

**ESSA/SDA 2010: Science & Nutrition in Exercise & Sport
 'From Research to Practice'- Conference Program**

Wednesday 7th of April, 2010

| TIME | WORKSHOP 1 | WORKSHOP 2a | WORKSHOP 3 |
|-----------------|--|---|---|
| 9:00am – 4:00pm | Best practice treatment & rehabilitation for articular cartilage defects in the knee: cartilage regeneration therapies Dr Jay Ebert | ECG Analysis and Interpretation – Basic Assoc. Prof Adam Scott (2 day workshop) | Biomechanical considerations in exercise design for the overweight client Donna McCook |

Thursday 8th of April, 2010

| TIME | WORKSHOP 2 | WORKSHOP 3 | Workshop 2a |
|------------------|--|---|---|
| 9:00am – 4:00pm | Reconditioning of the knee & shoulder in an athlete - methodology & practice Dirk Spits | Exercise & blood pressure Dr James Sharman (10:00am – 3:00pm) | ECG Analysis and Interpretation – Basic Assoc. Prof Adam Scott (2 day workshop) |
| 10:00am – 5:30pm | REGISTRATION | | |
| 4:00pm – 5:00pm | ESSA AGM | | |
| 5:30pm – 6:30pm | KEYNOTE LECTURE Exercise & low back pain Prof. Paul Hodges (UQ) | | |
| 6:30pm – 6:45pm | OFFICIAL OPENING | | |
| 6:45pm – 8:45pm | WELCOME RECEPTION Pavilion Marquee | | |

Friday 9th of April, 2010

| TIME | EXERCISE & SPORTS SCIENCE | SPORTS NUTRITION | CLINICAL & APPLIED PRACTICE |
|----------------------|---|--|---|
| 7:30am – 8:30am | REGISTRATION | | |
| 8:30am – 9:30am | <p>INVITED</p> <p>Sedentary behaviour and cardio-metabolic health Assoc. Prof. David Dunstan (Baker-IDI)</p> | <p>INVITED</p> <p>Advances and challenges in sports skill acquisition Prof. Damian Farrow (VU)</p> | <p>INVITED</p> <p>Understanding chronic fatigue: potential for exercise interventions Prof. Andrew Lloyd (UNSW)</p> |
| 9:30am – 10:30am | <p>INVITED</p> <p>Adults' sedentary behaviour: Determinants, interventions and public-health policy implications Prof. Neville Owen (UQ)</p> | <p>INVITED</p> <p>Nutrition for the Olympic athlete: insights from Beijing Prof. Louise Burke (AIS)</p> | <p>INVITED</p> <p>Clinical guidelines for AEPs working in the compensable system Jason Cameron</p> |
| 10:30am – 11:00am | MORNING TEA | | |
| 11:00am – 1:00pm | POSTER / CASE STUDY SESSION | | |
| 1:00pm – 2:00pm | LUNCH | | |
| 2:00pm – 4:00pm | <p>FEATURED TOPIC</p> <p>Nutritional modulation of exercise training adaptations Prof. Stuart Phillips, Prof. John Hawley & 4 abstracts</p> | | <p>INVITED</p> <p>Ergonomics – workstation assessment Dr. Ev Innes</p> |
| | | | <p>Position Statement Launch Chronic Heart Failure</p> |
| 4:00pm – 4:30pm | AFTERNOON TEA | | |
| 4:30pm – 5:30/6:00pm | <p>INVITED</p> <p>Understanding the determinants of physical activity levels Prof. Tim Olds (UniSA)</p> | <p>SYMPOSIUM</p> <p>Immune function in athletes – probiotics and illness prevention Nick West, Cecilia Shing</p> | <p>INVITED</p> <p>Challenges in expanding exercise interventions to neurological movement disorders Graham Kerr (QUT)</p> |

Saturday 10th of April, 2010

| TIME | EXERCISE & SPORTS SCIENCE | SPORTS NUTRITION | CLINICAL & APPLIED PRACTICE |
|-------------------|---|--|---|
| 8:30am – 9:30am | <p style="text-align: center;">KEYNOTE Factors influencing skeletal muscle protein synthesis Prof. Stuart Phillips (Canada)</p> | | |
| 9:30am – 10:30am | <p style="text-align: center;">COTTON LECTURE Observations on integration and application in exercise and sports science Prof. Bruce Abernethy (HK)</p> | | |
| 10:30am – 10:50am | MORNING TEA | | |
| 10:50am – 12:50pm | <p style="text-align: center;">FEATURED TOPIC Monitoring training adaptations and stress in athletes Dr. Dave Martin (AIS), Dr. Rob Aughey (VU) + 4 abstracts</p> | <p style="text-align: center;">TOM PENROSE AWARDS (2 X 15 MIN)</p> | <p style="text-align: center;">INVITED Exercise and cardiovascular health Prof. Danny Green (UWA)</p> |
| | | | <p style="text-align: center;">INVITED Exercise and cancer Dr Daniel Galvao</p> |
| 12:50pm – 1:40pm | LUNCH | | |
| 1:40pm – 3:40pm | <p style="text-align: center;">Exercise & Sports Science free communications EXERCISE & SPORTS SCIENCE FREE COMMUNICATIONS (8 X 15 min)</p> | | <p style="text-align: center;">FEATURED TOPIC Musculoskeletal rehabilitation: turning research into evidence-based practice 8 x 15 min presentations Chaired by: Dr. Brendan Joss</p> |
| 3:40pm – 4:00pm | AFTERNOON TEA | | |
| 4:00pm – 5:00pm | <p style="text-align: center;">FEATURED TOPIC Antioxidants: friends or foes? Prof. Scott Powers (USA), Assoc. Prof. Jeff Coombes (UQ)</p> | | <p style="text-align: center;">INVITED Managing psychosocial issues: tips for EPs Chad McCormick (Activate Psychology)</p> |
| 7:00pm – 11:00pm | GALA DINNER | | |

Sunday 11th of April, 2010

| TIME | EXERCISE & SPORTS SCIENCE | SPORTS NUTRITION | CLINICAL & APPLIED PRACTICE |
|-------------------|--|---|---|
| 8:30am – 9:30am | <p>KEYNOTE Exercise induced cardioprotection Prof. Scott Powers</p> | | |
| 9:30am – 10:30am | <p>INVITED Research in elite sport settings: lessons from QAS Mr. Jeff Greenhill (QLD)</p> | <p>SYMPOSIUM Oxygen and muscle energetics Dr. Luke Haseler (Griffith)</p> | <p>INVITED Energy gap in obesity: intake or expenditure? Prof. Andrew Hills (QUT)</p> |
| 10:30am – 11:00am | <p>MORNING TEA</p> | | |
| 11:00am – 1:00pm | <p>SYMPOSIUM Heat stress in sport Prof. Frank Marino (CSU) Meg Ross (AIS)</p> | | <p>INVITED Pain management Mr Andrew Claus</p> |
| | <p>INVITED Exercise Physiology: Where to from here? Prof. Rob Robergs (UWS)</p> | | <p>INVITED Report on strains and sprains Sebastian Buccheri</p> |
| 1:00pm | <p>CONFERENCE CLOSE</p> | | |