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Hello from SESNZ

Welcome to 2021!

We hope everyone has had a good break and found some time to relax and unwind after a difficult year last year. SESNZ is looking forward to getting into 2021 with another exciting year ahead. Our goals for this year are to continue improving our service for our members and create more opportunities to foster our community. By building and strengthening our internal, national, and international relationships. As part of our service improvement we will be reviewing our accreditation and professional development guidelines with the aim to make them more cohesive and align with our international partners.

2020 In Review

2020 was a year full of new challenges, as New Zealand and the world adapted to a pandemic. We are lucky to call Aotearoa home and for many of us life returned to the new normal by the second half of the year. While a second lock down in Auckland didn't bode well for our annual conference the team of 5 million pulled through and we were able to hold our annual conference in November. We were delighted to see so many attendees taking the opportunity to network and learn from our country's top Sport Scientists and Coaches.

2020 also provided the perfect time to move our memberships and accreditations online. Thank you to all those that helped with this process.

As a member of an international sport and exercise science alliance SESNZ was happy to welcome the Canadian Society for Exercise Physiology (CSEP) into our global family. The alliance now includes; Sport and Exercise Science New Zealand (SESNZ), Exercise Sport Science Australia (ESSA), The British Association of Sport and Exercise Sciences (BASES), The American College of Sports Medicine (ACSM) and Canadian Society for Exercise Physiology (CSEP).

Locally we were very happy that our application to join Allied Health Aotearoa was accepted. We are excited to work with them to promote the recognition of work by allied health professionals in New Zealand.

SESNZ has also welcomed two new board members:

Stafford Murray from High Performance Sport New Zealand

Stacey Pine an accredited Exercise Physiologist

They are great additions to the team and are excited to help us grow in 2021.

Key Dates in 2021

The Exercise and Sport Science Australia's (ESSA's) Research To Practice — May 2021

The Tokyo Summer Olympic Games — July 2021

The Tokyo Summer Paralympics — August 2021

Sport and Exercise Science New Zealand (SESNZ) Annual Conference — November 2021

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2020 Conference Review

SESNZ would like to thank everyone that participated through presentations and attendance!

Throughout the conference we had many interesting presentations that showcased the breadth of research, development, and practice of sport and exercise science in Aotearoa. Alongside researchers and students presenting their work, we had a number of practical strength and conditioning, Olympic weightlifting, and New Zealand Defense Force tactical sessions — keeping this year's conference an amalgamation of the facets sport and exercise science has to offer.

We kicked things off on Wednesday evening with keynote speakers: Scott 'Razor' Robertson and Simon Thomas. The head coach and the strength and conditioning coach of the BNZ Crusaders opened up about their experiences with the art and science of coaching.

Opening Thursday morning, keynote speaker: Professor Thor Besier discussed the current and future prospects for wearing sensors in biomechanics. With invited speaker: Stephen Hotter going on to discuss the tactics and strategy for the Silver Ferns gold medal journey to the netball world cup 2019. Invited Speaker: Simon Jones went on to provide insights into the Japan rugby preparation for rugby world cup. Finishing the day we had keynote speaker: Professor Patria Hume who discussed the research surrounding sports originated brain injuries (SOBI).

Following the days presentations, we had a very successful social enjoying Christchurch's new city centre, at the Keizer Brew Garden in the new Terrace district.

Opening Friday morning we had keynote speaker: Professor Jim Cotter, who provided us with a very thought-provoking discussion on exercise fit for the environment, and how we can and will need to adapt with climate change. Professor Patria Hume then chaired a thought provoking SOBI Symposium with a range of guest speakers; Mel Bussey, Joshua McGeown, Nick Draper, and Ken Quarrie. Who presented their SOBI related research and discussed the question 'Should contact sports be limited for children under 12 years old to reduce sport originated brain injury?'

Our closing keynote speaker of the conference was SESNZ board member: Professor Rich Masters, discussing recruiting the cognitive unconscious for better performance in sport. Leaving us inspired to harness some of the wisdom, experience and insights from the conference as we return to our practice, coaching and research.

We recorded these keynote sessions and we are looking to have this as online development within this first quarter of 2021.

Full abstract booklet here: <https://sesnz.org.nz/wp-content/uploads/2020/11/SESNZ-2020-Booklet-V4.pdf>

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Presentations



Social Event : Keizer Brew Garden



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Meet the Board Member



Name: Stacey Pine

Professional Title: Exercise Physiologist

Associations: SESNZ, ESSAM

Current Projects: Opening an Exercise Physiology based business during very long school holidays

Q&A/ Blurb / About them

Stacey worked as an Accredited Exercise Physiologist in Australia for 12 years before moving to the South Island at the end of 2019. Her experience is primarily in musculoskeletal rehabilitation, and her specialties are working with chronic pain, autoimmune conditions, pre and post orthopaedic procedures, and exercise for women's health. Stacey has delivered Professional Development for ESSA over the past few years in Pregnancy and Postpartum Exercise Programming and teaching Reformer Pilates to Exercise Professionals, and recently started a business in Oamaru offering Exercise Physiology and Pilates Services to private clients.

On January 1st of this year, Stacey received the keys to a 200 square meter heritage building in Oamaru and has been working hard to open her new business "Movement Hub". The Hub incorporates Exercise Physiology services, a small Pilates studio, space for group classes as well as a massage therapist and nutritionist. Stacey is happy to report that business is booming and her Exercise Physiology services are already 90% full with private clients. Stacey is passionate about building the community and professional development opportunities for AEPs in New Zealand, and believes the time is right to grow our profession as the clients are out there waiting for us!

Would you be interested in attending a zoom meeting about "Building an Exercise Physiology Business in NZ?" With two CPD points up for grabs, join in on a chat where Stacey shares more details of her successes and hard lessons learned, and we open the floor for group discussion and questions to find out more about how AEP businesses are running, where the clients are coming from, and how we can grow together.

This will be held on Wednesday the 24th 12:30pm for more information please contact natmanager@sesnz.org.nz

Member Highlight

Sport and Exercise Science New Zealand would like to highlight the two student members who earned Best Oral Presentation and Best Poster Presentation at the 2020 conference.

Congratulations to:

Oral: Danyon Stitt

University of Canterbury

Title:

Laboratory Validation of Instrumented Mouthguard for Head Impact Measurement in Sport



Poster: Carolina Burnay

Edith Cowan University

University of Otago

Title:

Infants' avoidance of drowning: the effect of locomotor experience and type of accessway to bodies of water



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Member Questionnaire

- ◆ What do you hope to gain as a member of SESNZ?
- ◆ What type of professional or network development would you like to see from us?
- ◆ Do you have any job, mentorship, or internship opportunities available for other SESNZ members?
- ◆ How often would you like to hear from us?
- ◆ Is there anything you are hoping to see or see again at the 2021 conference?

Please copy and paste the questions with your answers and email us at

natmanager@sesnz.org.nz

Professional Development

SESNZ

SESNZ board member Stacey Pine will be holding a zoom conference on “developing a business for emerging exercise physiologists”. If you are interested, please contact natmanager@sesnz.org.nz for your zoom link.

ESSA

ESSA's Research to Practice conference will be held from the 6th—8th May 2021. This will be a virtual conference and SESNZ members are eligible for members prices.

<https://www.researchtopractice2021.com.au/>

BASES

BASES have announced the launch of a bespoke suite of Mental Health in Sport & Exercise Units including resources and videos, which are now available to purchase.

https://www.bases.org.uk/sspage-resources-bases_mental_health_unit_trailers-bases_mental_health_unit_registration.html



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