Hi everyone,  

Welcome to the January/February issue of the School’s Newsletter. I hope all is well with you all. There’s a great buzz about the campus! Welcome back to returning students and congratulations to all our new undergraduate and postgraduate students who have gained a place in one of our programs. It is an incredibly busy time of year for all staff and for some this coincides with the juggle of grant-writing deadlines.

**Staff Movements**  
Welcome to **Bonni Maseko** (Lecturer in Medical Radiation) who joins us from her previous post at University College London and **Scott Maney** (Technical Services Officer) who commenced earlier this month. Scott is a former graduate of the Human Movement program and has experience in mechatronics and mechanical engineering and was one of the technical officers involved in UniSA’s ‘world’s largest bike’ project at Mawson Lakes. We say goodbye to **Dr Mary Russell**, lecturer in Occupational Therapy who leaves us this month after 17 years, during which time she served as Program Director for the Occupational Therapy Program. Mary has been appointed to a senior leadership position with the Australian Health Practitioner Regulation Agency for the state of Victoria. Best wishes to Mary for her future success in this role. Farewell and best wishes to **Kim Slater** (Academic Services Officer: Human Movement and Clinical Exercise Physiology) who is retiring to work on her farm after three very busy and important years of supporting these two programs through critical phases of their development.

Best wishes also to **Gavin Tempest** who leaves us to take up an Associate Professor position at Tomsk State University in Siberia! Remember your woolly hat Gav!

**Enrolments**  
This week I had the pleasure of welcoming over 900 undergraduate students with three back to back presentations! Enrolment for our programs is exceptional for another year running, and is testament to the success and reputation of the School’s suite of undergraduate programs in Human Movement, Physiotherapy, Occupational Therapy, Podiatry, Nuclear Medicine, Radiation Therapy, Medical Imaging, Health Sciences and Clinical Exercise Physiology.
The School also maintains a very healthy profile in its Divisional Honours (30), Higher Degree by Research (55 PhD plus 2 Masters by Research) and post graduate programs in MSc Occupational Therapy (51), Physiotherapy (43), Musculoskeletal & Sports Physiotherapy (10) and Medical Sonography (185). The Graduate Diploma in Medical Sonography excels with 427 students and 22 in Breast Imaging! In all, the School of Health Sciences has over 3200 students enrolled in its programs. Clearly, this presents a challenge to continue to successfully increase clinical placements, which are key to our programs. A key priority therefore is to continue success in exploring and securing opportunities to enhance clinical placements, including state, interstate, rural or offshore.

Graduation Thursday 26th March
Last year there was an amazing turn out of academic and professional staff for the March graduation ceremony. Thank you. It means a lot to students and parents to see their tutors and to share in the celebration of their success. I hope to see as many of you there as possible for this wonderful and memorable occasion for our students. If you haven’t registered yet, please do so and let’s see another solid presence from School of Health Sciences staff.

UniSA and Basketball SA launch High Performance Partnership
The University of South Australia and Basketball SA announced a new partnership to give the State an edge in developing both elite athlete performance and research knowledge about elite level sports education and training. The partnership provides an opportunity for UniSA staff and health science students to become an integral part of the basketball program, learning from the experience of interacting with athletes in high performance environments. The agreement includes a dedicated PhD scholarship on high performance player development, training and talent identification. Thanks to Jodie Quilliam and Joseph Campbell for helping to make this happen and to Bruce Chadwick for steering us through to completion of the agreement. 
Contributions to the HLS Newsletter
Thanks again for all your contributions. Our Newsletter is publicly available on the School of Health Sciences website http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/
News about research, national appointments, community engagements, awards, achievements, sporting endeavours, etc., are welcomed. Contact Kylie Fogarty (kylie.fogarty@unisa.edu.au) to keep us informed of all your news. I hope you enjoy this Newsletter!

Did you know?

Nuts are really good for you! (see inside link to research by Professors Jon Buckley and Ali Coates)
A daily handful of nuts improves cognitive function, memory, blood pressure, glucose levels and circulation.

For a Smile (it’s good for you!)

Q: What is it called when a cat wins a dog show?
A: A Cat-has-Trophy!

Q: What do you get if you cross a gold dog with a telephone?
A: A golden receiver!

Q: What did the train conductor say to the kangaroo?
A: Hop on!

Q: What do you call a blind dinosaur?
A: adoyouthinkhesaurus.

Q: What do you call a crash between two trucks of fruit?
A: Traffic jam.

Q: What do dinosaurs put on their pizza?
A: Tomato-saurus

Q: What do you get when dinosaurs crash their cars?
A: Tyrannosaurus wrecks!
STAFF NEWS AND APPOINTMENTS

- Congratulations to Dr Maarten Immink on his appointment to represent the Division of Health Sciences on Academic Board for a term of two years.

- Congratulations to Dr Sharron King on her 12 month appointment as Acting: Academic Director/ Deputy Head of UniSA College.

- Congratulations to Associate Professor Kerry Thoirs who has been appointed as the senior academic staff representative from the Division of Health Sciences on Academic Standards and Quality Committee (ASQC).

Congratulations to Ashley Fulton and her husband Brad on their recent wedding (17 January 2015). Ashley is a PhD student in ARENA.

Congratulations to Sarah Seekamp and family on the arrival of baby Seb!

