA = posterior cerebral artery

The individual and average cross-sectional areas of four incoming arteries were correlated to six major outgoing arteries (r=0.63, p≤0.0001, N=51) and combined outgoing and communicating arteries (r=0.56, p≤0.0001).

** Correlation is significant at the 0.01 level (2-tailed).
* Correlation is significant at the 0.05 level (2-tailed).

This project could help to contribute to change the current concept that has been existing since early 1600 and hopefully be implemented in clinical settings to help reduce mortality and morbidity from aneurysm complications.

IMAGES OF RESEARCH: PHOTOGRAPHY COMPETITION
Engaged Research, Enterprising Researchers

To celebrate research at UniSA, the Deputy Vice Chancellor: Research and Innovation is delighted to launch the 2017 Images of Research: Engaged Research, Enterprising Researchers Photography Competition.

This annual competition provides an opportunity for staff and students to showcase the breadth and diversity of research at UniSA where the images tell a story about the research we do and the people who make it happen.

To have a look at the captivating images of the 2016 winners and finalists please [click here](#).

The 2017 competition criteria is available via the Application Pack.

Entries must be submitted via the form below.

**Prizes**
To reward and recognise the efforts of those who enter the competition, all eligible entries will be in contention for the following prizes:

1st prize - $5,000
2nd prize - $2,000
People's Choice Prize - $2,000

**How to Apply**
The competition closes Wednesday 7 June, 2017, 5.00pm ACST. Further information about the competition, including the Terms and Conditions, are available [here](#).

Should you agree to the competition Terms and Conditions and meet the eligibility criteria please submit your entry via the [form below](#).

**Enquiries**
If you have any questions please contact DVCResearch@unisa.edu.au
Library Report

New video for Research students, ECRs and Researchers: Getting Started with Publishing video


The Library has produced a video - Getting Started With Publishing – which introduces Early Career Researchers and research students to the publishing world. This 30 minute video features footage of Dr Rick Fabretto (Future Industries Institute - Research Fellow) presenting at a Publishing with Impact RESA workshop, and also includes interview segments and information about Library support.

Access from: Library Home page > Guides > Publishing > Tips from the experts tab

Please provide any feedback about the video to Library-ITEE-Team@unisa.edu.au

New Copyright Website

https://i.unisa.edu.au/policies-and-procedures/copyright/

The University’s copyright website has been revised with updated content and improved navigation.

Teaching Staff explains the impact of copyright on teaching and includes information about the Statutory Licences, UniSA licensed e-resources, copying for students with disabilities and how copyright applies to content captured in recorded lectures.

Research and Study provides advice on using other people’s content without their permission and includes a link to the University’s Thesis Toolkit.

Open Licensing refers to licenses which grant permission to others to access, re-use and redistribute a work with few or no restrictions. This includes finding and using Open Educational Resources, including Creative Commons licensed resources.

Contact information, including Copyright Team availability within Schools can be found on the Contact Us page.

Please provide feedback to the Copyright Team.

Lynda.com

The Library has purchased a subscription to Lynda.com now available via the Library databases pages. Lynda.com is an online library of high-quality instructional videos on the latest software, tools and skills.
With more than 4,000 courses taught by industry experts—and more added every week—lynda.com is designed for all levels of learners and is mobile compatible. Courses cover a range of topics, but the collection has a strong focus on computer, business and study skills. There is also a significant teaching section, which features PD courses on educational theory and design.

**HDR video**

The Library: Your Partner in Research was created in anticipation of the proposed new format for Research Degree Student Induction. In this video, Dr Ryan Causby discusses the UniSA Library resources, services and support available to him during his PhD candidature.

The HDR video is now on YouTube, [https://youtu.be/4Zus58h5Njw](https://youtu.be/4Zus58h5Njw)

**UniSA Data Access Portal update**

New features have been added to the UniSA Research Data Access Portal to enhance the search functionality - including a new water research index and searching by geolocation. See the new features in this video: [https://i.unisa.edu.au/askresearch/data-management/data-access-portal/](https://i.unisa.edu.au/askresearch/data-management/data-access-portal/) or by visiting the DAP: [http://www.data.unisa.edu.au](http://www.data.unisa.edu.au)

**Hetzel Archive**

The Hetzel Collection (129 boxes of archival material and realia) has been transferred to City West indefinitely. The Hetzel Room is no longer safe for the storage of archives following the third leak in the ceiling over the last 12 months resulting in a ceiling cave in and minor water damage to a number of items.

