

**ONE LIFE  
ONE BODY**

Be the **BEST** you **CAN BE!**

AUSTRALIAN  
ASSOCIATION FOR



EXERCISE AND  
SPORTS SCIENCE

# Australian Association for Exercise and Sports Science

## Annual Report 2009



## 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 Brendan Joss (June)	Treasurer	Finance
Dr Kade Davison (July)	Director	Operations and Risk
Mr Nathan Reeves (May)	Director	Continuing Education
Dr Andrew Williams	Director	Academia and Research
Mr Chris Tzar	Director	Marketing and Communication
Mr Daryl Sadgrove	Director	Exercise Physiology
Prof Steve Selig	Director	Accreditation and Curriculum
Dr Chris Askew	Director	Membership

### Out going Board Members

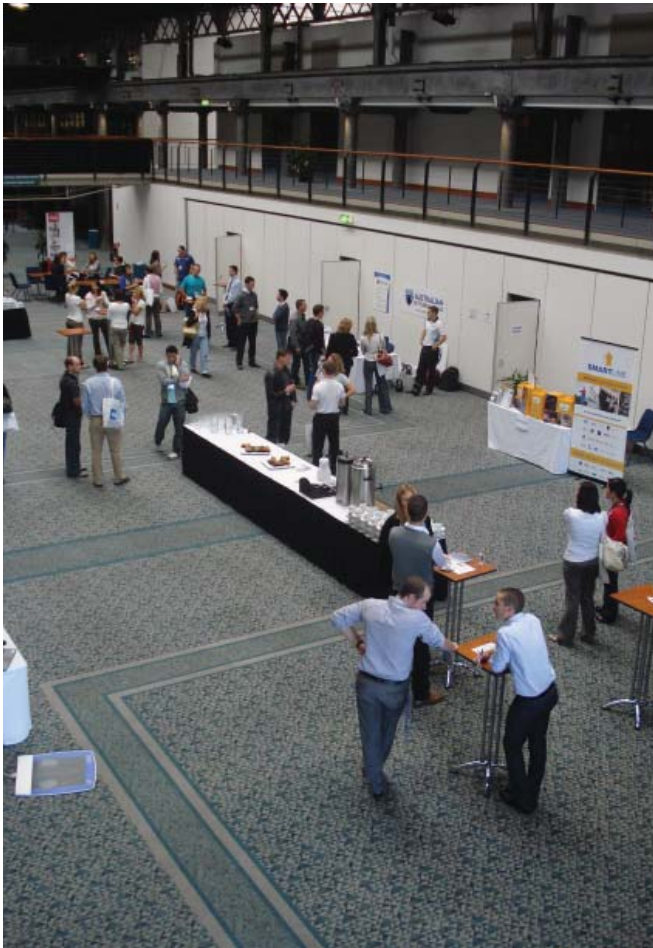
<b>Name</b>	<b>Position</b>	<b>Responsibility</b>
Dr Jarrod Meerkin (May)	Treasurer	Finance
Ms Tania Brancato (May)	Secretary	Secretary
Dr Elizabeth Bradshaw (May)	Director	Sport Science
Mr Kevin Conlon	Director	Continuing Education

## State Chapters

<b>State</b>	<b>President</b>
Queensland	Ms Michelle Small
New South Wales	Mr Anthony Ndaira
Tasmania	Dr Cecilia Shing
Australian Capital Territory	Mr Charanjiv Walia
Victoria	Mr Sebastian Buccheri
South Australia	Ms Kirsty Rawlings
Western Australia	Dr Greig Watson
Northern Territory	Dr Stuart Stemple

## National Office

Name	Position	Period
Mrs Anita Hobson-Powell	Executive Officer	Jan - Dec
Mrs Narelle O'Loughlin	Membership Officer (PT)	Jan - Dec
Mrs Rebecca Crick	Membership Officer (PT)	Jan - Dec
Mrs Melanie Newton	Marketing and Communications Officer	Mar - Dec
Ms Laura Vidmar	Professional Development Officer	Mar- Dec
Mrs Melanie Sharman	NUCAP Manager (PT)	Jan - Dec
Mrs Anne Hanley	Assessor/Projects Officer (PT)	Jan - Nov
Ms Renee Higman	Reception	Aug - Dec