Congratulations to Gavin Tempest and his wife Rachel on their recent wedding (31 January 2015).
GOOD LUCK KIM!
BEST WISHES FOR YOUR RETIREMENT!

FAREWELL MARY!
BEST WISHES IN YOUR NEW EXECUTIVE POSITION WITH AHPRA VICTORIA

Farewell gathering for Mary Russell. Some were obviously not quite ready for the picture! Susan Hillier distracts Mary! Face the camera folks!
That’s better! Thank you Susan! 😊

O-WEEK CELEBRATIONS
CITY EAST CAMPUS
FRIDAY, 27 FEBRUARY 2015
SCHOOL OF HEALTH SCIENCES

END OF YEAR CELEBRATION

Gilbert Street Hotel

19 December 2014
TEACHING AND LEARNING

INTERNATIONAL SYMPOSIUM ON HIGH PERFORMANCE IN SPORT
Presented by the University of South Australia and High Performance in Sport
13 February 2015
Thank you to School of Health Sciences Staff (Professor Kevin Norton, Professor Jon Buckley, Dr Edoardo Rosso and Dr Darren Burgess) for taking part to the discussion panels and helping with the success of the event.

Opening remarks from Mr Sunjay Sudhir (Consul General of India) and Nigel Relph (DVC International and Advancement)

L-R Cam Vale (CEO Hockey Australia), Katrina Webb (Paralympic athlete), Jon Buckley (Director ARENA), Pat Jonker (Olympic cyclist), Darren Burgess (High Performance Manager, PAFC).

Kevin Norton (Professor of Exercise Science); Wes Battams (Director, SA Sports Institute) and Jenny Williams (SA Sports Psychologist)

Kirsti Hann, Maarten Immink, Kade Davison, Roger Eston and Amber Mosewich
COSTA RICA: CULTURAL IMMERSION ADVENTURE

Dr Katia Ferrar

Sixteen UniSA students and Dr Katia Ferrar completed a rewarding and successful two week volunteering trip in central Costa Rica.

The Physiotherapy, Medical Radiation, Human Movement and Psychology students participated as part of their elective course for 2015.

Cementing…and more cementing

The once in a life time experience was enjoyed by all. A typical day involved leaving our simple but lovely accommodation in the central Costa Rican coffee growing region of Los Santos at 7:30am and travelling by minibus to one of two local Costa Rican communities, with populations ranging between 50 and several hundred locals. Tasks such as making organic fertiliser, digging trenches, mixing cement by hand to construct walkways or painting and constructing tyre walls continued until lunch time. The local women in the community made us lunch, mainly beans, rice, tortillas and sometimes a small amount of meat. After lunch, tasks continued until approximately 3pm after which a soccer game with the locals, cultural demonstrations by the local community or an academic discussion led by the students would occur. Dinner was held at our accommodation after which students completed their reflective journal and fell into bed exhausted.

- Highlight: the opportunity to interact with local Costa Rican people and feel like we were making a real difference.
- Low light: Leaving
- Would I recommend the experience? Absolutely

Building a terraced bench for soccer spectators
The group with some of the locals after a soccer game

We left our mark!

Painting tyres for tyre wall

Getting feedback on the Costa Rica experience!
Katia Ferrar with some of the students
7TH AUSTRALASIAN OCCUPATIONAL SCIENCE SYMPOSIUM

Dr Ben Sellar

On January 28th and 29th the 7th Australasian Occupational Science Symposium was hosted by the School of Health Sciences and held in the Bradley Forum at UniSA City West. The event typically is held biannually and this year focused on environmental design and its impact on human occupation and health. The symposium aimed to bring together multiple disciplinary perspectives to examine how environmental design affects human behaviour and health.

Speakers presented a mixture of theory, research and practice from Occupational Therapy, Politics, Exercise Physiology, Physiotherapy, Design, Local Government, Architecture, Cultural Studies, and Population Health to name a few. Speakers included Professor Tim Olds and Associate Professor Jim Dollman from the School of Health Sciences, as well as Professor Anita Bundy from the University of Sydney University, Professor Denise Wood from Central Queensland University and Emeritus Professor Carol Bacchi from the University of Adelaide.

The event was organised by Dr Mandy Stanley, Hugh Stewart, Dr Ben Sellar and Narelle Korotkov with the support of Professor Roger Eston and the School of Health Sciences. It was a great success and allowed in depth discussion of, and interconnection between different perspectives and problems posed by each speaker. Already some new partnerships and collaborations have formed from the event and will inform the next symposium in April 2016 to be held by the Auckland University of Technology.

If anyone is interested in hearing more about the symposium or occupational science, please contact Mandy.Stanley@unisa.edu.au
BIONIC EYE
Dr Nicola Massy-Westropp and Dr Arjun Burlakoti

Over the latter 2014 and early 2015, six engineering students from Brazil completed work experience with the anatomy team. The students were asked to build a model of the eye and extraocular muscles. Our team asked for this because of the confusion that students encounter in understanding the actions of the oblique muscles. These muscles and their innervation are important, but if misunderstood the cranial nerve in question can be misidentified. Bruno Vernilli, Bruno Alves, Bernardo Gontijo, Luiz Mendonica, Igor Honorio and Fabio Nardielo built a robotic eye with parts they bought (for under $100) and 3D printed from a computer file that they created. These students showed enthusiasm, initiative and creativity to build a model that demonstrates the motion of each extraocular muscle with the push of a button. We would encourage everyone to take the opportunity to have students in your department (unless the anatomy team gets them all first).