**Research Education Support Activities (RESA) workshops to be held at City East Library**

Publishing with Impact: Where and How

Tuesday, 16 May

2.00—4.00pm

For more details or to register go to: [Workshops and Seminars](#)
UniSA Participation Support Scholarships 2017

UniSA Participation Support Scholarships provide financial support for students from low socio-economic status (SES) backgrounds. While low SES is the primary criterion for this scholarship, applications will be also weighted according to other equity indicators (Aboriginal and/or Torres Strait Islander students; students from rural areas; students from non-English speaking backgrounds; students with a disability; and women in non-traditional areas of study).

Scholarships are available to both full time and part time students who meet the following eligibility criteria:

- An Australian citizen, permanent resident of Australia, or holder of a permanent humanitarian visa
- A commencing or continuing student with UniSA currently enrolled in a:
  - Undergraduate program
  - Diploma program
  - Foundation Studies program OR
  - Indigenous Participation program.
- Can demonstrate financial or personal disadvantage.

The scholarships are valued at $2,000 for full time students and $1,000 for part time students.

There are two funding rounds per year, but students are only eligible to receive funding once per year. Students who are in receipt of the University of South Australia Study Grant are not eligible for the UniSA Participation Support Scholarship.

**Round 1:**
Opens 1st February 2017
Closes 17th March 2017

**Round 2:**
Opens 17th July 2017
Closes 18th August 2017

What you need to do:
- Apply through your Student Portal under ‘myScholarship’
- Provide documentary evidence to support your application, if requested
- Check your student email regularly—successful your applicants will be notified via student email

School of Health Sciences

Research Week 2017

Monday 25 to Friday 29 September

School of Health Sciences Graduation Dates

Wednesday 16 August 2017 10.30am

Wednesday 20 December 2017 3.00pm
Wednesday May 10th 2017
Education Development Centre, Milner Street, Hindmarsh SA

- WORKING AS ONE -
- Messages, Meaning, & Momentum for Action -

Conference Program

0930 - Registrations Open
0900 - Opening
Kim Syrus M.C. (TV Producer & Presenter)
Welcome from Melanie Smith (Executive Officer, Active Ageing Australia)

0905
Mia Handshin (Mia Handshin Consulting)
The New Age Movement

Mia Handshin specializes in leadership development for new and emerging leaders. She is the immediate past Chair of the Board of the South Australian EPA and a regular facilitator for the Leaders Institute of South Australia. A lawyer by training, Mia spent a decade writing a weekly column and blog for 'The Advertiser' newspaper. In 2002 she was a candidate for Federal Parliament and went on to work as a policy advisor to a Federal Minister and as an Associate Director for a strategic advisory firm specializing in public policy and government affairs. Other career highlights include being a delegate to the Constitutional Convention on Australia becoming a Republic (1998), being named Young South Australian of the Year (1999), and representing Australia at the UNESCO General Assembly (2000).

0935
Dr. Tim Henwood (Group Manager, Community Wellness & Lifestyle, Southern Cross Care)
From Community to In-House: The role of resilience training in health and wellness

Dr. Tim Henwood is the Group Manager – Connected Living – Communities Lifestyle & Wellness at Southern Cross Care SA & NT. He is an aged care consultant and an exercise gerontologist who specializes in prescription for older adults with complex healthcare needs acrossing age care services. He has extensive experience in the assessment of muscle physiology and functional capacity, and the design and delivery of programs to improve physical wellbeing and reduce disability. Dr. Henwood has greater than 160 publications and has received in excess of $4M in research funding. His work demonstrates beyond a doubt that you are never too old or unwell to benefit from exercise, but that for programs to be successful exercise must be coupled with staff well trained, and equipped and environments appropriate.

1005
Dr. Peter Balan OAM (School of Management, University of SA)
Senior enterprise as a creative role-changing option

Dr. Peter Balan was recently awarded an Order of Australia Medal (OAM) “for service to tertiary education, and to the community of South Australia”. In 2016 he gained an Australian Award for Teaching Excellence. Prior to academia, Dr. Balan had a successful career in international marketing and general management, working for a number of businesses in Australia and Europe, before establishing his own market research and consultancy firm. He recently co-founded Seniorpreneurs as a national network to support those over 50 years in undertaking enterprise and entrepreneurship activities. Dr. Balan is an International Board Member of the Team-Based Learning Collaborative, a member of the Australian Market and Social Research Society, and of the Australian Institute of Export. In 2013 he gained an Emerald Literati Outstanding Reviewer Award. His research is in the fields of innovation capability, senior entrepreneurship and enterprising education.

1025
Sophie Thomson (Garden consultant, writer, author and presenter)

Sophie Thomson is ABC Television’s Gardening Australia's South Australian presenter, where her enthusiasm for gardening inspires people of all ages. She is also a popular newspaper columnist, national public speaker, TEDx presenter, author, broadcaster and entrepreneur. She is passionate about the role gardening can play in people's lives as a stress reliever. Many people turning to feel stressed at their daily lives, often having to deal with the challenges faced when experiencing natural disasters such as bush fires, she is convinced that gardening has a vital role to play in individual and community health, which is being backed up by research and engagement worldwide.

