

SESNZ

SESNZ Conference, 26th-27th October 2018, Otago Museum, Dunedin

Day One: Friday 26 th October (Hutton Theatre)		
7:45 – 8:45	Registration and refreshments	
8:45-9:00	Welcome	
9:00-10:00	Keynote Speaker: Professor Kathryn Schmitz , Professor of Epidemiology, Penn State University and President of the ACSM.	
10:00-10:25	Morning Tea	
Parallel Sessions	Hutton (Clinical Exercise Physiology)	Barclay (Training load)
10:30	Effects of high intensity interval vs moderate intensity continuous training on fitness and body composition in active breast cancer survivors. <i>Richard Bell</i>	The effects of heavy-sled sprint training on acceleration capabilities in female rugby sevens athletes: A pilot study. <i>Francesco Sella</i>
10:45	Protein, insulin-like growth factor (igf-1) and exercise: a systematic review. <i>Colleen Gulick</i>	An exploration of the term “training density”, what it means, how it’s measured and how it’s applied to rugby union training. <i>Tiaki Brett Smith</i>
11:00	Heat conditioning for health in arterial disease. <i>Ashley Akerman</i>	The effects of morning preconditioning protocols on testosterone, cortisol and afternoon sprint cycling performance. <i>Kerin Mcdonald</i>
11:15	Blood pressure responses to different modes of heating. <i>Holly Campbell</i>	Physical characteristics of NZ Army, Navy and Airforce officer trainees pre and post a 6-week joint officer induction course. <i>David Edgar</i>
11:30- 12:30	Lunch	
12:30-13:30	Keynote Speaker: Professor John Hawley , Professor of Exercise Physiology and Nutrition, Australian Catholic University.	
Parallel Sessions	Hutton (Sports Nutrition)	Barclay (Exercise Physiology)
13.30 – 13.45	Effects of glucose ingestion and exercise on cerebrovascular. Function. <i>Ben Smith</i>	Evaluating the effectiveness of plyometric training plan for improving the serve performance of under 16 male tennis players. <i>M.Komalaraj</i>
13.45 – 14.00	Low energy availability and cardiovascular disease risk in elite female rugby players: an observational study. <i>Sam Christensen</i>	Comparing two landing error scoring system protocols: same but different! <i>Kim Hébert-Losier</i>

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14:15 – 14:30	The effect of a 31-day ketogenic diet on submaximal exercise economy and capacity in trained endurance runners. <i>David Shaw</i>	How are deceptive movements portrayed in badminton? <i>So Hyun Park</i>	
14:30-15:00	Invited Speaker: Dr Keith Tolfrey , Reader in Paediatric Exercise Physiology, Loughborough University, Chair of the British Association of Sport and Exercise Sciences (BASES)		
15:00 – 15:30	Afternoon Tea		
Parallel Sessions	Hutton (Sports Nutrition)	Kakapo (Education)	Barclay (Exercise Physiology)
15:30	Nutrition-related barriers, attitudes and influences towards dietary intake and body composition elite male athletes. <i>A Sharples</i>	Thinking out loud: teachers' facilitation on students' learning in outdoor adventure education. <i>Sheryl Seow</i>	Influence of acute and chronic hypoxia on brain blood flow regulation during thermal stress. <i>Travis Gibbons</i>
15:45	Social media as a nutrition resource for athletes: a cross sectional survey. <i>Bridget Bourke</i>	The study on physical literacy knowledge of physical education teachers in Sabaragamuwa province, Sri Lanka. <i>Sellathurai Jeganenthiran</i>	Cerebrovascular reactivity following maximal resistance exercise. <i>Tom de Hamel</i>
16:00	Reducing upper Respiratory illness in New Zealand team athletes. <i>Vaughan Somerville</i>	Perception of autonomy support from the coaches to southern province athletes in Sri Lanka. <i>Sellathurai Jeganenthiran</i>	Delineation of swimming-related effects on cerebral blood flow velocity. <i>Leena Shoemaker</i>
16:15	Perceptual and physiological responses to differing ergogenic mouth swilling solutions. <i>Russ Best</i>	The role of informal, unstructured practice in developing football expertise: the case of Brazilian 'Pelada'. <i>Luiz Uehara</i>	
16:30	Hepcidin and iron status in elite female rugby players. <i>Simone Smith</i>		
16:45-18:00	POSTER PRESENTATIONS		
18:00-18:30	Updates from our international counterparts ESSA, ACSM, BASES.		
18:30-onwards	MOU Signing and Celebration + Social function at University of Otago Staff Club		

