

# Australian Association for Exercise and Sports Science



# Annual Report 2007

## Vision

All Australians recognising and benefiting from the services of exercise and sport science professionals

## Mission

To provide a unified voice and national leadership by promoting the sharing of information, providing networking opportunities, and through national advocacy on key issues in exercise and sport science. By developing collaborative partnerships with universities, industry and government AAESS also aims to promote excellence in research, training and clinical practice to enhance the health and performance of Australians.

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# Governance

## National Board

<b>Name</b>	<b>Position</b>	<b>Responsibility</b>
Assoc Prof Jeff Coombes	President	Presidency
Mr Damien Johnston	Vice President	Human Resources
Dr Jarrod Merrkin	Treasurer	Finance
Ms Tania Brancato (May)	Secretary	Secretary
Mr Peter Ryan (May)	Director	Operations
Dr Elizabeth Bradshaw	Director	Sport Science
Mr Kevin Conlon	Director	Education
Dr Andrew Williams (Aug)	Director	Academia and Research
Mr Chris Nunn	Director	Marketing
Mr Daryl Sadgrove	Director	Exercise Rehabilitation
Assoc Prof Steve Selig	Director	Risk Management
Dr David Bentley	Director	Membership

Out going board Member

<b>Name</b>	<b>Position</b>	<b>Responsibility</b>
Ms Ann Hanley (May)	Secretary	Secretary
Mr Glen Ivy (May)	Director	Sports Science
Ms Zorica Babic (May)	Director	Operations

## State Chapters

<b>State</b>	<b>President</b>
Queensland	Mr Nathan Reeves
New South Wales	Mr Chris Tzar (outgoing)
	Ms Nanette Latta (incoming)
Australian Capital Territory	Ms Sandra Cook
Victoria	Ms Catherine Carracher (outgoing)
	Mr Sebasic Buccheri (incoming)
South Australia	Ms Kirsty Rawlings
Western Australia	Mr Matt Harris

## Committees

<b>NUCAP Committee</b>	<b>Accreditation Advisory Committee</b>
Dr Phil Hamdorf (chair)	Assoc Prof Steve Selig (chair)
Mr Bob Barnard	Dr Melanie Cameron
Dr Ian Gillam	Dr Jeff Coombes
Prof Tony Park	Mr Herb Groeller
Dr Barry Ridge	Dr Anthony Leicht
Assoc Prof Warwick Spinks	Dr Peter Le Rossignol
	Assoc Prof Leonie Otago
	Ms Deborah Pascoe
	Dr Jacqui Raymond
	Mrs Melanie Sharman
	Assoc Prof Warwick Spinks
	Dr Margaret Torode

## National Office

<b>Name</b>	<b>Position</b>	<b>Period</b>
Mrs Anita Hobson-Powell	Executive Officer	Jan - Dec
Mrs Narelle O'Loughlin	Membership Officer (PT)	Jan - Dec
Mr Jason Duval	Membership Officer	Feb - May
Mrs Rebecca Crick	Membership Officer (PT)	July - Dec
Mrs Kylie Brownlie	Membership Officer (PT)	July - Sept
Mrs Melanie Sharman	Project Officer (PT)	May - Dec
Mrs Amanda Smyth	Project Officer (PT)	Jan - Dec
Ms Stephanie Hannan	Assessor (casual)	Sept - Nov
Mr Jon Anderson	Assessor (casual)	Nov - Dec

# Reports

## President's Report

In my first full year as President I am pleased to summarise some of our association's major achievements over the last 12 months.

- our inclusion in the Allied Health Professions Association (AHPA)
- completed the review and implementation of the new criteria for Accredited Exercise Physiologists
- significant increase in our continuing education offerings and the development of a new process to assess course applications
- production and distribution of the promotional DVD; "Careers in Exercise and Sport Science"
- produced and distributed an EP brochure
- finalising the review of the National University Course Accreditation Program (NUCAP).
- developed a collaboration statement between AAESS and the Australian Dietetics Association.
- provided a submission to the federal government entitled; "Broaden Allied Health Services in Medicare"
- aimed at increasing the number of private health funds offering rebates for exercise physiology services.
- developed a memorandum of agreement between AAESS and the British Association of Sport and Exercise Science (BASES) and Sport and Exercise Science New Zealand (SESNZ).
- organised the 2008 AAESS conference
- a 90% retention of members from 2006-2007
- increased membership from 1250 in December 2006 to 1685 in December 2007

These achievements reflect the passion, commitment and energy of our staff (Narelle, Bec, Jon, Mel and Amanda), the leadership and professionalism of our Executive Officer (Anita) and the efforts of our board members at the national and state level. It appears that 2008 will present a host of new challenges and I look forward to working with all our board members to face these and continue to move our association forward at the same speed it has over the last twelve months.

**Assoc Prof Jeff Coombes**  
**President**

# Treasurer's Report

The AAESS board has worked hard and within financial restrictions to finish the 2007 financial year with a small surplus. As AAESS continues to increase its activity on behalf of its members, running costs of the association have also increased. Resisting the need to increase membership fees for over 2 years has meant that the AAESS board has worked within a tight budget. As a result of the new rise membership dues is well justified.