## Membership statistics

	2008	2009	% change
Student	339	433	127.73
Full	1775	2001	112.73
Associate	5	10	200
AEP	1167	1347	115.42
ASpSc	7	7	-
Academic	9	17	188.89

# Year in review

## Administration

- 2438 members (14.89% inc from 2008)
- Moved office premises to a larger office space
- Employment of a 1.0EFT administration officer
- AAESS and Accredited Exercise Physiologist were approved as a registered trademark
- Martin Schultz awarded the 2009 Tom Penrose award
- Jay Ebert awarded the 2009 AAESS medal
- Formation of a national membership committee
- Researched and developed the change in association name
- ESSA name submitted for trademarking
- MOU signed with ACSM with regards to Exercise is Medicine TM Australia

## Members services

- Developed a member pack for members
- Ran our inaugural Business Forum in Sydney
- NT chapter formed Jan 2009
- Increased the number of National CE roadshows
- State chapters ran short seminars
- Developed 3 CEs on DVDs
- Conducted a number of student presentations at universities
- Conducted annual membership survey

## Exercise science

- Review of knowledge, and skill for exercise science (ALTC project team)
- Scoping out the definition of an exercise scientist (ALTC project team)

## Exercise physiology

- Ran a 6 month amnesty period for AEPs
- Underwent audit by Medibank Australia
- Inaugural exercise physiology awards developed
- Submitted proposal to federal treasury to remove GST from AEP services

## Sports science

- Survey of sports science industry
- National University Course Accreditation Program (NUCAP)
- 4 site visits

## Advocacy

- Provided a submission for the Preventative Health taskforce
- Provided a submission on the Health Strategy Discussion paper
- Attendance at various fitness industry technical forums to provide

- comment to the new fitness training package
- Attendance at the following conferences:
- Australian Practice Nurses Association
- Sports Medicine Australia
- National Allied Health Conference
- Australian General Practice Network

## **GPCE**

- Evolution of the Coach
- Attendance at the DOHA Healthy communities, quality assurance framework meeting and lobbied for the inclusion of exercise scientists and exercise physiologists in the service providers

## **AAESS Position Statement**

- Exercise intervention and cancer published in JSMS
- Exercise intensity position statement was submitted and accepted by JSMS
- Exercise intervention and heart failure position has been submitted to JSMS

## **General practice**

- Development of a GP referral form, including a rft version that is compatible with the GP computer software programs
- Powerpoint presentation and AEP brochures sent to all divisions of general practice



# President's Report

Our Association continues to grow at an amazing rate. In a year dominated by concerns brought about by the "Global Financial Crisis" we managed to increase membership by 15%. At the end of 2009 we had 2438 financial members with over 1400 of these accredited as exercise physiologists.

The growth of our Association has led to the appointment of new staff, including a project officer who has allocated time dedicated to applying for funding to support new initiatives. I believe that for too long we have relied on volunteers to do most of this work. As we grow in size we must become more professional and dedicate resources to accessing grant monies that are available through government and non-government organisations.

Clearly the change in our name from AAESS to ESSA was a major step for our Association. Through various channels we have provided the background and justifications for the change and it has been pleasing to see the positive feedback. It is already clear that the more user-friendly title is going to allow us greater recognition, especially from the media.

It has been wonderful to see the addition of the Northern Territory as a "State" chapter. We now have operating state bodies in all our states and territories. Among the many benefits of this structure is the opportunity to improve communication to our members on matters related to our strategic initiatives.

We continue to promote excellence in research with the Tom Penrose Award going to Martin Schultz and Jay Ebert winning the AAESS Medal. In addition, each NUCAP University was allocated funds to provide prizes to the best final year students in exercise and sport science and exercise physiology.

Each AGM represents a time of change when we farewell outgoing board members and welcome the new. This year the board loses two of its most experienced and hard-working directors. Words would not do justice to the amazing contributions that Kevin Conlon, Tania Brancato, Peter Ryan and Liz Bradshaw have made to our Association and professions. Personally, I am indebted to them for the support they have provided me over my tenure. They will be sadly missed.

