

SESNZ

SPORT & EXERCISE SCIENCE

- NEW ZEALAND -

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



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Annual Conference

The SESNZ 2019 Annual conference was a great success, with a big thank you to our keynote speakers, our sponsors, Massey University for hosting us and Toby Mündel for organising and running such a fantastic event.

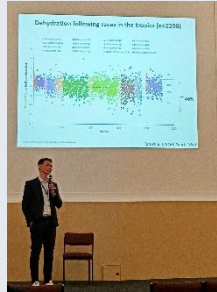


SESNZ Annual Conference Keynote Speakers

A huge thank you again to our keynote speakers, alongside Professor Emeritus Gary Hermansson (pictured above), who brought some inspiring, creative and important messages. Hopefully, it created some thoughts that can expand and push us forward to the next steps of Sport and Exercise Science in New Zealand.



David Howman



Associate Professor
Jason Lee



Professor Narihiko
Kondo



Distinguished
Professor Aaron
Coutts



Dr Andy Cooke

A great start to the conference with **Professor Emeritus Gary Hermansson** opening on Wednesday evening with the evolution of Sport Psychology in New Zealand and the role he has played within this. Starting out with many athletes diverting eyes and avoiding conversations to a big shift towards athletes focussed attention on their mindsets and what Sport Psychology may have to offer.

David Howman opened the conference on the Thursday morning with many eye-opening anecdotes of his times dealing with anti-doping and anti-corruption in sport. He even brought a few props to demonstrate the lengths people go through to fake their urine tests – which he commented get's a few awkward looks when going through security at airports.

Associate Professor Jason Lee discussed the debilitating effects of heat stress and strategies that have been demonstrated to optimize exercise tolerance in the heat. He spoke of his research and his experience as a Commando Officer in the Singapore Armed Forces with some interesting points raised around aerobic fitness being the biggest factor contributing to performance in hot climates.

Professor Narihiko Kondo discussed the key for maintaining exercise in the heat may reside in controlling both core body temperature and systemic blood pressure simultaneously. He went on to discuss his thermoregulation research and how and the type of training creates differing adaptations on thermoregulatory responses.

Distinguished Professor Aaron Coutts opening the conference on Friday morning. He discussed his research on developing systems to monitor and control the training process in high performance athletes. He discussed some of the disparities between coach and athlete and furthermore to researcher. He called for us all to implement the correct protocol with some of the most commonly used testing procedures e.g. RPE scales.

Dr Andy Cooke was the final keynote speaker and discussed his research in psychophysiology. His research included a multi-measured approach looking at the brain, eyes, heart and muscles to find the brain the largest predictor of performance outcome. He went on to discuss how this may be trained and applied to enhance performance with people listening to their neurofeedback to learn to control their performance.

SESNZ fellows: Jim Cotter and Toby Mündel

Thank you again to Jim Cotter and Toby Mündel for their significant contribution to Sport and Exercise Science in New Zealand. Both Jim and Toby have made an extraordinary contribution and were inducted as fellows to Sport and Exercise Science New Zealand.

Jim Cotter and Toby Mündel receiving their fellow pins from Andy Foskett of SESNZ.



Student spot prize winners

Congratulations to Ed Mauder on winning the spot prize for his poster on Stability of heart rate at lactate threshold between temperate and heat stress environments. With a take home message: Endurance athletes embarking on heat stress training camps can use heart rate-based thresholds ascertained in temperate environments to prescribe training under moderate environmental heat stress.



Congratulations to Lauren Keaney for winning the spot prize for her presentation on the lifestyle factors as an alternative to immune predictors of upper respiratory tract symptom risk in elite rugby union players. With a take home message: Household illness monitoring is a novel, cheap and accessible tool that practitioners can use in surrogate of SIgA to identify athletes' illness risk.



A powerful performance from Te Āhi Kāea Kapa haka group at the SESNZ Conference social Function



A note from SESNZ Chair Nick Draper

Kia ora tatou,

While, on a personal level, I was sad to not be able to join everyone at the Conference last week, I was delighted to hear all the stories from the conference and the success of our 2019 annual event. The speakers were 1st class and very well received; Toby, Andy and the Team from Massey University hosted the event wonderfully and no doubt all who attended left with fond memories of the 2019 Conference. Toby and Andy have set the bar high for the Team at the University of Canterbury who will host our 2020 Conference. We look forward to welcoming you to Christchurch for 25th – 27th November 2020.

We are forging ahead with work on accreditations and 2020 will see the first examinations for those taking the AEP accreditation as well as Mel and Andy Kilding from the Board leading work on sport science accreditation. Mark Drury led an excellent and very well received S&C accreditation at the Conference and 2020 will also see the launch of the level 2 S&C accreditation, contact Mark for details on anything to do with S&C.

We continue discussions with ESSA, ACSM, BASES and CSEP in regard to an international alliance which will be launched in April 2020. The alliance is designed to bring together sport and exercise science organisations to help with developing practice and lobbying government. The Journal is growing in volumes and we look forward to receiving further submissions of papers in 2020. Please think of our Journal of Sport and Exercise Science when submitting a paper, we have a short-turnaround process, fast publication with DOI and possibility to submit in a range of referencing styles for review.

The Board of SESNZ thank you for your support for our organisation and hope you have a great summer break. If there is anything SESNZ can do for you or ideas for SESNZ for the future please get in contact.

Best wishes,

Nick

