

be active '09 Conference Program - Wednesday 14 October

Time	Great Hall 1	M1	M2	P1	P2	P3	P4
0900 - 1030 Earlier workshops are strictly by registration only and numbers are limited.	Workshop: James Dollman, Dylan Cliff and Elisabeth Winkler <i>"Using accelerometers and pedometers to measure physical activity in children and adults"</i>	Workshop: Sara Brentnall and Philippa Frances <i>"Beyond Textbook Recovery: Exploding the Myths of Chronic Pain"</i>	Workshop: Maree Farnsworth <i>"Nordic walking: global trend set to make an impact on Australia's health and fitness"</i>	Workshop: Gary Moorhead and Amanda Wilson <i>"Talking to and using the media"</i>	Workshop: Trish Wisbey-Roth <i>"Assessment of cycling biomechanics to optimise performance and minimize injury"</i>	(0730 - 1030) Workshop: Sandi Hayes and Rosa Spence <i>"Exercise prescription following a diagnosis of cancer"</i>	(0730 - 1500) Session 1 (0730 - 1100) Workshop: <i>"Sports medicine emergency care course"</i>
1030 - 1100	Morning tea (Mezzanine Foyer) Please note the conference commences at 10:30am with Morning Tea. (The reason for the change this year is to allow delegates to fly to Brisbane on the Wednesday morning if necessary).						
1100 - 1230	Keynote: Steve Harridge <i>"Blood sweat and satellite cells. Adaptability of the aged muscle to overload"</i>	Workshop: Thomas McKenzie <i>"Seeing is Believing: Using Systematic Observation to Assess Physical Activity and its Contexts"</i>	(1100 - 1145) Invited: Lyle Micheli <i>"ACL Complex Injuries in Young Athletes"</i> (1145 - 1230) Free papers: Clinical 1 - back / lower limb	Symposium: Physical activity policy and research (the "challenge of research translation") (Adrian Bauman, Bill Bellew and Jeff Allen) <i>Queensland Government supported session</i>	Symposium: Risk management of natural and synthetic surfaces in sport Invited: Paul Fleming <i>"Engineering the behaviour of sport surfaces"</i> Invited: Rick Aylett <i>"Sport participation and the drought: A case for synthetic turf grounds in the community"</i>	Symposium: Physical activity and sustainability – same destination, different pathways (Monica Richter, Billie Giles-Corti, Matthew Burke and Rosemarie Spiedel) <i>Queensland Government supported session</i>	Session 2 (1145 - 1300) Workshop: <i>"Sports medicine emergency care course"</i>
1230 - 1330	Lunch (Mezzanine Foyer)						
1330 - 1500	Keynote: Marc Hamilton <i>"Inactivity physiology: a new paradigm for exercise science"</i>	Free papers: Exercise and sport science 1	Free papers: Clinical 2 - shoulder	Symposium: Practice what you preach - healthy lifestyles for clinicians (Richard Patterson, Jonathan Chan Alan McCubbin and Stephanie Clemmet)	Invited: Carolyn Emery <i>"The effectiveness of neuromuscular training in the prevention of injuries in youth: Do we have enough evidence? Where do we go from here?"</i> Invited: Evert Verhagen <i>"Injury prevention in youth; are we up for the task?"</i> and free papers: Sports injury in children		Session 3 (1330 - 1500) Workshop: <i>"Sports medicine emergency care course"</i>
1500 - 1530	Afternoon tea (Mezzanine Foyer)						
1530 - 1700	Keynote: Lyle Micheli <i>"Back injuries in young athletes"</i>	Symposium: Sedentary behaviour across the lifespan: opportunities for intervention	Free papers: Physical activity social marketing and advocacy	Free papers: Exercise and sport science nutrition	Free papers: Water safety	Free papers: Physical activity, exercise and mental health	Symposium: Wearable technologies for performance assessment
1700 - 1715	Change over						
1715 - 1845	Official opening ceremony						
	Plenary keynote session Mark Fenton, Lorimer Moseley and Willem van Mechelen <i>Queensland Government supported session</i>						
1845 - 1900	Change over						
1900 - 2030	Welcome reception and trade exhibition opening (Exhibition Hall 1) (ticketed event)						

