# Programme

SESNZ Conference, 27th-29th November 2019, Massey University, Palmerston North.

| Day One: Wednesday 27th November (Wharerata) |
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| 15:00-  | Registration  |
| 17:00-18:00 | Refreshments (*courtesy of Massey Brewery*)  |
| 18:00-18:15 | Whakatau/Welcome |
| 18:15-19:00 | **Opening Speaker: Professor Emeritus Gary Hermansson,** Massey University. |

| Day Two: Thursday 28th November (Sir Geoffrey Peren) |
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| 7:30-8:30 | Registration and refreshments |
| 8:30-9:00 | Karakia Timatanga/Opening |
| 9:00-10:00 | **Keynote Speaker: David Howman,** Chair of Athletics Integrity Unit (IAAF), Adjunct Professor, Auckland University of Technology |
| 10:00-10:30 | **Morning Tea** |
| Parallel Sessions | Auditorium(Biomechanics – Chairs: Mel Bussey & Ivana Hanzlíková) | 1.02(Physiology – Chairs: Jim Cotter & Lizzie Zheng) | 1.04(Coaching – Chair: Dennis Slade) |
| 10:30 | Do generalized hypermobility and knee hyperextension influence Landing Error Scoring System scores? *Ivana Hanzlíková* | How do menstrual phase and ambient temperature affect exercise-iron status in females? *Huixin (Lizzie) Zheng* | Being Part of The Team: A review of caregiver sideline behaviour interventions.*Patrick Lander*  |
| 10:45 | The effect of a 16-week foot muscle specific intervention program on non-contact anterior cruciate ligament (ACL) and lateral ankle sprain (LAS) injury risk. *Carla van der Merwe* | The effectiveness of self- versus externally-controlled heat strain, and the heterogeneity of self-regulated heat strain, in active heat acclimation. *Jamie Prout* | It’s not all about the numbers: How the Silver Ferns used performance analysis to develop their game during the 2019 NWC. *Hayden Croft* |
| 11:00 | Acute potentiating effects of a weighted club warm-up on golf driving performance and biomechanics. *George Wardell* | The effects of menstrual cycle phase on physical performance in female rugby athletes: A case series study. *Francesco Sella* | Introducing the Certified Footwear Analyst: A multi-sport applied research project. *Codi Ramsey* |
| 11:15 | A head-to-head comparison of scientific versus practical bike fitting methods. *Kim Hébert-Losier* | How complex is complex? RED-S research needs a transdisciplinary approach. *Katie* *Schofield* | Psychological need satisfaction: Athlete insights into the coaching impact within a high performance team.*Warrick Wood* |
| 11:30-12:30 | **Lunch** |
| 12:30-13:30 | **Keynote Speaker: Associate Professor Jason Lee**, National University of Singapore. |
| Parallel Sessions | Auditorium(Tactical Athlete – Chairs: Jason Lee & Edward Ashworth) | 1.02(Psychology – Chairs: Rich Masters & Amanpreet Sidhu) | 1.04(Physiology – Chairs: Carl Paton & Lauren Keaney) |
| 13:30 | Physical performance monitoring of infantry soldiers during a 24 hour tactical resilience exercise in the New Zealand Army. *David Edgar* | The Effect of Neurofeedback Training on Walking Performance Under a Constrained Induced Motor Impairment. *Amanpreet Sidhu*  | The Effect of Swilling Carbohydrate, Menthol or a Combination on 40km Cycling Time Trial in the Heat. *Kerin McDonald* |
| 13:45 | Comparison of Post-Exercise Heat Acclimation Methods in a Military Context. *Edward Ashworth*  | The effect of red and blue background on shot selection in an indoor football penalty-shooting task. *So Hyun Park* | Lifestyle factors as an alternative to immune predictors of upper respiratory tract symptom risk in elite rugby union players. *Lauren Keaney* |
| 14:00 | New Zealand Defence Force (NZDF) - SESNZ Discussion*David Edgar, Peter Franken, Kasey Vissers.* | The effects of working memory fatigue on verbal-analytical engagement in motor planning. *Merel Hoskens* | How hot do muscles get during resistance exercise? *Ben Smith* |
| 14:15 | The role of anxiety on goal shooting performance in elite netball players. *Liis Uiga* | Characterising the thermal effects of aerobic exercise in skeletal muscle. *Thomas* *de Hamel* |
| 14:30-15:00 | **Invited Speaker: Professor Narihiko Kondo,** Kobe University |
| 15:00-15:30 | **Afternoon Tea** |
| Parallel Sessions | Auditorium(High Performance Sport – Chairs: Andy Kilding & Stephen Fenemor) | 1.02(Physical Activity & Health – Chairs: Nancy Rehrer & Philip Shambrook) |
| 15:30 | The future of the HPSNZ Innovation Programme. *Stafford Murray* | Muscle-strengthening exercise for general population health: Is it the “forgotten guideline”? *Wendy O’Brien*  |
| 15:45 | Performance Technique Analysis delivery in the High Performance Environment: WHAT, HOW and WHY? *Justin Evans* | Health Behaviour Survey in a New Zealand Tertiary Institution with a focus on Physical Activity. *Richard Humphrey* |
| 16:00 | Beating the heat in Tokyo - HPSNZ. *Lorenz Kissling*  | High Intensity Interval Training compared with standard care before major abdominal surgery. *Kari Clifford* |
| 16:15 | Characterisation of core temperature response to an international rugby sevens tournament played in hot and humid conditions. *Stephen Fenemor* | Accumulated or continuous exercise for cardiometabolic health. *Philip Shambrook* |
| 16:30-17:30 | **POSTER PRESENTATIONS** |
| 17:30-onwards | **Social function at Distinction Coachman Hotel** |