Day Two: Saturday 27 th October (Hutton Theatre)			
08:00-08:30	Refreshments		
08.30-09:30	Keynote Speaker: Dr Shona Halson , Australian Catholic University		
Parallel Sessions	Hutton (Heat stress)	Tekapo (Sport Med/Biomech)	Barclay (Sport psychology)
9:35	Does the mode of heat acclimation affect the kinetics of adaptation? <i>Lorenz Kissling</i>	History of concussion is associated with higher head acceleration during simulated rugby tackle. <i>Melanie Bussey</i>	Effects of sleep deprivation on perceptual-motor performance under low and high threat. <i>Arne Nieuwenhuys</i>
9:50	The impact of solar radiation exposure on professional team-sport training and recovery. <i>Fergus O'Conner</i>	New Zealand Rugby Community Concussion Strategy: 2018 Pilot Study. <i>Janelle Romanchuk</i>	Life skills acquisition and psychological development in elite cricketers: evaluating the effectiveness of a life development intervention. <i>Adam Miles</i>
10:05	Heat response testing in elite rugby sevens athletes: an eye to Tokyo 2020. <i>Stephen Fenemor</i>	The effects of fatigue on the spine motion of cricket fast bowlers. <i>Corey Perrett</i>	Working memory training in a modified Loughborough soccer passing test impacts skill performance in youth football players. <i>Joseph Hall</i>
10:20	Post-training hot water immersion for team-sport athletes: effects on concurrent training load and treadmill running in the heat. <i>Josh Stewart</i>	Identifying shoulder injuries among New Zealand Cricket fast bowlers: a 12-month retrospective injury surveillance. <i>Sibi Walter</i>	Cognitive, emotional, and behavioural factors associated with tapering. <i>Maxwell Stone</i>
10:40-11:10	Morning Tea		
Parallel Sessions	Hutton (Exercise Physiology)	Tekapo (Physical Activity)	Barclay (Motor learning)
11:15	The relationship between physiological and psychophysical function throughout heat acclimation. <i>Jamie Prout</i>	School bag weight as a barrier to active transport to school among New Zealand adolescents. <i>Sandra Mandic</i>	Motor learning by analogy: effects of visual-verbal preference. <i>Tina van Duijn</i>
11:30	Effects of hypohydration and the menstrual cycle on pain perception. <i>Beverley Tan</i>	Understanding rural adolescents' perceptions of walking versus cycling to school. <i>Jessica Calverley</i>	The effect of unilateral hand contractions on cognitive inhibition. <i>Merel Hoskens</i>
11:45	Female CrossFit members experience irregular menstrual cycle. <i>Katie Schofield</i>	The economic role of the accredited/clinical exercise physiologist within the New Zealand allied health field. <i>Amy Pearce</i>	Motor movement recall: analogies are more memorable than explicit rules. <i>Liis Uiga</i>

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12:00-13:30	Lunch (AGM)
13:30-14:00	Invited Speaker: Professor Glenn McConell , Institute for Health and Sport (IHES), Victoria University, Australia.
14:00-14:20	New Strength and Conditioning Accreditation Programme for NZ. <i>Presentation by SESNZ</i>
14:30-15:00	Afternoon Tea
15:00-15:30	Keynote Speaker: Associate Professor Debra Waters , Director of Gerontology Research, University of Otago
15:30-15:45	Chronic cardiovascular effects of whole-body vibration training in the elderly. <i>Sally Lark</i>
15:45-16:00	Promoting safer landing by older adults who fall unexpectedly. <i>Rich Masters</i>
16:00-16:30	Closing