



**Australian Association for Exercise
and
Sports Science**

ANNUAL REPORT

1998

President's Report

(Professor Tony Parker)

AAESS is now clearly recognised as the peak body representing the professional interests of exercise and sports scientists. This is acknowledged by the constant requests for comment and advice on issues related to our field from Government sources, the private sector, Universities, International organisations other professional bodies and individuals. During the year we have contributed to Government task forces related to Physical Activity and Health, and have been represented at numerous National and Regional forums concerned with workplace health and rehabilitation. We have also strengthened our relationships with other organisations such as the Australian Dieticians Association, the Australian Society for the Study of Obesity, and Sports Medicine Australia and will continue to collaborate with these groups and others when issues of mutual interest or concern arise.

It is pleasing to see the continued growth in regional chapters with new groups being formed in Victoria, and South Australia. Regional chapters provide AAESS with a local identity and their programs are doing much to promote the goals of AAESS and provide a service to members. This is achieved through a variety of activities such as seminars and workshops, individual counselling of members and representation on professional issues, and liaison with State and local government agencies and the community. The regional chapters have also assisted in increasing membership and the SE Queensland chapter has done an excellent job in preparing membership packages and promoting AAESS in the workplace and in training institutions. Incorporation of regional chapters into the constitution has been achieved during the year to allow for some autonomy in the structure and work of regional groups while maintaining a national focus and a unified rather than fragmented approach to common problems and issues.

Following the move from Ballarat the AAESS secretariat has quickly established efficient procedures for the servicing of members and generally facilitating communication within the organisation. Membership has grown steadily over this period and this has occurred in spite of the need to increase fees. This reflects the excellent work of the Secretariat in processing applications and in ensuring that service to members is timely and responsive. Although we do not have the financial resources to establish a permanent full-time secretariat the part-time assistance of Judy Mack has been most effective in the processing of membership applications, maintaining membership data bases and keeping the organisation moving along on a daily basis. Membership benefits have increased with concessions for publications, publication of membership directory and the continued access to an excellent professional indemnity insurance.

Although our financial situation continues to be a limiting factor in the expansion of activities the treasurer has done an excellent job in planning the appropriate expenditures and ensuring we comply with all the necessary requirements of the Department of Corporate Affairs. While this may seem a relatively routine situation considerable work is involved in meeting these requirements and ensuring that all expenditures including those of regional chapters are properly audited and presented annually to the appropriate authority. The incorporation of budgetary procedures for regional chapters within our constitution occurred this year and we were most pleased that AAESS was granted tax exemption status by the Australian Taxation Office. We will continue to seek Government funding and private sponsorship to support our activities but this has proved to be difficult in the past. Consequently, we have relied on membership funds and the goodwill of our Office bearers and their place of work to support much of the day to day running of the organisation. We are starting to attract more commercial interest and this will continue to increase in line with expansion of our membership base.

The Board identified an ambitious program of activities for the year and most of these were successfully initiated or completed. They included improvement in membership services, development and implementation of accreditation procedures for professional areas in exercise science, development of guidelines for the accreditation of University courses in the field, membership drives, development of an AAESS website and AAESS has increased membership and the number of accredited members in the areas of cardiorespiratory and musculo-skeletal rehabilitation and sports science has continued to grow. Proposals are being prepared to implement accreditation procedures in the neurological and neuromuscular rehabilitation field and in motor development and adapted physical activity. The latter area has been developed in response to an increase in the provision of programs in motor development for the early childhood groups and the lack of appropriately qualified personnel to work in these areas.

We were pleased to welcome Graham Maw to the Board in the position of Vice President in Sports Science. Graham is an accredited member in the area of sports science and is working as a sports physiologist at the Queensland Academy of Sport. In recent times the area of sports science has taken a somewhat backward seat in AAESS which reflects the limited involvement of practicing sports scientists in the organisation and the considerable effort that we have directed towards establishing new professional tracks and opportunities in exercise science. This situation also recognises the potential to increase the number of career opportunities in developing areas of exercise science and the lack of more specific information on career structures in sports science. While the career opportunities in sports science have principally been associated with the Academies of sport, the professional approach now taken by many sports has created an increased demand for sports scientists. This demand should continue to grow and AAESS will strongly promote the benefits of appointing AAESS accredited members to these positions while at the same time reviewing the accreditation guidelines and procedures in the areas of sports science to ensure that these match the needs of the sports and to provide an effective link to the training institutions.

