

**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 1	WORKSHOP 2	WORKSHOP 3	Workshop 2a
9:00am – 4:00pm	A safety net for GP's in managing falls in the elderly	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 Title to be confirmed 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 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>TOM PENROSE AWARDS (2 X 15 MIN)</p>	<p>INVITED Exercise and cardiovascular health Prof. Danny Green (UWA)</p>
			<p>INVITED Exercise and cancer Prof. Rob Newton (ECU)</p>
12:50pm – 1:40pm	LUNCH		
1:40pm – 3:40pm	<p>Exercise & Sports Science free communications EXERCISE & SPORTS SCIENCE FREE COMMUNICATIONS (8 X 15 min)</p>		<p>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>FEATURED TOPIC Antioxidants: friends or foes? Prof. Scott Powers (USA), Assoc. Prof. Jeff Coombes (UQ)</p>		<p>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>		