The AAESS office in 2008 with the increase in membership dues for 2008 and 2009 will now employ two more staff. We will be employing Marketing and Communications Officer and a Professional Services Officer to continue to drive the AAESS National office and improve member services. This will be particularly evident in the area of continuing professional education.

AAESS ended the 2007 financial year with a profit of \$19,033 which I believe highlights to members the conservative and responsible fiscal management of the association. The profit in 2006 by comparison was \$52,979 and this was largely set aside for the new database that the AAESS office now uses. The AAESS Not for Profit Account (NUCAP account) was not used in 2007 as the NUCAP process has been on hold for the year.

There was an increase in membership by 775 in 2007 and this was associated with an increase in membership dues of \$82,954. However, the increase in member numbers is always associated with an increase in the cost of servicing the members as administration costs increased by \$33,310 for the year. At the same time considerable pressure has been placed on the office staff with their increased workload and areas such as marketing and sponsorship were put on hold and advertising revenue was down for the year. This will be rectified in 2008 with the addition of a marketing and communications position to be filled in the AAESS National office. Administration expenses are substantially different on the Auditors report between 2006 and 2007 due to the \$60,000 spent on the AAESS database in 2006.

I would like to take this opportunity thank the board and particularly our Executive Officer Anita Hobson-Powell and her staff in the AAESS national office. The association now has a solid financial footing on which to grow and the national office is being exceptionally well led making my job and that of the board considerably easier. We look forward to offering greater continuing professional education courses to the membership in 2008 and there is great scope to increase the benefits to members in many areas. Most importantly the association now has the finances to assist in lobbying government on unresolved issues such as private health care rebates and the GST on our services. I would like to thank the board for their continued support and I look forward to supporting the organisation into 2008.

**Dr Jarrod Meerkin**  
**Treasurer**

# Secretary Report

AAESS has continued to develop as a professional organisation and to support its members throughout 2007 and into 2008. As an AAESS member and a National Director (as at May 2007), I am proud of my association with AAESS and the positive impact it continues to have on Exercise and Sports Science nationally and internationally.

In my capacity as Communications Director I have been privileged to work closely with our Executive Officer Anita Hobson-Powell and her team in the national office. It has also been a privilege to liaise with State Chapter Presidents and Secretaries whose professionalism and enthusiasm have been vital to the success of many National Board initiatives.

Though many responsibilities of the National Secretary are administrative in nature, some projects may be of interest to our members. The National Director for Continuing Education, Kevin Conlon has been instrumental in securing Doc Bank, an online archive for AAESS documents which allows the state chapters and the National Board to upload documents onto a secure central server for easy dissemination. This will prove to be a vital communication tool and one that will allow AAESS to function even more efficiently in the future. The National Director for Research and Academia, Andy Williams, provided assistance in the development of guidelines for the AAESS News which will assist in ensuring accurate and diverse articles for AAESS members in future editions. These guidelines will be available on the new AAESS website and members are encouraged to access this information and contribute to the AAESS News. This is an opportunity for free advertising as the author's name, business and contact details will appear at the end of the article as well as CE point allocation for contributions to the AAESS News.

Future communication directions for AAESS will see the implementation of low cost teleconferencing facilities for State Chapter meetings. Skype and speaker phone options are currently being used with varied levels of success. The aim will be to improve the method and availability of teleconferencing options to assist states in communicating with their regional and rural members.

Finally a special thank you to our National President, Associate Professor Jeff Coombes, Anita Hobson-Powell our wonderful Executive Officer and Ann Hanley the previous National Secretary. Ann was recently awarded a much deserved AAESS fellowship for her long term support and contribution to AAESS. Thank you Ann.

**Ms Tania Brancato**  
**Secretary**



# Exercise Physiology Report

2007/08 has seen further progress in the recognition of Exercise Physiologists in Australia. New Medicare Items for Group Diabetes, DVA registration, health fund recognition from approximately 6 additional health funds, formalisation of Exercise Physiology services in NSW Workcover legislation and recognition of EPs within state health awards.

Despite these achievements a number of projects were held up due to the election and subsequent change of government. Projects such as GST exemption, further health fund recognition and broader recognition of EPs in Medicare are now regaining momentum with the new government in 2008.

The relationship of the EP industry with the fitness industry continues to progress towards developing a collaborative partnership with a view to improve health outcomes for Australians who wish to become more physically active. A number of documents are hoped to be completed in 2008 that will improve GP awareness, improve EP and fitness leader relationships and lead to better quality and safety of physical activity services delivered in our respective industries.

A similar role delineation and collaborative partnership has been successfully developed with the Dietitians Association of Australia in 2007 which is likely to provide new opportunities and partnerships between our industries. We hope that this work will encourage EPs to work more closely with our Dietitian colleagues to improve patient outcomes.

The Accreditation requirements for Exercise Physiologists have been reviewed and new guidelines have been introduced. I believe this is an important advancement for the exercise physiology industry that will improve our marketability, increase our competitive advantage, improve the quality of training programs and ensure the quality and safety of EP services to consumers. This is an important advancement that will maximise AAESS's ability to continue to increase the profile and recognition of EP services and ensure our future competitiveness in the market.