1105 - Morning Tea
<table>
<thead>
<tr>
<th>Breakout Room 1</th>
<th>Main Room</th>
<th>Breakout Room 2</th>
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<tbody>
<tr>
<td>Jenny Bennett &amp; Vivienne Tomlinson (LeadSA)</td>
<td>John Cranwell (CEO, Inclusive Sport SA)</td>
<td>Margaret Barron (TAFE SA)</td>
</tr>
<tr>
<td>Embracing intergenerational experiences by working as one.</td>
<td>Raising the profile of inclusive approaches: Engaging and supporting older people in sport and rec.</td>
<td>Training and education: Helping adults learn.</td>
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<tbody>
<tr>
<td>John Burston (Lifeflow Meditation)</td>
<td>Travis Little (Southern Coordinator, RSB)</td>
<td>Active Ageing Australia &amp; Southern Cross Care</td>
</tr>
<tr>
<td>Meditation and mindfulness.</td>
<td>The power of inclusive practice: A sensory perspective</td>
<td>Home Exercise.</td>
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<tbody>
<tr>
<td>Tricia LaBella (Breathe)</td>
<td>Cassie Masson (Principal Policy Consultant, Office for the Ageing)</td>
<td>Robyn Townsend (Falls prevention educator, physiotherapist)</td>
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<th>Breakout Room 2</th>
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<tbody>
<tr>
<td>Dennis Smith (Educator)</td>
<td>Justin Ifulad (Community Development Officer, City of Onkaparinga)</td>
<td>Judith Lowe (Arthritis SA)</td>
</tr>
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</table>

1320 - Lunch

1350 - Panel: 'My media rules'

**Moderator** - Melanie Smith

**Kim Syrus** (TV)

**Tricia LaBella** (Web)

**Kristy Schirmer** (Social Media)

**Rilka Warbonoff** (Radio)

**Katie Spain** (Magazine/Print)

1450 - Afternoon Break

1500

**Kristy Schirmer** (Principal Consultant, Zockmelen)

**Social media for health promotion.**

Kristy has over 10 years experience working in health promotion and public health in South Australia and London. She has worked across a range of topic areas from blood borne viruses, obesity, youth health, mental health, tobacco and breast cancer. Most recently Kristy joined Zockmelen, a health promotion and social media consulting business to help public health organisations use social media effectively. Kristy is not only a skilled and experienced health promoter she is also a lively speaker and engaging presenter. Kristy was awarded the Public Health Association of Australia and Australian Health Promotion Association (SA Branches) South Australian Primary Health Care Practitioner in 2014.

1530

**Jami Baker** (General Manager Customer & Brand, ACH)

**Good lives for older people: The story behind the message.**

Jami joined ACH Group in March 2013 with a background as a registered nurse who has specialised in customer engagement and social marketing, specifically within the health sector, for the past 20 years. With most of her experience in public health, she has been able to bring together her knowledge of the sector with customer engagement strategies to enhance an individual’s experience and the broader population’s understanding of the sector. Her enthusiasm and commitment to see improved health outcomes and improvements in quality of life, by engaging with key stakeholders, has seen her develop unique relationships with those who have the capacity to influence the most vulnerable in the community.

1600

**Nathan Harnen** (Director, Principal Exercise Physiologists, Inform Health & Fitness Solutions)

**It’s time to FESS up! A survey to keep you living longer!**

We know that different behaviours will either increase or decrease your capacity to live a long and healthy life. A digital model has been developed based on data extracted from 248 studies including 2 million participants. It explains how behaviours associated with Food, Exercise, Stress and Sleep affect the chance of increased health and longevity. Will you reach your full potential?

1630

**Max Martin** (Director, Principal Exercise Physiologists, Inform Health & Fitness Solutions)

**A healthy LIFE behaviour modification program to achieve holistic health change.**

We are all searching for the holy grail to help us change the community’s health behaviours in a lasting way. What we do know is that knowing the why, trusting the source of information, and the frequency of contact, are key components of a successful intervention. This has been applied, as well as ease of access in the presented LIFE online program.

1700 - Closing & Thank you
Invitation to apply - NEXT Ignite Innovation program

What is the NEXT innovation that will make a positive impact on our world?

What is the NEXT industry to be disrupted?

Who will be the NEXT great startup founder, business disruptor or social change leader? Could it be YOU?

