Thank you to all researchers and staff* who contributed to the production of the UQ School of Human Movement Studies Research Report 2008–2009.

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*Staff lists include past and present staff of the School for the 2008–2009 period.
WELCOME FROM
THE HEAD OF SCHOOL

I am pleased to introduce the 2008–2009 School of Human Movement Studies Research Report in this centennial year for the University. The report showcases the ongoing achievements of a very active, research driven School and recognises the breadth and depth of our research portfolio.

The report showcases some key examples of research activities and acknowledges the contribution this research makes to the improvement of health, well being, performance, safety and quality of life for all population groups.

This has been an exciting period for our School. Some of the highlights include:

■ Professor Wendy Brown, (Physical Activity and Health) was one of three principal investigators that was awarded a $5.39 million National Health and Medical Research Council program grant to examine ways to decrease sitting and increase physical activity in an increasingly sedentary society

■ Collaboration with Queensland Health’s Skills Development Centre, and the Schools of Psychology and Medicine to review and refine colonoscopy training ($1.3 million)

■ Welcoming the very successful Nutrition and Dietetics researchers to the School

The breadth and diversity of our staffs’ interests and funding sources are evidenced throughout this report. We continue to attract high calibre staff from all parts of the globe, adding to a group of some 43 active researchers in the School along with 96 research higher degree students. Academic staff and students’ successes are supported by our highly talented and committed professional staff.

Looking to the future, our School will continue to build on our research strengths, achievements, and level of engagement with professions, industry and the community at large.

Professor Doune Macdonald
Head of School
The School of Human Movement Studies draws on the biophysical and sociocultural sciences to extend, apply and transmit knowledge and understanding about human movement. The School represents a diverse configuration of disciplines including exercise and sport sciences, health, sport, physical education, sport coaching, sport and exercise psychology, and nutrition and dietetics.

We provide high-quality teaching and research programs to a diverse cohort of students, as well as providing general and specialist services to different populations including elite athletes, the elderly, children, those suffering from chronic disease and people with disabilities. Our goal is to promote health and well being, and optimal physical performance, of individuals and populations of all ages.

We are one of seven schools within The University of Queensland’s Faculty of Health Sciences. Research carried out by the faculty has lead to national and international recognition for discoveries that are improving outcomes in many health-related areas.

SCHOOL ACTIVITY AND STATISTICS

The following statistics provide an indication of the superior research outcomes within our School:

- Exceeds $1.7 million in research income per annum from agencies including ARC, NHMRC, Qld Health and the National Heart Foundation
- Average of 120 papers published each year in international journals
- Average of 13 research higher degree student graduations per annum
- Staff and research higher degree students from over 14 countries.

We provide high-quality academic programs to a diverse cohort of students from Australia and around the world; we are currently host to:

- 603 undergraduate students
- 245 postgraduate coursework students
- 96 research higher degree students
  (19 international)
- 43 academic staff
- 56 adjunct and honorary staff
- 14 professional staff.

RESEARCH STRENGTHS

This report presents selected research projects from different research groups thematically to emphasise the diversity of research, extensive collaboration and multidisciplinarity in our research. Consequently we have highlighted a range of different projects which illustrate the breadth and depth, as well as the quality, of research undertaken at our School.

Our research transcends disciplinary boundaries; however it can be broadly categorized into the following themes:

- Biomechanics and Motor Control (including Ergonomics and Sports Medicine) – understanding forces acting on the human body and the neural control of movement, and perceptual basis of movement
- Coaching and Sport and Exercise Psychology – examining psycho-social and pedagogical aspects of sport and exercise participation in a range of physical activity settings
- Dietetics and Nutrition – understanding and promoting the role and effect of food on human health and disease
- Exercise and Sport Physiology – understanding exercise and sport interventions for clinical populations and addressing ways to manage chronic health conditions and improve sports performance
- Pedagogy and Sociocultural Studies – developing theory and methods to inform and achieve evidence based policy and practice in health and physical education curriculum, pedagogy and government agendas
- Physical Activity and Health – understanding, measuring, and promoting physical activity and related health behaviours.
At its first meeting in 1936, the National Health and Medical Research Council (NHMRC) passed a resolution pertaining to public health and fitness in Australia. Following pleas from the media for “qualified physical culture instructors”, the NHMRC was instrumental in the federal government establishing the National Coordinating Council for Physical Fitness in 1938. Soon after, Australian universities were given one thousand pounds per annum for three years to establish diploma courses in physical education. The Senate of The University of Queensland eventually accepted the offer, provided equipment did not exceed 100 pounds, and the first intake of evening students commenced in 1941. At the outset, the objective of our program was preparation of teachers for schools. The inaugural head of the Department of Physical Education, Dr Ivor Burge (1941-1970) and his staff had little opportunity for ‘research’. In 1970 Dr Allan Coles (1970-1981) was appointed as head to ‘upgrade’ courses to a degree level. While the primary focus remained on preparation of students for vocations, specialist academic staff were appointed for exercise physiology, applied anatomy, biomechanics, motor learning, psychology of sport, sociology and history of sport, exercise and recreation for the handicapped, and the theoretical bases of teaching and learning health and physical education. Cross-disciplinary staffing and studies, for example between the Department of Human Movement Studies (as the school was re-named in 1975) and Anatomy, Sociology, Psychology and Education, encouraged collaborative research.

As Queensland’s first exercise physiologist, Dr Brian Quigley’s research interests were necessarily broad. His papers debunking biorhythms received considerable public attention, and he spent three summer sessions in the mine at Mount Isa investigating the heat stress on underground vehicle drivers and evaluating personal cooling systems. At Booval Rescue Station, he developed task specific physical fitness tests and standards for the Mines Rescue Brigade. Later research pertained to heat stress in the coal miners at Blackwater and then research focused on muscle physiology, in particular the effects of eccentric and concentric exercise on muscle strength and endurance, soreness and estimation of force.

Early research in pedagogy from the 1970s sought to establish a new discipline-based approach that could still produce competent and credible teachers, while at the same time trying to convince colleagues within the field that pedagogy had at least an equal rigour and credibility as an academic enterprise. The establishment of microteaching laboratories provided the opportunity to undertake data-based research, resulting in early pioneers of this system at UQ, (John Saunders, and students Peter Hastie and Doune Macdonald), becoming leading international academic researchers in the field of pedagogy.
The Federal Government, through the Australian Council for Health, Physical Education and Recreation, funded a major sport and education study in Queensland, and the School also benefited from an infusion of research funds through the Australian Sports Commission in the latter decades of the twentieth century. The formation of the Australian Research Council (ARC) in 1988 created additional research funding opportunities, and the School has held continuous grants from the ARC since that time.

The perennial problem affecting research was the lack of space and funds for equipment. Soon after Dr Ian Jobling assumed the headship (1983-1989), HMS volunteered to become the first department in Biological Sciences to be reviewed under new UQ Academic Board proposals; one of the significant recommendations of that review was “to gain a University commitment to a new building for research and teaching”.

Following the transfer to the Faculty of Science, a $1.2 million dollar building including teaching laboratories, and the appointment of a Chair in the Exercise Sciences (Professor Frank Pyke, 1989-91), there was much greater opportunity for staff to undertake research across a wider range of disciplines.

After the appointment of Professor Bruce Abernethy as Head (1991-2004), the second decennial review reported that the now School of Human Movement Studies was “amongst the poorest housed of the 26 university departments” which now exist in the country. The response was the provision of a $9 million 5-storey building comprising, for the first time, designated research laboratories.

Research has been an important component of the 70-year history of Physical Education / Human Movement Studies at UQ. The increased scope and sophistication of the field of HMS is revealed in this Research Report.
This diverse research group covers the areas of Biomechanics, Motor Control, Neuromechanics, Perception and Motor Learning, Ergonomics and Sports Medicine. Human Neuroscience is often at the core of Motor Control, Neuromechanics and Perception and Motor Learning and our research groups in these areas have strong and successful links within The University of Queensland (e.g. Queensland Brain Institute; the NHMRC CCRE for Spinal Pain and Health, Speech Pathology, Physiotherapy, Psychology, etc.).

Biomechanics, Anatomy and Motor Control are the fundamental components of our additional research areas, including Ergonomics, Sports Medicine and Muscle Function. Biomechanics seeks to gain an understanding of forces and how they act on a body while motor control looks at how the central nervous system controls our body to produce and learn coordinated movements.

Relatively simple tasks such as walking, running and balancing are investigated, while more complex studies on the neural principles behind strength training, inter-limb coordination and balance control are also studied.

Our ergonomics research is primarily directed toward meeting the needs of industry partners, and include investigations of principles related to the design of equipment, training in its use, and reduction of occupational injury risks. Similarly, prevention of sports-injuries; particularly those related to the musculoskeletal system during high-loading sports such as cricket and tennis, are the concern of those working in the area of Sports Medicine. Muscle Function is a recently introduced area of interest and utilises new imaging techniques to better understand the structure and function of our musculoskeletal system.
ERGONOMICS OF MINING EQUIPMENT

Underground coal mines, and how to improve the design of the equipment found there, has been an area of long-standing interest for HMS Director (Research) Associate Professor Robin Burgess-Limerick and his team of students and colleagues.

Most recently, UQ Master of Ergonomics graduate Veronica Krupenia completed a MPhil thesis which addressed issues associated with the control of bolting equipment, and the results of this research have been adopted in a Mining Design Guideline published in 2010 by the NSW Department of Innovation and Industry.

This research continues in collaboration with the US National Institute of Occupational Safety and Health, Office of Mine Safety and Health Research, through UQ HMS PhD student Lisa Steiner.

These, and other results, are reported in a forthcoming book to be published in 2010 by CRC press titled “Human Factors for the Design, Operation and Maintenance of Mining Equipment”, authored by Associate Professor Burgess-Limerick, Ms Steiner, and Associate Professor Tim Horberry (Minerals Industry Safety and Health Centre, UQ).

TRANSFER OF BALLISTIC LEARNING ACROSS LIMBS

When people engage in motor training involving only one limb, performance often improves both for the trained, and for the (opposite) untrained limb.

The ARC Discovery funded project of Dr Tim Carroll and Associate Professor Stephan Riek probes the role of specific brain circuits in mediating the “transfer” of performance across limbs. The research involves techniques that are at the cutting edge of international neuroscience, such as non-invasive brain stimulation, to reveal the contribution of brain areas in each hemisphere to bilateral performance improvements.

Discovering the causes of transfer between limbs will advance our basic understanding of motor learning, and may provide a conceptual basis to improve treatment for movement disorders that chiefly affect one side of the body (e.g. after stroke).

“Human Factors for the Design, Operation and Maintenance of Mining Equipment” - Coming to a book store near you in 2010!
STRUCTURE & FUNCTION OF MUSCLES

Our ability to move and function is highly dependent on the capacity of our muscles to produce force and change length. The ability of a muscle to do both of these is limited by the design of a muscle (its structure) and how that muscle is controlled by the nervous system.

Dr Glen Lichtwark is an NHMRC research fellow examining the normal structure and function of human muscles and comparing this to different populations where movement is restricted for different reasons (e.g., cerebral palsy, elderly populations). He uses innovative 3D ultrasound techniques to examine muscle volume, muscle length, muscle fibre geometry along with changes in muscle fibres as they contract. Combining this information with biomechanical measures of how the body moves, how much force is produced and when the muscles are activated, gives Dr Lichtwark a clear picture of how both normal and abnormal muscle functions.

Dr Lichtwark’s current interest looks at muscles that are attached to the skeleton via long elastic-like tendons. These tendons can act like catapults which shorten rapidly after energy has been stored by stretching them; just like a rubber band! This aids in the ability of a muscle to produce power for walking or running, however a negative consequence may be a reduced ability to produce finely controlled movement - something which Dr Lichtwark is investigating.