It has been another exciting year for Exercise Physiology, and if re-elected at the AGM I look forward to another exciting year in advancing the exercise physiology industry.

**Mr Daryl Sadgrove**  
**Exercise Physiology Director**

# Sports Science Report

The AAESS AGM in May 2007 saw me move from the Directorship of Exercise Science (now known as Academia) to Sports Science, a portfolio that has allowed me to use the knowledge and experience of my academic and practitioner vocation for the benefit of AAESS members.

Sports science continues to be an important practitioner stream of AAESS, with more graduates being drawn to the sports science profession every year. Employment opportunities are growing as professional and semi professional teams are beginning to value the knowledge and expertise of Sports Scientists. Through the assistance of Mark Osborne from the Queensland Academy of Sport, the Sports Science Working Party has begun developing a new accreditation program to strengthen the quality of our profession.

A Memorandum of Understanding (MOU) was also developed and signed between AAESS and the British Association of Sport and Exercise Sciences (BASES UK) and Sport and Exercise Science New Zealand (SESNZ). This will allow full members in all organisations reciprocal rights for benefits such as conference registration fees. This MOU will have further potential for sports science members which will be investigated after the 2008 AAESS Conference.

In conclusion a special thanks to Glen Ivy who held the Sports Science Portfolio previously. His knowledge and influence in the sports science field was a valuable contribution to the National Board.

**Dr Elizabeth Bradshaw**  
**Sports Science Director**

# Research and Academia Report

Since coming onto the board to fill a casual vacancy in at the end of July, I have been involved in a number of AAESS initiatives centred on ensuring access of high quality exercise science information to AAESS members. These were:

- Coordinating the commissioning of four position statements on the topics of exercise prescription for hypertension, chronic heart failure, cancer and type II diabetes. As part of this process it has been negotiated that following an appropriate review process, these statements will be published in both the Journal of Science and Medicine in Sport and on the AAESS website.
- I assisted Tania Brancato with the formation of criteria for the submission of articles to AAESS news. This was an important task as it provides clear guidelines for members wishing to submit an article and has established a review process which is important to ensure the quality and relevance of articles published in this newsletter.
- I have been involved in early planning and negotiations regarding the creation of a AAESS associated journal aimed at exercise physiology accredited members. The idea behind this journal is that it will publish research articles and case studies relevant to exercise testing and prescription for a wide range of clinical conditions.

I also developed ranking criteria and then organised judges for the theses that were nominated for the 2007 AAESS medal. Following the individual judges decisions this job involved compiling the results to decide on the eventual winner and then officially notifying the winner and checking that they were available to present at the 2008 conference.

**Dr Andrew Williams**  
**Research and Academia Director**

# Operations Report

After involvement with AAESS at the state Board level for some years I was elected to the National Board for the first time for 2007. Adopting the portfolio of Operations I have sought to engage with directors with closely related portfolios, including Human Resources (Damien Johnston), Finance (Jarrod Meerkin), and of course the President (Jeff Coombes).

This year I have spent time understanding the board dynamics with a focus on determining the productivity of the board with regards to charting strategic direction for AAESS. I have commenced an audit of AAESS objectives seeking to determine that all major activities and goals are adequately defined and have been ascribed a person (staff person or director) responsible. I am hopeful that this process will be completed at the up coming face-to-face meeting of Directors in March.

I commenced work to capitalise on the recent achievement of obtaining inclusion on the public hospital award for Queensland, NSW and the award still under negotiation in Victoria. These award scales offer the opportunity for career advancement for exercise physiologists with clinical skills within the health care industry. For AAESS, the advancement of career paths for its members is possibly the most fundamental objective of the organisation. I believe the work done in achieving this by the state boards will have profound implications for the profession and I look forward to engaging with the state chapters to further these gains.

**Mr Peter Ryan**  
**Operations Director**

## ACT Chapter's Report

The second year of the ACT Chapter of AAESS has been completed and I have to say I am amazed at the growth and interest that has emerged within our profession in this region. I believe we now have around 30 members who have ACT addresses registered with the AAESS office, and I certainly know I have had a number of enquiries from students and other EP's wishing to know more about the ACT Chapter and the opportunities that exist in the Canberra region.

Some of the achievements, networking and continuing education courses that ran throughout this year in the ACT included:

- ACT EP's presented at the South-East Region SMA conference in February.
- Members attended the Group Diabetes information session held at the CSIRO in April in conjunction with other allied health professionals.
- ACT EP's presented information on the role of Exercise Physiologists and how to refer to community dieticians within the ACT in July.
- The Neurological and Musculoskeletal Assessment workshop run by Dr Corey Cunningham was well attended by NSW and ACT members in August.
- Representatives on the ACT AAESS Board attended the Federal Government's Consultation Forums on the proposed changes to Private Health Insurance in August.
- The International Association of Dance Medicine and Science (IADMS) held their annual conference in Canberra in October.
- The ACT AAESS Board completed a submission for the ACT Government's Women's Grant in December.