The NEXT Ignite Innovation program (BUSS 2074) provides business students an opportunity to develop real innovation skills, to develop a startup, business or social innovation concept. You will receive real world business and technology mentoring and guidance from world class innovation professionals and coaches.

BUSS 2074 is a 4.5 unit course which can be used as one elective in your program. It is open to any undergraduate student who has completed 36 units of study.

Learn more about NEXT Ignite [here](https://example.com).

"The NEXT Ignite program provides students an opportunity to develop real innovation skills, to develop a startup, business or social innovation concept with business and technology mentoring."

Beau Leese, NEXT National Program Director.

The NEXT Ignite experience provides you with a unique opportunity to develop hands on innovation skills and experience. You will learn how to develop an innovation concept through a structured 5 week 'accelerator' process and receive supportive business and technology mentoring. You will have the opportunity to develop concepts, and make real proposals for venture funding or career opportunities. You don’t need to be a creative genius to participate – but you do need to be prepared to put the effort in. As Thomas Edison said, "Innovation is 1% inspiration, 99% perspiration!"

"The program built real skills and networks which helped my team win the innovation challenge, and changed my career trajectory – it was a key part of landing an amazing first job after University."

Si-Yu Wu. University of Sydney Business School graduate, International Advisor - CSIRO and NEXT Innovation coach.

See NEXT story [here](https://example.com).

Enroll through [myUniSA](https://example.com).

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Just for a smile...

Q: What do you call two robbers?
A: A pair of knickers

Q: What does a nosey pepper do?
A: Gets jalapeno business!

Q: What happens if you eat yeast and shoe polish?
A: Every morning you’ll rise and shine!

Q: What do lawyers wear to court?
A: Lawsuits!

I like cooking my family and my pets.

Use commas. Don’t be a psycho.
Pint of Science Australia 2017

Are you interested in sharing science with the public?

Do you enjoy relaxing with friends at the pub?

If the answer to both is YES, then Pint of Science Australia is for you!

Pint of Science is an international festival that aims to showcase the amazing research of local scientists to the general public in the relaxed venue of the local pub. In 2016, Pint of Science Australia ran in 7 major cities over 3 nights in May. We had events in:

- ADELAIDE
- BRISBANE
- CANBERRA
- MELBOURNE
- NEWCASTLE
- SYDNEY
- PERTH

For 2017, we want to expand even more to include more themes and even more cities across Australia – and we need you!

Events in 2017 will take place from 15-17 May, and will incorporate the following themes: Beautiful Mind (neurosciences), Atoms to Galaxies (physics, chemistry) Our Body (life sciences) Planet Earth (geosciences) and Tech Me Out (engineering, computer science, mathematics).

We are looking for volunteers for various roles: city coordinators, team coordinators, social media reps and fundraisers. Each team will source out a venue, speakers, and activities for the night.

This is an incredible opportunity to be a part of our ever growing festival so if you are interested in getting involved, please register your interest here or email pintofscienceau@gmail.com with what you’re keen to do, tell us a little bit about yourself and how we can best reach you.

Thanks!

Chloe & Marge
Co-directors, Pint of Science Festival Australia
www.pintofscience.com.au | www.facebook.com/ pintofscienceau | @pintofscienceau

Travelling or attending a conference?
Make sure that the University is aware of any University business travel even when there are no associated costs to the University. Submission of the travel form will also ensure that you are covered under the University’s travel insurance while travelling on behalf of the University.

Fill in your online business travel request form to complete your travel requirements:

We want to tell the world about your conference!
Contact the PA to HoS to get a conference briefing template so we can include the great ideas, networks and adventure you went on.
JOIN US for a
FINGER-LICKIN’
LIP-SMACKIN’
KNEE-SLAPPIN’
GOOD OL’ TIME
SCHOOL OF
HEALTH SCIENCES
FIRST YEAR
STUDENTS BBQ
THURSDAY 18 MAY
12NOON—2PM
CITY EAST CAMPUS
HETZEL PLAZA
FREE BBQ AND
BOTTLED WATER
ASMR SA Annual Scientific Meeting
Wednesday 7th June 2017
Adelaide Convention Centre

Abstract Submission Now Open


Honours, PhD students and early Post-doctoral fellows are strongly encouraged to submit abstracts from all areas of Health and Medical research for oral and poster presentations.

Plenary Speaker: Associate Professor Louise Purton
Associate Director, St. Vincent’s Institute
“The impact of cancer therapies on bone marrow microenvironments and their regulation of haematopoiesis”

Closing date for abstracts and early bird registration
28th April, 2017

Convenor: Thao Nguyen
(thao.nguyen01@adelaide.edu.au)

Sub-committee:
Kimberley Evans and Natasha Friend

Gold Sponsors

Flinders University

The University of Adelaide

University of South Australia

Bronze Sponsors

The University of Adelaide

The Hospital Research Foundation

Thermo Fisher Scientific

Tecan
In 2017, there will be two (2) AFGW Barbara Hale Fellowships offered.