A major goal in the formation of AAESS was to stimulate the development of new careers in exercise and sports science and there is considerable evidence to suggest that we have been successful in this endeavour as there has been a significant increase in

both the number and range of opportunities in the field. Definition of the knowledge, skills and competencies required to work in these areas which form the basis of our accreditation procedures has been the catalyst for modification of many University programs and appropriate matching of these programs with 'industry' requirements.

AAESS is increasingly invited to provide advice to Universities particularly in the development of new programs in exercise and sport science. This link between AAESS and the Universities will continue with the planned implementation of accreditation procedures for University programs. Our procedures have been modelled on those used by the Australian Dieticians Association and the Australian Psychological Society. We have always maintained a strong relationship with the training institutions and the accreditation procedure is seen as helping to enhance and maintain the standards of graduates entering the profession. We have had considerable interest from overseas countries such as the US, Canada, Germany and the UK in our accreditation procedures and closer cooperation and sharing of ideas in professional development areas will continue to grow.

Unlike other similar professional groups who have full-time professional support, our progress is essentially maintained and accelerated by the efforts of members. In this regard I would particularly like to thank the national board of directors for their excellent contribution and support during this year and regional chapter officers who have worked hard to advance the organisation at the local level. Special thanks to Phil Hamdorf (secretary) and Barry Ridge (treasurer) for their support and their efforts in keeping the organisation running on a daily basis.

As we move towards the new millennium we have reason to be optimistic as the interest in and recognition of the importance of physical activity in health increases and the demand for the services of our members increases. The growth of professional sport and the stimulus of the Sydney Olympics will increase the demand for sports science support and the extension of these to other than the elite athlete. With continued effort in lobbying Government and promoting the special skills of our members within the professional and lay community there will be an increase in opportunities to gain appropriate remuneration for our services. Future advancement of AAESS will only occur with sustained support and effort from all members and if you have not done so already I encourage you to become active in the organisation at any level. The most effective means of raising the profile of AAESS and increasing the membership base is through personal contact and I encourage you to promote AAESS among your colleagues and to communicate you ideas and thoughts for the development of AAESS through the newsletter and other forums available at the regional level.

Vice President's Report – Exercise Rehabilitation

(Mr Euan Tarleton)

Challenges facing exercise physiologist's working within the specialised areas of exercise rehabilitation are many and at times quite complex and frustrating. As a practitioner I have a good understanding of this and have welcomed the opportunity over the last year to represent these practitioners on the Board and guide AAESS in addressing issues pertinent to their needs.

Working within the NSW Workers Compensation industry, I have experienced a number of significant changes directly affecting the role of exercise physiologists in the rehabilitation process. In responding to these changes, my time over the last year has principally been devoted to co-ordinating the activities of the Work and Functional Conditioning Industry (NSW) Working Party and facilitating AAESS representation on this group.

The Work and Functional Conditioning Industry (NSW) Working Party was formed in November 1997 with the goal of establishing minimum standards of practice for the industry. Advisors to the working party comprise of AAESS, APA, AAOT, ARPPS, WorkCover, MAA, Insurance and Industry representatives. In consultation with these advisors the "Work and Functional Conditioning Industry (NSW) Standards of Practice" has now been developed.

AAESS input and support in this process has allowed the role of the exercise physiologist within this industry to be further promoted and secured. Through representation on the working party AAESS has also been able to develop links with other key professional organisations and further establish itself as the peak body for exercise and sports science.

The Exercise Rehabilitation Sub-Committee lost a few members to other commitments early in the year however work has continued towards achieving its goals. Documentation for Neurological/Neuromuscular specialist accreditation will be ready in the New Year and once this is in place the committee will continue its work in developing an examination process for the three accreditation areas.

The committee has further evaluated the fee for service issue and has also been working towards developing a position statement to promote and support the role of AAESS accredited exercise physiologists in the rehabilitation process.

