

2009 SPORTS MEDICINE NEW ZEALAND SPECIALIST DAY PROVISIONAL PROGRAMME

THURSDAY, 12 NOVEMBER

SPORTS PHYSICIANS/DOCTORS DAY		SPORTS PHYSIOTHERAPISTS DAY	
South Room		Concert Chamber	
9:30	REGISTRATION		
10:00	Review of areas that are difficult to image - part 1 Dr Jock Anderson	10:00	REGISTRATION - MORNING TEA
10:30	Periodic Health Evaluation (PHE) of elite athletes Prof Martin Schwellnus	10:30	Tendinopathy Update Lecture Craig Purdam
11:15	MORNING TEA		
11:30	Hamstring injury/growth factor use Dr Bruce Hamilton		
12:00	LUNCH	12:00	LUNCH
12:15	SMNZ NATIONAL COUNCIL MEETING	12:15	SMNZ NATIONAL COUNCIL MEETING
1:00	Groin Symposium Dr Chris Hanna and Dr Mark Fulcher	1:00	Assessment and Management (including practical workshop) Craig Purdam
2:15	Managing return to sport after concussion Prof Barry Willer		
3:15	AFTERNOON TEA		
3:30	Exercise, allergies and infections Prof Martin Schwellnus	3:30	AFTERNOON TEA
4:15	Science behind supplements Mr Daniel Healey	4:00	Movement Competency: Developing an athlete from function to fantastic (including practical component) Matt Kritz
5:00	Review of areas that are difficult to image - part 2 Dr Jock Anderson		
5:30	CONFERENCE WELCOME RECEPTION – TRADE EXHIBITION HALL		

NB This programme is subject to change.

Updated 29 October 2009

2009 NEW ZEALAND SPORTS MEDICINE AND SCIENCE CONFERENCE PROVISIONAL PROGRAMME

updated 29 October 2009

FRIDAY, 13 NOVEMBER 2009 - MORNING

8:00	REGISTRATION		
	SPORT AND EXERCISE SCIENCE KEYNOTE Civic Theatre		
8:30	THE DR JIM HAY MEMORIAL LECTURE Behavioural aspects of physical activity, sedentary behaviour and health in youth: Why there isn't a simple answer to a complex issue! Stuart Biddle		
	SPORTS MEDICINE Civic Theatre	MULTIDISCIPLINARY Concert Chamber	SPORT AND EXERCISE SCIENCE Banquet Room
9:30	Post-concussion Syndrome Barry Willer	Fitness, physical activity and mortality Sandra Mandic	Practical applications of mixed linear modeling to competitive performance of individual athletes Will Hopkins
10:00	MORNING TEA		
	SPORTS MEDICINE Civic Theatre	MULTIDISCIPLINARY Concert Chamber	SPORT AND EXERCISE SCIENCE Banquet Room
10:30	FIFA World Cup Medical Issues Martin Schwellnus	PHYSICAL ACTIVITY SYMPOSIUM - Understanding sedentary behaviour in New Zealand adults and children Erica Hinckson, Grant Schofield	Environmental factors affecting career performances of elite track athletes Stephen Hollings
10:45			The calculation and management of training loads in team sport athletes during an Olympic year John Lythe
11:00	Neurodynamics in sport: The importance of peripheral nervous system function in sports performance and rehabilitation Richard Ellis	An exploration of physical activity, sedentary behaviours and body size in Pacific children Melody Oliver	Southern Alps to European Alps - Putting sports nutrition to practice Sara Macdonald
11:15		Promoting physical activity in the home environment: The healthy homework pilot study Scott Duncan	Poster Presentations
11:30	SPORTS MEDICINE NEW ZEALAND ANNUAL GENERAL MEETING (11.30-12.30 pm)	Workplace weightloss - A novel initiative designed by employees for employees Caryn Zinn	
12:00	LUNCH		