Value: $8000 each

The AFGW Barbara Hale Fellowships are offered to women graduates who are Australian citizens or permanent residents of Australia and are enrolled for a PhD degree by research in any Australian university. The funds are to be used for a specific project or purpose for PhD research in any field. The Fellowships are offered for the second and subsequent years of a doctoral program. First year doctoral students do not qualify.

They are available for 8 to 12 months of work. They are intended to enhance the original research on which a postgraduate applicant is already engaged. First year doctoral students and applicants just beginning their research are not eligible.

Within 6 months of concluding the work undertaken under the tenure of the fellowship, the recipient must submit a written report on the work accomplished. The financial assistance given by AFGW must be acknowledged in any published material embodying the results of the work carried out.

Only citizens of Australia or Australian permanent residents may apply.

Guidelines for the 2017 AFGW Fellowships

2017 Application Form

These Fellowships were made possible by a generous bequest from the estate of Miss Hale and will be awarded annually. Barbara Mary Hale was born in New Zealand on 5 April 1924 and died at Nedlands, Western Australia, on 5 June 2013.

Until the onset of her last illness was a vital member of Graduate Women (WA), especially as one of the trio of GWWA members writing the history of the last fifty years of AFUW(WA) Inc. Barbara was a staff member of the University of Western Australia Library from 1961 to 1984, and served as Deputy University Librarian between 1966 and 1984. On study leave from the Library she completed a Master’s Degree at the Library School at Sheffield University. During her tenure she was elected by academic staff to serve on the University Senate, the first woman to be so elected.

In retirement, she gave extensively of her time to the AFUW(WA) Inc. and held a variety of positions within the Association, including President, Secretary, and Membership Convener. She was made a Life Member of AFUW(WA) Inc in 1991. As federal President during the 1985-88 triennium she led the Australian delegation to the 1986 IFUW Christchurch Conference. During her presidency she nurtured into existence the first Association of AFUW in the Northern Territory and her personal efforts brought into being, under the umbrella of AFUW(WA), a group of women graduates in Broome.

She was many times a voting delegate to IFUW conferences, travelling with her friend, the late Peg Hutchison of Wellington. Together they would extend the international journey to visit remote bird-watching sites. In 1992 she established the AFUW(WA) Inc. Education Trust, which she led from inception, retiring from the chair only few years ago and as Trustee last October. The Trust presently administers the funds of six postgraduate bursaries and in 2009 established a Gift Fund under the Tax Office’s Scholarship Category, donations to which are tax deductible. Barbara’s personal skills were at least matched by her careful management of the Trust funds.

As well as her work within AFUW, Barbara was an active and vigorous member of other University and community groups. These included the Friends of the UWA Library, which she served with distinction as Vice-President for ten years. She served on the St Catherine’s College Council from 1977–1990 and was elected an Honorary Fellow of the College in 2003. The Barbara Hale Sail Training Award, open to St. Catherine’s students, was established in 1989. She made a significant contribution to the National Trust of Australia (WA) over many years.

She was awarded Honorary Life Membership of the Trust in 2005. She played a leading role in Birds Australia – WA Group. She was a Charter member of the Zonta Club of Perth when it was formed in December 1971; she was one of the original Club officers as a Director until she became Vice-President from 1974-1976 and President 1976-78. In 2011, she was awarded the Western Australian Government’s 50 years Volunteer Service Badge.

GWI

Graduate

International

AGFW STAs

Queensland

New South Wales

Victoria

Australian Capital Territory

South Australia (AFUW) Trust Fund

Western Australia

Australia

Graduate Women Queensland Inc.

Graduate Women Tasmania Inc.

Graduate Women Northern Territory Inc.

Graduate Women WA Inc.

Alliances

Equality Rights Alliance

Global Women’s Alliance

National Alliance for Gender Equity

Economic Security for Women

AFGW

Western Australia

2017 Application Form

*****
2017 iCAHE Allied Health Conference

Call for Submissions
We are pleased to announce and invite you to participate in the 2017 iCAHE Allied Health Conference which will be held at the University of South Australia, in Adelaide, Australia, November 7 and 8, 2017.

Key Dates

About the Conference
This conference will discuss the current state of play in allied health practice globally, presenting updates in allied health research and practice, and discussing issues and strategies to address these challenges in allied health practice. There will also be a focus on Clinical Practice Guidelines as a vehicle for putting evidence into practice, and on developing, implementing, and evaluating Clinical Practice Guidelines. Conference Registrations will open in July 2017.