Below: Cross-section of the gastrocnemius muscle with white diagonal bands representing the muscle fibres

NATIONAL CURRICULUM FOR COLONOSCOPY TRAINING

Colonoscopy is a complex procedure that is challenging to learn, perform and teach. To meet the immediate and long-term needs of the National Bowel Cancer Screening Program and beyond, there is an urgent need for an increase in colonoscopy training.

Associate Professors Stephan Riek, Robin Burgess-Limerick and Guy Wallis, and Drs Anna Plooy and Christine Zupanc, in collaboration with Dr David Hewitt (Schools of Medicine), Dr Mark Horswill (School of Psychology) and Associate Professor Marcus Watson (Skills Development Centre, Qld Health), are conducting a project funded by the Commonwealth Department of Health and Aging ($1.3 million over 3 years) with the support of the Gastroenterological Society of Australia to develop a national curriculum for pre-clinical colonoscopy training.

The research uses state-of-the-art medical simulators from the Queensland Health’s Skills Development Centre combined with expertise from the motor control and ergonomics group to examine issues such as haptic feedback, visual perception, cognitive decision-making and motor skill acquisition in colonoscopy. The aims of the project are to understand the cognitive, perceptual and motor elements of colonoscopy and establish minimum standards required for colonoscopy competence based on objective metrics.
Problem solving and decision making are critical workplace skills. Motivated by successful simulator training of cognitive skills in aviation and defense, civil construction has recently introduced simulators to respond to labour shortages demanding faster training and increased safety in heavy industry.

Dr Jennifer Tichon heads this project along with Associate Professor Guy Wallis, which explores human factors research specific to civil construction to ensure the validity and efficacy of simulator training designed to prepare plant personnel to respond to construction site hazards.

The results will have practical significance for heavy industry training and also contribute to basic knowledge on cognitive skill acquisition acquired through training in dynamic, immersive simulations.

Dr Craig Engstrom has research interests spanning across the evaluation of innovative assessment practices for online sports medicine courses through to investigation of the human musculoskeletal system with magnetic resonance imaging (MRI) to examine injury and adaptive states in athletes.

Currently Dr Engstrom is collaborating with Professor Karim Khan (UBC) and Professor Phillip Long (CEIT) on an Australian Learning and Teaching Council grant evaluating online video-based assessment of clinical skills and Professor Stuart Crozier (ITEE) and Dr Jurgen Fripp (CSRIO) on MRI-based research on automated segmentation algorithms for morphometric analysis of structures such as muscles, bones and cartilage associated with ARC Linkage funding.
STAFF

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Clockwise from left: Welber Marinovic, Steve Cloete, Aymar deRugy, Jennifer Tichon, Andrew Cresswell, Robin Burgess-Limerick, Tim Carroll, Stephan Riek (absent - Bruce Abernethy, Margaret Cook, Craig Engstrom, Glen Lichtwark, Welber Marinovic, Yalchin Oytam, Anna Plooy, Campbell Reid, Craig Tokuno, Guy Wallis, Christine Zupanc)
The Coaching and Sport and Exercise Psychology research group examines psycho-social and pedagogical aspects of sport and exercise participation in a range of physical activity settings.

Key areas of research within this broad cognate group include:

(a) positive psychology with a focus on self-determination theory, autonomy-supportive learning environments, attribution styles, and mental toughness;

(b) development of mental skills for performance enhancement, life satisfaction, and self-worth;

(c) coach development using psycho-social frameworks such as workplace learning theories; and

(d) an emerging area of interest for our group relates to the understanding of how culture may have an influence on the above topics.

The research group uses both interpretivist and positivist research methodologies.
LEARNING & MENTORING IN HIGH PERFORMANCE SPORTS COACHING

Through the funding of an Australian Research Council Linkage grant, an examination of high performance coaches’ learning was undertaken from 2007–2010.

The project investigated how elite sports coaches at the AIS develop and maintain their high level of coaching performance through their coaching work. Professional learning is held to be key to both sustaining and improving the level of elite coaching performance, which is necessary for Australia to remain at the forefront of international sport. The project, which concludes in June 2010, was led by Dr Cliff Mallett with support from fellow investigators, Professor Richard Tinning and Dr Tony Rossi, and managed by Dr Steven Rynne at the Canberra-based AIS. The basis of the research project holds that learning occurs within, and is central to, elite coaches’ work practices.

A key focus of this research was the unique relationship between the AIS head coaches and the scholarship coaches who work with the program for between 1 and 2 years. Key findings of the project included: (a) the need for scholarship coaches to be granted sufficient physical and intellectual space for developing coaching expertise; (b) the importance of engagement with meaningful and authentic coaching work focused in and around the elite athletes; and (c) the personal agency of scholarship coaches was central to their professional development. The findings from the research project will guide the future development of elite sports coaches in Australia.

INDIGENOUS SURFING PROGRAMS

The School of Human Movement Studies has partnered with the Australian Sports Commission’s Indigenous Sport Program and Surfing Australia to conduct a 3-year (2009–2011) research project investigating the effects of sport on selected Indigenous Australian communities.

Employed as a Research Fellow on this project, Dr Steven Rynne was involved in helping secure the funding for the project through the Laureus Sport for Good Foundation (an international apolitical organisation that uses the positive influence of sport to address social challenges). Dr Tony Rossi is involved as an integral member of the research team.

The project uses a case study approach based upon up to seven Indigenous surfing communities ranging in locations from South Australia to across the eastern seaboard. It focuses on the key areas of viability, sustainability, and participation in the surfing programs. In doing so, the networks of interaction developed through the programs will be investigated along with the associated benefits (or otherwise) of these networks.
Dr Daniel Gucciardi joined the School of Human Movement Studies in 2010 after successfully securing a highly competitive University of Queensland Postdoctoral Research Fellowship. Dr Gucciardi is the most published international scholar in the area mental toughness.

Over the next 3 years, Dr Gucciardi will conduct a program of research with support from Dr Cliff Mallett and Associate Professor Stephanie Hanrahan that explores mental toughness in youth sport with a particular focus on positive youth development.

It is anticipated that the findings of this research program will enable sport organisations to design and maintain environments that promote positive psycho-social development and minimise negative psychosocial outcomes.

Associate Professor Stephanie Hanrahan’s work with disadvantaged youth began when working with an Aboriginal performing arts school, but has since extended to orphans and teenagers living in poverty.

A 15-session intervention at Nuestros Pequeños Hermanos, an orphanage in Cuernavaca, Mexico, involving the development of mental skills such as goal setting, imagery, self-confidence, and concentration in combination with games focused on communication, trust, and problem-solving, was shown to significantly enhance life satisfaction and self-worth of the orphans.

Stephanie’s research was published in the on-line journal “Athletic Insight”, and resulted in an invited presentation at the inaugural International Conference on Positive Youth Development through Sport and Physical Activity (and additional conferences). The research has been replicated using a 10-session intervention with teenagers living in poverty in Baja California, Mexico. In late 2009 and early 2010, Stephanie administered the 10-session program in the slums of Buenos Aires.

This research has lead to a book contract to co-edit a book on development through sport and potentially has great application to disadvantaged and marginalized youth.
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Honorary Professor in Coaching and Coach Education

Clockwise from left: Daniel Gucciardi,
Stephanie Hanrahan, Cliff Mallett,
Bob Crudgington, Sue Dickens
(absent - Steven Rynne)
Victus (Latin for “food”) formed in 2009, with the commencement of the Master of Dietetics Studies Program at UQ.

Victus includes researchers recognised nationally and internationally for a broad range of dietetics and nutrition research activities. Areas of speciality include: nutrition screening; nutrition assessment including body composition assessment; nutrition diagnosis; international nutrition and dietetics terminology; dietetics outcomes research; and immunonutrition and functional foods and beverages.

The Victus group has strong links with hospital-based clinicians and conducts multidisciplinary research in the areas of older adults, oncology, malnutrition, overweight and obesity.

UQ Nutrition and Dietetics Staff (Victus) are named investigators on current grants totalling more than 2 million including nationally competitive grants and collaborations with industry partners.
PREVALENCE OF VITAMIN D INSUFFICIENCY IN MEDICAL ONCOLOGY PATIENTS

Dr Liz Isenring was awarded an UQ Early Career Research Award to investigate the prevalence of Vitamin D insufficiency in medical oncology patients undergoing chemotherapy at the Princess Alexandra Hospital (Brisbane) and Flinders Medical Centre (Adelaide).

Vitamin D status can be reduced in patients with cancer as a side effect of chemotherapy, increasing the risk of bone fracture and osteoporosis. Surprisingly, there is little research investigating the Vitamin D status of medical oncology patients over the course of chemotherapy. This study will investigate the prevalence of low levels of Vitamin D at several time points after starting chemotherapy and determine risk factors for becoming Vitamin D deficient.

The national benefit for improved care for patients with Vitamin D deficiency in patients receiving chemotherapy is improved quality of life, preventative health care costs and reduced treatment costs.

Karen Abbey is the Resident Support Service manager and oversees foodservices, cleaning and laundry services at Nambucca Valley Care Limited. She commenced a PhD at HMS under the supervision of Dr Olivia Wright and Professor Sandra Capra in 2009.

The purpose of Karen’s study program is to make a significant contribution to foodservice management processes, menu functionality and foodservice delivery practices in residential aged care facilities. This will be achieved through an investigation of the factors underpinning menu design in these settings throughout Australia with comparison to those in Canada.

Karen has been awarded the prestigious inaugural Fay McDonald Scholarship from the Dietitians Association of Australia.

Appropriate menu and food service systems can help improve the nutritional intake and quality of life of older adults.
PhD student **Ekta Agarwal** has completed the first year of her PhD under the supervision of **Dr Liz Isenring**, Dr Maree Ferguson and Dr Marilyn Banks.

Ekta is currently coordinating and conducting the Australasian Nutrition Care Day Survey, which aims to evaluate nutritional issues (nutritional status and nutritional intake) and their associations with clinical outcomes in hospitalised patients across Australia and New Zealand.

Each participating hospital will be provided with site-specific results along with benchmarking information. It is hoped that findings from this study will provide data on gaps in existing dietetic practice and help inform required improvements.

Ekta will also undertake a study linking detailed dietary intake data from hospitalised patients with outcomes.

**AUSTRALASIAN NUTRITION CARE DAY SURVEY**

Australasian Nutrition Care Day Survey will assess the nutritional intake and status of hospitalized patients across Australia and New Zealand.

**STAFF**

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**Olivia Wright** BHlthSc(Nutr&Diet)(Hons)(QUT), PhD (Qld) AdvAPD, Lecturer in Nutrition and Dietetics
The Exercise Physiology Research Group comprises academic staff, postdoctoral fellows and research higher degree students who collectively have a broad range of interests relating to the physiological responses to exercise and training.

Projects include exercise interventions for clinical populations (e.g. people with diabetes, cardiovascular disease and sarcopenia); sports performance enhancement (e.g. through supplementation with ergogenic aids); and classification for Paralympic sport. Specific interest within these areas includes exercise immunology, exercise-induced oxidative stress and molecular mechanisms of cardioprotection.

The Group’s work has attracted funding from NHMRC, Australian Olympic Council and the Australia Sports Commission.

Strong national and international collaborations have been developed with the Clinical Centre for Research Excellence (Princess Alexandra Hospital), the Vario Health Institute (ECU), Waseda University (Japan) and the Erasmus Mundus University Network (Europe).
CARDIOVASCULAR & METABOLIC DISEASE RESEARCH EXCELLENCE

The Clinical Centre for Research Excellence (CCRE) in Cardiovascular and Metabolic Disease is a National Health and Medical Research Council (NHMRC) funded initiative based at the Princess Alexandra Hospital.

The Centre was first funded in 2003 and has attracted over $4 million in support. One of the major projects of the Centre was the Lifestyle Project. This was a randomised, controlled clinical trial investigating the effects of a lifestyle intervention containing exercise training on myocardial and vascular function in patients with Type 2 diabetes.