be active '09 Conference Program - Thursday 15 October

Time	Great Hall 1	Great Hall 2	M1	M2	P1	P2	P3
0730 - 0830 (0730 - 0815 Heart Foundation walking program)	Workshop: Michael Kenihan <i>"How to set up a Private practice"</i>	Workshop: Liu Xin <i>"Tai Chi, Qigong and Health - for allied health practitioners"</i> by invitation only	Workshop: George Murrell <i>"Examination of the shoulder. Whats new, what works and what does not."</i>	Workshop: Trish Wisbey-Roth <i>"Retraining graded and functional control of the Hip region to optimise dynamic activity"</i>	Workshop: Stephanie Hanrahan <i>"Dealing with different cultures"</i>	Workshop: Mark Brown <i>"CPR certification"</i>	Workshop: Shane Brun <i>"The appropriate use of analgesia - guidelines for clinicians"</i>
0830 - 0900	Change over						
0900 - 1030	Free papers: Clinical 3 - injury	Keynote: Mark Fenton <i>"Getting sticky: the challenge of creating community physical activity interventions that stick"</i>	Free papers: Clinical exercise physiology	Free papers: Exercise and sport science 2	Invited: Michael Lloyd <i>"The knee bone's connected to the head bone - the role of sport psychology within a multidisciplinary sports medicine practice."</i>	SMA QLD sports trainer conference	Invited: Simon Gianotti <i>"Why having a national sport injury reporting system just isn't enough"</i> and free papers: Sport audit systems
1030 - 1100	Morning tea (Exhibition Hall 1) (Trade exhibition) Workshop: Lisa Briggs and Karin Peters <i>"Ultrasounding tennis elbow"</i> (Trade Booth 5 and 6)						
1100 - 1230	Keynote: Lorimer Moseley <i>"Pain. Do you get it?"</i>	Free papers: Environments and physical activity	Free papers: Trends and prevalence in physical activity	Free papers: Exercise and sport science 3	Symposium: How important is motor skill proficiency to physical activity participation?	Workshop: Greg Shaw and Bethanie Allanson <i>"Supplementation 2010 and beyond?"</i>	
1230 - 1330	Lunch (Exhibition Hall 1) (Trade exhibition) Workshop: George Murrell and Lisa Briggs <i>"Diagnosis of shoulder pathology"</i> (Trade Booth 5 and 6)						
1330 - 1500	Keynote: Mark Tarnopolsky <i>"Sex differences in exercise metabolism and nutritional implications."</i>	Free papers: Physical activity policy and planning	Free papers: Physical activity measurement	Free papers: Clinical 4 - tendon	Invited: Karl Landorf <i>"Do foot orthoses prevent injury? A systematic review"</i> Peter Milburn <i>"3D Photogrammetric analysis of the load-bearing foot"</i> Karl Landorf <i>"How do foot orthoses work?"</i>	Free papers: Physical activity in children and adolescents	Free papers: Sports injury
1500 - 1530	Afternoon tea (Exhibition Hall 1) (Trade exhibition) Workshop: Gavan White <i>"Ultrasound in a general sports practice"</i> (Trade Booth 5 and 6)						
1530 - 1630	Refshaug Lecture: Caroline Finch <i>"Sports injury prevention - no longer lost in translation"</i>		Free papers: Physical activity in sports settings	Free papers: Qualitative work in physical activity		Free papers: Indigenous physical activity	
1630 - 1800	Poster session (Exhibition Hall 1) (Trade exhibition)						
1900 - Late	Brisbane River Dinner Cruise (Kookaburra River Queen) (ticketed event - not included in registration)						

be active '09 Conference Program - Friday 16 October

Time	Great Hall 1	Great Hall 2	M1	M2	P1	P2	P3
0730 - 0830 (0730 - 0815 Heart Foundation walking program)	Workshop: Gregory Kolt <i>"Getting your work published"</i> <i>An initiative of the Journal of Science and Medicine in Sport</i>	Workshop: Gary Slater and Alisa Nana <i>"New technologies in body composition assessment"</i>	Workshop: Jill Cook <i>"Tips to treat tendons"</i>	Workshop: Trish Wisbey-Roth <i>"Designing a spinal stability program to break the recurrent pain cycle"</i>	Workshop: Jeff Conn and Maddy Martin <i>"The sporting wrist"</i>	Workshop: Mark Brown <i>"CPR certification"</i>	Workshop: Mark Andersen <i>"Working with difficult patients and clients: why do things go pear-shaped in service delivery?"</i>
0830 - 0900	Change over						
0900 - 1030	Keynote: Willem van Mechelen <i>"Sports injury prevention: the proof of the pudding is in the eating."</i>	Invited: Mark Tarnopolsky <i>"Exercise and ageing - benefits of different types of exercise"</i> and free papers: Older people	Free papers: Clinical 5 - knee / lower limb	Workshop: Shaun O'Leary <i>"Exercise for healthy necks"</i>	Symposium: Physical activity in early childhood: characteristics, influences and interventions	Symposium: Eat well be active: a state-local strategic government initiative analysis	Free papers: Sports psychology
1030 - 1100	Morning tea (Exhibition Hall 1) (Trade exhibition) Workshop: Lisa Briggs <i>"Ultrasounding foot and ankle"</i> (Trade Booth 5 and 6)						
1100 - 1230	CCRE in cardiovascular and metabolic disease Invited: Tom Marwick <i>"Cardiac imaging for determining the effectiveness of exercise therapy"</i> and Jeff Coombes <i>"Optimising exercise training in chronic disease"</i>	CCRE in spinal pain, injury and health Invited: Henry Tsao <i>"Low back pain - why generic interventions won't work"</i> and free papers: Healthy spine	Workshop: Leo Pinczewski <i>"Clinical Examination and Management of Common Knee Disorders"</i>	Invited: Simon Gianotti <i>"Why injury prevention has to be more than just ice packs and first aid kits"</i> and free papers: Sports safety / injury prevention	Free papers: Sedentary children	Free papers: Physical activity interventions	Free papers: Exercise and sport science 4
1230 - 1330	Lunch (Exhibition Hall 1) (Trade exhibition) Workshop: Lisa Briggs and Jeni Saunders <i>"Sclerotherapy for tendinopathy"</i> (Trade Booth 5 and 6)						
1330 - 1500	Keynote: Chris Rissel <i>"More people cycling - personal and policy paths forward."</i>	ACSP, SPA and SDrA session: Invited: Henry Tsao <i>"Unravelling the mechanisms underlying motor exercise for low back pain"</i> (Lorimer Moseley, Trish Wisbey-Roth and Bruce Mitchell)	AAPSM Session: Spots shoe science (Paul Fleet, Simon Bartold and Peter Milburn) <i>Asics supported session</i>	SDA session: Ultra endurance / adventure sports case studies (Mark Tarnopolsky, Greg Cox, Kristen Mackenzie and Steven Gurr) <i>Sustagen supported session</i>	AAESS session: Round table discussion on the future of exercise science (Steve Selig)		COSP session: Postgraduate training in sport psychology: Challenges and future directions
1500 - 1530	Afternoon tea (Exhibition Hall 1) (Trade exhibition closes) Workshop: Karin Peters and Lisa Briggs <i>"Shoulder injection techniques"</i> (Trade Booth 5 and 6)						
1530 - 1700	Free papers: Active transport and families	ACSP, SPA and SDrA session: Invited: Lyle Micheli <i>"Exertional Compartment Syndrome in Athletes"</i> 3x3 presentations 1700 - 1730 SDrA AGM	AAPSM session: Eisuke Hiruma <i>"Effects of semi-customized orthotics on static and dynamic postural control"</i> 3x3 presentations and case history 1630 - 1700 AAPSM AGM	SDA session: Does nutrition help or hinder training adaptation? The case for and against. <i>Sustagen supported session</i> 1700 SDA AGM	AAESS session: Special General Meeting	Free papers: Sedentary adults	COSP session: 3x3 presentations 1615 - 1700 COSP AGM
1900 - Late	Discipline group dinners						