Online Registration

Tracks and Topics
The central theme of the 2017 iCAHE Conference is “Allied Health is Good Health.” Submissions on this theme are particularly welcome. Broadly, this conference is to showcase all areas of allied health and how putting evidence into practice needs to be considered across all involved parties, from clinicians, to policymakers, managers, and consumers.

Abstract Submissions
Abstracts close on JUNE 2ND 2017. Late submissions will not be considered. Abstracts will be peer reviewed according to relevance to the conference themes, originality of the work, specific results described, and potential impact. Please prepare abstracts carefully and describe accomplishments specifically.

Submission Options

For more information please contact us.

Contact us
IMAGES OF RESEARCH: PHOTOGRAPHY COMPETITION
Engaged Research, Enterprising Researchers

To celebrate research at UniSA, the Deputy Vice Chancellor: Research and Innovation is delighted to launch the 2017 Images of Research: Engaged Research, Enterprising Researchers Photography Competition.

This annual competition provides an opportunity for staff and students to showcase the breadth and diversity of research at UniSA where the images tell a story about the research we do and the people who make it happen.

To have a look at the captivating images of the 2016 winners and finalists please click here.

The 2017 competition criteria is available via the Application Pack.

Entries must be submitted via the form below.

Prizes
To reward and recognise the efforts of those who enter the competition, all eligible entries will be in contention for the following prizes:
1st prize - $5,000
2nd prize - $2,000
People's Choice Prize - $2,000

How to Apply
The competition closes Wednesday 7 June, 2017, 5.00pm ACST.
Further information about the competition, including the Terms and Conditions, are available here.

Should you agree to the competition Terms and Conditions and meet the eligibility criteria please submit your entry via the form below.

Enquiries
If you have any questions please contact DVCResearch@unisa.edu.au

Q: What lies in a pram and wobbles
A: A jelly baby

Q: What do they sing at a snowman's birthday party?
A: Freeze a jolly good fellow

Q: What kind of sweet goes swinging through the jungle?
A: Tarzi-pan

STRENGTH DOESN'T COME FROM WHAT YOU CAN DO.
IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU COULDN'T.
...
2017 ATSE National Technology Challenges Dialogue:

The Crisis in Ageing - an event to explore how health technology can help mitigate the rising issues of Australia’s ageing population.

Wednesday 14 June, Brisbane

The 2017 Dialogue: The Crisis in Ageing will be held on 14 June in Brisbane. It will discuss how health technology can help Australia rise to the challenge of adapting to the ageing face of the nation, in order to mitigate issues of rising and shifting healthcare costs and needs. Australian and international experts will address fields including economic and societal impacts, leapfrog technologies, personalised health and prevention. The Crisis in Ageing has been designed to facilitate exchanges between delegates, with the proceedings underpinned by a Dialogue Issues Paper.

More information about the event can be found here: https://goo.gl/VEEhgh

7TH AASA CONFERENCE

The University of Adelaide

ANIMAL INTERSECTIONS

KEYNOTES

Professor James Serpell
Ethics & Animal Welfare, University of Pennsylvania

Associate Professor Annie Perot
Cultural Studies and English, University of Canterbury

Professor Fiona Probyn-Rapsey
Humanities and Social Inquiry, University of Wollongong

Professor Rachel Ankney
History and Philosophy of Science, University of Adelaide

Dr Dinesh Wadiwel
Human Rights, Sociology and Social Policy, University of Sydney

How, where and why animal and human lives intersect, relate and connect

3-5 JUL 2017

Australian Animal Studies Association Biennial Conference

Adelaide 3-5 July 2017

‘Animal Intersections’

There is a growing wave of interest in the human: animal interface across a range of fields including political and democratic theory, human geography, environmentalism, disaster management and perhaps lagging behind somewhat, human wellbeing and health research. It is a very dynamic and cross-disciplinary field and the Australian Animal Studies Association conference, to be held here in Adelaide, July 3-5 2017, will reflect this diversity and dynamism. An art exhibition is attached to the conference so head to the Peanut Gallery, upstairs in Adelaide Arcade to check out some amazing animal related art works.

Monday the 3rd July will include a session focusing on the intersections of health, human wellness and animals if you are pressured for time but really want to join in.
Australian & New Zealand Association for Health Professional Educators 2017 Conference

ANZAHPE 2017 Conference will be held at the Adelaide Convention Centre from Tuesday 11 - Friday 14 July 2017—overlooking the River Torrens and adjacent to the South Australian Health and Biomedical Precinct, the largest health precinct in the southern hemisphere. The precinct is the location of the new Royal Adelaide Hospital, South Australian Health and Medical Research Institute, University of Adelaide Health and Medical Sciences Building and University of South Australia Interprofessional Health Clinic. The theme of the meeting is Transitions. This inclusive theme is open to multiple interpretations. Transitions asks us to consider where we have been, where we are and where we are going in our personal, professional and organisational learning journeys.