Several practitioners working in the Musculo-skeletal and Cardio-respiratory areas of exercise rehabilitation have completed the accreditation process in the last year and I extend my congratulations to them. I commend these practitioners for the day to day work they undertake in striving to provide a professional service and acknowledge the importance of this in furthering our profession and the standing of AAESS and its accredited members within the rehabilitation field.

Practitioner representation on the board and various committees within AAESS is also vital to furthering our profession and the strength of our association within the fields of exercise and sports science. I strongly encourage practitioners with something to offer to further support AAESS, put their hand up and get involved.

I would like to thank members of the National Board for their support over the previous year and Owen Curtis for fulfilling the role of AAESS adviser to the Work and Functional Conditioning Industry (NSW) Working Party.

Vice President's Report – Exercise Science

(Associate Professor Warren Payne)

No report submitted.

Vice President's Report – Sports Science

No appointment to this position

Treasurer's Report

(Dr Barry Ridge)

The financial statements for the Company for the period 1st January 1996 to 30th June 1997 were not prepared in time for the 1997 AGM. However, they were prepared and audited and then received by the AAESS Board earlier this year. Some of the details are included in the attached financial statements as comparative figures.

This report contains the Financial Statements for the year ended 30th June 1998. A profit of \$1,254 was made during the year and this is somewhat lower than previous years ('94 – \$3,952; '95- \$5,546; '97 - loss of \$11,684). This may be attributed in part to the initial impact of the increase in subscriptions and the slow response by many members to pay their subscriptions. Conference income is lower than previous years ('95 & '96, \$14,520; '97, \$8,003) and may not revert to the levels that we have come to expect.

The AAESS will carry forward \$11,139 into the 1999 Financial year. I would like to alert all members to the need to increase the income of your Company. This can be done by encouraging peers and acquaintances to become members of the AAESS and to take part in its management. This could take the form of taking on Board positions at State or National level, submitting articles to your newsletter and so on. The Board has embarked on a number of revenue raising ventures including advertising on our web site and levying certain AAESS endorsed training programs, but income from these areas will be small to start with and will be declared in the next year's financial statements. While the Board has endeavoured to keep the expenditure to a minimum, there are costs associated with running a company with Objects such as those of the AAESS. Consequently, we are grateful for all of the support given by the Centre for Physical Activity in Ageing at the Hampstead Rehabilitation Centre in Northfield, SA in housing the AAESS National Secretariat.

In August this year, the AAESS was notified of its successful application to the Australian Taxation Office for exemption from Income Tax under Section 50-5 for an organisation which aims to advance the character, status and best practice in the profession of Sport and Exercise Science. As the ruling was back dated to 1st July 1997, it directly affects the Financial Statements for the year ended 30th June, 1998 to the extent that no income tax is payable by the AAESS. The ruling is in force until 30th June, 2003

The AAESS National Board has recently set up impressed Chapter accounts and it has the responsibility to oversee these accounts and report on them in our next set of Audited Financial Statements. Under the Articles of Association, Chapters must report their financial status to the National Treasurer every 3 months with the first reports due at end September, 1998. It is imperative that all monies be deposited through the AAESS National Account so that the Treasurer can download the money in to the respective Chapter account.

The AAESS has a challenging financial time ahead. Although subscriptions have increased, other avenues of revenue raising are not easy to come by and there is no guarantee of substantial returns from the SMA Conference. Please forward your subscriptions promptly, encourage others to join, and get involved in your association to make AAESS a progressive professional association.

Motion 1: That the Balance Sheet, Profit and Loss Account, Notes to the Accounts, Directors' Statement and Auditor's Report for the period ended 30th June, 1998 be received.

Motion 2: That no Directors' fees be payable in respect of the 1999 or future year.

Secretary's Report

(Dr Phil Hamdorf)

From the beginning of January this year the National Secretariat transferred from the University of Ballarat to the Centre for Physical Activity in Ageing, located within the Hampstead Rehabilitation Centre campus of the Royal Adelaide Hospital. This move coincided with my appointment as Secretary of the Association and facilitated the employment of Judy Mack to undertake the role of Administrative Secretary to the AAESS. Judy Mack is working 5 days a week (1/2-day on Monday and Friday) in the Secretariat and this has improved member access to the Association.