**Ms Sandra Cook**  
**ACT Chapter President**

# NSW Chapter's Report

AAESS NSW have continued our efforts in improving member representation and are working towards increasing our profile and presence within the greater community whilst also improving the flow of communication to our members about the board's activities.

Over the past 12 months we have initiated the EP Hospital Network and developed a Rural and Remote portfolio. We feel these 2 portfolios are vital to our members as we perceive there will be increasing employment opportunities in both areas in the next few years.

In the area of chronic disease we have identified that many of our AEP's are working in private practice where they are either employed or self employed. Due to the history of our profession many of our members have started their own businesses due to the lack of full-time employment opportunities, we have recognised that this trend is likely to continue and we have developed a Small Business Portfolio to assist our members now and in the future.

In 2007 we made great head way with Workcover and have negotiated the EP Guidelines and the Soft Tissue Guidelines. This has been a great achievement and many of our members would now have attended the Workcover training required to gain their approval number.

AAESS NSW would like to thank the previous board members for their work in 2007 and look forward to continuing their great efforts in the future.

**Ms Nanette Latta**  
**NSW Chapter President**

# QLD Chapter's Report

Another year is coming to an end and it is an appropriate time to acknowledge the efforts of the Queensland state board members who have worked hard on behalf of all state members. Deb Fellowes (Vice President), Merendi Leveritt-Bowler and Michelle Small (Directors of Exercise Rehabilitation), Peter Le Rossignol and Matt Patti (Directors of Exercise Science), Mark Osbourne (Director of Sport Science), Jackie Harward (Treasurer) and Nadia Brandon-Black (Secretary) have championed numerous state and national projects. Some of the achievements have been:

- Standardisation of state chapter meeting minutes
- Standardisation of state chapter budgets and treasurer reporting
- New AAESS brochure
- AEP accreditation review
- Planning for 2008 AAESS Conference
- Review of Sport Science membership and accreditation
- State and national CEP
- Q-Comp TOC review

The result of their respective hard work means that we have a more professional and efficient association that can better meet the needs of its members.

I have had the pleasure of representing QLD AAESS at numerous federal/state government and NOG meetings, launches and forums. I can say with confidence that the professions of Exercise Physiology and Exercise Science, and AAESS enjoy an ever strengthening profile in the broader community.

QLD AAESS continues to enjoy a strong relationship with Queensland Ambulance Service. We coordinate the provider list for HRFT (pre employment screen) and have worked with the association to strengthen the testing and administration processes for the assessments.

Our state meetings have embraced teleconferencing to enable our regional members the ability to link into our monthly meetings. In 2008 we will continue to use teleconferencing to help us link with as many of our members as possible.

I believe that AAESS as a professional association continues to go from strength to strength. There has been a noticeable change in the way the AAESS office and National Board are representing us as members. I believe that this strong lead is flowing down to us at a state chapter level. It is hoped that these same changes are being noticed by all of our members.

I have been excited to see a steady wave of new members who are interested in being involved at a state level. These new members have asked me how they can contribute to the work the state chapter is undertaking. As always attending the monthly chapter meetings is the best way to familiarise yourself with the various projects under each directorships. Putting up your hand to say I would like to help out in a certain area is the way to go. We look forward to getting more people on state committee next year!

**Mr Nathan Reeves**  
**QLD Chapter President**

# SA Chapter's Report

## Summary of AAESS SA Chapter main activities for 2007

1. Multiple presentations at Divisions of General Practice on role of EP in management of various diseases
2. Presentation at SADI conference
3. Invited by SADI to assist with preparation of Health Provider Registry – SA Chapter will be responsible for inclusion and maintenance of EP details on registry
4. Established EP program through 'Yarrow Place' (a rehabilitation centre for victims of sexual abuse). This was done in conjunction with support from ACEDGP and Uni SA. Hopeful to continue next year.
5. Approach of locally based private health insurers
6. EP Representation in:
  - DOHA provider panel,
  - Allied health systems in GP
  - Private Health Insurance Panel
  - Rehabilitation clinical research network
  - HealthConnect roadshow

**Mr Kade Davison**  
**SA Chapter Acting President**



# VIC Chapter's Report

2007 was a ground-breaking year for the Victorian Chapter. This was achieved with the tireless work of all committee members and organisations.

The list of Achievements area as follows:

- EPCE 2007 – This was a 2 ½ day mini conference, held in August, focussing on chronic disease, sports science, neurological and business planning areas. It was the first such event of it's kind in the state's short history. It was well received with 62 people in attendance.
- Through the hard work of Brett Gordon, AAESS VIC has been instrumental in lobbying the health services union of Victoria for the inclusion of EP's in the federal award. At this stage, it looks highly likely that EP's will be included as a stand alone profession.
- Sebastian Buccheri was invited to sit on the SMA- VIC conference committee leading up to the July event. During this event, two of Victoria's leading EP's, A/Prof Steve Selig & Peter Ryan presented Cardiac and Self- management topics respectively.
- Presented the new accreditation guidelines to Worksafe Victoria (formally VWA) with the help of A/Prof Steve Selig and Deb Pascoe. Worksafe Victoria were pleased to endorse these.
- During 2008, AAESS Victoria will be presenting student awards to 3rd year Exercise Science students who have been chosen by their Universities as showing all the characteristics and excellent work on their way to becoming AEP's. These awards will be presented in 2008. This follows 6 months of planning.
- In January 2008, AAESS Vic set up a working party to commence lobbying the Transport Accident Commission (TAC) for the inclusion of EP's in providing a service to TAC clients in the Community. This projected will be led by, Janelle Hearn, VIC Director.
- We farwelled long standing committee members, Peter Ryan and recent past president Catherine Carracher from the AAESS Vic board. I am sure all would like to thank both Peter & Catherine for their dedication and hard work over the past 4 & 10years respectively.
- We welcomed Paul Jansons to a VIC director position