The Conference’s mixture of international and local speakers, in-depth educational offerings, and important delegate opportunities for contribution and discussion, make it a “must attend” event for all in the Health Professional Educator’s community.

Early bird registration for the conference closes on 7 April 2017
Presenting the 12th National Allied Health Conference for all Allied Health. This premiere conference will be held at the Sydney International Convention Centre set in the spectacular environs of Darling Harbour in Sydney from the 26th – 29th August 2017.

Allied Health professionals from every service setting: private sector, public health, non-government organisations and government agencies will consider solutions to the challenges posed by major health reforms such as the NDIS, the management of chronic diseases, and the interface between acute and primary care.

The conference will explore the theme Allied Health: Stronger Together and will highlight the place of Allied Health in the health continuum through a number of subthemes including: Responsive Services, Reliable Systems and Resilient Workforce.

- Hear from a range of eminent speakers exploring current and emerging issues shaping the future for Allied Health.
- Attend pre and post conference workshops.
- An exciting opportunity to network with an extensive range of key decision-makers and practitioners.
- Learn about the industry’s products and services from our impressive range of exhibitors.

**KEY DATES:**
- Call for Abstracts
  OPEN NOW – closing 17 March 2017
  http://secure.hotelnetwork.com.au/12thnationalalliedhealthconference/call_for_abstracts
- Mentoring/assistance with abstract preparation available.
- Abstract acceptance 15 April 2017
- Presenter registrations closing 30 June 2017
- Conference registration opens March 2017 closing July 2017

**Registration Fees:**
- 2 day early bird - $650
- 2 day student - $600
- 2 day - $750
- 1 day - $400 ($350 Student)

(Pre and Post workshops fees TBC)

For more information visit:
https://secure.hotelnetwork.com.au/12thnationalalliedhealthconference/home
https://www.facebook.com/alliedhealth2017/
Linkedin – search 12th National Allied Health Conference

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NSW Government
Health
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I-MELT
International conference on
Models of Engaged Learning & Teaching

11-13 December 2017, National Wine Centre, Adelaide
Submission of Short Papers & registration now open at www.i-melt.edu.au

This international conference will use the Models of Engaged Learning and Teaching as conceptual centrepieces, so all presentations will use, adapt, connect or critique one or more of this family of frameworks:

- Research Skill Development (RSD and RSD7) frameworks
- Work Skill Development (WSD) framework
- Clinical Reflection Skills (CRS) framework
- Optimising Problem Solving (OPS) pentagon
- Critical Thinking (CT) pentagon
- Research Mountain (for children)

... and, most importantly, participants' own versions of MELT, adapted to fit their diverse contexts.

Keynote Speakers:
Emeritus Professor Mick Healey (Higher Education Consultant and Researcher, UK)
Professor Jito Vanualailai, (The University of The South Pacific, Fiji)
Associate Professor Sylvia Tiala (The University of Wisconsin Stout, USA)
Professor Phil Levy (The University of Adelaide, Australia)

Information
i-melt
query@i-melt.edu.au
https://i-meltdev.wordpress.com
Conference Committee: John Willson & Said Al-Sarawi
The University of Adelaide; Nayana Parange, University of South Australia; & Lyn Torres, Monash University.
I-MELT is a culmination of Willson’s National Senior Teaching Fellowship, supported by the Australian Government, Department of Education and Training.

Short Papers
1500 to 2000 words
- submissions from 1 May to 1 July, 2017
- draw on one or more of the MELT
- address one or more conference themes:
  - Engaging Students and Enhancing Teaching
  - WIL
  - Curriculum and Assessment Design across programs
  - Research-based teaching
  - Implementation models
  - Transitions across formal education

“...When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

- John Lennon
Exercise & Sports Science Australia (ESSA) is a professional body whose membership comprises: Accredited Exercise Physiologists, Accredited Exercise Scientists and Accredited Sports Scientists

FREE student membership

Although right now ESSA accreditation is not a requirement, by the time you are close to finishing your degree you will be required to be accredited, so why not start working on it now?

Did you know as a member of ESSA you have access to a number of different benefits?

- Make sure you make the most of these! (https://www.essa.org.au)
- Stay up to the minute with the latest industry news sent straight to you
- Discounted registration for professional development opportunities and events exclusive to members
- Industry career and pathway advice from our trained staff
- Access to the online medical Journal - EBSCO
- Online subscription to ESSA’s Activate Magazine
- Discounted textbooks, apparel, equipment, and travel from leading brands.