FRIDAY, 13 NOVEMBER 2009 - AFTERNOON

	SPORTS MEDICINE KEYNOTE Civic Theatre		
1:00	THE DR MATT MARSHALL LECTURE Exercise associated muscle cramping (EAMC): Causes, diagnosis and management Martin Schwellnus		
	SPORTS MEDICINE Civic Theatre	MULTIDISCIPLINARY Concert Chamber	SPORT AND EXERCISE SCIENCE Banquet Room
2:00	Ethical Issues in Sports Medicine Ron Paterson & Lynley Anderson <i>Presentation by Dr Ron Paterson, Health and Disability Commissioner followed by forum dealing with ethical situations encountered by medical and science professionals, coaches and trainers, in the unique environment of the Sports Academy.</i>	Physical activity and inactivity: Changing the habit of inactivity Stuart Biddle	Role of brain perfusion and oxygenation in exercise-induced improvements in cognition Sam Lucas
2:15			Fitness modulates hypohydration-related cognitive impairment, independently of effects on the marker of blood-brain barrier permeability James Cotter
2:30		Low-carbohydrate diets for reducing obesity and cardiometabolic disease risk Jon Buckley	The effects of intermittent hypoxic exposure on physical performance in trained basketball players Bryan Dobson
2:45			Relationships between salivary hormone concentrations and training performance in Olympic weightlifters Blair Crewther
3:00	AFTERNOON TEA		
	SPORTS MEDICINE Civic Theatre	MULTIDISCIPLINARY Concert Chamber	SPORT AND EXERCISE SCIENCE Banquet Room
3:30	Cycling Injuries Matt Brick	WORKSHOP - Bioelectrical impedance analysis of body composition Jon Buckley	Effects of overload training on physiology, psychology and performance of elite rowers Brett Smith
3:45			Self-paced exercise presents a reduced metabolic challenge compared to matched intensity enforced pace exercise: Use of an RPE clamp in submaximal rowing Patrick Lander
4:00			Trained female cyclists' substrate metabolism is unaffected by cold Evelyn Parr
4:15			The effects of serial vs acute NaHCO ₃ loading in highly trained cyclists Matt Driller
4:30			
4:45	SPORTS CHALLENGE - HOSTED BY SPORTS MEDICINE BAY OF PLENTY (TBC)		

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2009 NEW ZEALAND SPORTS MEDICINE AND SCIENCE CONFERENCE PROVISIONAL PROGRAMME

SATURDAY, 14 NOVEMBER 2009 - MORNING

8:00 REGISTRATION			
SPORTS MEDICINE Civic Theatre		MULTIDISCIPLINARY Concert Chamber	SPORT AND EXERCISE SCIENCE Banquet Room
8:30 KEYNOTE LECTURE Short cuts, potholes and dead-ends: The race against nature in injury management Craig Purdam		The effect of consumption of four drinks on fluid absorption and endurance performance David Rowlands	PHYSICAL CONDITIONING - Tutorial Lecture: Muscle connective tissue interaction: Implications for performance and conditioning John Cronin
8:45		Ingestion of a protein-enriched high-carbohydrate diet during recovery from high-intensity cycling was not clearly beneficial to subsequent performance in trained females Daniel Wadsworth	
9:00		Dietary intakes of rugby union players during pre-season training Kirsty Fairburn	Using the load-velocity relationship for 1RM prediction Nigel Harris
9:15	SPORTS MEDICINE	EXERCISE NUTRITION - Tutorial Lecture: Antioxidants, superfoods and supplements Andrea Braakhuis	Effect of resistance mode on squat and jump kinematics and kinetics Travis McMaster
9:30	Reduction in symptoms of Achilles tendinopathy with autologous blood injection: A randomised controlled trial Jake Pearson		Leg asymmetries during running in football players with previous hamstring injuries John Cronin
9:45	- followed by discussion of interventional tendon treatments	Effects of dietary antioxidants on training and performance in runners Andrea Braakhuis	Prediction of maximal oxygen uptake from submaximal ratings of perceived exertion during treadmill exercise James Faulkner
10:00 MORNING TEA			
SPORTS MEDICINE Civic Theatre		MULTIDISCIPLINARY Concert Chamber	SPORT AND EXERCISE SCIENCE Banquet Room
10:30 KEYNOTE LECTURE Genetic risk factors for soft tissue injuries in sport Martin Schwellnus		MENTAL SKILLS/SPORT PSYCHOLOGY - Tutorial Lecture: Mental Skills/Sport Psych Consulting: A model of effective consulting Ken Hodge	BIOMECHANICS - Netball Symposium: Frequency and type of landing movement among elite netball players during competition Daniel Lavipour
10:45			Leg asymmetries during various direction-based movement tasks performed by netball players Jennifer Hewitt
11:00		Exercise experience influences affective and efficacy outcomes of prescribed and self-selected intensity exercise but does not influence the exercise intensity chosen Elaine Rose	Does successful unanticipated turning ability lead to successful unanticipated straight sprint ability in netballers Peter Maulder
11:15	SPORTS MEDICINE	Exploring the determinants of exercise commitment Glenys Forsyth	Temporal and kinetic analysis of unilateral jumping in the vertical, horizontal and lateral directions Cesar Meylan
11:30	Stress fractures - Myths and Fallacies Bruce Twaddle	An exploration of the motivational strategies used by personal trainers: Are they autonomy supportive? Chris Fowler	The development and use of the Bradshaw real-time biomechanics gymnastics vaulting feedback system for coaches Patria Hume
11:45		Differences in affective responses to prescribed and self-selected exercise intensities in overweight women: The role of autonomy Louise Dewes	Describing sport movement using dynamical systems Philip Fink
12:00		From focus and structure to empowerment and guidance - growing mature and knowledgeable sailors Warrick Sue	
12:15 LUNCH			

