



**Australian Association for Exercise
and
Sports Science**

ANNUAL REPORT

2000

Presidents Report

Phil Hamdorf PhD

The past 12-months has been marked by period of steady progression for the Association in its endeavours to promote the profession of exercise and sports science in Australia.

A number of important projects remain 'in the balance' as the Association strives to raise the profile of members to the community. In particular, our fight with the Australian Government over GST exemptions for exercise physiologists remains unresolved despite significant commitments from all sides of politics. Our campaign continues in earnest for the battle represents more than just the 10% saving that would be passed onto clients. Indeed, recognition of AAESS members (ie exercise physiologists) as a fundamental part of the interdisciplinary health-care-team, is vital to the future of the profession in the health sector. Many members successfully operate within allied health care system or provide services to clients arising from the traditional medical model. Most however, do so in the absence of any defined recognition for their professional skills and competencies. A successful campaign with the Government over the GST will provide the Association with significant momentum to push towards greater legislative recognition of the exercise physiologist.

I should mention the exemplary work being undertaken in Victoria resulting in the Victorian WorkCover Authority becoming the first insurer to officially recognise exercise physiologists as providers of 'medical and like services'. This is most significant development for the association and will provide a considerable precedent for future AAESS activity in the health arena.

The Association (in conjunction with various Chapters) has been writing lengthy submissions to health funds and other insurers appealing for due consideration with regard to the provision of health services. Whilst this strategy has to date been met with limited success, we believe that health funds are finally beginning to acknowledge the value of physical activity as a fundamental mode of treatment.

The area of professional development is also gearing up for a major boost as the quality network project (being driven from the University of Wollongong) gears up for some important milestones in its brief evolution. This innovative project has the capacity to significantly alter the landscape of exercise rehabilitation services in Australia. Members will hear more of this project throughout 2001.

Of course the 'sports science' members of the Association are equally important and will no doubt attract increased attention and demand in the wake of the Sydney 2000 Olympics. Issues relating to career opportunities and pathways will emerge amongst a myriad of important issues.

The AAESS web site is finally being upgraded and should soon provide members with easier access and more information. The AAESS/Roche member's directory is well in hand and will be distributed (albeit a little late) before the end of this year.

Membership growth has been as high as that seen in 1999 although the retention of members remains an area requiring ongoing attention. The current membership of the AAESS (at the time of this report) was 614 with accreditations rising to 145.

The next 12-months promises to provide a range of challenges and new hurdles as we look to further increase the role and image of the exercise and sports science graduate within the community.

In closing, I would like to thank the members of the Board for their support during 2000 and I look forward to an exciting year ahead.

Treasurer's Report

Barry Ridge PhD

The financial statements for the Company for the period 1st July 1999 to 30th June 2000 are attached. A profit of \$4463 was made during the year and is somewhat lower than last year (\$8795). Income was higher this year than last year due primarily to an increase in membership, an increase in membership fees and a larger surplus from the SMA Conference. Expenditure this year was also higher than last year and the main items of expenditure were: secretarial support, committee travel expenses and printing.

The AAESS will carry forward \$24,397 into the 2001 financial year.

The operation of five Chapter accounts continued throughout the year with monies being deposited through the National account and then down loaded to the respective Chapter accounts. It is anticipated that the audit of all Chapter accounts will be completed soon as required by the Articles of Association.

The last twelve months has seen the introduction of a new tax system in Australia and there have been a number of implications for the AAESS and the membership. The AAESS now has an Australian Business Number (ABN) and is registered for the GST. Although there will be more detailed accounting records required, the completion of quarterly Business Activity Statements and increased cost of GST compliance, we will be able to claim back as an input tax credit the GST paid on the goods and services purchased for the company and we will avoid withholding of income tax from payments. The AAESS has also been notified by the Australian Taxation Office that it has been endorsed as an income tax exempt charitable entity.