Finally, on behalf of the national board I would like to thank our hard working staff for all their efforts in 2009. A special mention needs to go to our wonderful Executive Officer; Anita Hobson-Powell. She continues to do an outstanding job of leading the team that has made our Association the success it is today.

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

# Vice President's Report

2009 has been another highly productive year for the Association with many milestones being achieved. Membership has continued to grow and the recognition of the profession has been further enhanced due to a number of initiatives. The AAESS office has been kept busy serving the needs of our members and as a result we were required to increase staffing levels in order to meet the workload demands. During 2009 we also relocated to larger premises within AMA House in Brisbane.

A strategic review of the AAESS Office operations was undertaken in 2009 and this has resulted in a greater focus on what were determined to be priority tasks. The ongoing review of the AAESS office and our operational focus helps ensure that we provide AAESS members with the best possible service. A newly created Board Director position dedicated to the Accreditation portfolio will help support the needs we have in this area.

During 2009, AAESS continued providing feedback on the proposed Fitness Industry Training Package. We are continuing to monitor the final stages of its development and will be recommending further changes prior to its endorsement and subsequent implementation.

After serving 6 years on the National Board, I have decided not to re-nominate for a further term as a Director. I have thoroughly enjoyed working alongside all of the other Board members and being able to share their passion for the exercise and sports science profession. The Association has achieved a great deal in recent years and I encourage all members to play an active role in steering the organisation that represents your profession.

**Damien Johnston**  
**Vice President**

# Treasurer's Report

AAESS continues to grow from strength to strength, and our financial situation is no different. Membership and accreditation income was greater than expected. Compared to 2008, accreditation income was up by 87% and membership up by 29%. The increase in membership has been somewhat offset by the increase in outgoings with additional office staff, and a project officer to support our membership.

Overall, the responsible fiscal management of the association has led to AAESS recording a greater than expected operating surplus in 2009 of \$244,980.

AAESS is now in a stronger position to have greater investment in projects to benefit members. The national board is about to implement an exciting series of projects at unprecedented levels aimed at increasing the recognition of exercise and sport science professionals; improve access to continuing education in addition to numerous other projects. These come on top of greater member support in the national office with increased staff and infrastructure.

NUCAP continues to be run on a cost neutral basis. This year we had 3 applications and payments into the NUCAP account, with a surplus income of \$78,616. This allowed for the balancing from last years expenses exceeding revenue. AAESS will continue to support financially NUCAP as its income and expenditure fluctuate over the years.

The Treasurer and fellow National board members are working towards another submission to government to apply for GST exception for Exercise Physiology as a health service. We look forward to a positive result.

2010 will be another strong year for AAESS, and we should see a good cost-benefit ratio from the projects we implement this year.

Regards

Brendan Joss, PhD  
Treasurer

# Membership Report

Membership of AAESS has continued to grow over the past year. So, despite a tough economic year, it is likely that a new membership record will be set this in the near future. With this growth comes strength and security for the association.

To date the newly formed membership committee, including representatives from each state and territory, has been focused on collecting and analysing feedback from members through regular surveys. In the main, members are satisfied with the level of service they receive from AAESS, but our data indicate there is more to be achieved in terms of professional opportunities and community recognition for the work of our members.

Life as a Sport and Exercise Science professional begins at university, and this year AAESS has focused on strengthening ties with each of the university programs throughout Australia. In early 2010 the AAESS University Liaison Program was launched which aims to ensure there is at least one AAESS representative on staff at each university.

While a large number of members are Accredited EPs and work in the area of chronic disease management, AAESS is committed to ensuring there are established career paths and professional support for members wishing to work in other areas of exercise and sport science. In the coming year the membership portfolio will focus on strategic initiatives that aim to capitalise on government policy and create opportunities for members in areas such as preventative health, sport development, and aged care.

Ensuring the integrity and quality of our membership and accreditation systems are important functions of the membership portfolio. With record membership numbers come large numbers of membership assessments and appeals. Much of this tireless work is done by the office staff under the leadership of Executive Officer, Anita Hobson-Powell. I would personally like to thank Ann Hanley and Rebecca Crick for their tremendous efforts in helping to maintain membership standards during their time with AAESS. I would also like to welcome Lyndell Crawford-Round, who has recently joined the office team as a project officer and membership assessor.