The multi-disciplinary Centre encompasses Cardiology (Professor Tom Marwick and Professor Michael Stowasser), Endocrinology (Professor Jon Prins), Gastroenterology (Professor Graham Macdonald), Nephrology (Dr Nikky Isbel), Nursing (Professor Desley Hegney), Biostatistics (Dr Elaine Beller) and Exercise Science (Associate Professor Jeff Coombes).

Currently Associate Professor Coombes supervises three clinical exercise physiology students who are completing their PhDs in the CCRE; David Holland (Effect of Acute and Chronic Exercise on Ventricular-Vascular Interaction in Diastolic Dysfunction), Erin Howden (Lifestyle Intervention in Chronic Kidney Disease Patients) and Julian Sacre (Effects of Exercise Training on Cardiac Autonomic and Myocardial Function in Type 2 Diabetes).

The Centre also supports a joint postdoctoral fellowship between the school and the Princess Alexandra Hospital. Dr Matthew Cooke commenced in 2010 in this position. With a strong background in nutrition and muscle physiology, Matthew will be assisting in current projects as well as designing new studies.

PhD student Kate Bolam is investigating the effects of exercise on bone in men with prostate cancer who are undertaking androgen deprivation therapy (ADT). ADT has a negative effect on bone mass predisposing men to an increased risk for osteoporosis and fracture.

The 12-month randomized controlled trial, undertaken in collaboration with colleagues at Edith Cowan University (Professor Robert Newton and Dr Daniel Galvão) and Sir Charles Gairdner Hospital (Professor Nigel Spry), incorporates an exercise program combining resistance training and impact-loading activities to enhance bone health as well as improve factors associated with falls and subsequent fracture such as muscle strength and physical performance.

The goal of the study is to develop clinical guidelines for the prescription of exercise for the management of ADT-related adverse effects. Kate is supervised by Dr Dennis Taaffe in the School of Human Movement Studies.
Mr. Vince Kelly is examining the efficacy of Betaine-alanin (a new dietary supplement on the market) for his PhD. A survey examining current usage practices will be conducted with recreational athletes and elite athletes from the National Rugby League, Australian Football League and Super 14 competitions.

An intervention study will be performed to examine the effect of Betaine-alanin supplementation on high intensity exercise in field sport athletes. Mr. Kelly is supervised by Dr. David Jenkins and Dr. Dennis Taaffe, Dr. Michael Leveritt (Griffith University) and Dr. Gary Slater (University of the Sunshine Coast).

Classification of Athletes with Disabilities for Paralympic Athletics

Classification is central to Paralympic sport, being the main means of ensuring that the athletes who succeed are those with the best physiological and psychological make-up, not simply those who are less disabled.

PhD student Emma Beckman is contributing to a large international project lead by Dr. Sean Tweedy and endorsed by the International Paralympic Committee (IPC), which aims to develop evidence-based methods of classifying athletes with disabilities for Paralympic Athletics.

Specifically, Emma is aiming to develop a method of assessing strength that is body-size independent and resistant to the effects of athletic training. This will ensure large, well-trained athletes are not disadvantaged by the classification process. Emma is supervised by Dr. Sean Tweedy and Dr. Peter Newcombe. 
STAFF

ACADEMIC STAFF

Emma Beckman BScApp(Hons)(Qld), Associate Lecturer in Exercise Science

Tania Brancato BScApp(EMS-Ex-Sc)(Qld), GradDip(Ex-Sc)(Vic), GCEd(Higher Ed)(Qld), Associate Lecturer in Exercise Science

Matthew Cooke BSc(Hons), PhD (VU), Postdoctoral Research Fellow

Jeff Coombes BEd(Hons)(UTas), BAAppSc(UTas), MEd(UTas), PhD(Flor) FACSM, FFAESS, Associate Professor in Exercise Science

David Jenkins PGCE(Wales), BA(Hons)(Wales), MSc(Loughborough), PhD(Qld), PGDipHumNutr (Deakin), Senior Lecturer in Exercise Physiology

Vince Kelly BSc(Hons)(Qld), Sports Development Manager, Joint appointment with UQ SPORT

James Sharrman BHMS-ExSpSc(Hons)(Tas), PhD(Qld), Postdoctoral Research Fellow, Joint appointment with School of Medicine

Melina Simjanovic BScApp(ExSc)(Qld), Associate Lecturer in Exercise Science

Tina Skinner BScApp(ExSc)(Hons)(Qld), Associate Lecturer in Exercise Science

Shaun Stephens BScApp(ExSc)(Hons)(Qld), Sports Development Manager (finished February 2009), Joint appointment with UQ SPORT

Dennis Taaffe DipTeach(Riverina CAE), BSc, MSc, PhD(Oregon), DSc(Sturt), MPH(Hawaii) FACSM, Senior Lecturer in Exercise Physiology

Sean Tweedy BHMS, MIHMS, PhD(Qld), MAIC Senior Research Fellow and Lecturer, Physical Activity and Disability

Clockwise from left: Vince Kelly, Dennis Taaffe, Tania Brancato, Sean Tweedy, David Jenkins, Jeff Coombes, Tina Skinner, Matthew Cooke, Emma Beckman (absent - James Sharrman, Jonathan Peake, Melina Simjanovic, Shaun Stephens)

ADJUNCT/HONORARY STAFF

John Cardinal BAppSc MedLabSc PhD(QUT), Pathology Queensland, Australia, Adjunct Lecturer in Exercise Physiology

Owen Curtis Med, BEd(PE), DipPE, TSTC MelbUni, University of Wollongong, Adjunct Senior Lecturer

Markus Deutsch BAppSc(ExMgt)(Qld), BSc(Hons)(Qld), PhD(Otago), Adjunct Lecturer

Tim Gabbett B.HlthSc(Hons)(Griffith), PhD(Griffith), Brisbane Broncos Rugby League Club, Australia, Adjunct Senior Lecturer

Justin Grantham BAppSc(EM)(Hons)(Ballarat), PhD(Nanyang), ASPETAR Qatar Orthopaedic and Sports Medicine Hospital, Doha, Adjunct Senior Lecturer

Bruce Hamilton BPHED(District), MBCHB, DTM&H, FACSP, FFSEM (UK), ASPETAR Qatar Orthopaedic and Sports Medicine Hospital, Doha, Adjunct Associate Professor

Sue Hooper BHMS(Hons), MHMS, PhD(Qld), Queensland Academy of Sport, Australia, Adjunct Senior Lecturer in Exercise Physiology

Matthew Hordern BScApp-ExSc(Hons), PhD(Qld), Adjunct Lecturer in Exercise Physiology

Wade Kneze BAppSc(Hons)(Ballarat), GradDip(Ex-Sc)(USQ), PhD(Qld), ASPETAR Qatar Orthopaedic and Sports Medicine Hospital, Doha, Adjunct Senior Lecturer

Laurel Mackinnon BSc(Mich), MA(Ohio), PhD(Mich), Adjunct Associate Professor in Exercise Physiology

Susan Marsh BEd(QUT), BHlthSc(Griffith), BSc(Hons), PhD(Qld), Washington State University, USA, Senior Lecturer in Exercise Physiology

Robert Mullins BScApp(EMS-Ex-Sc)(Hons)(Qld), MAAppSc(ClinExSc)(Qld), Royal Brisbane and Women’s Hospital Heart Failure Service, Australia, Adjunct Lecturer

Mark Osborne BAppSc, MSc(Hons)(Woolongong), Queensland Academy of Sport, Australia, Adjunct Senior Lecturer in Exercise and Sport Physiology

Frank Pyke BEdDipPhysEd, MED(UWA), PhD(Indiana), Adjunct Professor of Sports Science

Alan Roberts DipPE, BEd, MED, PhD(WA), Adjunct Associate Professor in Exercise and Sports Science

Melanie Sharman BPhys&HlthEd(UWA), GradDip-HlthSc(ExRehab)(Ballarat), Exercise and Sports Science Australia (formerly AAESS), Adjunct Lecturer in Exercise and Sports Science

Jeremy Sheppard BHMS(Brandon), MAAppSc(SportSc)(Ballarat), PhD(EdithCowen), Queensland Academy of Sport Adjunct Lecturer in Exercise and Sports Science

Cecilia Shing BScApp(HMS)(Qld), BSc(Hons)(Qld), PhD(Qld) University of Tasmania, Australia Adjunct Lecturer in Exercise and Sports Physiology
Pedagogy and Sociocultural Studies is a research team recognised both nationally and internationally for their work in the sub-disciplines of health and physical education (HPE), sport pedagogy and sport history. The pedagogy group attracts international interest in its work related to HPE curriculum, pedagogy and policy, as well as informing government agendas. Their work also includes research into HPE teacher education and the meaning of physical activity in the lives of young people.

The socio-cultural studies group has research interests that include philosophy of history, swimming history, and history as represented through material culture including film, monuments, memorials, and photographs.

Members of the pedagogy and socio-cultural groups are connected through their interest in policy and the use of socio-cultural research processes, especially those oriented by qualitative, critical and postmodern perspectives.

Projects are currently funded by Australian Research Council, The Australian Sports Commission, Education Queensland, Queensland Health, the Golden Casket Foundation, Queensland Department of Local Government, Planning, Sport and Recreation, the Australian Football League, and Swimming Australia.

The group attracts a vibrant research higher degree cohort of 24 students from several countries including Australia, Canada, Hong Kong, New Zealand, Singapore, Taiwan, and the United Kingdom.
Across the years 2008-2010 Professor Richard Tinning, Dr Tony Rossi, research fellow Dr Lisa Hunter, Professor Doune Macdonald, PhD student Erin Flanagan and visiting scholar Dr Karin Sirna (Canada) have worked on an ARC-funded project that has focused on workplace learning, teachers’ professional development, and the culture of the secondary school subject department. Specifically, the research project has focused on how the HPE (Health and Physical Education) subject department functions as a site of professional development for ITE students and beginning teachers.

Using a social theory of learning and workplace learning theorising, the study is investigating how the secondary school HPE subject department operates as a ‘community of practice’ to facilitate or compromise the process of becoming a professional teacher. 2010 is the final year of the project.

In recognition of many years of research and scholarship in physical education, Professor Tinning (Chief Investigator on the above-mentioned project) was recently made an Honorary Fellow of Physical Education New Zealand (PENZ), 2009. This is only the second time an honorary fellowship has awarded in the history of the NZ association.

Dr Gary Osmond and Dr Murray Phillips are working with the Cherbourg Community to recognise their unique contribution to Australian sporting culture.

This project will work with members of the Cherbourg (formerly Barambah) Aboriginal community in south-east Queensland to recover stories, and associated memorabilia, about celebrated Cherbourg sportsmen and sportswomen and to understand the meaning of that past in the present and its potential for community building.

There have been a number of prominent individual athletes associated with this community, including Jerry Jerome, Eddie Gilbert, Frank Fisher, Jack Malone, Jack O’Chin, Jeffrey Dynevors, Adrian Blair, Eddie Barney, Andrea Collins, Barbara Boney and Genette Simpson.
ACTIVE KIDS: ACTIVE MINDS

Increased physical activity can lead to improvements in students’ behaviour, planning, engagement with curriculum, and physical fitness. These improvements often have many other benefits to the daily life of schools and the wellbeing of students and teachers alike.

In 2008-2010, Professor Doune Macdonald, Dr Rebecca Abbott, Dr Lisa Hunter, Dr Peter Hay, Dr Louise McCuaig and Ms Sue Monsen in collaboration with Associate Professor Jenny Ziviani (School of Rehabilitation Sciences, UQ) and Associate Professor Monica Cuskelly (School of Education, UQ), through a joint initiative with the Department of Education, Training, and the Arts, led a two-phase project called Active Kids: Active Minds (AKAM).

