

SESNZ

SPORT & EXERCISE SCIENCE

- NEW ZEALAND -

*Fostering Excellence in Sports and Exercise through
evidence-based practice*



The SESNZ Annual Conference is nearly here:

27th November 2019 Wednesday evening we will be commencing at **5pm** with our opening speaker and a little surprise we have brewed.

29th November 2019 We plan to finish by **3pm** in order for people to start making their way home.

A detailed program is available online now, and attached further in this newsletter.

The conference will be hosted by The School of Sport, Exercise and Nutrition, Massey University and will be held at the Sir Geoffrey Perrin Building on the Manawatū campus, Palmerston North

A shuttle bus is available to pick you up for the conference, please email: T.Mundel@massey.ac.nz

Abstracts - Submissions have been extended and will be accepted until the **8th November 2019**

Registration - If you have not registered yet, then head to www.SESNZ.org.nz

Student \$120, Member \$240, Non-member \$360

The Journal of Sport and Exercise Science

Sport and Exercise Science New Zealand is excited to launch, The Journal of Sport and Exercise Science (ISSN 2703-240X).

The first papers will appear on our new website in the next couple of weeks.

Each of the papers will appear first as a current issue and then they will be catalogued under issue and year.

Abstracts from each annual conference will appear as a special issue in each year. All published research papers will be free to publish, open access and have their own unique DOI.

We have already received a number of articles for review and we will be delighted to receive further articles for publication in 2019 and 2020.

Submission process is all online, please head to

www.SESNZ.org.nz

A note from SESNZ Chair Nick Draper

It has been a busy and exciting time for SESNZ over the past few months with a lot of developments around our website, accreditation and upcoming annual conference.

The SESNZ board has an opening and we would like to encourage anyone who has a background in applied exercise physiology and is interested to apply. SESNZ is proud to have a diverse and inclusive environment as we see it as a genuine source of strength and driving success within our board. We encourage applicants from all backgrounds regardless of gender, religion, age and cultural belief to apply. Please contact myself nick.draper@canterbury.ac.nz to apply.

I look forward to welcoming you at the annual conference at the end of the month.



SESNZ annual conference speakers

GARY HERMANSSON

is one of NZ's top sport psychologists who has worked in the field of Sports Psychology since its emergence in this country 30 years ago and has been active in that field ever since. He is currently contracted to High Performance Sport NZ to work with elite athletes and coaches in a variety of sports, and has written a book entitled 'Going Mental in Sport: Excelling through Mind-Management'. He has had a notable presence in the field of applied sport psychology and he has worked with a wide range of high performance athletes and coaches in a variety of sports as well as with individuals in the performing arts. In his presentation "In the Company of Champions: Pathways in the Wilderness" he will share experiences and insights arising from such involvements and in doing so will look to illuminate emerging pathways in this still relatively nascent field.



JASON LEE

Jason completed his first degree in sport and exercise science and went on to complete his PHD in Exercise Physiology. Jason is a Fellow of the American College of Sports Medicine. He chairs the Thermal Factors Scientific Committee, International Commission on Occupational Health. He is a member of the WHO-WMO Workgroup Report on Climate Change on Workers. His Presentation, "Application of Thermal physiology in a Warming world" will discuss the debilitating effects of heat stress and strategies that have been demonstrated to optimize exercise tolerance in the heat. New attention on this issue has been created by the ongoing climate change, which in large parts of the world has induced more hot days each year and hotter hot days, made worse with urbanization..



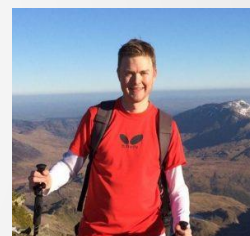
AARON COUTTS

Is the Director of the Human Performance Research Centre at the University of Technology Sydney. For the past 20 years Aaron's research has centered towards developing evidence-based methods for improving performance and health of athletes. Much of Aaron's applied work has focused on developing systems to monitor and control the training process in high performance athletes. Aaron is also the Director of Exercise and Sport Science Australia (ESSA) and a member of the Nike Sport Research Laboratory International Advisory Board. He is an Associate Editor for the International Journal of Sports Physiology and Performance and Science and Medicine in Football. His presentation "Developing Integrated Athlete Monitoring and Decision Support Systems for High Performance Sport", will examine the theoretical basis for athlete monitoring and provide a conceptual framework to inform the development of these systems, he will further examine the fundamental components, the evidence supporting and the effectiveness on assessing injuring risk and/or performance readiness.