I commend the Financial Reports to the membership and move that:

Motion : *That the Balance Sheet, Profit and Loss Statement, Notes to the Financial Statements, Director's Report and Independent Auditor's Report for the period ended 30th June 2000 be received*

Vice President (Sports Science)

Graeme Maw PhD

The past year has been somewhat tumultuous for Australian sport, accordingly hectic for sports scientists, but unfortunately by consequence tepid for sports science within the Association.

With the Sydney Olympics on the horizon, the major thrust of Australian sports science has been in preparation for the Games, perhaps at the neglect of the profession's development. In fact, now already, as the gold rush peaks, the public sports science sector is being cut with little professional protection or avenue for diversification. It is not merely coincident that, in the terms of reference for Australian Olympic Team Staff, Doctors, Physiotherapists, and Psychologists had to be suitably accredited in their sports discipline to be eligible for selection, whereas no such criteria was placed on scientists. This is the ground that the profession should have recognised in past years, yet despite the best efforts of AAESS, Sports Science membership largely has not progressed.

In coming months, these professional short comings should form the front of a membership campaign to add those remaining established Australian scientists to the fold. This can be done by direct approaches to likely candidates, but not by waiving membership standards. Some discussion has taken place recently with regard to "grand fathering" members; however, groups such as the

Physiotherapists have shown that application standards can be maintained while still attracting those in existing practise. This, I believe, relies on the benefits of membership/accreditation including the lobbying power of the Association.

At least one significant stride has been made in the past year in this regard, with the Australian Sports Commission's Laboratory Accreditation Scheme likely to amend their lab staff requirements to include one AAESS accredited member rather than just one eligible for membership. If enacted, this will ensure the need for and stature of AAESS Sports Science Accreditation is cemented in at least public sector sports science.

Similarly, the Association is now recognised by the larger profession, with accreditation enquiries coming from sub disciplines such as strength science. While it should not be the intention of AAESS to compromise its fundamental roots to broaden appeal, the approach from disgruntled members of an associated profession highlights the stature and need for our body in our own profession.

And, it is from here that I see the discipline progressing, albeit perhaps a year or two after it should have. By working forwards from the current professional situation, the Association may indeed become better placed by acting on some of the issues that have now become actual reality.

Vice President (Exercise Rehabilitation)

Richard Turnbull

The State Chapters have worked hard and have achieved much during the year, increasing the profile of the profession.

The increase in the number of Exercise Physiologists opting for private practice has been encouraging. Good outcomes are being achieved and a number of private clinicians have or are currently collecting data, which hopefully could be used for the recently endorsed Australian-wide evidence-based practice network. While the pace of progress often appears to be slow, the profession is gaining momentum as many general practitioners, insurance companies and the general population gain knowledge of AAESS and acknowledge, the role of the exercise physiologist as the specialist in the provision of exercise for various pathologies. We should also not forget that the exercise science course offered at various universities is probably the only course that studies exercise and all it's applications. The scientific evidence in favour of exercise is now so conclusive that the accredited exercise physiologist has to be an important playmaker in the prevention of hypokinetic disease and the treatment and rehabilitation of various pathologies. We can no longer be side lined, however, we all need to become more vocal in our communities.

AAESS has made submissions this year to a number of medical insurance companies with the intent of recognising the provision of exercise physiology services by AAESS members across the whole country. Although a slow process, we hope to hear from these Companies in the very near future.

Negotiations with WorkCover was another successful project tackled this year, seeking accreditation status equal to that allowed to physiotherapists and occupational therapists enabling AAESS accredited exercise physiologists to conduct Work Site and Functional Capacity Assessments.

Exercise physiologists need to clearly explain their roles in society. We also need to encourage the lecturing staff at universities to regularly talk to other disciplines in the faculty of Health Sciences, to clearly define their roles within a multi-disciplinary health care team. If we can achieve clear communication at grass root level in tertiary education, then we have a bright future.

NSW/ACT

Paul Lillyman - Chairperson

Welcome to the annual report for the AAESS NSW/ACT Chapter, for the year 2000.