Fabio, Luiz and Igor with the model eye.

ASSISTIVE TECHNOLOGY EQUIPMENT PRESCRIBERS TRAINING
Hugh Stewart

A team from the Occupational Therapy program comprising Sue Gilbert-Hunt, Dr Mary Russell, Dr Angela Berndt, Dr Mandy Stanley, Carolyn Murray, Jo McInnes and Hugh Stewart has won a contract to design and produce an education package for training allied health professionals in the process of assistive technology interventions. The package will focus on equipping a range of allied health professionals with knowledge and skills to effectively negotiate assistive technology based solutions with children and families in rural and remote South Australia.

The contract is worth $90,000 and will be completed by the end of June this year.
PRESENTATIONS (Teaching and Research)


- **Dr Michelle McDonnell** is presenting at the International Stroke Conference in Nashville, USA from 11-13 February 2015, on “Self-reported pre-stroke physical activity levels influence functional ability following incident stroke”.

- Congratulations to **Dr Tasha Schranz** who after being nominated by UniSA was one of 10 Australian PhD/Early Career Researchers selected by the ARC to attend the 2015 Young Scientists Global Summit held in Singapore. The University paid for Dr Schranz’s travel costs and all other expenses were covered by the Summit organisers. The summit was an international gathering of bright young researchers from all over the world who met together for a week to be inspired by internationally eminent science and technology leaders.

- **Professor Roger Eston** has been invited to give a Keynote Lecture at the 14th Annual Conference of the Society of Chinese Scholars for Exercise Physiology and Fitness at Macau University, Macau, China on July 22-23, 2015. The theme of the Conference is “Attaining Quality of Life through Physical Activity”. He has also been invited to give a lecture at the “Sports for All” conference at Baptist University Hong Kong in July.

RESEARCH NEWS AND GRANT SUCCESS

**ALLIANCE FOR RESEARCH IN EXERCISE, NUTRITION AND ACTIVITY (ARENA)**

*Professor Jon Buckley*

As was indicated in one of our newsletters last year, the Nutritional Physiology Research Centre, the Health and Use of Time Research Group and the Exercise Health and Human Performance research group merged to form the **Alliance for Research in Exercise, Nutrition and Activity (ARENA)**. [http://www.unisa.edu.au/research/sansom-institute-for-health-research/research-at-the-sansom/research-concentrations/arena/](http://www.unisa.edu.au/research/sansom-institute-for-health-research/research-at-the-sansom/research-concentrations/arena/)

During the latter part of 2014 much work was done in getting ARENA established and it will be formally launched in August this year by Professor Tanya Monro (Deputy Vice-Chancellor Research and Innovation).

As it currently stands the membership of ARENA comprises 7 professors, 7 Associate Professors, 10 other full members, 12 Associate members and 7 Affiliate members. 25 PhD students are also being supervised by the membership of ARENA.

During 2015 ARENA will be introducing strategies to ensure that the University of South Australia remains the pre-eminent University evaluating the effects of Exercise, Nutrition and Activity on human health, and to further build its profile nationally and internationally.
PhD SCHOLARSHIPS

The School of Health Sciences currently has four scholarships available for PhDs with quite diverse topics:

- **ACH & UniSA 'Know Your Numbers' PhD Scholarship** - affect-regulated exercise amongst aged care workers with the ACH Group (A/Prof Gaynor Parfitt, Roger Eston)

- **International Musculoskeletal Research Institute (IMRI) Scholarship** - biomechanical & musculoskeletal project looking at surgical approaches to total hip replacement (Dr Dominic Thewlis)

- **Basketball SA & UniSA High Performance PhD Scholarship** - high performance athlete development, training and talent identification with Basketball SA (Dr Grant Tomkinson, Roger Eston)

- **Capital Markets Cooperative Research Centre PhD Scholarship** - quality care and consumer use of private health insurance in conjunction with Australian Health Services Alliance (Prof Karen Grimmer, contact Dr Steve Milanese)

For further details about the projects themselves please contact the supervisors direct. For queries about starting a PhD and the scholarship details please contact A/Prof Susan Hillier – Research Degrees Coordinator.
WELCOME HDR CANDIDATES

The School would like to welcome the following new Higher Degree by Research (HDR) candidates, who will be joining us in February and March.