A major undertaking resulting from this move was to entirely re-write the membership database. This has now been completed and provides the Association with a highly automated, computerised system for maintaining membership, accreditation and financial information.

All AAESS application forms and packages have been re-written thus streamlining the application process which has facilitated a quick "turn-around" of new member applications.

The number of financial members has risen from the 1st of January this year and currently stands at just over 360. The Association is steadily increasing its membership numbers and I am confident the number of financial members we will rise above 500 by this time next year. Accreditation has been acquired by 67 members (47 Exercise Physiology, 7 Musculo-skeletal Rehabilitation, 1 Sports Psychology, 6 Sports Biomechanics and 6 Sports Physiology).

The Association has moved forward in a number of areas of member benefits this year with an excellent journal deal with Human Kinetics. We are currently negotiating with QANTAS a special rate and this will hopefully be completed before the end of this year.

Membership cards were distributed this year for the first time and should become increasingly valuable as the Association continues to secure discounts and other benefits with national businesses.

The forwarding of member renewal notices has now been computerised and will enable notices to be distributed earlier from next year. It is the intention of the Association to run its membership from January to January and this should commence from 1999. Members joining throughout the year will be credited on a pro-rata basis.

All in all, 1998 has been an exceptionally busy time and I would like to convey my sincere thanks to Judy Mack for her concerted efforts throughout this year. I am confident the Association will continue its rapid growth and I look forward to the next 12 months.

Chapter Liaison Report

(Dr Barry Ridge)

I am very pleased to inform members that at the end of the 1998 financial year, the South East Queensland, New South Wales, Western Australia, South Australia and Victorian Chapters of the AAESS are fully functional, with most operating impressed AAESS accounts and a number of them involving their members in a range of worthwhile activities. We have provided the Chapter Presidents with the opportunity to present a brief report in this section of the AAESS Annual Report. I commend the work being done at the Chapter level and sincerely thank the respective executives for their interest, commitment and hard work. Members, please support your state Chapter where and when you can.

Chapter President's Reports

South Australia – *Dr Phil Hamdorf*

This year has been a rather quiet one for the SA Chapter. The WorkCover Corporation research project was placed on hold and will be recommenced later this year. Some difficulties emerged with respect to subject recruitment and it was decided to wait until conditions were more suitable before attempting recruitment.

The SMA annual conference has presented the local chapter with some organizational headaches as it has been charged with putting together the AAESS workshop and annual dinner. However, plans have proceeded well and we are looking forward to a successful conference.

Member recruitment in Adelaide remains slow as the number of job opportunities in the field of exercise and sports science is low. Membership recruitment efforts will however be increased in 1999.

Western Australia – *Dr Tim Ackland*

1998 began with the promise of much activity as a result of the proposed revision of the allied health bills in the WA Parliament. However, as other matters of a more pressing nature confronted the legislature in Autumn, only the Osteopaths Bill has been passed. The Health Department of WA will produce a discussion paper (due in about 1 month) regarding the Physiotherapists Act. At this time we will be able to make submissions on behalf of AAESS. Whilst this may appear to be a local issue, the

ramifications for our profession affect all states and territories. We will therefore be working closely with the national office when planning our strategy with respect to a united response to this review.

The WA Chapter has organised a number of education sessions this year in concert with SMA. These have included seminars by leading sport scientists such as Prof. Don Bailey, as well as a vehicle for proliferation of local research through the SMA State Conference in Busselton. This is an on-going arrangement which, like the national conference, allows sport and exercise scientists to rub shoulders with colleagues from medical and allied health professions.

The WA Chapter will hold an information evening on October 6th for members, potential members and potential employers. This will be followed by our AGM and drinks! We also have planned a number of professional education seminars for later this year. The first two will focus on issues of professional indemnity insurance, as well as the construction of a business plan.

I would like to take this opportunity to thank the members of the WA Chapter Executive for their support and enthusiasm this year. Our main challenges for 1999 will be to protect our profession with a strong submission to the Health Department and to encourage more members not just into the fold, but to take an active role within our Association.

South East Queensland – Sean Tweedy

Having established the chapter in the year previous, 1997/8 has been a year when the executive of the SEQ chapter have “found our feet”, settling into our respective roles and focussing on our core business. Our strategic plan review on 14.3.98 confirmed that the key aspects of our core business are increasing membership and providing member services.