SATURDAY, 14 NOVEMBER 2009 - AFTERNOON

SPORTS MEDICINE Civic Theatre	SPORTS MEDICINE South Room	MULTIDISCIPLINARY Concert Chamber	SPORT AND EXERCISE SCIENCE Banquet Room
1:30 MEDICINE Vitamin D and implications for the athlete Bruce Hamilton	PHYSIOTHERAPY Clinical diagnosis of Glenoid Labrum pathology Angela Cadogan	BIOMECHANICS - Tutorial Lecture: The integration of biomechanics and physiotherapy in lower limb injury Patria Hume, Kelly Sheerin, Chris Whatman	
1:45			
2:00	Rowing Injuries Chris Milne	Danish and Norwegian handball: Strengthening and injury prevention strategies Sharon Kearney	Rotation Training – Will it destroy your back? Mark Buckley
2:15	The effects of pianism retraining on pianists with focal dystonia Dale Speedy	The effectiveness of manual therapy in the management of musculoskeletal disorders of the shoulder Gisela Sole	Muscle Symposium - Tutorial Lecture Gene responses to exercise Johann Edge
2:30	Screening and management of female athlete triad characteristics in physically active girls and women Maria Bentley	Lower extremity functional tests - are they reliable and do they predict actual function? Chris Whatman	Exercise induced muscle adaptation: from the lab to the field Johann Edge
2:45	The effectiveness of open vs closed kinetic chain exercises after anterior cruciate ligament reconstruction: A systematic review Duncan Reid		
3:00 AFTERNOON TEA			
SPORTS MEDICINE Civic Theatre		MULTIDISCIPLINARY Concert Chamber	SPORT AND EXERCISE SCIENCE Banquet Room
3:30	Complex knee ligament injuries Bruce Twaddle	CLINICAL EXERCISE - Tutorial Lecture: Optimising client-practitioner engagement to achieve outcomes Brendan Tod	Energy changes in muscle with different loading or nutritional regimes Stephen Stannard
3:45			Substrate utilisation in eccentric exercise induced damaged muscle Stephen Stannard
4:00		Quality of life in patients with intermittent claudication Lynette Hodges	Post-eccentric exercise alcohol use interacts with muscle damage to magnify losses in performance Matt Barnes
4:15 SCIENTIFIC PROGRAMME CLOSE			
7:30 CONFERENCE SUPPER DANCE - Skyline Restaurant			