<table>
<thead>
<tr>
<th>Given Name</th>
<th>Last Name</th>
<th>Project</th>
<th>Supervisor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel</td>
<td>Rogers</td>
<td>Quantification of fundamental movement competence and its relationship to lower body strength, power and injury occurrence in professional AFL players aged 17-23</td>
<td>Prof Roger Eston, A/Prof Gaynor Parfitt, Dr Darren Burgess</td>
</tr>
<tr>
<td>Felicity</td>
<td>Braithwaite</td>
<td>Is dry needling an effective physiotherapy management strategy for adults with cervicogenic or tension-type headache?</td>
<td>Dr Maureen McEvoy, Dr Julie Walters</td>
</tr>
<tr>
<td>Daniella</td>
<td>Dougherty</td>
<td>Characterising changes in upper limb function following stroke: is there a critical window for rehabilitation?</td>
<td>A/Prof Susan Hillier, Dr Michelle McDonnell</td>
</tr>
<tr>
<td>Debra</td>
<td>Kay</td>
<td>Quality health care: an innovative exploration of the Australian consumer perspective</td>
<td>Prof Karen Grimmer, Dr Julie Luker</td>
</tr>
<tr>
<td>Katrina</td>
<td>Li</td>
<td>Intergenerational COPD (iCOPD): Respiratory impairment in offspring of people with chronic obstructive pulmonary disease (COPD): potential for case finding and early intervention</td>
<td>A/Prof Marie Williams, Dr Kylie Johnston</td>
</tr>
<tr>
<td>Erika</td>
<td>Gosney</td>
<td>Colour doppler ultrasound in the assessment of Achilles and patellar tendons</td>
<td>A/Prof Kerry Thoirs, Dr Steve Milanese, Dr Nayana Parange</td>
</tr>
<tr>
<td>Hayley</td>
<td>Lewthwaite</td>
<td>The effect of time-use feedback with personalised goal setting in combination with standard pulmonary rehabilitation to increase daily physical activity and reduce sedentary behaviour for people with COPD</td>
<td>A/Prof Marie Williams, Prof Tim Olds</td>
</tr>
</tbody>
</table>

HONOURS UPDATE

- **Welcome new students!**
  We have 17 new Bachelor of Health Science (Division) Honours, 3 Bachelor of Podiatry with Honours, 8 Bachelor of Medical Radiation Science with Honours and 16 Bachelor of Physiotherapy with Honours students starting this study period. They join our current honours students in these programs, plus the Bachelor of Occupational Therapy with Honours (mid-year intake), taking the total number of honours students in the School to 72.

- **New resource for supervisors**
  The School Honours Coordinators/ Program Director have put together a package of information for honours supervisors. The pack contains a wide range of information covering all programs within the School, and can be found on the School Honours moodle page. It is hoped that both new and existing supervisors will find this document helpful.

  One of the items included is information on a new source of funding available to honours students. The School of Health Sciences now provides up to $500 per honours student, over the course of their enrolment, for direct project-related expenses. Please see the guidelines for full details, including what can and cannot be claimed and how to access these funds.

STATISTICS SUPPORT REQUEST

In order to help us track and triage requests for statistical support, the Statistics Support Request form has been created.

If you require statistical advice or support from Alvin Atlas please use this form and supply the relevant details. Alvin will be able to contact you with when he can provide assistance.
2014 SCHOOL OF HEALTH SCIENCES CONFERENCE AWARD

In 2014 the School Research Management Committee agreed to introduce a ‘conference award’ for HDR candidates. The committee reviews all HDR applicants for the School Conference Scholarship (two rounds – March and October), and makes this award to the most deserving applicant.

The inaugural 2014 School of Health Sciences Conference Award was awarded to John Arnold. John presented at the 4th International Foot and Ankle Biomechanics Congress (i-FAB) in Busan, South Korea. A conference report from John was featured in the Apr-May edition of the School newsletter.

PORT ADELAIDE-ENFIELD COUNCIL - TYPE 2 DIABETES MELLITUS

Dr Caroline Adams

Graduand honours student Chris Bailey along with supervisors Dr Richard McGrath and Dr Caroline Adams visited Port Adelaide-Enfield Council, where Chris presented the findings of his thesis on what is known about the local neighbourhood food environment and the potential for self-management of Type 2 Diabetes Mellitus. This cross-sectional study looked at the modified retail food environment index at different postcodes in the Port Adelaide-Enfield Council area. The council representatives were impressed with his presentation and the research study and are considering utilizing this methodology to explore how this study could be extended into social planning projects.

SAFEWORKSA INNOVATIVE RESEARCH GRANT PROJECT

Dr Steve Milanese

Francois Fraysse, Dr Dominic Thewlis and Dr Steve Milanese recently completed a SafeworkSA Innovative Research grant project “Ergonomic analysis of the load restraint system in the automobile transport industry: Phase 2 Intervention”. This unique project carried out in collaboration with Prixcar Pty Ltd, a national vehicle transport company, used the specialised facilities available at the Biomechanics lab at UniSA out in the field to deal with a ‘real world’ problem. The company had identified that attaching vehicles to the transporting truck presented a significant manual handling risk. The first phase of the project identified the tensions required to hold the vehicles safely and the manual handling technique adaptations needed. The second phase a) developed and tested equipment to make the task easier and b) developed and tested a training video and training rig for use in training drivers how to do the task. The intervention study, using an interstate control group and an intervention group in SA, showed that use of the video and training rig reduced the joint loading (and hence risk) more so than the use of the video alone. The project involved a unique mixed methods approach, including interviews with drivers, 3D motion capture and biomechanical modelling, within a human factors framework. The equipment, training rig and video will be rolled out nationally across all Prixcar sites.
NUT CONSUMPTION FOR VASCULAR HEALTH AND COGNITIVE FUNCTION

Dr Alison Coates

The articles below are in relation to the following paper published last year:
Barbour JA, Howe PR, Buckley JD, Bryan J, Coates AM.