be active '09 Conference Program - Saturday 17 October

Time	Great Hall 1	Great Hall 2	M1	M2	P1	P2
0730 - 0830 (0730 - 0815 Heart Foundation walking program)	Workshop: Kerry Mummery <i>"Improving your conference presentation skills"</i>	Workshop: David Bolzonello <i>"Examination of the Hip and Groin"</i>	Workshop: George Murrell and Lisa Briggs <i>"Ultrasound evaluation of the shoulder"</i>	Workshop: Paul Fleet and Allan Boys <i>"Podiatric screening of active feet for sports doctors"</i>	Workshop: Jill Cook <i>"Tips to treat tendons"</i>	Workshop: Mark Brown <i>"CPR certification"</i>
0830 - 0900	Change over					
0900 - 1030	Symposium: Sporting injury concerns: a world view (Carolyn Emery, Paul Fleming, Evert Verhagen and Caroline Finch) <i>Queensland Government supported session</i>	Invited: David Dunstan <i>"Physical activity in the management of type 2 diabetes – the evidence and the challenges that remain"</i> and free papers: Diabetes	Invited: Karl Landorf <i>"What do we really know about plantar heel pain / plantar fasciitis?"</i> and free papers: Clinical 6 - feet	Workshop: Jo Mirtschin, Liz Broad, Fiona Pelly and Michelle Cort <i>"Food Provision for Athletes"</i>	Launch: Physical activity issue of the <i>Journal of Science and Medicine in Sport</i> and Invited: Thomas McKenzie <i>"The role of physical education in physical activity promotion"</i>	Symposium: Drugs in sport: informing athlete support personnel
1030 - 1100	Morning tea (Mezzanine Foyer)					
1100 - 1230	Symposium: Paediatric sports medicine Invited: Carolyn Broderick <i>"Epiphyses and apophyses – creating problems in active children"</i> Invited: Loretta O'Sullivan <i>"The adolescent knee: how is it different from that of children and adults - a sports physiotherapy perspective."</i> <i>Queensland Government supported session</i>	Free papers: Physical activity in workplaces	Symposium: The design and conduct of large-scale prospective injury prevention trials – lessons from the PAFIX randomised controlled trial	Free papers: Physical activity and exercise in primary care	Free papers: Correlates of physical activity in children and adults	Workshop: Michael Lloyd <i>"Working effectively within a multidisciplinary sports medicine framework"</i>
1230 - 1330	Lunch (Mezzanine Foyer)					
1330 - 1530	The Great Debates: <i>"Pain is there for a reason"</i> <i>"Exercise is medicine"</i>					
1530 - 1600	Afternoon tea (Mezzanine Foyer)					
1600 - 1700	"Best of the Best" Best paper winners re-present to determine Asics Medal winner for Best Conference Paper					
1700 - 1730	SMA AGM					
1900 - Late	Queensland Government Be Active Conference dinner (Plaza Ballroom) Theme: Black and White Masked Ball (ticketed event)					