Thank you and look forward to what 2008 will bring

**Mr Sebastian Buccheri**  
**QLD Chapter President**

## WA Chapter's Report

WAAESS has been fortunate enough to fill all position on the board, in addition to adding 3 additional delegates, who will be responsible for specific roles as they develop, and a new regional delegate, who will represent the northern rural areas of WA.

Following a planning morning in early January 2008, the WAAESS has identified core areas that will become the main agenda items for the year. WAAESS is keen to continue to provide it's members with quality AAESS National accredited CEP opportunities throughout the year. Thus far WAAESS has delivered two CEP programs. One held in the states south west (continuing the commitment to regional members), and one held in the Perth metropolitan area. Following a collaborative approach in 2007, WAAESS is committed to working with AAESS national to provide WA members with CEP programs that are being conducted in other states around Australia.

WAAESS has also identified the importance of developing enhanced networking opportunities for accredited EPs. Negotiation is currently under way to deliver education seminars, at GP information nights within the divisions of General Practice around the state. The purpose of this approach is to educate GPs in relation to the increasing role of Exercise Physiology within the Allied Health system.

**Mr Matt Harris**  
**WA Chapter President**

**Australian Association for  
Exercise and Sports Science  
Limited**

**ABN : 14 053 849 460**

*Special Purpose Financial Report for  
the year ended 31 December 2007*

**Pitcher Partners**

Level 21 300 Queen Street

Brisbane Qld 4000

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*FINANCIAL REPORT  
FOR THE YEAR ENDED 31 DECEMBER 2007*

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**DIRECTORS' REPORT**

Your Directors present their report on the company for the year ended 31 December 2007.

***Directors***

The following persons were Directors of the company during the whole of the financial year and up to the date of this report unless otherwise stated:

Associate Professor Jeff Coombes  
 Mr Damien Johnston  
 Dr Jarrod Meerkin  
 Mr Christopher Nunn  
 Mr Kevin Conlon  
 Mr Daryl Sadgrove  
 Associate Professor Steve Selig  
 Dr Elizabeth Bradshaw  
 Ms Tania Brancato (Appointed 26 May 2007)  
 Mr Peter Ryan (Appointed 26 May 2007)  
 Dr David Bentley (Appointed 26 May 2007)  
 Dr Andrew Williams (Appointed 1 August 2007)  
 Ms Zorica Babic (Resigned 26 May 2007)  
 Mr Glen Ivy (Resigned 26 May 2007)  
 Ms Ann Hanley (Resigned 26 May 2007)

***Information about Directors***

<b>Director</b>	<b>Qualifications</b>	<b>Special Responsibilities</b>	<b>Meetings Attended</b>	<b>Meetings held whilst a director</b>
Associate Professor Jeff Coombes	BAppSC, Med, PhD App. 1 May 2007	President	11	12
Mr Damien Johnston	MSc BSc, MSc (Hons), Grad Dip (BiomedSci) Director 3 years	Vice President	12	12
Dr Jarrod Meerkin	BAppSc, MSc, (Hons), PhD, AEP Director 3 years	Treasurer	8	12
Mr Christopher Nunn	BSc (HMS – Hons) AEP/AMS	Director	8	12
Mr Kevin Conlon	BAppSc HMS Hons AEP/AMS Director 4 years	Director	8	12
Mr Daryl Sadgrove	BSc (ExSci) M. (Ex Rehab) Director 5 years	Director	11	12

**AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE LIMITED**  
**ABN : 14 053 849 460**

***Information about Directors (continued)***

<b>Director</b>	<b>Qualifications</b>	<b>Special Responsibilities</b>	<b>Meetings Attended</b>	<b>Meetings held whilst a director</b>
Associate Professor Steve Selig	BSc (Hons), DIP (PE), PhD, AEP/ACR Director 3 years	Director	9	12
Dr Elizabeth Bradshaw	BAppSchNS (Hons) Bed (PE), PhD, ASS Director 2 years	Director	8	12
Ms Tania Brancato	BScApps HMS, GDip Ex Reb App. 26 May 2007	Secretary	6	7
Mr Peter Ryan	BScAnatPhy, MAppSc, MsExSc Director 26 year	Director	5	7
Dr David Bentley	BSc(HMS), PhD, AEP App. 26 May 2007	Director	4	7
Dr Andrew Williams	BAppSc, (Hons), AEP, PhD App. 1 Aug 2007	Director	5	5

***Principal Activities and Review of Operations***

The company's principal activity during the financial year consisted primarily of promotion, research and advancement of education in the areas of exercise and sports science and related fields and the setting of standards in the community of best practice in those areas. There were no significant changes in the nature of the activities of the company during the year.