MAXIMAL OXYGEN UPTAKE (VO₂MAX) TESTING – CLINICAL EXERCISE PHYSIOLOGY CLINIC

Max Nelson (PhD Student, ARENA)

Performance of VO₂ max tests to illustrate the effects of different movements and body position on oxygen consumption. Tests on cycle, rowing and treadmill ergometers were performed by students, work experience students and staff. It was an excellent opportunity for all to experience a number of maximal exercise tests in a laboratory environment in the High Performance and Exercise Physiology Clinic.
DIVISIONAL HONOURS PROJECT

MEASUREMENT OF METABOLIC COST OF WALKING AND STEPPING USING A PORTABLE SYSTEM (CORTEX METALYSER 3B)

Honours student Hunter Bennett tests the kit for his research project, involving measurement of oxygen uptake, heart rate and ventilation using a portable system to assess the validity of a step test being developed in collaboration with the Metropolitan Fire Service. (Supervisors: Professor Roger Eston, A/Prof Gaynor Parfitt and Dr Kade Davison).

Respiratory and heart rate data collected on a phone and lap top during a brief period of walking and stair climbing.
PUBLICATIONS BY STAFF AND STUDENTS

   5 Year IF=2.934; 2 Year IF=2.683 (14/81 Sport Sciences)
   [Abstract](#)

   5 Year IF=2.971; 2 Year IF=3.006 (1/44 Otorhinolaryngology, 29/204 Surgery).
   [Abstract](#)

   Impact Factor NA
   [Abstract](#)

   5 Year IF=2.406; 2 Year IF=2.311 (92/194 Clinical Neurology, 162/252 Neurosciences).
   [Abstract](#)

   [5 year IF = N/A; 2 year IF = 2.732; 25/54 Respiratory System]
   [Abstract](#)

   5 Year IF= 2.188; 2 Year IF=1.659 (45/86 Health Care Sciences & Services)
   [Abstract](#)

   Impact Factor NA
   [Abstract](#)

   5 Year IF= 3.493; 2 Year IF= 3.079 (9/81 Sport Sciences).
   [Abstract](#)

   Impact Factor NA.
   Book: No Abstract

    Impact Factor NA
    [Abstract](#)
Impact Factor Not Available.  
[Abstract](#).

5 Year IF=3.896; 2 Year IF=3.245 (4/67 Orthopedics, 2/63 Rehabilitation).  
[Abstract](#).

13. **Widago I, Pratt N, Russell M, Roughhead L.** How common is frailty in older Australians? *Australian Journal on Ageing [In press]*  
5 Year IF= 1.268; 2 Year IF= 1.119 (38/49 Geriatrics & Gerontology).  
Abstract NA
SCHOOL ADMINISTRATION

MAINTAINING A CHILD SAFE ENVIRONMENT AT UNISA – OUR RESPONSIBILITIES

Professor Allan Evans

The University has recently strengthened its Children's Protection Policy to ensure that it maintains a child safe environment and that it complies with the Children’s Protection Act 1993 (SA) (the Act).

As an organisation that provides education services to children (any person less than 18 years of age), the University of South Australia is legally obliged to take steps to protect them from harm.

An important aspect of maintaining a child safe environment is the legal requirement for the University to determine which positions and roles are likely to have regular contact with children. Under the Act, these are defined as prescribed positions¹. Accordingly, the University's recruitment procedures have been amended. Applicants for prescribed positions¹ will now be required to provide the University with a current Criminal History Assessment (CHA) from the Government of South Australia's Department for Communities and Social Inclusion (or equivalent) to confirm their suitability to work with children. This includes consideration of an individual's National Criminal Record History Check (NCRHC).

Implemented alongside other strategies to help keep children safe from harm, CHA help organisations to decide who is suitable to work with children and to manage the risks associated with engaging people to work with children.

Existing University staff members whose duties involve regular contact with children will also be required to provide the University with a current CHA, deeming them fit to work with children.

Staff who have access to personal records for UniSA students less than 18 years of age also fall within the Act's definition of a prescribed position. The University has sought an exemption from the requirement for these staff to obtain a CHA, as the vast majority of our students are 18 years of age or older, and most staff members have access to UniSA student systems. We will wait for a formal response from the Minister before implementing procedures for staff who fall within this prescribed position definition.

The CHA must be renewed every three years. The University will fund the initial CHA application cost for each existing staff member, however subsequent CHA application costs will be the responsibility of the individual staff member.

To ensure the fair and reasonable management of criminal history information relating to employees, the University will adhere to the Government of South Australia’s Child Safe Environments: Standards for dealing with information obtained about the criminal history of employees and volunteers who work with children.

Next Steps

- I will issue an announcement to all University staff to promote awareness of the University's Children's Protection Policy, the associated changes to our recruitment procedures, and the legislated requirement for staff in prescribed positions to provide the University with a current CHA.

- Candidates who apply for positions which involve regular work with children will be alerted to the fact that they will be required to obtain a CHA at their own cost, prior to their appointment.

- Human Resources will provide line managers with a list of existing staff in positions that appear to meet the prescribed position definition, and therefore require a CHA. Line managers should verify this list, and identify any other existing staff in prescribed positions that may have been overlooked.

- Human Resources will make contact with existing staff members in prescribed positions to clarify the legislative requirements, explain the associated procedures, and assist them to obtain a CHA, where applicable. A staged approach will be implemented, with priority given to staff in the following positions/areas:
  - Marketing staff responsible for undergraduate student recruitment
  - Security Officers
  - UniSA College
  - LTU: Disability Services; Counselling Services.
The Director: HR will contact existing casual academic staff whose positions involve regular work with children to clarify the legislative requirements, explain the associated procedures, and advise them that they are required to obtain, at their expense, a CHA by 30 June 2015.

