

SESNZ

SPORT & EXERCISE SCIENCE

— NEW ZEALAND —

SESNZ Annual Conference: *Changing NZ Perspectives on Active Health and Human Performance* : 28th – 29th October, Avantidrome, Cambridge

Day One: Friday 28 October	
11:30-12:30	Registration
12:30 – 12:40	Welcome – Rich Masters and Matt Driller
12:40 – 13:20	Keynote: Professor Alan (Zig) St Clair Gibson (University of Waikato) <i>Regulation of activity during exercise – maintaining overall control of the two horses called reason and passion is always a challenging and complex business</i>
13:20 – 15:00	Applied Sport Science and High Performance Sport Chair: Jim Cotter (University of Otago)
	1: Mike Hamlin (Invited), Lincoln University, <i>Effect of repeated sprint training under hypoxia on normoxic repeated sprint performance</i>
	2: Stacy Sims (Invited), University of Waikato, <i>Sex differences in hydration, thermoregulation and performance</i>
	3: Daniel Plews (Invited), High Performance Sport NZ, <i>Chasing the 0.2: striving for impact in high performance sport</i>
	4: Joseph McQuillan, University of Waikato, <i>A comparison of two nitrate dosing strategies on high intensity cycling performance in highly-trained cyclists</i>
	5: Tiaki Brett Smith, University of Waikato, <i>A critical exploration of the role of lifters and jumpers in the rugby union lineout</i>
	6: Julia Cassadio, HPSNZ/AUT, <i>Accounts from Rio: Optimising performance support in a challenging environment</i>
15:00 – 15:20	Afternoon Tea / Poster Presentations
15:20 – 17:30	Student Investigator Session #1 Chair: Chris Button (University of Otago)
	7: Wendy O'Brien, Massey University, <i>Exploring the challenges of obtaining objectively measured physical activity data from pre-menopausal women</i>
	8: Dan Archer, Unitec, <i>Standing workstations: Experience, acceptability & effects on occupational sedentary behaviour & metabolic health of office workers</i>
	9: Amanda Calder, University of Otago, <i>The role of affective responses to exercise in making an affective forecast</i>
	10: Tze-Huan Lei, Massey University, <i>Time-trial performance in a dry and humid heat environment: Effect of menstrual phase and contraceptive use</i>
	11: Gareth Sandford, HPSNZ/AUT, <i>Defining the role of the anaerobic speed reserve in middle distance running</i>

	12: Liis Uiga, University of Hong Kong, <i>The role of consciousness in balance performance</i>
	13: Sebastian Sherwood, University of Waikato, <i>Pattern recognition in rugby union</i>
	14: Rebekah Wilson, University of Otago, <i>Physical activity needs of prostate cancer survivors compared to age-matched non-cancer controls</i>
17:30	Wrap-up Day One
19:30 – 20:30	Optional “Have a Go” session on the velodrome
19:30 –	Informal social function in Hamilton – venue TBC

Day Two: Saturday 29 October	
8:30 – 9:15	Keynote: Professor Damian Farrow (Victoria University/Australian Institute of Sport) <i>Using SPORT (Specificity, Progression, Overload, Reversibility, Tedium) to Develop Skill</i>
9:15 – 10:30	Human Performance Psychology Chair: Rich Masters (University of Waikato)
	15: Chris Button, University of Otago, <i>Back to fundamentals: What motor skills underpin physical literacy?</i>
	16: Catherine Capio, University of Waikato, <i>Fundamental movement skills of children with Down Syndrome: the role of balance and working memory</i>
	17: Hamish Crocket, University of Waikato, <i>Diabetes hacking: A prospective study of diabetes patients' DIY technology modifications and innovations</i>
	18: Sarah-Kate Millar, AUT, <i>Go faster stripes do make you go faster</i>
	19: Neha Malhotra, University of Waikato, <i>Embodied cognition in golf putting</i>
10:30 – 11:00	Morning Tea / Poster Presentations
11:00 – 11:30	Student Investigator Session #2 Chair: Sarah-Kate Millar (Auckland University of Technology)
	20: Antony Stadnyk, University of Otago, <i>No clear benefit of muscle heating on hypertrophy and strength gains with resistance training</i>
	21: Cameron Ross, University of Otago/HPSNZ/Snow Sports NZ, <i>Development of an automated athlete tracking system for snowboard slopestyle athletes</i>
	22: Francisco Tavares, University of Waikato/Chiefs Rugby, <i>Effect of training load on acute fatigue and wellness during an in-season non-competitive week in elite rugby athletes</i>
	23: Jamie Douglas, AUT/HPSNZ, <i>The determinants of fast stretch-shortening cycle function during a drop jump in elite NZ track and field athletes</i>
	24: Shannon O'Donnell, University of Waikato, <i>Sleep and stress hormones in training and competition in elite female athletes</i>
	25: Stephen Fenemor, University of Otago, <i>Frequency of exercise and metabolic responses during sitting, exercise and post-exercise periods</i>