Finally, I would like to thank and congratulate the members of the membership committee for volunteering their time and for their strong commitment to AAESS.

**Dr Chris Askew**  
**Membership Director**

# Exercise Physiology Report

It is with some sadness that I provide my final Annual Report after about 12 years involved with the State and National Boards. It is at this AGM that I will be standing down from the role and passing the baton to another worthy AAESS member to continue to drive the profession forward.

I am quite proud to say that during my time on the National Board, my portfolio has been involved in securing over \$800 million dollars worth of funding and grants for the allied health and exercise physiology professions as well as numerous initiatives that will continue to benefit the profession for many years to come.

Some of the activities of 2009/10 include:

## Submissions

- Private Health Insurance Company submissions

## Representation

- Allied Health Professions Association of Australia Board
- DVA Allied Health Forum
- Aust Psych Society – DoHA Grant for Chronic Disease Self Management Training kit
- Australian Primary Healthcare Research Institute
- Accreditation Advisory Council for AAESS

## Achievements

- Established a national Exercise Physiology Awards program
- Successful VIC traffic accident commission negotiations
- Successful QComp negotiations in QLD
- Completed of a Scope of Exercise Physiology Practice document
- Developed an operational plan for the Exercise Physiology portfolio for 2010/11
- Published a position statement on exercise intensity
- Successful Medibank Private negotiations, awaiting final decision for rebates.
- Several other Health Funds now on board
- Developed a risk stratification tool for the fitness industry
- Development of a national training package on motivational interviewing for EPs

## Promotion of Exercise Physiology

- National General Practitioners Conference and Exhibition

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

# Research and Academia Report

The research and academia portfolio has several key areas. One of these is to provide representation for academic members. The second major focus of the portfolio is to provide support for the creation of, and facilitate member access to, high quality information that will guide exercise science practice. 2009 has continued to see progress made in a number of new and ongoing initiatives. These include:

## AAESS Position Statements

In 2009, the first of the Association's position statements were published in the Journal of Science and Medicine in Sport, on the topics of Exercise and Hypertension, and Exercise and Cancer. In addition, two further position statements completed the review process (Definitions of Physical Activity and Exercise Intensity, and Exercise and Chronic Heart Failure) and are set for publication in 2010. A further seven position statements have been commissioned to cover the appropriate prescription of exercise in the treatment of the following conditions: type II diabetes, COPD, spinal cord injury, osteoarthritis, obesity, asthma and falls prevention and rehabilitation. These are all currently under various stages of writing or review. Look for them to begin being published in the next 6-12 months. Once published all position statements will be freely available to members on the AAESS website.

## Media Liaison Officers

In response to an increased awareness of the AAESS brand and the growing number of media requests for comment on the role of exercise in the treatment of a range of conditions, AAESS sought expressions of interest from and then compiled a list of appropriately qualified members who we believe are best able to represent the association and its interests in the media.

## Evidence Based Practice Network

The creation of an evidence-based practice network has been an action item for some years. In 2009 work commenced on the production of such a network starting with a review of previous work and distribution of a survey seeking input on what members would like to see in any such system. In 2010, a pilot project, which will focus on standardizing testing procedures and evaluating practice outcomes in a single chronic condition will be run. Several larger practices around Australia have been invited to participate in the pilot program and the outcomes and feedback from practices involved in this project will be used to inform the potential commercial commissioning of a combined database and client management software in the second half of 2011.

## AAESS awards

Applications were sought and received for both the AAESS medal and Tom Penrose award in 2009. The numbers of applications for both awards were well up from 2008, with 14 applications for the Tom Penrose award and 7 for the AAESS medal. The majority of these applications were of a very high quality making judging extremely difficult. If the applications are any indication of the quality of PhD graduates and the work being conducted in Exercise Science in Australia, we have a bright future indeed. Congratulations to the winners for 2009, Jay Ebert - AAESS medal, and Martin Schultz - Tom Penrose award.