The current board met on several occasions late last year, to plan the direction and objectives of the Chapter for the year 2000. A number of major issues addressed by the National board were the GST and MBF accreditation. Other areas targeted at a local level included increasing membership, (particularly student membership), approaching Workcover NSW regarding accreditation of exercise physiologists, developing regional networks of existing members and attracting corporate and community sponsorship of the Chapter.

The board was successful in achieving a number of our aims. A major initiative was the development of regional networks within NSW/ACT. The purpose of these satellite groups was to encourage networking amongst fellow professionals, and increase the awareness of the Chapter Board of regional issues. Successful networks have been established in the Illawarra and ACT, with another in the Sydney CBD to commence in the immediate future.

Throughout the year a number of representations to Workcover NSW were made. These meetings were successful in raising Workcover's awareness as to the skills and competencies of AAESS members. Workcover is currently reviewing its process of accrediting all allied health Professionals to perform functional capacity evaluations. NSW/ACT AAESS is now approaching Workcover on behalf of its members to determine their status under the Standards for Accredited Rehabilitation Providers

The challenge of increasing membership, particularly student membership, was targeted through a number of strategies. These included:

- Having a nominated member of the board liaising directly with a representative from each of the department's where potential AAESS student members were studying;
- Practicing AAESS members providing on campus presentations to students regarding the employment opportunities for AAESS members;
- Establishing a designated AAESS information board/area within each department/faculty where eligible members were studying. This would enable students to be informed of upcoming workshops, minutes from meetings and other membership information.

This new strategy of increasing the awareness of the student population to the presence of a national association will provide a platform for future development of student membership and involvement within AAESS.

Increasing the profile of AAESS within the community and corporate sector was seen to be another important step. A small number of organizations were initially approached to assist AAESS NSW/ACT with 'in kind' sponsorship ie reduced rates for venue hire, reduced purchase price for equipment. Further companies are currently being approached for sponsorship for 2001. The board is also currently working towards the development of a coordinated marketing program for the year 2001. Such a program would see a greater community and member awareness of AAESS, its role and services.

The more pressing challenges for the Chapter included increasing membership, improve membership retention, attract greater member involvement within AAESS NSW/ACT and to increase the role of AAESS in the Professional wellbeing of the members ie representation's to Government, Industry etc. Although the Chapter was able to meet a number of its objectives for the year, a severe lack of "people power" restricted the potential of the Chapter. For AAESS NSW/ACT to continue to develop and truly represent its members, greater involvement by all members is crucial. The task of

increasing the presence and performance of AAESS, at a local and national level, can only be achieved by member support and participation.

A vote of thanks must go to the national board for their tireless efforts during the year. A number of significant hurdles have been placed in the way of the profession, and they have approached each of them with a great amount of enthusiasm and determination, Thank you.

Finally, the NSW/ACT AGM is to be conducted on the 28 October 2000, at the University of Wollongong. The meeting will be conducted immediately after a Swiss ball workshop, and will be followed by a barbecue lunch and a number of social activities (eg tennis, volleyball). Nominations for the 2001 board are invited from eligible members.

On behalf of the board, best wishes for 2001.

Western Australia

Tim Gooch - President

The West Australian chapter has clearly surpassed its primary objective to increase the number of AAESS members in Western Australia. All current members are now the beneficiaries of continual education and workshops that enhance their skills in the competitive market of exercise physiology and sports science. Undoubtedly none of this would have been possible without the precious efforts of the West Australian committee. On behalf of all members, I would like to sincerely thank Tim Ackland, Mark Armstrong, Barry Gibson and Tracey Ward for their devotion and vision in AAESS.

This year produced some of the most interactive workshops provided to all members. Topics included:

- Knee Rehabilitation (Dr Peter Anncar);
- Back Rehabilitation Case Studies (Mark Armstrong, Alison Lowe and Paul Tucker);
- Strength Conditioning (Glenn Stuart).

Recent trends have seen a mutual development of AAESS workshops between the University of Western Australia (Human Movement Department) and Edith Cowan University (Sports Science Department). The result has been more than overwhelming and on behalf of the committee I ask members to continue to support the initiative.

