Exercise safe guidelines for exercise during pregnancy and beyond

15 November 2017

Pregnancy and Exercise... We know that all pregnant women without complications are encouraged to participate in aerobic and strength-conditioning exercises as part of a healthy pregnancy to maintain a good level of fitness.

What does the evidence say? What are the guidelines? What exercises should and should not be prescribed? What Signs and Symptoms must we understand to cease an exercise session during pregnancy? This professional development will provide you with the answers you seek.

The ESSA New South Wales State Chapter Annual General Meeting will follow this professional development

Presented by Mia Kacen MIPH, BSc (Hons), AEP, ESSAM

Mia J Kacen is an accredited exercise physiologist with a passion for health education. Having attained a Bachelor Degree in Health and Exercise Science with honours from the University of New South Wales, Mia then went on to complete a Masters in International Public Health from Sydney University, followed by a working internship at the World Health Organisation In 2011. In 2011 Mia was awarded with Exercise Physiologist of the Year. Mia is recognised as a pioneer and charismatic leader in her industry and is the NSW State Chapter Co-Chair for Exercise & Sports Science Australia.

Combining passion for health and fitness with ambition and intrinsic compassion, Mia has established her own reputable brand through her independent business, ‘Mia’s Health’. ‘Mia’s Health’ is all about connecting people, coordinating networking events for entrepreneurs and health professionals and producing national professional development courses in Australia. Never one to shy away from hard work, Mia is a devoted mother of two gorgeous girls and manages to expand her business all while maintaining the same core principles of health and vitality that she extends to her clients and colleagues.

Registration

ESSA Member $40.00
Non-Member $65.00
ESSA Student Member $25.00
Student Non-Member $35.00

Registration is now available online or via the manual form attached. Places are limited.

Important Information

Target Audience: Accredited Exercise Scientists, Accredited Exercise Physiologists, Accredited Sports Scientists Level 1 and/or Accredited Sports Scientists Level 2 with up to 5 years experience

Location: Sydney, NSW
Date: Wednesday, 15 November 2017
Time: 6:30pm – 8:00pm

Audience Disclaimer: All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice/Standards, and only treat/practice within the same.
Manual Registration Form

Online registration is available at ESSA Professional Development Centre
Once completed, please return to ESSA at education@essa.org.au or fax 07 3318 7666
One form per person

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Title: ____________________ First Name: ____________________ Surname: ____________________ ESSA #: ____________

Address: ____________________________________________________________

City: ____________________ State: ____________ Postcode: ____________

Mobile: ____________________ Email: ____________________

Your dietary requirements, if applicable: __________________________________

Registration:

☑ ESSA Member $40.00
☑ Non-Member $65.00
☑ ESSA Student Member $25.00
☑ Student Non-Member $35.00

Payment Details:

Payment can be made by credit card, by a cheque/money order or direct deposit.

☐ TAX INVOICE

☐ Please forward me a tax invoice for payment

☐ CHEQUE

☐ I have attached a cheque (Made payable to “Exercise & Sports Science Australia”)

☐ CREDIT CARD

I authorise ESSA to debit the following card for the amount of $____________ plus a non-refundable 1.5% merchant fee

☐ Visa Card number: __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ Expiry: __ / __

☐ MasterCard

Name of Cardholder: ________________________________________

Signature: __________________________________________

Terms & Conditions:

Upon registering for any of ESSA’s Professional Development, you automatically agree to the below terms & conditions

Confirmation

You will receive a confirmation via email within 5 working days of your registration and payment being received by ESSA. If you do not receive a confirmation letter, please contact ESSA on 07 3171 3335 or email education@essa.org.au

Registration Fees

All registration fees are listed within the marketing material and registration forms for each professional development.

ESSA Member: Applicable to all current financial ESSA members.

Non-Member: Applicable to anyone, including accredited persons, who are not current financial ESSA members.

ESSA Student Member: Applicable to any ESSA Student Member, or current financial full ESSA member and a full time student (within our scope of practice at university institution). If full member, please complete the manual form and provide a copy of your student ID. Without this information, the member rate will apply.

Student Non-Member: Applicable to any full time students, studying within our scope of practice, at a university institution, who are not members of ESSA. Student ID required.

CPD Points

Full attendance of nominated face to face workshop is required to claim the applicable CPD points. A certificate of attendance will be provided to the delegate at the conclusion of the workshop, either via hard or soft copy.

Audience Disclaimer

All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice, and only treat/practice within the same.
Payment Policy
- All Professional Development must be fully paid before registration is confirmed
- Payment can be made via cheque, direct deposit or credit card (Visa and MasterCard only)
- All payments made via credit card will incur a non-refundable 1.5% merchant fee

Cancellation Policy
If you wish to cancel your registration to any course, written notice must be provided to ESSA at education@essa.org.au. Cancellation fees are below (based on the day of written notification):

- 30 days prior to workshop: Full refund provided
- 29 – 15 days prior to workshop: 25% of your registration fee or $50.00 whichever is greater
- 14 – 0 days prior to workshop: 100% of registration

Substitution Policy
Substitutes/Replacements are welcome for all ESSA professional development, with the exception of Podcasts. A minimum of 3 working days’ notice is required providing full details of substitute attendee. Please forward information to education@essa.org.au

Registration Numbers
All of ESSA's professional development have a strict maximum number. Once this number is reached, no further registrations will be accepted. A waitlist will be offered if this occurs. If insufficient registrations are reached ESSA reserve the right to cancel any course and 100% of your registration fee will be returned. ESSA take no responsibility for any additional costs incurred by the delegate.

Disclaimer
All terms & conditions are applicable for all professional development held and available from 1 January 2017 to 31 December 2017. All details are correct at time of printing and are subject to change at any time without notice.

Contact Information
If you have any queries, please contact, Exercise & Sports Science Australia at 07 3171 3335 or education@essa.org.au

Correct at time of printing: 25 October 2017