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

# Operations and Risk Report

The AAESS national board and office in association with all sub-committees and state chapter continue to work hard to represent our membership at local and national events and forums and advance the reputation of the Exercise and Sports Science profession. The operational structures and processes of AAESS are crucial to supporting these endeavours. This has become even more so as we continue to operate in a landscape of increasing regulation of the health professions. Our aim is to provide the highest standard of regulation, advocacy and support to members in the most cost efficient manner. To this end we continue to fine tune our policies and procedures and this year has seen a number of positive changes in this regard including:

- the appointment of an AEP staff member to assist with membership and accreditation assessments and strategic projects;
- streamlining of the accreditation renewal processes;
- new induction and operational guidelines for state chapters;
- proposed modifications to the ethics committee membership and operational role to better align with other allied health professions;
- initiation introduction of a rural and remote committee;
- increased memorandums of understanding for shared resources with international partner associations;

**Dr Kade Davison**  
**Operations Director**

# Accreditation and Curriculum Report

ALTC Project “Curriculum Renewal in Exercise Science”:

Highlights during the year were:

- Audit of Exercise and Sport Science programs for all 28 universities that offer programs in ESS is complete.
- A national survey of universities regarding current industry opportunities for Exercise Science (ES) graduates is complete.
- Focus Groups for both clinical Exercise Physiology (AEP) and Exercise Science (ES): meetings, transcripts and synopses are complete.
- Design and distribution of survey to 1,212 AEPs in AAESS (433 responses = response rate of 36%).
- Design and distribution of survey to ES (full) members in AAESS (high response rate).
- Formation of Expert Panels for both AEP and ESSA Accreditation & Curriculum Committee (AACC).
- Surveys of the Expert Panels are underway to try to arrive at a consensus on major issues affecting AEP and ES.
- Final Report due in July 2010.
- Final Report will inform university curriculum and NUCAP and individual accreditation in 2011.
- Several publications from ALTC Project outputs are in press (x1), in review by journals (x1) or in preparation (several).

AAESS Accreditation & Curriculum Committee (AACC)

Highlights during the year were:

- Revision and restructuring of the individual application for ES (= Full member of AAESS) (in progress).
- Development of the scope of practice of the AEP (in progress).
- Improvements to clinical practice supervision arrangements for AEPs.
- Reliability and robustness of the AEP assessment processes were assessed using 20 real applications that had been de-identified to protect applicants. From time to time, other applications will undergo second reviews by members of AACC for ongoing quality assurance. This QA process was documented as part of the AAESS application to Medibank Private for inclusion of AEP services.
- 6 month “amnesty period” for experienced Clinical Exercise Physiologists to apply for AEP accreditation under exceptional conditions: this was only partially successful because many experienced Clinical Exercise Physiologists did not apply even though they were personally approached. This could be interpreted as these practitioners not needing to be AEPs for their work.
- The Chair of AACC and the National President of ASSA presented the recommendations and decisions of the AACC and ASSA to all 28 Heads.

**Professor Steve Selig**  
**Accreditation and Curriculum Director**



# Continuing Education Report

Firstly acknowledgement needs to be paid to Kevin Conlon's stewardship of the continuous education portfolio for the two years leading up to the April 2009 AGM. Kevin in close cooperation with Laura Vidmar (Professional Development Officer, AAESS Office) implemented several new initiatives that greatly enhanced the continuous education offerings to all AAESS members. At the April 2009 AGM Kevin stood down as a national director and I was elected as the new national director for continuous education.

The continuous education portfolio has continued to be guided by member survey feedback to ensure that continuous education topics remain relevant to the areas our members are currently working in and prepare them for future trends in a dynamic and ever changing profession. Contemporary delivery methods for continuous education have been considered and implemented where financially appropriate.

Quarterly teleconference meetings are held with all state chapter continuous education committee members, professional development officer, and the national director. These meetings provide a forum for ideas and information sharing between the states. State chapters are responsible for the development of at least two workshops/seminars that focus on locally relevant topics. A national continuous education program has continued to provide members with workshops on nationally relevant topics.

Much time and effort has been dedicated to the 2010 National Conference on the Gold Coast.