	26: Tina van Duijn, University of Waikato, <i>EEG coherence and conscious motor processing in golf putting beginners</i>
	27: Jonathan Hall, Unitec, <i>Improving jump and reach height with osteopathic manual therapy techniques in elite male basketball players</i>
13:00 – 14:00	Lunch / AGM
14:00 -15:30	Exercise Science and Health Chair: Michael Mann (Universal College of Learning)
	28: Jim Cotter (Invited), University of Otago, <i>Combined stressor training and cross tolerance for health and performance</i>
	29: Tanja Allen, Wintec, <i>Assessing the potential for clinical exercise physiology in the Waikato region of New Zealand: A pilot study</i>
	30: Martyn Beaven, University of Waikato, <i>Salivary hormones and sport science applications</i>
	31: Danielle Salmon, University of Otago, <i>A baseline profile of brain health in a semi-professional rugby union team</i>
	32: Travis McMaster, University of Waikato, <i>A comparison of unimodal and bimodal countermovement jump force-time curves</i>
	33: Lacey Barnett, Unitec Institute of Technology, <i>Does osteopathic manual therapy with breathing retraining alter exercise economy, symptoms of dysfunctional breathing, or heart-rate variability?</i>
15:30 – 16:00	Afternoon Tea
16:00 – 18:00	Applied Exercise Science and Injury Rehabilitation Chair: Catherine Elliot (Lincoln University)
	34: Kim Gaffney, Massey University, <i>The effect of milk-protein supplementation and exercise on chronic disease rehabilitation</i>
	35: Sally Lark, Massey University, <i>Time lag between perceived decreased confidence and actual physical function following 16 weeks vibration training in frail elderly</i>
	36: *Shivani Sethi, AUT, <i>Does self-regulated combined high-intensity and sprint interval training confer vasculoprotection?</i>
	37: Kim Hébert-Losier, University of Waikato, <i>Rapid interventions required! Implementation of a user-friendly injury screen in national-level netball players</i>
	38: Robert Moran, Unitec, <i>Can a pre-participation test of movement quality predict injury in sport and exercise? Systematic reviews of reliability and validity of the 'Functional Movement Screen'</i>
	39: Patrick Lander, EIT, <i>A self-paced VO2max test: A review of published and unpublished literature</i>
	40: Catherine Elliot, Lincoln University, <i>Predictors of cardiovascular health improvements in patients at risk of cardiovascular disease: A cross-sectional analysis of Green Prescription</i>
18:00 – 18:10	Wrap-up / Prizegiving for Best Poster and Student Investigator

Poster Presentations

Name:	Affiliation:	Title:
Shannon Adams	University of Otago	Higher cerebral blood flow responses to swimming than to land-based arm or leg exercise
Naomi Andrews	Unitec Institute of Technology	The effects of yoga as an adjunct to home-based exercises on chronic non-specific neck pain and disability
Martyn Beaven	University of Waikato	Real world effects of non-image forming light
Martyn Beaven	University of Waikato	Mental rehearsal impacts hormones and subsequent sport-specific performance
Mark Brogan	University of Newcastle	Quantifying the mean change in repeated stiffness jump performance over the season in professional soccer players
Blair Crewther	Institute of Sport, Warsaw	The direct immunoassay of blood-free testosterone: Is it valid in sport?
Ali Davies	University of Otago	The method of dehydration is relevant when considering the effects of dehydration
Thalia Green	Unitec Institute of Technology	Improving jump and reach height with osteopathic manual therapy techniques in female recreational overhead athletes
Ana Holt	AUT	The acute response and recovery time-course of autonomic and performance parameters following various training intensities in highly-trained rowers
Darryl Jenkins	Unitec Institute of Technology	Novice raters demonstrate acceptable inter-rater and intra-rater reliability of the triple joint flexion test ('TJFT') scores in adolescent field and court athletes
Michael Mann	UCOL	The effectiveness of water immersion techniques post-exercise on recovery from exercise-induced fatigue: A meta-analysis
Travis McMaster	University of Waikato	Relationship between ballistic and isometric force production in elite rugby players
Claire O'Brien	Unitec Institute of Technology	Pilates exercise improves chronic low back pain and patient-specific disability
Shannon O'Donnell	University of Waikato	The validity and reliability of the Gymaware linear position transducer for measuring counter-movement jump performance in elite female athletes.
Leyla Okyay	Unitec Institute of Technology	Predicting clinical outcome following Pilates exercise rehabilitation in people with chronic low back pain
Jayden Pinfold	University of Otago	Descriptive analysis of linear and angular acceleration forces experienced at the head during a simulated front-on rugby union tackle

Vincent Reyland	Unitec Institute of Technology	Poor correlation between three popular functional movement tests in professional rugby players indicates each test addresses a different aspect of movement quality
Shem Rodger	University of Waikato	Evaluation of the Cyclus ergometer and the Stages power meter against the SRM crankset for measurement of power output in cycling
Demelza Scott-Weekly	Unitec Institute of Technology	Improvement in active weight-bearing dorsiflexion and Achilles tendon excursion following soft-tissue percussion: A case series
Francisco Tavares	University of Waikato	The usage and perceived effectiveness of different recovery modalities in amateur and elite rugby athletes
Francisco Tavares	University of Waikato	Differences in strength, power and speed between age groups in elite soccer athletes
Richard Ward	University of Newcastle	Duration of concurrent muscular strength and endurance training in soccer players and effect on performance: A review
Uta Weidemeier	Multidimensional Health and Bodywork	Exercise prescription can be more successful with an adjunct modality: holographic kinetics