AKAM was implemented in a South-East Queensland state primary school and was designed to find out a) whether increased school-based physical activity improves cognitive function and behavior and b) to determine how one school has approached the implementation of Smart Moves (a policy to increase non-curriculum physical activity by 30 minutes per day in primary schools) and how it is being received.

The results of the first phase of AKAM, whilst showing no improvements to learning or behavior over a short term, did show that the children enjoyed the AKAM physical activity program (an extra 30 minutes of physical activity in class time per day) and teachers reported the students demonstrated increased levels of confidence to engage in physical activity. Insights from the second phase of AKAM, the case study of the school, have allowed the group to generate an easily accessible Smart Moves resource for teachers throughout Queensland.

THE EAT WELL BE ACTIVE EVALUATION

A University of Queensland inter-school collaboration between the School of Population Health, School of Human Movement Studies, and School of Health and Rehabilitation Sciences has been operating between 2007-2010 to provide an evaluation of the Queensland Government’s Eat Well Be Active – Healthy Kids for Life Action Plan 2005-2008 (EWBA).

EWBA is a framework for government agencies to work in partnership with each other, and with the broader community, to respond to increasing rates of childhood obesity. The soon to be completed report, Associate Professor Geoff Marks, Dr Lisa Hunter, Professor Doune Macdonald, Associate Professor Jenny Ziviani and Dr Rebecca Abbott with PhD students Anthony Leow and Karina Pont will be released in April 2010.

The aim of the evaluation was on the translation of the State-level action plan into community-level initiatives, the organizational aspects of the initiatives, and the ways in which these affected success of implementation.

Anthony Leow, a recipient of a UQ International Postgraduate Research Scholarship, has taken a particular interest in the interface between the state policy and schooling.
STAFF

ACADEMIC STAFF

Rebecca Abbott  BSc(Hons)(Surrey), PhD(QUT), Senior Research Fellow in Young People and Physical Activity and Health
Peter Hay  BScApp(HMS-Ed)(Qld), PhD (Qld), Lecturer in Health and Physical Education
lisahunter  BHMS(Qld), BA (Qld), GradDipTeach(QUT), MEd(Deakin), PhD (UQ), Senior Research Officer
Doune Macdonald  BHMS(Ed)(Hons)(Qld), PhD(Deakin), Professor of Health and Physical Education and Head of UQ School of Human Movement Studies
Louise McCuaig  BHMS(Ed)(Qld), PhD (Qld), Lecturer in Health and Physical Education
Sue Monsen  BHMS(Ed)(Qld), Associate Lecturer in Health and Physical Education
Gary Osmond  BA(Hons)(Mt Allison), BEd(Toronto), PhD(Qld), Lecturer in Socio-Cultural Aspects of Sport and Physical Activity
Murray Phillips  DipPE(Kelvin Grove), BA(Hons), PhD(Qld), Senior Lecturer in Socio-Cultural Aspects of Sport and Physical Activity
Tony Rossi  BEd(Hons) (Exeter), MSc (Wash), PhD (Deakin), Senior Lecturer in Sports Coaching and Health and Physical Education
Richard Tinning  DipPhysEd(Melb), BEd(PhysEd)(UWA), BEd(LaTrobe), MEd(Melb), PhD(Ohio), Professor of Pedagogy and Physical Education

ADJUNCT/HONORARY STAFF

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John Evans  BEd(Hons)(Reading), MA(London), PhD(London), Loughborough University, UK, Honorary Professor of Health and Physical Education
Patricia Glasby  DipPE(BCAE), DipPE, BHMS, MSocSci(Health), PhD(Qld), Education Queensland, Australia, Adjunct Senior Lecturer in Health and Physical Education
Maxwell Howell  DPE(Sydney), AB, MA, EdD(Berkeley), DPhEd(Stellenbosch), Emeritus Professor
Ian Jobling  DipPhysEd(Melb), TSTC(Melb), BPE, MA, PhD(Alta), Honorary Reader, The University of Queensland, Director of Centre for Olympic Studies
David Kirk  BEd(Hons)(Jordanhill), MEd(Hons)(Glasgow), PhD(Loughborough), University of Bedfordshire, UK, Honorary Professor of Physical Education and Youth Sport
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Heather McKay  BSc(Simon Fraser), MPE(UBC), PhD (Saskatchewan), University of British Columbia, Canada, Honorary Professor of Children’s Physical Activity
Mark Rasi  DipEd(QUT), GradDipOutdoorEd (Griffith), MA (Griffith), Redeemer Lutheran College, Australia, Adjunct Lecturer
Jeff Thompson  DipTchng(BCAE-KG), BEd(QUT), Queensland Studies Authority, Australia, Adjunct Lecturer in Health and Physical Education
John Wang  BSc(Hons)(Lough), DipPE(CPE, Singapore), PhD(Lough), National Institute of Education, Nanyang Technological University, Singapore, Adjunct Associate Professor

Clockwise from left: Sue Monsen, Richard Tinning, Murray Phillips, Doune Macdonald, Gary Osmond, Tony Rossi, Peter Hay, Louise McCuaig, Rebecca Abbott (absent - lisahunter)
PHYSICAL ACTIVITY AND HEALTH

The Physical Activity and Health Group is internationally recognised and focuses on understanding, measuring, and promoting physical activity and related health behaviours. This involves examining population trends, as well as the sociodemographic, psychological, social, and environmental factors that influence activity participation at different life stages.

The group has worked on the development of new measures which will improve understanding of the links between physical activity, sedentary behaviour and health and well-being.

Using a multi-disciplinary approach and concepts from epidemiology, health promotion, public health, exercise science and psychology, the group designs, implements, and evaluates innovative interventions to reduce sedentary behaviour and promote physical activity among adults, older people, and people with health issues such as diabetes, arthritis, and depression.

The team works with Local, State and Federal Governments as well as industry partners, and during the past five years team members have been awarded grants totalling almost $20 million to support their research programs.
FACTORS INFLUENCING PHYSICAL ACTIVITY

The HABITAT and PARC projects are providing exciting new information about the sociodemographic, psychological, social, environmental, and life course factors that enable or deter adults’ participation in physical activity in regional and metropolitan areas.

The HABITAT project is driven by Professor Wendy Brown and Dr Nicola Burton. The project focuses on mid-aged men and women living in Brisbane, and tracks trends in physical activity participation over five years. This study is the first of its kind in Australia and includes data from 11,000 people, as well as audits of 200 neighbourhoods.

The PARC study, led by Professor Wendy Brown, Dr Nicola Burton and Dr Jannique van Uffelen, involved collecting information on local facilities and from residents living in six regional areas of Queensland. The findings will be used to guide the development of strategies for promoting physical activity in rural Queensland communities.

WALK@WORK PROJECT

The ‘Walk@Work’ project, led by Dr Nicholas Gilson, focuses on reducing occupational sitting and chronic disease risks through increased walking as part of the working day. The ten-week program targets office workers and is delivered by an innovative website, providing employees with educational and motivational materials, practical information on strategies and interactive features such as discussion forums and expert feedback.

‘Walk@Work’ won the Premier’s Healthy Queensland Award for workplaces in 2009 and is being used with UQ, Brisbane City Council and Centrelink staff in Australia. In 2010, the program will be launched with university employees in Canada, Columbia, Spain, South Africa, UK and the US.

PhD student Gemma Ryde holds a UQ International Scholarship and arrived from Scotland to commence her studies in 2009. She is a key member of the Walk@Work team and was closely involved in delivering this project to Brisbane City Council. Gemma’s thesis focuses on occupational sitting time and incidental physical activity in sedentary office workers. Initial findings from her work are beginning to highlight important links between prolonged sitting, walking and workplace policy. She will be partnering with workplaces to develop and evaluate measurement tools and policies that encourage office employees to sit less and move more during their working day.

Presentation of Health Queensland Award for Workplaces at Parliament House, to Work@Work team Dr Nicholas Gilson (Project Director) and Katya Garza Trevino (Research Assistant)
Using empirical literature and data from the Australian Longitudinal Study on Women’s Health, Professor Wendy Brown and Dr Jannique van Uffelen have examined relationships between physical activity, sedentary behavior, weight gain and health at different life stages in women. Life events such as getting married and having a baby are associated with decreases in physical activity, and with 10 year weight gain in young women. Women’s risk of developing diabetes over eight years in mid-life is closely related to their body mass index (BMI) at age 45-50. Women with a high BMI tend to sit for longer periods; this may result in more health problems later in life.

Understanding the patterns of physical activity and sitting time, and the causes and consequences of weight gain, is important for the development of strategies for weight gain prevention, which is the focus of the Australia on the Move project. This project, also known as OZOM, aims to promote energy balance through encouraging small changes to energy intake, sitting and physical activity.

The OZOM project is the work of Professor Wendy Brown and PhD student Alessandro Suppini.

A healthy start to life requires adequate physical activity participation. Recent data suggest that many Australian children are insufficiently active and that participating in sedentary activities such as watching TV, using computers and playing electronic games contributes to lower levels of physical activity.

Whilst over two thirds of Australian children play electronic games, there is no experimental evidence that playing electronic games reduces physical activity. Further, there is a poor understanding about how characteristics of children may moderate the impact of electronic game access on PA and about what leisure activities are displaced when children play electronic games.

This is what Dr Rebecca Abbott is currently investigating, with colleagues Professor Leon Straker and Professor Clare Pollock (School of Physiotherapy and School of Psychology, Curtin University of Technology) and Professor Peter Davies (School of Medicine, UQ) through an NHMRC Project Grant (2009-2011). Given the majority of Australian children play electronic games, and this activity is widely blamed to contribute to reduced physical activity, a better understanding of the effect of electronic game use on physical activity is critical to inform child health policy and intervention.

Dr Abbott is investigating, with colleagues from UQ and Curtin University, whether access to electronic games reduces children’s physical activity levels. Photo courtesy of Sean Dreileiniger.
STAFF

ACADEMIC STAFF

Wendy Brown  BSc(Hons)(Birm), GradDipPhysEd, MSc(Lough), PhD(Newcastle), FASEMF, Professor of Physical Activity and Public Health

Nicola Burton  BSc(Hons)(Qld), MPsychClin(Qld), GCertHigherEd(Griffith), PhD(QUT), FAPS, Senior Research Fellow in Physical Activity and Health

Shannon Ferney  BScApp(ExSc)(Hons)(Qld) PhD(Qld), Lecturer in Physical Activity and Health

Nicholas Gilson  BA(Hons)(Leeds Met), PhD(Leeds Met), Lecturer in Physical Activity and Health

Kristiann Heesch  BA, MPH(Texas), DrPH(Texas), Research Fellow in Physical Activity and Health

Jannique van Uffelen  BA(AppSc)(Utrecht), MSc(HMS), MSc(Epid), PhD(VU)(Amsterdam), Postdoctoral Research Fellow in Physical Activity and Health

ADJUNCT/HONORARY STAFF

Peter Abernethy  BHMS(Ed)(Hons), PhD(Qld), Heart Foundation – Queensland, Diabetes Australia – Queensland, Australia, Adjunct Associate Professor in Health Promotion

Barbara Ainsworth  BA(Fresno) MA, MPH, PhD (Minnesota), Arizona State University, USA, Honorary Professor of Physical Activity and Health

Adrian Bauman  MBBS, MPH, PhD(Sydney) FAFPHM, University of Sydney, Australia, Adjunct Professor of Epidemiology

Bill Bellew  BEd(Hons)(London), MPH(Sydney), Bill Bellew Consulting Associates, Adjunct Professor of Health Promotion

Kristiann Heesch  BA, MPH(Texas), DrPH(Texas), Queensland University of Technology, Australia, Honorary Senior Fellow in Physical Activity and Health

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John Scott  MBBS(Qld), Adjunct Associate Professor

Stewart Trost  BSc, MSc(Oregon), PhD(South Carolina), Oregon State University, USA, Adjunct Associate Professor in Physical Activity and Health

Willem van Mechelen  MD, PhD, FACSM, FECSS, Vrije Universiteit, Amsterdam, Honorary Professor of Physical Activity and Health
eCAPS was developed to promote the authenticity and efficacy of practical skills assessment in a fully online postgraduate Sports Medicine program. Drawing on contemporary conceptual understandings of assessment for learning, eCAPS is constituted by a progressive (asynchronous to synchronous) organization of online video experiences and learner expectations to allow formative and summative assessments of selected practical competencies of the general practitioners enrolled in the Sports Medicine courses. This includes three interdependent elements:

1. web-video lectures / demonstrations on practical skills sets by experts in the field of Sports Medicine;
2. learner-generated video demonstrations of a variety of clinically relevant practical skills using portable USB cameras (asynchronous) uploaded to a response and feedback online repository for personal and course-community access; and
3. real time (synchronous) assessment of practical skills sets within a simulated OSCE (Objective Structured Clinical Examination) scenario via personal computer video-conferencing (e.g. Skype).