**Mr Nathan Reeves**  
**Continuing Education Director**

# NUCAP Report

It has been another exciting and interesting year for NUCAP. NUCAP said goodbye to its longstanding chair, Dr Phil Hamdorf and welcomed recently retired Associate Professor Warwick Spinks into this role. I would like to take this opportunity to once again thank Dr Hamdorf for the enormous contribution he has made to AAESS, NUCAP and our industry. Associate Professor Warwick Spinks brings to the position of NUCAP chair a wealth of experience from the exercise and sports science university sector. Prior to retirement he was the director of the Institute for Sport and Exercise Science and head of the School of Public Health Tropical Medicine and Rehabilitation Sciences at James Cook University. Before this appointment he was the head of the Human Movement Studies program at the University of Technology, Sydney. Warwick has been a member of the NUCAP committee since its inception and served on the AAESS board for nine years.

The development of the NUCAP executive group has proven effective at better distributing workload amongst the NUCAP committee members and ensuring that NUCAP progresses at an appropriate rate. The NUCAP executive group includes:

1. the NUCAP chair (Associate Professor Warwick Spinks)
2. the NUCAP manager (Melanie Sharman)
3. the AAESS executive officer (Anita Hobson-Powell)
4. the AAESS board director whose portfolio includes NUCAP (Professor Steve Selig)
5. one NUCAP academic committee member (Associate Professor Marg Torode)
6. one NUCAP practitioner committee member (Dr Ian Gillam)

Currently there are fourteen NUCAP committee members. There are nine academic committee members – Professors Stephen Bird, Peter Milburn, Tony Parker and Steve Selig; Associate Professors Angus Burnett, Leonie Otago, Marg Torode and Gordon Waddington and Dr Barry Ridge. There are five NUCAP practitioner members – Drs Rosanne Coutts and Ian Gillam, Mr Robert Barnard, Mr Owen Curtis and Mr Chris Tzar.

As at the end of 2009 there were thirteen courses from eight separate universities fully accredited and three courses from three separate universities achieving preliminary accreditation. We expect to be processing at least another six applications for full accreditation and three applications for preliminary accreditation in 2010. The NUCAP consultancy service is proving to be useful with two universities confirmed to utilise this service in 2010 and others expressing an interest.

The national president, Associate Professor Jeff Coombes represented NUCAP this year at the annual heads of schools meeting. NUCAP is grateful to the heads of schools for valuing the attendance of a NUCAP representative at their meetings and we look forward to working with the group in response to their communiqué to ESSA in the near future.

NUCAP is committed to ensuring that its practice as an accrediting body is contemporary and appropriately futures oriented. To support this I attend conferences in the field and I am a member of ANZAME (ANZAME is the association for health professional education). Furthermore, in 2010 the NUCAP chair and I plan to meet with Dr Eleanor Black of the Dietitians Association of Australia and Margaret Grant, Chief Executive Officer of the Australian Physiotherapy Council. There are two key items we will be discussing - the remit of accrediting bodies and the accreditation of double degrees

NUCAP plays an important role in supporting the exercise and sports science profession. Accreditation directly benefits exercise and sports science academic units and its students and the profession. For example, the NUCAP accreditation guidelines have assisted in securing formal recognition of

the profession by some important stakeholders including Medicare, The Australian Government Department of Veteran Affairs, Workcover and many private health insurers. The guidelines are also useful for benchmarking purposes to ensure that university courses in exercise and sports science are contemporary and meet the needs of the profession.

2010 looks to be a busy year for NUCAP. I look forward to working with the NUCAP committee and executive group in 2010 and helping many more universities achieve full accreditation of their courses.

**Melanie Sharman**  
**NUCAP manager**

## QLD Chapter's Report

I accepted the acting chair position after Nathan Reeves stood down in June 2009. During this time I came to understand the systems and duties involved with the QLD chapter and how important it is to have committed and proactive committee to assist in moving things for AAESS and EP's. So on this note I would like to extend a big thank you to our committee members for championing and assisting in QLD's workshops, seminars and expo's throughout the year. Thank you to Merendi Leverett-Bowler, Robbie Mullins, Peter Le Rossignol, and Nathan Green.

To ensure continuity through AAESS, the state chapter committee members will be responsible for a portfolio which will be aligned with a National Board portfolio. Further to this, systems and guidelines for AAESS state committee members have been reviewed and a handbook has been developed, outlining the duties, responsibilities and procedures for AAESS state committee members.

Qld AAESS demonstrated that it is a professional association with QComp, Self Insurers, and Workcover QLD with the first Occupational Rehabilitation workshop for Exercise Physiologists in QLD. Robbie Mullins continued to do great work with the Hospitals to assist in building the role for EP's in Queensland Health and developing the hospitals network.

