HMS student selected for Junior Australian rowing team

The School of Human Movement Studies student Tom McGaughy travelled to Lithuania in August to represent Australia in the Junior World Rowing Championships.

The Exercise and Sports Sciences student has been selected for the Australian Junior Men’s Coxed Four along with four other Brisbane-based junior rowers.

Mr McGaughy said his rowing ambition began in Grade 8 when he was involved in a try-it-in-your-room program as part of his HPE curriculum.

“I completely dropped rugby to focus on rowing when I realised it was something I was good at,” Mr McGaughy said.

“I was selected in the school’s open first crew two years in a row.”

Winning gold seven times at national and international events, McGaughy became involved in a rowing development program called PASTOSS, run by Rowing Queensland, after he graduated from high school.

McGaughy juggles his full-time study with rigorous training 15 times a week.

“Studying exercise and sport sciences is a really good fit for me as it conforms nicely with what we are doing in training and really develops my understanding of the sport at a greater degree,” he said.

“Eventually I would like to work in coaching and studying this degree allows me to potentially achieve that or work alongside some great sporting teams in the role of a sports scientist.”

The team are looking for sponsors to assist with the costs of travelling overseas to compete. Rowing Queensland provides some funds, however, the bulk of the cost is left to the athletes.

Potential sponsors should contact Brendan McNulty, Head of Sport on (07) 3334 6776 or b.mcnulty@uq.edu.au.

Bursts of exercise a health boost

Short bursts of high-intensity exercise could be a one-stop solution for many health problems.

Researchers from the School of Human Movement Studies are working to identify the best way to simultaneously combat problems with weight, blood pressure, cholesterol and blood sugar. They are also seeking participants to help with their study.

Professor Jeff Coombes said exercise was a proven way to manage health problems, and high-intensity interval training had emerged as a very promising option to provide extra health benefits.

“High-intensity interval training involves alternating short periods of intense exercise with less intense exercise in the same session.

“This style of exercise could provide better health benefits than doing sessions of continuous moderate-intensity exercise,” Prof. Coombes said.

“Scientists have been working to develop a type of exercise that requires a few sessions each week, but still provides large health benefits.

“We need to understand people’s responses to this type of exercise and if the training schedule can be maintained over time.”

HMS Alumnus of the Year and Young Alumnus of the year awards

The School of Human Movement Studies is calling for nominations for its “HMS Alumnus of the Year” and “HMS Young Alumnus of the Year” for 2013.

The awards recognise significant contributions of UQ Human Movement Studies graduates to their profession, industry and community.

The awards are open to all eligible graduates from the School of Human Movement Studies.

Nominations are to be made on the application form available from the HMS website http://www.hms.uq.edu.au/community-services/ alumni-network/hms-alumnus-of-the-year-awards/ and close by 5pm (Brisbane Time) on Tuesday, 15 October 2013.

Participating in this study will involve supervised exercise training twice weekly for 16 weeks at UQ’s Fit Life campus (parking provided).

For more information, please email exercisestudy@uq.edu.au or phone (07) 3334 6776.

PhD student recognised at international level

The School of Human Movement Studies PhD candidate Kate Bolam has won an impressive award at the European College of Sport Science congress in Barcelona, Spain.

Ms Bolam tied for fourth place in the category ‘Best mini oral presentation by a young investigator’.

With over 3000 delegates at the conference and 538 applicants for the Young Investigator Award, to be placed so highly is a huge achievement.

Ms Bolam’s presentation was titled ‘Can the BPAQ predict bone mineral density in middle-aged and older men?’ and the purpose of the study was to evaluate the ability of the Bone-specific Physical Activity Questionnaire (BPAQ) to predict bone mineral density in healthy, middle-aged and older men, and men with prostate cancer undergoing androgen suppression therapy, which has well established negative effects on bone mineral density.

Ms Bolam was the recipient of 300 euros in prize money.

HMS Newsletter

www.hms.uq.edu.au

Australian Paralympic movement set to harness the power of social media with Wikimedia Australia

Using social media to tell the history of the Paralympic movement in Australia is the focus of a new research project titled ‘Creating Histories of the Australian Paralympic Movement: A New Relationship between Researchers and the Community’.

The project has been awarded funding under the prestigious Australian Research Council (ARC) Linkage Projects scheme and is a collaboration between HMS, the Australian Paralympic Committee (APC) and Wikimedia Australia.

Combining the expertise and knowledge of these three organisations, the project will create a new relationship between historical research, disability sport and the Australian community, while exploring and analysing the historical development of sport for people with disabilities in the Australian context.

Associate Professor Murray Phillips says the massive development of disability sport over the past 60 years has helped to change perceptions about disability.

“The significance of the Paralympic movement in terms of its power to change public perceptions and attitudes towards disability, to influence public policy and to empower people with a disability as full participants in society cannot be underestimated,” Assoc. Prof. Phillips said.