This two-year project has been funded by an Australian Teaching and Learning Council (ALTC) grant 2008-2010 for Dr Craig Engstrom, Dr Peter Hay, Ms Sue Dickens and Professor Doune Macdonald and involves collaborations with the University of British Columbia and The University of Melbourne.

“SMARTPEN” TECHNOLOGY – THE WAY OF THE FUTURE

Assessment feedback is consistently identified in education academic literature as one of the most important influences on student achievement and learning, and yet one of the weakest elements of teachers’ practice. The aim of this collaborative initiative led by Dr Peter Hay and Dr Craig Engstrom is to apply, advance and evaluate new and emerging audio-visual technologies to optimise the quality, accessibility and efficacy of assessment feedback in primary, secondary and tertiary education settings. It is envisaged that the use of innovative “Smartpen” ICTs in assessment will assist the collection, management and dissemination of quality feedback, thereby contributing to enhanced student learning and achievement outcomes across disciplines and learning contexts. The project is in a pilot phase, funded by an internal Faculty of Health Sciences Teaching and Learning Grant, and involves collaboration with the Schools of Dentistry and Pharmacy at The University of Queensland.
In 2008 Dr Louise McCuaig, Dr Peter Hay and Professor Doune Macdonald, in conjunction with Dr Lisa Nissen (School of Pharmacy) secured a University of Queensland Small Teaching and Learning Grant to explore the impact of teacher-student pedagogical relationships on young people’s transition from secondary to tertiary education settings.

Education staff of HMS have had a long-standing interest in the role of teaching and assessment practices on student learning and achievement. In addition to this interest, the project leader Dr McCuaig was inspired by UQ undergraduate student focus group feedback which revealed the relatively paradoxical finding that students wanted more on-line delivery of lectures and more contact with their course lecturers. Consequently, the project research team worked with eight state and private schools in Brisbane to conduct a series of focus group interviews with Year 12 students as they undertook the transition from their secondary setting into their first year at The University of Queensland.

Findings from this project will be disseminated to administrators and teachers of the education institutions involved to facilitate the development of policy and practice that can assist student’s preparation for the changes in teaching and learning practices between their school and The University of Queensland.

Additionally, on-line materials will be developed for first-year lecturers to increase their awareness of and capacity to enhance, the specific teaching and learning strategies that first-year students have acquired during their time in secondary school settings.

Students at The University of Queensland Orientation Day

TEACHING AND LEARNING GRANTS

- Bogossian F, Brown M, Chenery H, McCuaig L, Robinson L, Souvlis T; Development and implementation of a generic health sciences professional practice e-portfolio template; UQ Teaching and Learning Large Grant; $70,000; 2008–2009

- Macdonald D, Engstrom C, Hay P, Brukner P, Khan K; An integrated system for online clinical assessment of practical skills (eCAPS) for web-based courses; Australian Learning and Teaching Council; $218,929; 2008–2010

- McCuaig L, Hay P, Nissen L, Macdonald D; Refining secondary-tertiary transition: A focus on students’ expectations of tertiary teacher-student pedagogical relationships; UQ internal Teaching and Learning Committee; $29,401; 2008–2009

RESEARCH HIGHER DEGREES

“STRADDIE” CONFERENCE

Postgraduate Research Conferences are organised annually by The University of Queensland’s Postgraduate Student Committee, in order to promote greater relationships, integration and collaboration between the various and diverse disciplines within the field of human movement studies.

The three-day conferences are held at the Moreton Bay Research Centre on North Stradbroke Island. These conferences strive to provide postgraduate students in the field of human movement studies with a high-quality conference in which they are afforded the opportunity to practice presenting in front of a supportive and interdisciplinary community that gives constructive feedback.

Also, importantly, the conference provides an invaluable opportunity for all postgraduate students to form friendships with postgraduate students from The University of Queensland and other universities within Queensland.

Above: School of Human Movement Studies postgraduate students

Research Scholarships

UQ offers a number of flexible research scholarships. Information on Research Scholarships can be found on the UQ Graduate School website at:

www.uq.edu.au/grad-school/research-scholarships

Postgraduate Coursework Programs

HMS also offers a diverse range of fee-paying postgraduate coursework programs. Graduate Certificate, Graduate Diploma and Master programs are available.

Programs are available in seven areas of specialisation:

- Clinical Exercise Physiology
- Dietetics
- Ergonomics
- Human Movement Science
- Sports Coaching
- Sport and Exercise Psychology
- Sport Medicine

To find out more about our postgraduate coursework programs please visit:

www.hms.uq.edu.au/postgraduate-coursework-students

From left: RHD students, Erie Zulkifli, Sam Panapa, Yui Hung and Gemma Ryde
# MPHIL & PHD CANDIDATES 2008-2010

## MASTER OF PHILOSOPHY

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<td>A phase III clinical trial of exercise modalities on treatment side-effects in men receiving therapy for prostate cancer</td>
<td>27/07/2009</td>
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<td>Bowes, Margot</td>
<td>Enhancing teachers’ understanding of critical evaluation through productive pedagogies: An action research case study</td>
<td>31/03/2006</td>
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<tr>
<td>Bullemor, Leanne</td>
<td>The coaches’ role and its affect on elite athlete performance and personal development</td>
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<tr>
<td>Byrne, Kirron</td>
<td>Developing an autonomy supportive learning environment: A case study in sports coaching</td>
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<td>Dr Clifford Mallett</td>
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<td>Cresp, Alanna</td>
<td>Time-course of corticospinal responses to a single bout of strength training for the human wrist</td>
<td>7/02/2008</td>
<td>Dr Timothy Carroll</td>
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<td>Dickens, Susan</td>
<td>Evaluating the effectiveness of pedagogical approaches in postgraduate online sports coaching programs</td>
<td>1/09/2009</td>
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<td>Harvey-Short, Pauline</td>
<td>Remembering women’s sport: A Brisbane Girls Grammar School Experience</td>
<td>22/2/2010</td>
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<td>Hill, Robert</td>
<td>Promoting physical activity for healthy aging</td>
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<td>Horton, Kathryn</td>
<td>Career pathways for elite coaching: A case study of Australian softball coaches</td>
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<td>Dr Anthony Rossi</td>
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<td>Kennaugh, Simon</td>
<td>Workplace activity profiles: prevalence, patterns and links with health outcomes</td>
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<td>Prof Wendy Brown</td>
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<td>Kerr, William</td>
<td>The effect of organizational culture on acceptance of risk to health from musculoskeletal disorder in construction, transport and storage industries</td>
<td>25/02/2008</td>
<td>A/Prof Robin Burgess-Limerick</td>
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<td>Lyons, Matthew</td>
<td>In the field learning: Impacts and developments on coach-athlete relationships following Action Research implementation within the elite individual within the elite individual competitive environment</td>
<td>1/06/2009</td>
<td>Dr Steven Rynne</td>
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<td>McWhirter, Robert</td>
<td>How do team sport coaches learn their craft?</td>
<td>31/03/2007</td>
<td>Prof Richard Tinning</td>
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<tr>
<td>Name</td>
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<td>A/Prof Jeff Coombes</td>
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<td>Fjeldsoe, Brianna</td>
<td>MobileMums: a physical activity intervention delivered via SMS for disadvantaged postnatal women</td>
<td>25/06/2009</td>
<td>Dr Alison Marshall, Dr Yvette Miller</td>
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<td>Ferney, Shannon</td>
<td>Developing and evaluating a community website-delivered physical activity program</td>
<td>28/02/2008</td>
<td>Dr Alison Marshall</td>
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<td>Hay, Peter</td>
<td>Social construction of abilities and the conduct of assessment in Senior PE</td>
<td>18/03/2008</td>
<td>Prof Doune Macdonald</td>
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<td>Henwood, Timothy</td>
<td>Muscle function and functional ability in resistance trained older adults</td>
<td>17/04/2008</td>
<td>Dr Dennis Taaffe</td>
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<td>Hinder, Mark</td>
<td>Integration of sensory feedback when adapting to novel visuomotor environments</td>
<td>28/02/2008</td>
<td>A/Prof Stephan Riek, Prof Richard Carson</td>
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<td>Hordern, Matthew</td>
<td>The effect of lifestyle modification on type 2 diabetic myocardium</td>
<td>2/06/2008</td>
<td>A/Prof Jeff Coombes</td>
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<td>Kawabata, Masato</td>
<td>Optimal experience in physical activity: Examining the multidimensionality of flow across cultures</td>
<td>14/03/2008</td>
<td>Dr Clifford Mallett</td>
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<td>Knez, Kelly</td>
<td>The meaning and place of physical activity and physical culture in the lives of young Muslim women</td>
<td>1/11/2007</td>
<td>Prof Doune Macdonald</td>
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<tr>
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<td>Principal/Joint Principal Advisor</td>
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<td>Koh, Koon Teck</td>
<td>The use of coaching behaviour scale - sport in evaluating and developing the work of high performance basketball coaches in Singapore</td>
<td>28/01/2010</td>
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<td>Liu, Xin</td>
<td>The efficacy of Tai Chi and Qigong in reducing indicators of risk of Type 2 diabetes in adults with elevated blood glucose</td>
<td>19/11/2007</td>
<td>Prof Wendy Brown</td>
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<td>Marinovic, Welber</td>
<td>The time course of movement preparation of rapid interceptive actions</td>
<td>13/02/2009</td>
<td>Dr Annaliese Plooy</td>
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<td>McCuaig, Louise</td>
<td>Teaching of the art of healthy living: A genealogical study of H-PE and the moral governance of apprentice citizens</td>
<td>5/06/2008</td>
<td>Prof Richard Tinning</td>
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<td>McLean, Kristy</td>
<td>What motivates the motivators? The development of the coach motivation questionnaire</td>
<td>17/11/2009</td>
<td>Dr Clifford Mallett</td>
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<td>Ng, Tiong Meng</td>
<td>Effectiveness of a walking program and intake of glucosamine sulphate for reducing pain and stiffness, and increasing flexibility and functional ability in persons with early symptoms of hip or knee osteoarthritis</td>
<td>27/02/2009</td>
<td>Prof Wendy Brown</td>
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<tr>
<td>Oya, Tomomichi</td>
<td>Investigation on motoneurone input-output properties with increasing voluntary drive in the human triceps surae</td>
<td>22/2/2010</td>
<td>Prof Andrew Cresswell</td>
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<tr>
<td>O’Dwyer, Siobhan</td>
<td>The effects of exercise training, and combined exercise and cognitive training, on cognitive and physical function in older adults: A randomised controlled trial and qualitative evaluation</td>
<td>30/01/2009</td>
<td>Prof Wendy Brown</td>
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<td>Ringuet, Caroline</td>
<td>Needs of elite athletes in contemporary sport</td>
<td>4/06/2008</td>
<td>A/Prof Ian Jobling</td>
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<td>Rynne, Steven</td>
<td>Opportunities and engagement: Coach learning at the Queensland Academy of Sport</td>
<td>7/07/2008</td>
<td>Dr Clifford Mallett</td>
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<td>Sahaf, Robab</td>
<td>Physical activity and depressive symptoms among older people</td>
<td>12/06/2008</td>
<td>Dr Alison Marshall, Prof Helen Bartlett</td>
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<td>Smith, Wayne</td>
<td>HPETE and institutional change - a reflexive case study</td>
<td>24/11/2008</td>
<td>Prof Richard Tinning</td>
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<td>Weissenersteiner, Juanita</td>
<td>Expertise in sport: Multi-dimensional exploration of the development of batting skills in cricket</td>
<td>11/09/2008</td>
<td>Prof Bruce Abermethy</td>
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<td>Woolley, Daniel</td>
<td>The role of generalisation and contextual cues in motor adaptation to novel visual environments</td>
<td>19/12/2007</td>
<td>A/Prof Stephan Riek</td>
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<td>Zupanc, Christine</td>
<td>Alternating steering control-response compatibility</td>
<td>25/09/2008</td>
<td>A/Prof Robin Burgess-Limerick</td>
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</tbody>
</table>