Continuous education continues to be a priority to our members. Next we plan to run 3 workshops/ seminars to assist in meeting this request and align with the national plans/ goals.

We welcome all members to attend the monthly meetings next year. All members are invited. They will be held via teleconference except every 4th meeting will be face to face.

**Ms Michelle Small**  
**QLD Chapter Chair**

# ACT Chapter's Report

The ACT Chapter of AAESS held its AGM in mid December to discuss the year ahead for its members and the achievements in 2009 including the CLBP workshop held in Canberra, involvement in the Allied Health Conference, EP award nominations and raising awareness of EP's through community inservices.

Continuing Education opportunities are planned for 2010 including breakfast forums and information sessions to link with Exercise Physiology students and staff of the University of Canberra. The ACT Chapter is excited about the new Master of Exercise Science course commencing at the University of Canberra later this year, and is enthusiastic to become more involved through education and promotion of AAESS. This two year course is available to candidates who hold a relevant exercise/sport science, biological or medical science undergraduate degree and the necessary pre-requisites. It provides an excellent opportunity for clinical placement units to enhance the student's application of knowledge and formulate a more direct experience of the relevant working environment with a large 'hands-on' practical element. This new course will provide a great opportunity for EP's in the ACT to host students on clinical placement and to expand the EP workforce in the Canberra region.

On another note, our ACT President, Charan Walia stepped down from his position after a very dedicated 12 months representing the ACT Chapter at the national level. Thank you once again Charan for all your great work and best of luck in 2010.

**Sarah Howard**  
**ACT Chapter Secretary**

## NSW Chapter's Report

Let me first start by saying a huge thank you to the NSW board members who made such a positive influence on the Exercise Physiology industry in NSW throughout the year. In the early stages of 2009, we unfortunately had several board members step down and this left the 2009 NSW Chapter to comprise of mostly first time board members. Despite this, their dedication to assist in pushing AAESS forward has laid a great platform for the year ahead and this could not have been achieved without the continual support of all the support staff at AAESS head office and several national board members. A special mention must be made to Anita Hobson-Powell and Nathan Reeves for their continual support and guidance over many months.

2009 saw a large growth of AEP's in NSW and this continual growth is again a large priority of the 2010 chapter for the year ahead through our planned continuing education and development of new focus groups to run underneath the guidance of the state chapter. The first two sub groups to start will occur early in 2010 for the Workers Compensation / CTP market and the hospital network (EPHN) which has seen a significant growth and positive direction forward in 2009.

NSW AAESS again continued to nurture the relationship with NSW WorkCover which is still a very large part of practicing AEP's in NSW. This has included face to face meetings and a submission to increase fees for Exercise Physiologists within the gazetted framework, resulting in CPI indexed increases to all AEP's services.

NSW has a vast amount of AEP's practicing in rural and remote settings and strong links have been initiated by our board to increase the awareness of Exercise Physiologists within the wider rural community. This will culminate with a focus group to concentrate on this continued growth area to be implemented in mid 2010.

With the Inaugural AAESS Small Business Forum conducted back in March in Sydney, the NSW board were an integral supporting partner of the very successful forum conducted by AAESS head office. This was a great chance for many of the new board members to get heavily involved within a large event and have learnt vast amounts of skills that will be able to be utilised in the coming years.

Continuing education in NSW saw several successful courses run throughout the year. This concluded with three separate sold out hydrotherapy courses focusing on musculoskeletal rehabilitation and chronic disease management. The plans for 2010 see this portfolio becoming a stronger focus of our state chapter with sessions being planned for case studies, neuromuscular assessment, workplace health and hospital network, as well as interaction with GP NSW and Diabetes NSW for chronic disease management courses.

The AGPN conference was in Sydney this year and the NSW board represented Exercise Physiologists to the General Practitioners at the conference. A huge thank you to those members of the state chapter that presented at the conference on behalf of AAESS, as well as those that operated the stall throughout the conference and those that completed gentle exercise sessions, which were heavily supported by the doctors.

The NSW Chapter has many large plans for 2010 that we are very motivated to implement and

would encourage all members to get involved with supporting the NSW state chapter and ensuring we are able to achieve significant results in the upcoming year.