A Shared Responsibility

Protecting the safety and wellbeing of children is the shared responsibility of our University community. I ask that you encourage all your staff to familiarise themselves with the terms of the Children's Protection Policy, regardless of whether they regularly work children.

The University's Children's Protection Policy also outlines the responsibility of staff to report suspected child abuse or neglect to Families SA via the Child Abuse Report Line (13 14 78). UniSA class lists helpfully include a date of birth field to assist staff to ascertain whether students are less than 18 years of age. Please bring this to the attention of your staff members.

More generally, staff should be reminded of our commitment to provide a safe environment where every person has the right to be treated with respect and is safe and protected from harm. At all times staff should seek to maintain the highest professional and ethical standards, and to act in accordance with the University's Code of Ethical Conduct.

Staff should also be asked to familiarise themselves with the following resources:
- Quick Guide: Legislated and ethical responsibilities of staff
- A code of good practice: Relationships between staff and students
- Code of conduct for students
- Families SA: Protecting Children
- Children's Protection Act 1993 (SA).

Additional Information and Assistance

The University's Employee Relations Team can provide clarification about the University's Children's Protection Policy and associated procedures. Please contact employeerelations@unisa.edu.au or Mr Franco Parrella on 8302 1654.

NEW ONLINE CONSUMABLES ORDER FORM

Please use the newly developed consumables request form (see link below) for ordering consumables for teaching purposes. The Central Store (P6-20) stocks a large range of basic items that are used across the school. Please complete the online form and click submit, it will be automatically be emailed to the central store staff who will process the order if the items are in stock or organise to have them purchased through the school's finance team.

Please ensure you complete all the relevant fields so that the process can run smoothly.

Link to the consumables request form can also be found on the School’s SharePoint site School’s SharePoint.

Consumables Request Form

REMINDER CAS CONTRACT FORMS

Please ensure all signed contracts and signed timesheets are returned to the Division Office, Level 6, Playford Building. There is a “Timesheets” drop off box on the left hand side as you go walk through the double glass doors.
ABORIGINAL AND TORRES STRAIT ISLANDER CULTURAL AWARENESS WORKSHOP SERIES MAR-APRIL 2015

This year the university is offering three workshops covering Aboriginal & Torres Strait Islander Cultural Awareness.

Cultural awareness is a vital component of our Reconciliation Action Plan and our Aboriginal and Torres Strait Islander Employment Strategy. These workshops will raise awareness and begin the process of developing a working understanding of Aboriginal Australia. Through this, participants will be better prepared to engage in genuine cross-cultural communication and to identify strategies for working together across cultures.

We encourage all staff to attend these workshops: click here to register for any of the following:

‘BabaKiueria - Aboriginal Cultural Awareness Experience’
Workshop 1

This workshop will provide a basic understanding of the lived history of the first Australians since occupation. Join skilled presenter Haydyn Bromley as he shares Aboriginal Australia from his lived experience. This engaging and interactive workshop will have you keen to learn more. The ½ day will cover:

- Aboriginal culture and history
- awareness and interpretation of historic events
- racism
- moving on.

<table>
<thead>
<tr>
<th>Audience</th>
<th>Staff who would like to develop their knowledge and understanding of first Australian cultures and perspectives.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facilitator</td>
<td>Haydyn Bromley, Executive Director: Bookabee Australia Pty Ltd</td>
</tr>
<tr>
<td>Duration</td>
<td>9.00am – 1.00pm</td>
</tr>
<tr>
<td>Date</td>
<td>Thursday 5 March</td>
</tr>
<tr>
<td>Location</td>
<td>Room AU2-02/03 Level 2 101 Currie Street Adelaide</td>
</tr>
</tbody>
</table>

‘The Bookabee Perspective - Aboriginal Cultural Awareness Experience’
Workshop 2

This workshop will provide a broad understanding of the impact of the clash of cultures through the social history of the first Australians. Join skilled presenter Haydyn Bromley as he shares Aboriginal Australia from his perspective. This engaging and interactive workshop will have you keen to learn more. The ½ day will cover:

- Aboriginal culture and history
- awareness and interpretation of Aboriginal knowledges and understandings
- shared lived experiences of Aboriginal Australians
- moving on.

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<td>Date</td>
<td>Thursday 19 March</td>
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<tr>
<td>Location</td>
<td>Room AU2-02/03 Level 2 101 Currie Street Adelaide</td>
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‘Moving Forward - Aboriginal Cultural Awareness Experience’

Workshop 3

This workshop will explore strategies for opening and fostering genuine and meaningful relationships with all groups through the eyes of the first Australians. Join skilled presenter Haydyn Bromley as he shares Aboriginal Australia from his perspective. This engaging and interactive workshop will have you keen to learn more. The ½ day will cover:

- Contemporary Aboriginal issues and perspectives
- shared lived experiences of Aboriginal Australians
- moving on in the spirit of Reconciliation.

**Audience:** Staff who would like to develop their knowledge and understanding of first Australian cultures and perspectives.