***Results***

The operating profit for the financial year ended 31 December 2007 was \$19,033 (2006: \$52,979).

***Dividends***

No dividends were paid in the financial year ended 31 December 2007.

***Environmental Regulations***

The company is not affected by any significant environmental legislation.

***Events Subsequent to the Balance Date***

There has not arisen in the interval between the end of the financial year and the date of this report any item, transaction or event of a material and unusual nature likely, in the opinion of the Directors of the company, to effect significantly the operations of the company, results of those operations, or the state of affairs of the company, in subsequent financial years.

**DIRECTORS' REPORT (continued)**

***Significant changes in the state of affairs***

There were no significant changes in the state of affairs of the company during the financial year.

***Options***

No options were issued during the financial year and no options over unissued shares as at the end of the financial year.

***Insurance of Officers***

During the financial year the company paid a premium to insure the Directors of the company. The contract prohibits the disclosure of the premium paid.

The liabilities insured are costs and expenses that may be incurred in defending civil or criminal proceedings that maybe brought against the officers in their capacity as officers of the company.

***Proceedings on behalf of the Company***

No person has applied to the Court under section 237 of the Corporations Act 2001 for leave to bring proceedings on behalf of the company, or to intervene in any proceedings to which the company is a party, for the purpose of taking responsibility on behalf of the company for all or part of those proceedings.

No proceedings have been brought or intervened in on behalf of the company with leave of the Court under section 237 of the Corporations Act 2001.

***Auditor***

Pitcher Partners, Accountants Auditors & Advisors continues in office in accordance with section 327 of the Corporations Act 2001.

***Auditor's Independence Declaration***

Section 307C of the Corporations Act 2001 requires the Company's Auditors, Pitcher Partners, to provide the directors with a written Independence Declaration in relation to their audit of the financial report for the year ended 31 December 2007. The Auditor's Independence Declaration is attached and forms part of this Director's Report.

This report is made in accordance with a resolution of the Directors.



.....  
Director

Brisbane, 10 March 2008



**AUDITOR'S INDEPENDENCE DECLARATION TO THE DIRECTORS OF  
AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE  
LIMITED**

In relation to our audit of the financial report of Australian Association For Exercise And Sports Science Limited for the year ended 31 December 2007, to the best of my knowledge and belief, there have been no contraventions of the auditor independence requirements of the Corporations Act 2001 or any applicable code of professional conduct.

PITCHER PARTNERS

C A Bradley  
Partner

Brisbane, March 2008

**AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE LIMITED**  
**ABN : 14 053 849 460**

**INCOME STATEMENT**  
**for the year ended 31 December 2007**

	<b>Notes</b>	<b>2007</b> <b>\$</b>	<b>2006</b> <b>\$</b>
<b>REVENUE FROM CONTINUING OPERATIONS</b>			
Total revenue	2	482,456	548,722
<b>EXPENDITURE</b>			
Employee benefits and on costs		170,484	137,174
Depreciation and amortisation expense		2,376	-
Administration expenses		290,563	358,569
		<u>463,423</u>	<u>495,743</u>
Profit before income tax		19,033	52,979
Income tax expense	1(c)	-	-
<b>PROFIT FOR THE YEAR</b>		<u><u>19,033</u></u>	<u><u>52,979</u></u>

The Income Statement should be read in conjunction  
with the accompanying notes.

**AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE LIMITED**  
**ABN : 14 053 849 460**

**BALANCE SHEET**  
**as at 31 December 2007**

	Notes	2007 \$	2006 \$
<b>CURRENT ASSETS</b>			
Cash	3	375,127	189,754
Trade and other receivables	4	53,408	6,988
Total Current Assets		428,535	196,742
<b>NON-CURRENT ASSETS</b>			
Plant and equipment	5	21,384	18,559
Total Non-Current Assets		21,384	18,559
<b>TOTAL ASSETS</b>		449,919	215,301
<b>CURRENT LIABILITIES</b>			
Trade and other payables	6	77,039	80,543
Provisions	7	8,021	-
Deferred revenue	8	211,068	-
Total Current Liabilities		296,128	80,543
<b>TOTAL LIABILITIES</b>		296,128	80,543
<b>NET ASSETS (LIABILITIES)</b>		153,791	134,758
<b>EQUITY</b>			
Retained profits/(losses)	9	153,791	134,758
<b>TOTAL EQUITY</b>		153,791	134,758

The Balance Sheet should be read in conjunction  
with the accompanying notes.

**AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE LIMITED**  
**ABN : 14 053 849 460**

**STATEMENT OF RECOGNISED INCOME AND EXPENSES**  
**for the year ended 31 December 2007**

	<b>Notes</b>	<b>2007</b>	<b>2006</b>
		<b>\$</b>	<b>\$</b>
Total equity at the beginning of the year		134,758	81,779
Profit for the year		19,033	52,979
Total equity at the end of the year		<u>153,791</u>	<u>134,758</u>

The above Statement of Changes in Equity should be read in conjunction with the accompanying notes.

**AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE LIMITED**  
**ABN : 14 053 849 460**

**CASH FLOW STATEMENT**  
**for the year ended 31 December 2007**

	Notes	2007 \$ Inflows/ (Outflows)	2006 \$ Inflows/ (Outflows)
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from customers (inclusive of GST)		701,923	538,032
Payments to suppliers and employees (inclusive of GST)		(523,989)	(430,836)
		177,934	107,196
Interest received		12,640	6,413
Net cash provided/(used) by operating activities	12(a)	190,574	113,609
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Payments for plant and equipment		(5,201)	(13,957)
Net cash provided/(used) by investing activities		(5,201)	(13,957)
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>			
Net cash provided/(used) by financing activities		-	-
Net increase in cash held		185,373	99,652
Cash at the beginning of the financial year		189,754	90,102
Cash at the end of the financial year	12(b)	375,127	189,754

The above Cash Flow Statement should be read in conjunction  
with the accompanying notes.

NOTES TO THE FINANCIAL STATEMENTS  
for the year ended 31 December 2007

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

(a) **Basis of Preparation of Financial Report**

In the Directors' opinion, the company is not a reporting entity because it is unlikely that users exist who are unable to command the preparation of reports tailored so as to satisfy, specifically, all of their information needs. This is a special purpose financial report that has been prepared for the sole purpose of reviewing the company's financial performance and distribution to the members and must not be used for any other purpose. The Directors have determined that the accounting policies adopted are appropriate to meet the needs of the members.

The financial report has been prepared in accordance with the requirements of Australian Accounting Standards, Urgent Issues Group Interpretations and other authoritative pronouncements of the Australian Accounting Standards Board with the exception of the presentation and disclosure requirements in the following:

AASB 7:	Financial Instruments: Disclosures
AASB 114	Segment Reporting
AASB 124:	Related Party Disclosures
AASB 132:	Financial Instruments: Disclosure and Presentation

The financial report has been prepared on an accruals basis and in accordance with the historical cost convention, except for certain assets which, as noted, are at valuation.

(b) **Plant and Equipment**

*Acquisition*

Items of plant and equipment are recorded at cost.

*Depreciation*

Items of plant and equipment are depreciated over their estimated useful lives. The diminishing value method of depreciation is used. Rates of depreciation range from 10% to 40%.

(c) **Income tax**

The Company is a not for profit organisation which is exempt from the payment of company income tax under Division 50 of the Income Tax Assessment Act 1997.

(d) **Revenue**

Revenue from the sale of goods is recognised upon the delivery of goods to customers. Interest revenue is recognised on a proportional basis taking into account the interest rates applicable to the financial assets. Revenue from rendering of a service is recognised upon the delivery of the service to the customers. Contributions of non-current assets are measured at the fair value of the consideration received or receivable.

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2007**

**(e) Deferred revenue**

Revenue received in advance is deferred and recognised as a current liability. Deferred revenue is recognised as revenue in the Income Statement when the service or event to which the revenue relates has occurred.

**(f) Employee Entitlements**

*Superannuation*

Contributions are made by the company to an employee superannuation fund and are charged as expenses when incurred.

*Annual Leave*

Annual leave has been provided for on the basis of completed period of service in respect of all employees and includes all amounts payable under the contingencies provided for in respect of employment termination.

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2007**

	<b>2007</b>	<b>2006</b>
	<b>\$</b>	<b>\$</b>
<b>2. REVENUE</b>		
Accreditation fees	78,129	70,760
Membership dues	262,320	179,366
Professional education courses	51,150	37,500
DVD project income	29,091	-
Advertising income	16,623	35,703
Interest income	9,593	6,413
Insurance income	5,400	6,148
Chapter workshop income	18,055	-
Conference income	-	188,341
Other income	12,095	24,491
	482,456	548,722
	482,456	548,722
<b>3. CURRENT ASSETS - Cash</b>		
Cash at bank (Note 13(b))	375,127	189,754
	375,127	189,754
<b>4. CURRENT ASSETS – Trade and other receivables</b>		
Trade Receivables	22,176	6,888
Security deposit	100	100
Prepayments	31,132	-
	53,408	6,988
	53,408	6,988



**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2007**

	<b>2007</b>	<b>2006</b>
	<b>\$</b>	<b>\$</b>
<b>5. NON-CURRENT ASSETS - Plant and equipment</b>		
Office equipment – at cost	23,760	18,559
Accumulated depreciation	(2,376)	-
	21,384	18,559
	21,384	18,559

**Reconciliation**

Reconciliations of the carrying amounts of each class of plant and equipment at the beginning and end of the current financial year are set out below.