**DEANS COMMENDATIONS FOR HIGH ACHIEVEMENT**

Dr Liz Cyarto, Advisor - Professor Wendy Brown (Physical Activity and Health)

Dr Dean Barker, Advisor - Dr Tony Rossi (Health and Physical Education)

Dr Louise McCuaig, Advisor - Professor Richard Tinning (Health and Physical Education)
RHD SCHOLARSHIP OPPORTUNITIES

Research higher degree candidates enrolled in the School of Human Movement Studies source scholarships from a variety of providers, e.g. NHMRC, Australian Postgraduate Awards, Australian Sports Commission, Queensland Academy of Sport, home-institution or home-government awards, and UQ funding. More than 30 currently enrolled students have scholarship support, and all students are encouraged to apply for funding. Four recently enrolled scholarship recipients are profiled below.

BEN HOFFMAN
Australian Postgraduate Award

After finishing high school I enrolled in an Applied Science (HMS-Exercise Science) degree and graduated at the end of 2005. Towards the end of this degree I was fortunate to meet with widely renowned biomechanics researcher Professor Andrew Cresswell who later became my research supervisor when I began my MPhil degree in 2006. In early 2009 I submitted my thesis titled “Increases in corticospinal responsiveness during a sustained submaximal plantar flexion”. During that same period I also authored two journal articles that were published in the top-tier Journal of Applied Physiology. While finishing off my MPhil degree I was also employed by the School of Human Movement Studies as an associate lecturer in neuromechanics. In 2010 I was awarded an Australian Postgraduate Award scholarship to undertake a PhD that will examine the mechanisms underlying susceptibility and adaptation to exercise-induced muscle damage. Following my PhD I want to continue in an academic career in neuromechanics.

SIMRANJIT SIDHU
Endeavour IPRS / UQ Research Scholarship

Upon completing my bachelor’s degree in biomedical science at the National University of Singapore, I decided to pursue research honours in human neurophysiology at the University of New South Wales under the supervision of Dr Timothy Carroll. After a very successful and fulfilling honours year, with an attainment of Class I honours and two publications, I was motivated to extend my knowledge into a PhD within the same field, looking specifically at the central mechanisms of human muscle fatigue during and after endurance exercises. I was awarded the International Postgraduate Research Scholarship (IPRS) and the University of Queensland Research Scholarship (UQRS) for the pursuit of my PhD at UQ HMS. I chose UQ HMS because of its outstanding research staff and the availability of great research facilities and infrastructure for conducting research. After finishing my PhD, I intend on pursuing postdoctoral research and subsequently applying for an academic position.
ALESSANDRO SUPPINI
UQ Int Research Tuition Award / UQ Research Scholarship

I am currently completing a PhD in the Health Promotion field and have been granted a UQRS Scholarship for my living allowance and a UQRTA Scholarship for my international tuition fees. Prior to commencing my PhD I received a Honours in Psychology at the University of Padua (Italy) with a thesis evaluating the Assessment Center technique in human resources development. I decided to expand my skills in the clinical area with a two year training at the Center of Family Therapy in Bologna working as a clinical psychologist. I received a grant from the University of Bologna to investigate the relationship between physical activity and weight loss maintenance after which I decided to come to Australia and start a PhD at UQ. The aim of my research is to evaluate the effectiveness of a multi-level approach involving website intervention and mobile technology in promoting physical activity and healthy lifestyle among UQ Staff. When my PhD is completed, I’d like to keep on doing high quality research at UQ in a post doctoral position.

HEDDA BROOKS
Queensland Academy of Sport Centre of Excellence for Applied Sport Science Research Scholarship

Since I was a kid I have wanted to become a sport scientist working with professional cyclists. I took the first step to achieving this dream after school when I enrolled in the undergraduate Human Movement Studies degree at UQ. It was during my degree that I had the privilege to be enlightened by one of my current research supervisors, Dr David Jenkins. In 2008, I was granted a PhD scholarship funded jointly by the Centre of Excellence for Applied Sport Science at the Queensland Academy of Sport and The School of Human Movement Studies, at UQ. My research is, naturally, to do with cycling – I am investigating the effects of pedal cadence on the chemo-mechano energetics of cycling. While my link to the Queensland Academy of Sport allows me to work with some of Australia’s best sport scientists, including my other supervisor, Dr Mark Osborne, and to have access to elite athletes and cutting-edge technology, I am confident that my HMS research degree will stand me in good stead to realise my ambition of working in high-performance cycling.
The research undertaken by the School of Human Movement Studies (including our higher degree students) is published in a wide variety of outlets; including high impact refereed scholarly publications, books, professional journals, and community and public interest outlets. Research output represents a strong measure of performance for our School with output consistently ranking as one of the discipline’s highest with 68.3% of publications in the top 30th percentile of published work internationally.

Recent achievements appear in the consolidated publications below. It is important to note that this list does not represent the full diversity of activity and only lists publications in the four categories recognised externally by the Commonwealth Department of Education, Employment and Workplace Relations (DEEWR).

**PUBLICATIONS – 2008**

**Books**


**Book Chapters**


**Journal Articles**


**Referred Conference Papers**


Research Reports


PUBLICATIONS – 2009

Books


Book Chapters


lisahunter (2009), Should kids ‘be seen and not heard’? Where are the students in HPE curriculum. In M. DinanThompson (Ed.), Health and Physical Education: Issues for Curriculum in Australia and New Zealand (pp. 80–105). South Melbourne, Vic.: Oxford University Press.


Olive, R. (2009), Expression session. In D.M. Cunningham (Ed.), Wax On: From Cronulla to Palm Beach and Beyond (pp. 10–11). Gymea, NSW: Hazelhurst Regional Gallery and Arts Centre.


Journal Articles


**Referred Conference Publications**


Research Reports


Researchers within the School continue to attract major research grant funding. These funds are critical in helping support the wide variety of staff research interests, the purchase of specialist equipment for experimental techniques, and the maintenance of our research laboratories.

**$5.39 MILLION NATIONAL HEALTH AND MEDICAL RESEARCH COUNCIL GRANT**

Professor Wendy Brown (Physical Activity and Health) was one of three principal investigators on a $5.39 million National Health and Medical Research Council program grant ("Too Much Sitting, Too Little Exercise") to examine ways to decrease sitting and increase physical activity in an increasingly sedentary society. This was Wendy's second NHMRC program grant, meaning that her program of work will now be continually funded for ten years.

The majority of Australian adults spend most of their waking hours sitting: at home, at work and in their cars; most do not participate in exercise or sport. This leads to weight gain and to diseases of inactivity (particularly diabetes, heart disease, cancer and depression). The new research program will measure sitting time and physical activity in people’s daily lives, and will increase understanding of the factors that influence sedentary behaviours, and ways to encourage more activity, especially among the ageing ‘baby boomer’ population.