30% OFF Human Kinetics BOOKS & eBooks
Members also get access to:

The ESSA students Facebook group for exclusive posts from ESSA and an opportunity to network with fellow students from all over Australia

Special student promotions and giveaways from student sponsors such as Human Kinetics

A chance to join the leading industry body in exercise and sport science, and your future Governing body upon graduation!

To be a member now might not seem greatly profitable yet, however the longer you are a member the more information you have access to: Podcasts, newsletters, industry profession development and industry changes and current job offers, to name a few... as well as a way to get an insight within the industry professionals and current research. It also is a fantastic way to stay ahead of your classmates, and up to date with all things relevant to the industry, that you are heading towards.

Human Kinetics have paid for your membership and offer you

30% off ALL Human Kinetic books

It will only take you a few questions to get signed up so what are you waiting for it’s free follow this link:


Or if you would like a discussion with me, my name is Rachel Oakes and I am the student ambassador for ESSA at UniSA for 2017. Please contact me via email oakrm001@mymail.unisa.edu.au.
Mental Health Education

This year UniSA is continuing to focus on wellbeing as a Strategic Safety & Wellbeing Plan priority with a special focus on mental health.

The goal is to raise awareness and understanding of mental illness so that people can be supported in the workplace while they manage their illness. To achieve this we have included a requirement in local WHS action plans for staff that have responsibility for others to undertake one education option this year. We have brought together a selection of different options for education but the ‘Understanding Mental Health Issues in Your People’, a 25-minute online learning module is recommended as an effective way to meet the local action plan requirement.

Click on the link below to register as a new user, do not use your UniSA username and password. Using your UniSA username and password to access the modules could expose the University to account data breaches, as it is an external site.

Understanding Mental Health Issues in Your People

You will see that throughout the module you can print pdf documents to refer to later. Also at the end, you will receive confirmation that you have completed the course which you can retain.

The module refers to the Employee Assistance Program (EAP) at times. Our EAP also provide ‘Manager Assist’ where you can call and speak to a psychologist for advice about specific situations. Phone 1300 277 924.

There are additional development and education options available that support mental health and enhancing individual capabilities; click here for the Mental Health & Wellbeing Toolkit of resources.
Contributions to the HLS Newsletter

Do you have a student or graduate story for us? Interesting fact? Lowdown on a conference or a cool teaching activity? Send us your newsworthy stories to the School of Health Sciences team so we can gloat about our amazing people, our exciting innovations and most importantly all our awesome successes!

Email us today to get your story in our next newsletter
Health.admin@unisa.edu.au

School of Health Sciences
City East Campus
North Terrace, Adelaide
T: +61 8 8302 2425
E: health.admin@unisa.edu.au
W: www.unisa.edu.au/hls

Would you like to receive future copies of our newsletter and updates on our activities? Please join our mailing list by emailing health.admin@unisa.edu.au

UniSA Clinics

Exercise Benefits—Health and Fitness Centre
City East Gymnasium
UniSA City East Campus
Cnr North Tce and Frome Rd
Centenary Building
Level 2 (C2-14)
T: +61 8 8302 1496
E: exercisebenefits@unisa.edu.au

Magill Gymnasium
UniSA Magill Campus
Sports Centre—Enter from Bundey Street
Magill
T: +61 8 8302 2560
E: exercisebenefits@unisa.edu.au

Magill Swimming Pool
UniSA Magill Campus
Sports Centre—Enter from Bundey Street
Magill
T: +61 8 8302 4570
E: magillpool@unisa.edu.au

Mobile Allied Health Clinic
T: +61 8 8302 1068
E: Tim.Brooke-Smith@unisa.edu.au

Magill Allied Health Clinic
UniSA Magill Campus
Enter from Bundey Street
E Building (Room E1-22), Magill
T: +61 8 8302 4013
E: magillhealthclinics@unisa.edu.au

Physiotherapy Clinic
UniSA City East Campus
Cnr North Tce and Frome Rd
Centenary Building
Level 8 (C8-40)
T: +61 8 8302 2541
E: physiotherapy.clinic@unisa.edu.au

UniSA Magill Campus
Enter from Bundey Street
E Building (Room E1-22), Magill
T: +61 8 8302 4013
E: magillhealthclinics@unisa.edu.au

Podiatry Clinic
UniSA City East Campus
Cnr North Tce and Frome Rd
Centenary Building
Ground Floor (Level 3 C3-33)
T: +61 8 8302 2269
E: podiatryclinic@unisa.edu.au

Psychology Clinic
UniSA Magill Campus
Building N
Cnr of St. Bernards Rd and Brougham St
Magill
T: +61 8 8302 4875
E: psychologyclinic@unisa.edu.au