To this end our student liaison officers and the rest of the executive have continued to work hard to develop a “professional association culture” among students in their respective departments. This means not just educating students as to the role and importance of AAESS, but encouraging them to attend AAESS functions and become involved in the machinations and life of the organisation. The response to this strategy has been stronger in some departments than others, but we are hopeful that the strategy will increase the number of full (practitioner) members in the years to come.

Events conducted this year included our second Beach Volleyball day, presentations from Mr Bob Boyd and Dr Karen Chad at our two general meetings for the year and a series of two business seminars, the first entitled “If I was starting out now...” and the second “From a Concept to Developing a business”. Attendance at each of these activities has been very encouraging.

The SEQ executive would also like to acknowledge the steps that the National Board have taken to improve communication with the Chapter, regularly circulating minutes of their meetings, updated AAESS contact lists and electronic membership lists. We have certainly appreciated the opportunity to be involved and informed.

In summary, 1997/8 has been a very successful year for the SEQ Chapter. In 1998/9, while our core business will remain essentially unchanged, the greatest challenge that we will face will be to more fully engage practitioner members, particularly those who are newly graduated.

New South Wales – Euan Tarleton

Well, a challenging year indeed. As detailed with the accompanying table, this report covers 15 months of “operation”. The current Executive Board was formally voted into their positions by the constituency, at the inaugural Chapter meeting in July 1997. Since that time, the formality of “setting up” the Chapter has been the focus of both my personal efforts and those of the Board.

The balance of 1997 was devoted to playing ‘catch up’ with the other ratified State Chapters. A comprehensive SWOT analysis was conducted during September and October last year. Extremely enthusiastic Board members, during the summer hiatus then drafted the Chapter strategic plan.

Submission of the completed Plan to the National Board; occurred early this year in March, and by the beginning of Winter, planning was well under way on the structure, mission and objectives of the Chapter sub-committees. Our University Visitation program commenced in July, with a visit to the University of Sydney and a number of initial public relations opportunities occurred during August and September.

Currently plans are well under way for the hosting of the Chapter Annual General Meeting, set to occur on October 31, at the Sydney International Aquatic Centre.

From an administrative point of view, monthly meetings of the executive Board have continued and these have remained informative, productive and always very positive. Minutes of these meetings have been kept and all inward and outward correspondence has been maintained on file.

The Board has worked well together over the last 15 months and it is very encouraging to see that a number of motivated Board members are really trying to “drive” the Chapter into 1999. I am proud to say that efforts of the last few years are now starting to show some return.

Plans for Chapter activity during 1999 are well under way. Subject to the election of new or re-election of existing office bearers at the Chapter AGM, a smooth ‘hand-over’ is anticipated and I remain confident that AAESS in this state will move from strength to strength during 1999.

The Year in Review

JULY 31, 1997	Steering committee formally voted into Executive positions at inaugural Chapter meeting.
AUG 97 – SEP 97	Initial period of administration / familiarisation.
SEP 97 – OCT 97	SWOT Analysis for Chapter conducted & collated.
NOV 97 – JAN 98	Design and draft of Chapter strategic plan.
FEB 98 – MAR 98	Review and final submission of Chapter strategic plan to AAESS National Board.
MAR 98 – APR 98	Formal ratification and establishment of the N.S.W Chapter occurs.
MAY 98 – JUN 98	Establishment of Chapter sub-committees under the guidelines specified within the strategic plan.
JUL 98 – AUG 98	Delineation of duties, responsibilities and objectives for 1999 of the Chapter sub-committees are drafted.
JUL 98 – ONGOING	Allied Industry committee begins the <i>University Visitation</i> program at the University of Sydney.
SEP 98 – ONGOING	Public Relations and Member Services sub-committees commence AAESS awareness programs.
OCTOBER 31, 1998	AAESS - NSW Chapter 1 st Anniversary AGM. at the Sydney International Aquatic Centre occurs.
DECEMBER 6, 1998	Chapter Christmas Social Day – Coogee Beach.

Victoria – Cameron Gosling

No report submitted.