<table>
<thead>
<tr>
<th>Name</th>
<th>Project title</th>
<th>Granting body</th>
<th>Amount awarded</th>
<th>Years of funding</th>
</tr>
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<tbody>
<tr>
<td>Abbey K, Wright O, Capra S</td>
<td>Better practice in food and nutrition services: Menu planning and menu design to deliver optimal nutrition to residential aged care (Faye McDonald Scholarship)</td>
<td>Dietitians Association of Australia</td>
<td>$20,000</td>
<td>2009–2011</td>
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<tr>
<td>Barrett RS, Lichtwark G, Cresswell AG, Mills PM, Kerr GK</td>
<td>Ageing, falls and balance recovery</td>
<td>NHMRC Project Grant</td>
<td>$571,595</td>
<td>2009–2010</td>
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<tr>
<td>Brown WJ, Owen N, Bauman A, et al.</td>
<td>A systematic review and meta-analysis of the evidence exploring the association between sedentary behaviour and low energy expenditure in the workplace</td>
<td>Health Promotion Queensland (Queensland Health)</td>
<td>$200,000</td>
<td>2009-2010</td>
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<tr>
<td>Name</td>
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<td><strong>Burton NW</strong></td>
<td>National Heart Foundation Postdoctoral Research Fellowship: Psychosocial well-being and physical activity for heart health</td>
<td>National Heart Foundation</td>
<td>139,500</td>
<td>2009–2010</td>
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<tr>
<td><strong>Burton NW, Pakenham Ki, Brown WJ</strong></td>
<td>Increasing psychosocial resilience and physical activity for heart health: a randomised trial of the READY (REsilience and Activity every DaY) program</td>
<td>National Heart Foundation</td>
<td>105,485</td>
<td>2007–2010</td>
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<tr>
<td><strong>Byles J, Capra S, Parkinson L, Perry L</strong></td>
<td>Implementing best practice nutrition and hydration support in residential aged care</td>
<td>Department of Health and Ageing</td>
<td>875,648</td>
<td>2007–2009</td>
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<tr>
<td><strong>Carroll TJ</strong></td>
<td>Cortical contributions to cross-limb transfer of ballistic motor learning</td>
<td>UQ Early Career Researcher</td>
<td>25,000</td>
<td>2008–2009</td>
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<tr>
<td><strong>Carroll TJ</strong></td>
<td>Cross-limb transfer of reach performance in a novel sensorimotor environment</td>
<td>UQ Foundation Research Excellence Awards - DVC(R) Funding</td>
<td>80,000</td>
<td>2009–2010</td>
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<td><strong>Carroll TJ</strong></td>
<td>Time-course of corticospinal responses to a single bout of strength training for the human wrist</td>
<td>UQ New Staff Research Start-Up Fund</td>
<td>12,000</td>
<td>2007–2008</td>
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<tr>
<td><strong>Carroll TJ, Riek S</strong></td>
<td>Neural mechanisms underlying cross-limb transfer of ballistic motor skill</td>
<td>UQ External Support Enabling Grant</td>
<td>40,000</td>
<td>2009</td>
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<td><strong>Coombes JS</strong></td>
<td>Mass spectrometer for HMS laboratory</td>
<td>UQ Major Equipment and Infrastructure</td>
<td>150,000</td>
<td>2008</td>
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<tr>
<td><strong>Cresswell A, Carson RG</strong></td>
<td>An inverse control approach to resolving the neural basis of spatial and muscular dependencies in coordinated multi-limb movements</td>
<td>ARC Discovery Projects</td>
<td>205,000</td>
<td>2006–2008</td>
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<tr>
<td><strong>Davies PSW, Boyd R, Bell K, Stevenson RSJ, Tweedy SM, Trost SG, Ware RS, De Lacy M, Weir K</strong></td>
<td>Longitudinal growth, nutrition and physical activity in young children with Cerebral Palsy</td>
<td>NHMRC Project Grant</td>
<td>648,000</td>
<td>2009–2013</td>
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<tr>
<td><strong>Davies PSW, Macdonald D, Coyne ET, Abbott RA</strong></td>
<td>Survey of body mass index, nutrition and physical activity behaviours of Queensland school children</td>
<td>Queensland Health</td>
<td>1,004,279</td>
<td>2005–2008</td>
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<tr>
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<td>Findlay M, Bauer J</td>
<td>Evidence based guidelines for management and head and neck cancer</td>
<td>Cancer Institute NSW</td>
<td>$80,000</td>
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<td>Fleming J, Tweedy S</td>
<td>Pathways and choices for people with high care needs</td>
<td>Youngcare</td>
<td>$150,000</td>
<td>2008–2012</td>
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<td>Gilson ND</td>
<td>“10000 Steps Brisbane Fund”: Workplace physical activity: A randomised control trial intervention for Brisbane City Council workers</td>
<td>Brisbane City Council</td>
<td>$30,000</td>
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<td>Gilson ND</td>
<td>“Walk UQ”: A longitudinal multi-site workplace physical activity intervention</td>
<td>UQ New Staff Research Start-Up Fund</td>
<td>$12,000</td>
<td>2008–2009</td>
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<td>Gilson ND</td>
<td>Walk@Work: Decreasing sitting through walking in Brisbane office environments</td>
<td>Healthy Queensland Grant</td>
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<td>Gilson ND</td>
<td>Workplace Physical Activity: A Randomised Control Trial Intervention for Brisbane City Council Workers</td>
<td>UQ Early Career Researcher</td>
<td>$25,000</td>
<td>2009</td>
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<td><strong>Goullet De Rugy AA, Carroll TJ</strong></td>
<td>Experimental and computational assessment of the mechanical, musculo-skeletal and neuromuscular contributions to rhythmic multi-joint arm movements</td>
<td>ARC Discovery Projects</td>
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<td>2007–2010</td>
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<td><strong>Gray L, Brand C, Morris J, Jones RN, Wright O</strong></td>
<td>Understanding and influencing physical activity to improve population health</td>
<td>NHMRC Project Grant</td>
<td>$362,125</td>
<td>2009–2010</td>
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<td><strong>Haslam M, Dagg G, Bush RB, Gilson ND, Swanson C</strong></td>
<td>Application to rural communities: Ipswich and West Moreton Division of General Practice</td>
<td>Coronary Heart Intervention Program (CHIP)</td>
<td>$21,886</td>
<td>2008</td>
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<td><strong>Hay P, McCuaig L, Macdonald D</strong></td>
<td>Children and young people strategy pre-service teacher training workshops</td>
<td>Department of Sport and Recreation, Queensland</td>
<td>$30,000</td>
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<td><strong>lisahunter, Phillips M, Osmond G</strong></td>
<td>Australian surfing history: The ‘She’ factor network</td>
<td>UQ FirstLink Scheme</td>
<td>$2,295</td>
<td>2009–2010</td>
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<td><strong>Isenring E</strong></td>
<td>Prevalence and predictors of vitamin D deficiency in medical oncology patients receiving chemotherapy: a pilot study</td>
<td>UQ New Staff Research Start-Up Fund</td>
<td>$11,988</td>
<td>2009–2010</td>
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<td><strong>Jenkins DG, Brooks H</strong></td>
<td>The effect of cycling cadence on the physiological and biomechanical parameters during heavy-intensity exercise</td>
<td>Queensland Academy of Sport</td>
<td>$14,000</td>
<td>2009–2010</td>
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<td><strong>Kellmann M</strong></td>
<td>Enhancing recovery and health in Brisbane Lions football players</td>
<td>Brisbane Lions Football Club</td>
<td>$4,500</td>
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<td><strong>Kellmann M</strong></td>
<td>Validation of the Recovery-Stress Questionnaire and the Time-out/Rest Behaviour Questionnaire</td>
<td>UQ New Staff Research Start-Up Fund</td>
<td>$12,000</td>
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<td>Macdonald D, Abbott R, McCuaig L, Hay P</td>
<td>Active Kids, Active Minds: Evaluation of the effectiveness of increased school-based physical activity for enhanced learning (Phase 2)</td>
<td>Department of Education and Training</td>
<td>80,000</td>
<td>2009–2010</td>
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<td>Mallett C, Kellmann M, Hanrahan SJ</td>
<td>Youth coach training in mental toughness and its impact on positive youth development</td>
<td>UQ FirstLink Scheme</td>
<td>2,818</td>
<td>2008–2009</td>
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<td>Mann D, Abernethy B, Farrow D</td>
<td>Can less provide more? Altering visual input to enhance skill learning in cricket batting</td>
<td>Cricket Australia Grant</td>
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<td>Miller YD, Marshall AL, Burton NW, Brown WJ</td>
<td>The development of a food and nutrition and physical activity project for pregnancy and early life in urban locations (Caboolture Mums and Little Ones)</td>
<td>Health Promotion Queensland</td>
<td>500,000</td>
<td>2006–2009</td>
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<td>Newton R, Taaffe DR, Spry N, Galvão D</td>
<td>A randomised trial of exercise to reduce co-morbidity in men receiving therapy for prostate cancer (ECU administered Prostate Cancer Foundation Australia grant)</td>
<td>Prostate Cancer Foundation of Australia</td>
<td>244,328</td>
<td>2009–2010</td>
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<td>Newton R, Taaffe DR, Spry N, Galvão D</td>
<td>A Phase III clinical trial of exercise modalities on treatment side-effects in men receiving therapy for prostate cancer (NHMRC Project Grant administered through Edith Cowan University)</td>
<td>NHMRC Project Grant</td>
<td>500,000</td>
<td>2009–2011</td>
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<td>Osmond G</td>
<td>Humanities Travelling Fellowship: Hawaiian in 'Maoriland': racial dimensions of Duke Paoa Kahanamoku’s tour to New Zealand in 1915</td>
<td>Australian Academy of the Humanities</td>
<td>4,000</td>
<td>2007–2008</td>
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<td>Owen NG, Bauman A, Brown WJ</td>
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<td>NHMRC Program Grant</td>
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<td>Plooy AM</td>
<td>Toward the development of aptitude-specific Endoscopic-Surgery Training Programs</td>
<td>UQ New Staff Research Start-Up Fund</td>
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<td>Plooy AM, Tresilian JR</td>
<td>Preparatory processes in rapid interceptive action</td>
<td>ARC Discovery Projects</td>
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<td>Rynne S, Mallett C, Shannon CA</td>
<td>Indigenous sport coaching and development: Coach influence on youth participation and ongoing involvement in physical activity</td>
<td>UQ FirstLink Scheme</td>
<td>3,489</td>
<td>2009–2010</td>
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<td>Rynne SB</td>
<td>Indigenous youths in Surfing Australia programs</td>
<td>Laureus Sport for Good Foundation</td>
<td>317,000</td>
<td>2009–2011</td>
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<td>Sharman J</td>
<td>A randomised study to determine the value of central blood pressure for guiding management of hypertension (BP GUIDE Study)</td>
<td>AtCor Medical Pty Ltd.</td>
<td>220,000</td>
<td>2007–2009</td>
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<td>Sharman J</td>
<td>Clinical application of arterial pressure waveform analyses: Role of exercise central blood pressure</td>
<td>NHMRC Aust. Clinical Research Fellowship</td>
<td>269,000</td>
<td>2006–2009</td>
</tr>
<tr>
<td>Sharman J</td>
<td>Effect of plasma triglycerides on the central haemodynamic response to exercise</td>
<td>Princess Alexandra Hospital R&amp;D Foundation</td>
<td>11,000</td>
<td>2008</td>
</tr>
<tr>
<td>Sharman J, Stowasser M</td>
<td>A study to determine the clinical value of measuring central blood pressure in patients with hypertension</td>
<td>NHMRC Project Grant</td>
<td>326,525</td>
<td>2009–2012</td>
</tr>
<tr>
<td>Tichon JG</td>
<td>Investigation of affective intensity and perceptual processes in the training and objective evaluation of complex cognitive skills in disaster response</td>
<td>UQ External Support Enabling Grant</td>
<td>25,000</td>
<td>2008–2008</td>
</tr>
<tr>
<td>Tichon JG, Wallis G, Horswill MS</td>
<td>Improving efficiency and safe workplace operations in heavy industry: Training problem solving and decision making through immersive simulation</td>
<td>ARC Linkage Projects (inkind contribution from The Construction Training Centre)</td>
<td>800,000</td>
<td>2008–2013</td>
</tr>
<tr>
<td>Name</td>
<td>Project title</td>
<td>Granting body</td>
<td>Amount awarded ($)</td>
<td>Years of funding</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>--------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Vivanti A, Ferguson M, Powrie D, Clarke D, O’Neill M, Isenring E</td>
<td>A randomised controlled trial assessing outcomes of two service models providing nutritional support to older people presenting to Emergency Department</td>
<td>Queensland Health Practitioner Research Scheme</td>
<td>50,000</td>
<td>2009–2009</td>
</tr>
<tr>
<td>Wallis G, Tresilian JR</td>
<td>The initiation and control of action in motor vehicle driving</td>
<td>ARC Discovery Projects</td>
<td>205,000</td>
<td>2006–2008</td>
</tr>
<tr>
<td>Wright ORL</td>
<td>Shedding more light on Vitamin D, obesity and insulin resistance</td>
<td>UQ New Staff Research Start-Up Fund</td>
<td>11,997</td>
<td>2009–2010</td>
</tr>
</tbody>
</table>
Dr Timothy Carroll was awarded a 2009 Research Excellence Award by the UQ Foundation. These awards are intended to recognise and nurture outstanding early career researchers who have shown great potential to become leaders in their fields.

The subject of Dr Carroll’s work is the complex activities that occur in the human body so that people can accurately reach towards objects which holds promise for improved treatment of stroke patients.

“This study looks further at what happens in the brain to cause improvements in reaching with one limb when the other limbs learn to move in a new environment such as when holding an unfamiliar tool,” he said.

“Discovering the causes of transfer between limbs will advance our basic understanding of motor learning.”

Dr Carroll conducted the first experiments using non-invasive brain stimulation to study the effects of strength training on nervous system function.
Clanchy, K. (2009) NHMRC Public Health Postgraduate Scholarship - Promoting physical activity participation among adolescents with cerebral palsy: A randomised clinical trial

Gilson, N. (2009) Healthy Queensland Awards Regional Winner and Highly Recommended State Finalist. Health initiatives to encourage walking and health in Brisbane office environments

Gilson, ND. (2008) UniQuest Trailblazer Award - Original, innovative early-stage research, Open Category Finalist, UniQuest

Gucciardi, D. (2010-2012) UQ Postdoctoral Research Fellowship, The University of Queensland


Tinning, R (2009) Awarded an honorary Fellowship of Physical Education New Zealand (PENZ)


TEACHING AWARDS

Dr Louise McCuaig – UQ Award for Excellence in Teaching, 2008

Dr Louise McCuaig is a committed and innovative teacher with responsibility for the delivery of specialist health education curriculum and pedagogy courses and advanced physical education pedagogy. Dr McCuaig sustained and outstanding contribution to student learning is acknowledged in excellent teaching evaluations from students and feedback from the teaching profession on the competence of pre-service and graduate teachers. This award recognises Dr McCuaig’s sustained and outstanding contribution in this area.

Dr David Jenkins – ALTC (Aust Learning and Teaching Council) Citations for Outstanding Contributions to Student Learning, 2008

Dr David Jenkins is a dedicated teacher who is committed to delivering a high quality learning experience to his students. This award recognises Dr Jenkins sustained excellence in teaching exercise science to large undergraduate classes with a focus on social and professional engagement.
SCHOOL VISITORS

HMS host many Visiting Scholars from Asia, America, Europe and other regions. We have entered into new articulation and exchange arrangements with institutions in Qatar, Singapore and United States, and further articulation arrangements with other countries are currently under negotiation.