**Facilitator:** Haydyn Bromley, Executive Director: Bookabee Australia Pty Ltd

**Duration:** 9.00am – 1.00pm

**Date:** Thursday 2 April

**Location:** Room AU2-02/03 Level 2 101 Currie Street Adelaide

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This is a reminder that bikes are not to be stored in offices or labs.

There are facilities on campus for storing bikes in the following areas:

- Playford Level 1
- Playford Level 2
- Centenary lock-up between Brookman and Centenary

If you require electronic access to any of these facilities please email Raewyn Todd and Raewyn will arrange the electronic access to be added to your id card.

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MEDICAL SERVICES AVAILABLE TO STUDENTS AND STAFF AT CITY EAST CAMPUS FROM 16 MARCH 2015!

The UniSA Health Medical Clinic will provide affordable health care to all university staff and students. Services include acute and preventative health care, student health assessments, sexual and contraceptive health, immunisations, travel medicine and mental health care. **Online bookings available now** visit [http://www.unisamedical.com.au/](http://www.unisamedical.com.au/)
REFURBISHING OR RECYCLING OF USED COMPUTER EQUIPMENT

Nicole McConnell

I collect used computer equipment from various sources such as universities, councils, businesses, and schools (both private and government) for refurbishing or recycling.

The better equipment that can be refurbished is separated out and fully tested to confirm that all components are still working correctly (CPUs, memory, power supplies, DVD drives, fans and hard drives). Any faulty (or missing) parts are replaced and extra memory is added to the boards where possible. The hard drives are stress tested and securely wiped of all data by using DBAN software to prove that all blocks on the disk can be written to and read without error and that the drive mechanism is not faulty and can handle a high level of activity over a long period. The hard drive testing software is a multiple pass random data writing system that is destructive to all information stored on the hard drive and guarantees any private data (or operating system software) on the drive is permanently destroyed (and can never be recovered).

The CPU case is then cleaned of all unwanted stickers, identifiers or dirty marks and a check is made to ensure that a suitable Microsoft operating system license sticker is on the equipment. This will be later used to load a new version of the Microsoft operating system onto the computer. A suitable LCD monitor, keyboard, mouse and power cables are added to make up a full computer system.

Almost all of the equipment that is refurbished is being supplied to support work-for-the-dole schemes running at Gawler and Port Pirie. Dole recipients receive computer training which encompasses fault finding, loading operating systems, configuring drivers for the equipment and loading various other types of software. All reloaded and tested equipment is placed back into the local community – health care card holders can collect a free computer from the scheme for themselves or their children. I am now supplying the Whyalla Men’s Shed with equipment. Older retired men are being trained to reload computer systems from scratch. It is their intention to place that refurbished equipment back into the Whyalla community. In the past I have also provided equipment to primary schools, kindergartens, community groups, sporting clubs and to refugee families.

The number of computers being supplied to the schemes listed above is steadily increasing:

2012 = 290
2013 = 340
2014 = over 500 to the end of November.

Any equipment that is too old or obviously faulty is stripped for spare parts. What is left is fully dismantled for its metal content, plastic and glass resources. This material is then sent off for recycling so that there is very little that needs to be sent to landfill. Any old (or faulty) hard drives are fully stripped down and their platters are either bent or shattered depending on what they are made of – this securely destroys any data on those hard drives.

I collect nearly all equipment for free, but I need to charge a fee to remove and recycle glass based CRT monitors (or TV sets).

My preference is to collect small amounts of computer equipment on a regular basis, rather than having to deal with a very large volume of equipment all at once. There is less chance of damage to the equipment if I can remove the better equipment in car loads. I am happy to collect any equipment directly from the area it is located in – wherever that may be in the organisation.

If this relates to you please leave your old computer equipment with Nicole McConnell (P6-01) for Gary to collect.

Gary Quick

WORKSHOP OPPORTUNITIES

Cardiovascular Ultrasound in Sport and Exercise Sciences
University of Canberra
16-17 April 2015
For more information: Stuart.Semple@canberra.edu.au
AFL SPORTSREADY PROGRAM

Congratulations to Emily Kirkham (3rd Year Human Movement student) who has been accepted to study and work with the Adelaide Crows this year through the AFL SportsReady program which will require a four day commitment per week (2 days placement and 2 days study). Emily will be working in Community Development and at the end of the year will end up with a Diploma in Management and a Diploma in Sport Development.

WELCOME TO JACOB CAIRNS AND NIAMH O’CONNOR (ON PLACEMENT FROM UNIVERSITY OF LIMERICK, IRELAND) WHO HAVE JOINED ARENA.

SUMMER RESEARCH SCHOLARSHIP REPORT (2014-2015)

Rima Shakir

Receiving a research vacation scholarship has provided me the opportunity to improve my research skills in conducting a systematic review, use special accelerometry software (ActiLife) and learn about data reduction and analysis. This was made possible under the guidance of my supervisors Dr. Margarita Tsiros and Dr. Alison Coates. I was also able to contact Dr. Alex Rowlands, an expert in this field for assistance throughout this process.

The project I have been working on investigated the relationship between components of activity (such as sedentary behaviour and physical activity), sleep and adiposity in children aged 10-13 years. It was based on a larger, cross-sectional case-control study that examined whether childhood obesity was associated with impaired physical functioning and disability (Tsiros 2011). The original study recruited 107 obese and 132 healthy-weight (n=239) youth aged 10-13 years over an 18-month period (February 2008 - August 2009) at three universities in Adelaide, Brisbane and Melbourne.