The committee has started to view long term plans for the West Australian chapter. Our objectives are to:

- Continuo to provide all members with further education appropriate to their area of expertise;
- Increase awareness in the market place of all members and their areas of valuable specialties.

The committee has had discussions with a number of members that will potentially lead to one of the individuals joining the committee to assist in the development of an extensive marketing campaign that will possibly commence next year.

On behalf of the WA chapter, I would like to thank the National Committee for their efforts and substantial achievements over the past year. The structure of the various accreditation programs and the structuring alliances with the private health care sector is a key to the survival of AAESS in the future. The West Australian chapter is currently working on draft documents, based on the submissions of the National Committee, that will be submitted to a number of Health Insurers in Western Australia for the provision of rehabilitative services.

Upcoming events include a combined Annual General Meeting and end of year Christmas function that will be held on 21/11/2000. All members will receive information regarding this issue in the near future and are formally invited to attend.

On behalf of the committee, I would like to take the opportunity to thank all members for their support and look forward to another eventful year ahead.

Victoria

Zorica Babic - President

The Victorian Chapter has been a steadily growing team, one that also welcomes the 7 financial members from Tasmania. We have faced many challenges as a team of volunteers, but we have managed to achieve some outstanding outcomes despite this.... And we've only just begun!

Getting Down To Business

Throughout 2000, our Chapter concentrated on establishing operational systems that would support our continued growth and development. We had to make sure that our operating foundations could support many chapter initiatives concurrently, and (very importantly) maintain a level of quality control throughout the process. Put simply, we had to start thinking and operating like a business unit if we were to achieve our vision. This proved to be a challenging task, especially because our human resources were primarily focussed in 'exercise science' and not specifically in 'management'. However, we see these efforts as an investment in our time for our long-term survival, and will continue to pursue them to achieve excellence.

Victorian WorkCover Authority Decision

Our most significant 'win' this year has been instigating the decision by the Victorian WorkCover Authority to recognise and remunerate the services of exercise physiologists as 'medical & like' treatment service providers. This decision was based on AAESS standards, and is open to AAESS members who hold specialist accreditation in musculoskeletal or cardiorespiratory rehabilitation. A full transcript of the VWA's terms & conditions is available upon request.

The Vic chapter would like to particularly acknowledge Toni Ryan's efforts in maintaining the momentum of this project. Congratulations to the very capable team of Victorian exercise physiologists who delivered this brilliant result.

Victoria On Line

A glaringly obvious issue that needed addressing in 2000 was that of communications management. We established policy on the use of our Vic Chapter's hotmail account aaessvictorianchapter@hotmail.com, which has given our secretary greater communications management control (not to mention lessening the burden on our treasurer!).

We also established our own 'home page' <http://home.vicnet.net.au/~aaessvic/> in an effort to keep our members informed and up-to-date with AAESS initiatives & issues. We will link this webpage to the national AAESS website shortly to further forge our links with the national body. Thank-you to Vanessa Rice (Vic Chapter Secretary) for her vision & commitment to this project. Our marketing potential has grown exponentially due to this simple concept.

Chapter Initiatives

Continuing Education

The Vic Chapter will be delivering the first of its continuing education initiatives in early September. Focussed on cardiac rehabilitation, this educational seminar is the first of many relevant and specific further education opportunities for exercise physiologists.

Jobfest 2000

Following the success of Jobfest in 1999, AAESS Vic will host Jobfest 2000 at Australian Catholic University in October. We are expecting 200-300 students to attend this important networking opportunity. Our aim is to take a leadership role in identifying and promoting career paths for exercise & sports science practitioners and students.

The Victorian executive team included the following exercise physiologists:

- President Zorica Babic
- Vice President Ian Gillam
- Secretary Vanessa Rice
- Treasurer Marek Gorski
- Directors Dale Stevens, Craig Goodman, Melinda Spurrutt

My thanks & congratulations go out to this team for the incredible amount of commitment and professionalism they have shown to their positions. We look forward to 2001 with the knowledge that the national AAESS message is indeed starting to be heard by peak industry bodies.