**Professor Don Bailey,**
University of Saskatchewan (Canada)

**Dr Karin Redelius Carlberg,**
Swedish School fo Sport and Health Sciences

**Dr Tania Cassidy,**
University of Otago (NZ)

**Dr Sally Chung,**
National Taipei Univeity of Education (Taiwan)

**Dr Carlos Coelho,**
University of Maderia (Portugal)

**Dr Amanda Daley,**
University of Birmingham (UK)

**Dr Marcus Gerber,**
University of Basel (Switzerland)

**Dr Andy Hearn,**
Christchurch Polytechnic Institute of Technology (NZ)

**Dr Ales Jakubec,**
Palacky University of Olomouc (Czech Republic)

**Dr Suzanne Lundvall,**
Swedish School of Sport and Health Sceinces

**Dr Victoria Machota,**
At Puerto de Mazarron High School (Spain)

**Professor Kerry Mumbery,**
Central Queensland University (Australia)

**Dr John Munzert,**
University of Giessen (Germany)

**Professor Tim Olds,**
University of South Australia

**Dr Kirsten Petrie,**
University of Waikato (NZ)

**Dr Peter Schantz,**
Swedish School of Sport and Health Sciences

**Professor Thierry Terret,**
Centre for Research of Innovation in Sport (France)

**Professor Yojiro Tamura,**
Suzuka National College of Technology (Japan)
RESEARCH COLLABORATIONS

HMS research staff maintain collaborative links with a breadth of local, national and international institutions.

Other UQ Faculties & Schools
Centre for Military and Veterans' Health Centre for Research in Geriatric Medicine
Faculty of Health Sciences
Healthy Communities Research Centre
Institute of Molecular Biosciences
Minerals Industry Safety and Health Centre, Sustainable Minerals Institute
Queensland Brain Institute

UQ Diamantina Institute of Cancer
UQ Sport

National Universities
Central Queensland University
Curtin University of Technology
Deakin University
Edith Cowan University
Flinders University
Griffith University
Monash University
Queensland University of Technology
The University of Tasmania
The University of Western Australia
University of Adelaide
University of Newcastle
University of South Australia
University of Southern Queensland
University of Sunshine Coast
University of Sydney
University of Western Australia
University of Western Sydney
University of Wollongong

International Universities
Amsterdam: Vrije University Medical Centre in Amsterdam
Belgium: Katholic University Leuven (KUL) through the Erasmus Mundus programme, University of Ghent
Canada: Brock University, Douglas College, Laurentian University,
University of British Columbia, University of Ottawa & Triathlon Canada, University of Saskatchewan,
University of Toronto, University of Victoria, University of Western Ontario.

Denmark: University of Copenhagen
France: University of the Mediterranean
Germany: International Paralympic Ctte, Max Planck Institute for Biological Cybernetics, Ruhr-University of Bochum, Sport Science Germany, University of Freiburg, University of Giesen
Hong Kong: Chinese University of Hong Kong, University of Hong Kong
Japan: Tokai University, Tsukuba University
Malaysia: National University of Malaysia
New Zealand: University of Auckland, University of Otago
Northern Ireland: University of Ulster
Norway: Norwegian Institute of Health
Asian: ASPETAR
Singapore: Republic Polytechnic
South Africa: Stellenbosch University
Spain: Universitat de Vic, University of Basque Country, University of Extremadura, Vigo University
Sweden: Karolinska Institute and University College of Physical Education and Sports, Stockholm University, University of Oebro
The Netherlands: Vrije University Amsterdam
UK: Loughborough University, Bangor University, Bristol University, Cambridge University, Herriot Watt University
USA: Klein Buendel, Inc., NIA, NIH, National Cancer Institute in Maryland, National Institute for Occupational Safety and Health-Pittsburgh Research Laboratory, Oregon State University, Pennington Biomedical Research Center, Rehabilitation Institute of Chicago, The University of Alabama, University of California, University of Hawaii, University of North Carolina at Chapel Hill, University of Oklahoma, University of Oregon, University of Pennsylvania and SUNY New York, Vanderbilt University, Washington University in St Louis

Institutions/Centres/Hospitals/ Govt Depts
Australian Association of Gerontology
Australian Football League
Australian Institute of Sport
Australian Paralympic Committee
Australian Research Council
Australian Sports Commission
Blue Care
Brisbane City Council
Centrelink
Cerebral Palsy–International Sport and Recreation Association
Children’s Nutrition Research Centre
Cricket Australia
CSIRO
Department of Family and Community Services
Department of Health and Ageing
Dept of Communities, Sport & Recreation Services
Education Queensland
Flinders Medical Centre
Golden Casket
Human Frontier Science Program Organisation
International Paralympic Committee
Ipswich Hospital Foundation
Liquid Interactive
Mater Children’s Hospital
Mater Hospital/Mater Hospital (KOALA)
National Health and Medical Research Council
National Heart Foundation
National Institute for Occupational Safety and Health (USA)
Netball Queensland
Numico Research Australia
Princess Alexandra Hospital
Queensland Academy of Sport
Queensland Community Partnerships
Grant Program
Queensland Department of Education and Training
Queensland Health
Queensland Motor Accident Insurance Commission
Queensland Olympic Council
Queensland Reds
Queensland Roar
Railcorp
Royal Adelaide Hospital
Royal Brisbane and Womens Hospital
Sports Medicine Australia
The Construction Training Centre
The Wesley Hospital
The Wesley Research Institute
Triathlon Australia
Tricare
PROFESSIONAL ASSOCIATIONS - STAFF

American Academy of Health Behavior
American Academy of Kinesiology and Physical Education*
American Association for Educational Research
American Association for Kinesiology and Physical Education*
American College of Sports Medicine*
American Dietetic Association
American Physiological Society
American Society for Bone and Mineral Research
Asia Pacific Society for Exercise and Sports Science#
Association for Applied Sport Psychology (AASP)
Australasian Experimental Psychology Society
Australasian society for behavioral health and medicine
Australasian Society for Parenteral and Enteral Nutrition
Australian and New Zealand Bone and Mineral Society
Exercise & Sport Sciences Australia (ESSA)*##
Australian Association for Research in Education
Australian Association of Gerontology
Australian Council for Health, Physical Education and Recreation (ACHPER)*#
Australian Curriculum Studies Association
Australian Educational Research Association
Australian Neuroscience Society (ANS)
Australian Paralympic Committee#
Australian Psychological Society (APS)*
Australian Psychological Society Brisbane Area Branch#
Australian Psychological Society College of Clinical Psychologists / Health Psychologists / Sport Psychologists
Australian Society for Health Behavioural Medicine
Australian Society for Sport History (ASSH)##
Australian Society for the Study of Obesity
Australian Sports Medicine Federation**
Brisbane Physical Activity Forum
Cardiac society of Australia and New Zealand (affiliate)
Centre for Behavioural Research in Cancer Control, Curtin University of Technology
Cerebral Palsy—Australian Sport and Recreation Federation
Classification Advisory Committee—Disability Sport Unit, Australian Sports Commission#
Clinical Oncological Society of Australia
Dietitians Association of Australia
European College of Sports Science
European Physiological Society
European Society for Parenteral and Enteral Nutrition
Experimental Psychology Society, UK
German Association of Psychology, Division Health Psychology (DGPs)
German Association of Sport Psychology
Gerontological Society of America
High Blood Pressure Research Council of Australia
Human Factors and Ergonomics Society of Australia Inc.#
Institute for Electrical and Electronic Engineers (IEEE)
International Association for Physical Education in Higher Education (AIESEP)*#
International Confederation of Dietetic Associations
International Council for Coach Education (ICCE)
International Federation of Adapted Physical Activity
International Society for Behavioral Nutrition and Physical Activity
International Society for Neuroscience (SFN)
International Society of Behavioral Medicine
International Society of Biomechanics
International Society of Physical activity and Health#
International Society of Sport Psychology (ISSP)
National Association for Physical Education in Higher Education
North American Society for Sport History (NASSH)
North American Society for the Psychology of Sport and Physical Activity (NASPSA)
North American Society of Sport History (NASSH)
Norton College of Teachers
Registered Psychologist, Psychologists Board of Queensland
Scandinavian Physiological Society
Society for Free Radical Research (SFRR)
Society for Neuroscience (USA)
Sporting Wheelies and Disabled Association
Sporting Wheelies and Disabled Association—Classification Reference Group#
Sporting Wheelies and Disabled Association—Fitness Centre Advisory Group#
Sports Medicine Australia (SMA)
Sports Science Subcommittee—IPC Athletics#
The University of Western Australia, School of Sport Science, Exercise, and Health,
Vision Sciences Society (VSS) (USA)

*Indicates Fellow
#Indicates Board member or other significant role in the association
EDITORIAL BOARD MEMBERSHIPS

ACHPER Healthy Lifestyles Journal
Acta Physiologica
American Academy of Health Behavior
British Journal of Sports Medicine
Current Psychology of Cognition/Cahiers de Psychologie Cognitive
Deutsche Zeitschrift für Sportmedizin (German Journal of Sport Medicine)
Ergonomics Open Journal
Exercise Immunology Review
International Journal of Coaching Science
International Journal of Electronic Healthcare
International Journal of Sport and Exercise Psychology
International Journal of Sport and Health Science
International Journal of Sport Science and Coaching
International Journal of the History of Sport Australasia and the Pacific Region Annual Issue
Journal of Aging and Physical Activity
Journal of Applied Sport Psychology
Journal of Qualitative research in Sport and Exercise
Journal of Science and Medicine in Sport (JSAMS)
Journal of Sport History
Journal of Sports Sciences
Nutrition and Dietetics
Nutrition Today
Physical Education and Sport Pedagogy
Psychology of Sport and Exercise
Sciences and Techniques of Physical Activities and Sports
Sport, Education and Society
Sporting Traditions
Stadion: The International Journal of the History of Sport
The International Journal of Behavioral Medicine
The Journal of Gerontology: Medical Sciences
The Open Longevity Science Journal board.
The Sport Psychologist
Zeitschrift für Sportpsychologie (German Journal of Sport Psychology; former title Psychology and Sport)
THE WAY FORWARD

We research in exciting, and challenging times. It is a rewarding and sometimes a frustrating activity; and one which is integral to the role of The University of Queensland as a whole, and the School of Human Movement Studies in particular.

Research offers academic staff the opportunity to utilise their analytic skills for a creative, generative, and transformative purpose. Along with the opportunity to teach the next generation of professionals and researchers, it is the reason we work at a university.

The diversity of research paradigms employed by staff of the School of Human Movement Studies, and the research sites, is breathtaking. The techniques include neurophysiological, biomechanical and physiological techniques; virtual reality simulations, field based cognitive task analysis; evaluations of population level public health interventions, and psychological, pedagogical, sociological and historical investigation techniques. The research sites range from rural and urban classrooms to operating theatres; from coal mines to nursing homes; from cardiac and cancer clinics to international sporting venues; from Brisbane City Council offices to a Mexican orphanage; from biochemistry laboratories to surf beaches, and many more in between.

There is no doubt the future holds further opportunities for increasing this diversity, and these opportunities will be embraced wholeheartedly.

The hallmarks of research within the School of Human Movement Studies are:

■ engagement with industry, whether that be education, health, sport, construction, or mining; and

■ interdisciplinary collaboration with many other expertise domains including medicine, therapies, education, public health, and psychology.

The recent addition of extremely active Nutrition and Dietetics researchers to the staff of the School has further enhanced this collaborative ability, and this will be an area of future growth.

Research is an inherently political activity. We research to make a difference to the world, whether that difference is through breaking boundaries in understanding, offering new opportunities for action, or translating these opportunities into reality. What holds the research endeavours of the School of Human Movement Studies together as a coherent body is the common focus on the improvement of the health, well being, performance, safety and quality of life of all groups within the population.

We look forward to continuing to engage with industry, in the broadest sense, and the community at large, to bring these lofty goals to fruition.

Associate Professor Robin Burgess-Limerick
Director (Research)