“We are faced with the challenge of researching the history of this movement in all of its cultural, social, technical and political complexities, and exploring its potent symbolism.”

“Wikimedia Australia, with its volunteer community, has the reach and incredible popularity, is a perfect vehicle to help create a new relationship and tell the story of the Australian Paralympic movement.”

Jason Helwig, the CEO of the Australian Paralympic Committee, agrees, stating Paralympic sport had a significant social and cultural impact in Australia.

“Working with the UQ and Wikimedia Australia to capture Australia’s Paralympic history is important not only for the Paralympic movement but for the whole of Australia,” he said.

“It's important for us that the athletless of tomorrow understand and respect those who have come before them and how the movement has evolved over time.”

The project will have three interconnected outcomes: the first will be the research and writing of the narrative for the hard-copy book, the second will be the development of the e-History and the third will be the creation and development of freely licenced content on Wikipedia and other Wikimedia projects.

Broccoli boosts battle against type 2 diabetes

Christine Houghton, scientific officer Gary Wilson and supervisors Professor Jeff Coombes and Professor Robert Fassett will conduct clinical trials with the aim of developing an intervention for the disease.

“I hope the results will show a significant decrease in signs of type 2 diabetes in patients using the supplement intervention,” Ms Nie Kong said.

Other studies have shown sulfophuraphane may reduce diabetes complications, however this will be the first time a characterised broccoli product will be used in a clinical trial to investigate the effects of an encapsulated broccoli sprout product in type 2 Diabetes patients.

Two clinical trials started early July 2013. The first trial will last for seven days and will include 10 participants, and the second trial will run for four months with 80 participants.

People interested in participating should contact Professor Jeff Coombes on +61 7 3365 6767 or jcoombes@uq.edu.au.

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The National and Medical Research Council (NHMRC) approved new funding for the HABITAT research program, conducted by researchers from The University of Queensland (UQ) and Queensland University of Technology (QUT).

HABITAT (How Areas in Brisbane Influence health And Activity) is a longitudinal study of physical activity among people aged 40+ living in Brisbane. With over 10,000 participants and 200 neighbourhoods, it is one of the largest studies of its kind.

From 2007-11, HABITAT focused on assessing patterns of physical activity and associated sociodemographic, psychosocial and environmental factors. Data collection involved mail surveys and environmental mapping of local facilities and infrastructure. This new funding will enable this research to continue from 2013-17. The project will be expanded to also track the trajectory of decline in physical function and examine how associations between physical activity, sedentary behaviour and physical functioning are influenced by the neighbourhood environment and sociodemographic, social and psychological factors.

This ten year project will provide policy makers and other stakeholders with vital evidence to guide the development of strategies to promote active and healthy ageing and reduce health care burden.

Tennis star an ace graduate

Former tennis pro Karen Stewart-Smith has acceded her studies to become a valedictorian of her class at the mid-year graduation ceremony on Friday 19 July 2013 at The University of Queensland.

The mother of four, who has been a tennis coach for Dubai’s royal family, said she was honoured to be graduating at the top of the Master of Clinical Exercise Physiology course, creating the success to her competitive sporting background.

“My passion for sport, health and wellbeing has been fostered from an early age by uncles Roy Emerson and Mal Anderson, who were Australian tennis champions from the 1950s to the early 1970s,” Ms Stewart-Smith said.

This passion saw her graduate with a Bachelor of Human Movement Studies from UQ and attain formal qualifications as a professional tennis coach.

“The course has provided me with the specialist skills I need to prescribe exercise programs and interventions for patients with acute and chronic medical conditions, or to prevent injury,” she said.

Returning home to Australia after living in Dubai for 12 years, Ms Stewart-Smith decided to further her studies to complement her career, while still actively pursuing a career within her sporting interests.

Ms Stewar-Smith said it was the practical and clinical aspects of the qualification that led her to pursue a Master of Clinical Exercise Physiology.

“As part of the program, I undertook more than 500 hours of supervised clinical practice in a range of settings such as the Ipswich Cardiac Rehabilitation centre, which completely changed my way of thinking after seeing the level of improvement these clients made through a highly supervised program,” she said.

“While it has been difficult to find a balance between full time work, study, children and maintaining a family home, the sacrifices I’ve made have been worth it.

“I have learnt so much within the last two years and, while the workload has been very demanding, the program has motivated me to increase my knowledge base and become as diverse a clinician as possible.

“The course is highly practical and the concepts you learn are applicable to everyday life.

“Quite simply, it has changed my life and way of thinking in a very positive manner, and graduating top of the class is a wonderful note on graduating top of the class is a wonderful note on my competitive sporting background. This was a great achievement, and Ms Stewar-Smith said it was the practical and clinical aspects of the qualification that led her to pursue a Master of Clinical Exercise Physiology.

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