Accelerometry & Multimedia Activity Recall for Children and Adolescents (MARCA)

The study required children to wear an Actigraph accelerometer on their right hip for 8 consecutive days (including overnight). Accelerometers are small, lightweight devices which measure acceleration in the sagittal plane and integrate this information as movement ‘counts’.

Apart from sitting, the accelerometer also records zero counts if the participant is asleep or the accelerometer is not worn. As we were only interested in the time when the participant was awake (and the accelerometer was worn), I learnt how to use the ActiLife software to isolate sleep periods by analysing activity traces. Variables of sleep such as time to fall asleep, sleep quality, total sleep time were also calculated using this software.

The accelerometry sleep periods (ie. the sleep/wake times) were corroborated with data collected through MARCA (Multimedia Activity Recall for Children and Adolescents) software. MARCA uses the day reconstruction technique to have participants recall the types of activities they did over the previous 24 hours.

The accelerometry and MARCA data were then combined with a larger dataset that included body composition variables before analysis. The analysis was conducted with the assistance of the health sciences statistician, Alvin Atlas. In particular, our aim was to investigate whether there was a difference in the average amount of sleep between obese and healthy weight children.

Background literature

To gain a better understanding of the use of accelerometers in investigating sleep, I did a background search of the available literature.

I found that physical activity has been validated mainly with the monitor placed on the waist (to be able to assess whole-body movement), whilst sleep has been validated with the monitor worn on the non-dominant wrist\(^1\).

Considering that both measures are likely to play crucial roles in future epidemiological studies, there is an obvious need for measuring both physical activity and sleep at the same site using a single monitor\(^1,2\).

A study investigating this topic found that waist worn accelerometers overestimated total sleep time and sleep efficiency compared to the wrist site. However, it was concluded that both algorithms resulted in good accuracy between the waist and wrist activity measurements. Therefore, although waist-worn and wrist-worn monitors could not be used...
interchangeably for the measurement of sleep indicators in children, the waist-worn monitor could provide a proxy measure of total sleep time².


Systematic review
During this period of time, I have also been working on a systematic review investigating the relationship between types of sedentary behaviour and percent body fat in children and adolescents. This involved me developing a search strategy, inclusion/exclusion criteria and conducting this search in multiple databases. Attending library workshops on Endnotes taught me an easier way to manage and organise my searches/references. I found this particularly useful during the screening process and was able to independently screen (title/abstract) over 2000 articles.

Following this process, I learnt how to critically appraise the included articles using a previously published critical appraisal tool (LOW CAT). Upon completion of this systematic review, we are aiming for a publication.

Reflection
I have found the summer scholarship to be a very beneficial learning opportunity. The skills, knowledge and experience I have gained will be particularly useful for my honours thesis that I will be completing by August this year. Furthermore, I have enjoyed this experience and find research as an appealing prospect I would like to be involved in future.

Last, but not least, I thank the School of Health Sciences for providing me with this opportunity and highly appreciate the time, effort and of course, patience my supervisors have put in to teach/guide me.
BAKE CLUB
27 February 2015

Raising money for the Country Fire Service
Regular physical activity has important benefits for physical and mental health. It reduces the risk of many health problems, such as cardiovascular disease, type 2 diabetes, anxiety, depression, musculoskeletal problems, some cancers and unhealthy weight gain. There is clear evidence that doing some physical activity is better than doing none at all, and that increasing amounts of physical activity provide even more health benefits.

What can you do?

- Break up long periods of sitting at work as often as possible - every 20-30 minutes take a posture break and move for a couple of minutes. Simply standing is insufficient. Movement is important to get blood circulation through the muscles. After each hour of work, take a break or change tasks for at least 5-10 minutes.
  - Use WorkPace software program to remind you to take regular breaks from computer tasks
  - Alternatively, set an alarm on your computer
- Ensure you have undertaken a workstation self-assessment to ensure correct set-up to avoid poor posture
- Deliver a message to a work colleague in person instead of by email
- Stand during telephone calls
- Eat your lunch away from your desk
- Use the stairs
- Drink more water
- Have standing or walking meetings
- Pursue physical health clinics and services available in the University (consult your doctor for advice on the best types of physical activity for you)
- Bring your sneakers to work and go for a walk during lunch breaks at every opportunity
- Get off the bus one stop earlier and walk the rest of the way
- Measure your daily steps using a pedometer (available from the Safety & Wellbeing team)
- Contact your WHS Consultant for further advice on ergonomic workstation setup.

The above list are some examples of how to add movement into your work day and break up periods of time spent being sedentary. The key is to find a healthy balance and to look for opportunities to STAND UP AND MOVE whenever you can. Be a good role model for your family.

Resources
The Australian Physical Activity Guidelines outline the minimum levels of physical activity you need to do to gain a health benefit and suggests ways to incorporate incidental physical activity into your everyday life. Refer to the links below.

Department of Health – Australia’s Physical Activity and Sedentary Behaviour Guidelines 2014.

More than half of all Australian adults are not active enough

Is your family missing out on the benefits of being active every day?

Daily Tips and Ideas for being physically active

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1 Department of Health, Australia’s Physical Activity and Sedentary Behaviour Guidelines Fact Sheet: Adults (18-64)