	<u>Office equipment \$</u>
Written down value 31 December 2006	18,559
Additions	5,201
Disposals	-
Depreciation charged	2,376
Written down value 31 December 2007	21,384

**6. CURRENT LIABILITIES – Trade and other payables**

Trade creditors	34,270	83,182
ATO Liabilities	28,023	(5,394)
Accrued liabilities	9,262	-
Other payables	5,484	2,755
	77,039	80,543
	77,039	80,543

**7. CURRENT LIABILITIES - Provisions**

Provision for employee entitlements	8,021	-
	8,021	-
	8,021	-

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2007**

	<b>2007</b>	<b>2006</b>
	<b>\$</b>	<b>\$</b>
<b>8. CURRENT LIABILITIES – Deferred Revenue</b>		
Membership, Accreditation and other fees in advance	93,113	-
2008 conference revenue in advance	117,955	-
	211,068	-
	211,068	-
<b>9. RETAINED PROFITS</b>		
Retained profits at the beginning of the financial year	134,758	81,779
Net profit/(loss)	19,033	52,979
	153,791	134,758
	153,791	134,758
<b>10. MEMBERS' GUARANTEE</b>		
<p>The company is limited by guarantee. If the company is wound up, the Constitution states that each member is required to contribute a maximum of \$1 each towards meeting any outstanding obligations of the company. At 31 December 2007 the number of members was 1,681 (2006: 906)</p>		
<b>11. REMUNERATION OF AUDITORS</b>		
Amounts received, or due and receivable by the auditors of the company for auditing the accounts of the company	5,000	3,875
Other services	-	-
	5,000	3,875
	5,000	3,875

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2007**

	<b>2007</b>	<b>2006</b>
	<b>\$</b>	<b>\$</b>
<b>12. NOTES TO THE STATEMENT OF CASH FLOWS</b>		
(a) Reconciliation of profit from ordinary activities after income tax to net cash inflow from operating activities		
Net profit/(loss)	19,033	52,979
Depreciation	2,376	-
Change in operating assets and liabilities:		
(Increase)/decrease in trade debtors and other debtors	(15,288)	(1,101)
(Increase)/decrease in prepayments	(31,132)	-
Increase/(decrease) in trade creditors	(3,504)	61,731
Increase/(decrease) in revenue received in advance	211,068	-
Increase/(decrease) in other provisions	8,021	-
Net cash inflow from operating activities	<u>190,574</u>	<u>113,609</u>
(b) Reconciliation of cash		
Cash at bank	375,127	189,754
Cash per Statement of Cash Flows	<u>375,127</u>	<u>189,754</u>
<b>13. COMMITMENTS FOR EXPENDITURE</b>		
Commitments in relation to operating leases are payable as follows:		
Not later than 1 year	24,466	-
Later than 1 year but not later than 5 years	25,141	-
Later than 5 years	-	-
	<u>49,607</u>	<u>-</u>

**DIRECTORS' DECLARATION**

As stated in Note 1(a) to the financial statements, in the Directors' opinion, the company is not a reporting entity because there are no users dependent upon general purpose financial reports. This is a special purpose financial report that has been prepared to meet Corporations Act 2001 requirements.

In the opinion of the Directors of Australian Association For Exercise And Sports Science Limited -

- (a) the financial statements and notes set out on pages 6 to 15 are in accordance with the Corporations Act 2001, including:
  - (i) giving a true and fair view of the company's financial position as at 31 December 2007 and of its performance, as represented by the results of its operations and its cash flows, for the financial year ended on that date; and
  - (ii) complying with Accounting Standards and other mandatory professional reporting requirements, as detailed above, and the Corporations Regulations 2001; and
- (b) there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

Signed in accordance with a resolution of the Directors.



.....  
Director

Brisbane, 10 March 2008

**INDEPENDENT AUDIT REPORT TO THE MEMBERS OF  
AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE LIMITED**

We have audited the accompanying financial report being a special purpose financial report, of Australian Association For Exercise And Sports Science Limited, which comprises the Balance Sheet as at 31 December 2007, and the Income Statement, Statement of Changes in Equity, and Cash Flow Statement for the year ended on that date, a summary of significant accounting policies, other explanatory notes and the director's declaration.

**Director's Responsibility for the Financial Report**

The director's of the company are responsible for the preparation and fair presentation of the financial report and have determined that the accounting policies described in Note 1 to the financial statements, which form part of the financial report, are appropriate to meet the requirements of the Corporations Act 2001 and are appropriate to meet the needs of the members. This responsibility includes establishing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

**Auditor's Responsibility**

Our responsibility is to express an opinion on the financial report based on our audit. No opinion is expressed as to whether the accounting policies used, as described in Note 1 to the financial statements, are appropriate to meet the needs of the members. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

**INDEPENDENT AUDIT REPORT TO THE MEMBERS OF**  
**AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE LIMITED**  
**(Continued)**

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

The financial report has been prepared for distribution to members for the purpose of fulfilling the director's financial reporting under the Corporations Act 2001. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

**Independence**

In conducting our audit, we have complied with the independence requirements of the Corporations Act 2001.

**Auditor's Opinion**

In our opinion, the financial report of Australian Association For Exercise And Sports Science Limited is in accordance with the Corporations Act 2001, including:

- (a) giving a true and fair view of the company's financial position as at 31 December 2007 and of its performance for the year ended on that date in accordance with the accounting policies described in Note 1; and
- (b) complying with Australian Accounting Standards to the extent described in Note 1 and complying with the Corporations Regulations 2001.

PITCHER PARTNERS

C A Bradley  
Partner

Brisbane, March 2008