| Day Three: Friday 29th November (Sir Geoffrey Peren) |
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| 8:00-8:30 | Refreshments |
| 8.30-9:30 | **Keynote Speaker: Distinguished Professor Aaron Coutts*,***University of Technology Sydney. |
| Parallel Sessions | Auditorium(Physiology – Chairs: Michael Mann & Steven Finlayson)  | 1.02(Strength & Conditioning – Chairs: Mark Drury & Koen Wintershoven) |
| 9:30 | Running economy and performance in three different running shoes. *Steven Finlayson* | The reality of small-sided games in rugby union. *Koen Wintershoven* |
| 9:45 | Functional threshold power is an estimate of critical power. *Charles Pugh* | The effect of upper limbs Thera-Band training on the tennis service speed of adolescent tennis players. *Sellathurai Jeganenthiran* |
| 10:00 | The athlete’s vein: Venous adaptations of the lower limb in endurance athletes. *Holly Campbell* | The Strength and Conditioning Coach: Breaking Free From Signature Pedagogies. *Phil Handcock* |
| 10:15 | The potassium-carbohydrate interaction as a potential mechanism of skeletal muscle fatigue during high-intensity exercise. *Simeon Cairns* | Working Conditions of Strength and Conditioning Coaches in New Zealand and the Pacific Islands. *Bennett Jones* |
| 10:30-11:00 | **Morning Tea** |
| Parallel Sessions | Auditorium(Nutrition & Metabolism – Chairs: Andy Foskett & Mathew Mildenhall) | 1.02(Sports Medicine and Rehabilitation – Chairs: Lynette Hodges & Jennifer Treacy) |
| 11:00 | Exercise and the Microbiota: An Update. *Nancy Rehrer* | The Effect of Altitude on Concussion in University (American) Football Players. *Jennifer Treacy* |
| 11:15 | The effect of bicarbonate supplementation on plasma acidosis and peak power during a simulated 4000-m individual pursuit on a bicycle ergometer in elite athletes. *Mathew Mildenhall*  | OUCH: responses to a new model of contusion injury. *Matthew Barnes* |
| 11:30 | Comparison of the effects of different forms of caffeine supplementation on 5-km running performance. *Carl Paton* | Application of the new Samsung S-Patch Electrocardiography Device in an Exercise Based Rehabilitation. *Ellie Rickman* |
| 11:45 | Menthol mouth rinsing does not improve strength or power performance. *Russ Best* | A crossover comparison of four cardiopulmonary exercise testing modalities in severe lower-limb osteoarthritis patients. *B.H. Roxburgh* |
| 12:00-13:00 | **Lunch (AGM)**  |
| 13:00-14.00 | **Keynote Speaker: Dr Andy Cooke,** Bangor University.  |
| 14:00-14:15 | Poroaki/Closing |
| 14:15 | Cerebral blood flow regulation in severe heat stress: Effect of the heat source. *Travis Gibbons* |
| 14:30 | Using inertial measurement units to determine the potential efficacy of a motor analogy for improving landing from self-initiated falls. *Sana Oladi* |
| 14:45 | Float tanks for improving athletic recovery: FAD or feasible? *Matthew Driller* |
| 15:00-15:15 | Awards |