ANDY COOKE

Andy is a member of the Institute for the Psychology of Elite Performance at Bangor University. His presentation "Use your brain! Brainwaves predict behaviour, how can they be trained?", will look at measurement of brain activity during motor performance, using electroencephalography (EEG) to determine optimal motor performance. Research adopting this approach has revealed that alpha waves (brainwaves that oscillate at a frequency of 8-12 Hz and are involved with neuronal inhibition) may play a key role. In the first part of this talk I will present EEG alpha data from sport to identify patterns of alpha brainwaves associated with optimal performance. This research sheds light on the mechanisms underpinning motor proficiency. In the second part of this talk, I will present some recent applied work aimed at teaching individuals to recreate the brainwaves that characterize optimal performance at will.



SESNZ annual conference speakers

DAVID HOWMAN

David is a barrister in Wellington.

He is the Chair of the Athletes Integrity Unit, having been re-appointed to that position



by the IAAF Council in September 2019, the Chair of World Squash Ethics Commission, Deputy Chair of the ITF Ethics Commission, and Chair of the ICC Anti-Corruption Oversight Group. David was a member of the Australian Government's Panel reporting on Sport Integrity in 2018, and holds the position of Adjunct Professor at AUT. David was Director General (more corporately named the CEO) of the World Anti Doping Agency (WADA), from August 2003 until July 2016, and was instrumental in the shaping of WADA into a highly respected and unified global organization responsible for regulating and monitoring world sport and world governments. Among many partnerships developed by WADA during this time was one with Interpol cemented by a MOU signed in 2009. His presentation will be on "Where to now for Sport Integrity?".

NARIHIKO KONDO

Narihiko is a Professor in the Graduate School of Human Development and Environment, Kobe University.



He graduated from the Graduate School of Physical Education in Tsukuba University, 1989 with his PhD. He focuses on the integrated control of sweating and skin blood flow during exercise and is interested in the effect of aging, gender, physical training (heat acclimation), and mental stress on both autonomic and behavioural thermoregulation. His presentation "Heat loss responses in athletes" will discuss many types of exercise training for improving sports performance and these various types of training may induce differential adaptations in thermoregulatory responses. For example, sprinters and distance runners exhibit different sweating responses. He will present an integrative control of heat loss responses during exercise and then the effect of different types of exercise training on these responses.

SESNZ would like to acknowledge and thank our sponsors and speakers for contributing to the 2019 annual conference



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SESNZ Annual Conference Draft Program
 SESNZ Conference, 27th-29th November 2019,
 Wharerata & Sir Geoffrey Peren Building, Massey University, Palmerston North

Day One: Wednesday 27th November (Wharerata)

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 (Auditorium)

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 (Session 1)	Breakout Room (Session 2)
11:30-12:30	Lunch	
12:30-13:30	Keynote Speaker: Associate Professor Jason Lee, National University of Singapore.	
Parallel Sessions	Auditorium (Session 3)	Breakout Room (Session 4)
14:30-15:00	Invited Speaker: Professor Narihiko Kondo, Kobe University	
15:00-15:30	Afternoon Tea	
Parallel Sessions	Auditorium (Session 5)	Breakout Room (Session 6)
16:30-17:30	POSTER PRESENTATIONS	
17:30-onwards	Social function at Distinction Coachman Hotel	

Day Three: Friday 29th October (Auditorium)

8:00-8:30	Refreshments	
8.30-9:30	Keynote Speaker: Distinguished Professor Aaron Coutts, University of Technology Sydney.	
Parallel Sessions	Auditorium (Session 7)	Breakout Room (Session 8)
10:30-11:00	Morning Tea	
Parallel Sessions	Auditorium (Session 9)	Breakout Room (Session 10)
12:00-13:00	Lunch (AGM)	
13:00-14.00	Keynote Speaker: Dr Andy Cooke, Bangor University.	
14:45-15:15	Closing	