**Mr Jason Pilgrim**  
**NSW Chapter Chair**

# VIC Chapter's Report

2009/2010 was a year that saw the Victorian Chapter strengthen its relationship with Sports Medicine Australia via its yearly seminar and café` series. This relationship will continue to develop in 2010.

After approximately 2 ½ years of lobbying and presentations, the Victorian chapter was able to successfully gain claiming status for community AEP's treating TAC (Transport Accident Commission) claimants. This new policy commenced on the 1st March 2010.

Victorian AAESS Exercise Physiologists Toni Ryan and Ryan Poole met with Rachel Altmann and Maxine Ninn from WorkSafe Victoria Provider Services Division recently to discuss a number of concerns regarding the VWA guidelines for EPs providing services to compensation claimants. The issues covered included the referral process, administrative and invoicing issues, lack of communication from insurers, provisions for travel, reports and liaison with practitioners. Whilst the VWA representatives acknowledged the various difficulties being experienced by AEPs, they made the point that at the present time we lack a critical mass to invoke a review of these issues. While there are so few of us providing functional restoration programs, the VWA do not see the need to review our guidelines or negotiate on our behalf with the insurers.

Ryan and Toni will continue to liaise with the VWA regarding these issues.

The Victorian Chapter worked on the following in 2009.

- Finalised TAC funding
- Welcomed two new members to the state board in Dr. Steve Fraser and Chris Griffiths.
- Had a presence as part of Diabetes Awareness Week Launch at Federation Square
- Had a booth at the GPCE
- Held our inaugural Christmas breakfast and presentation on falls prevention
- Held our AGM and CE on Exercise & Cancer at Etihad Stadium
- Representation on National EP, CE and membership committees
- Presented to Western Melbourne Division of General Practice on the role of AEP in chronic diseases
- Attended Aged Care forum facilitated by the ADGP
- Commenced open meetings and teleconferences for our state meetings

**Mr Sebastian Buccheri**  
**VIC Chapter Chair**



# TAS Chapter's Report

This has seen the first complete year in operation for the Tasmania State Chapter. Many 'firsts' were experienced in 2009: our first mid-week seminar, our first presence at Active City Park, our first meeting with the Motor Accidents Insurance Board and our first letter to the Tasmanian Minister for Health. These achievements would not have been possible without the tireless work of our board and members. Thank you to all of our board members that have given up their time to serve their profession and to the Tasmanian AAESS members that have supported our initiatives throughout the year.

We have loved the opportunity of providing our members with further continuing education seminars. A mid-week seminar was run on Motivational Interviewing which is now available for purchase on DVD. We received a great deal of member interest in providing a continuing education seminars with a nutrition and rehabilitation focus as such we had a dietician an orthopaedic surgeon presenting at a breakfast seminars prior to our AGM. While a number of constraints have prevented videoconferencing of continuing education seminars we hope to develop this in 2010.

On the clinical front 2009 was a very positive year for the recognition of Exercise Physiologists (EPs). The goal of increasing the awareness of EPs in the community and Tasmanian General Practitioners is being met (in part thanks to some great radio coverage) and we have seen an increase in the number of EPs employed in Tasmania. General Practice North and the Department of Health and Human Services joined forces to provide a new service for patients with non complex Type 2 Diabetes, employing EPs to work alongside Diabetes Educators, Dietitians and a Podiatrist. This has been a very exciting initiative, which has already enabled close interaction between EP's, Practice Nurses and GP's. Subsequently, there has been an increase in understanding and knowledge about the role and benefit of EPs in the community. This increased understanding of EPs will only improve with the communication established between AAESS Tasmania and agencies such as St Lukes Healthcare and Motor Accidents Insurance Board Tasmania. We hope that 2010 sees more growth and employment opportunities, particularly within the Department of Health and Human Services.

**Cecilia Shing**  
**Tasmanian Chapter Chair**

# SA Chapter's Report

It has once again been a busy year for SA Chapter of AAESS.

## Events in SA

We were involved in a number of events this year, including holding a stand at the Diabetes SA seminar series in June. Alan Bolton, an exercise physiologist presented on physical activity and Type 1 and 2 diabetes, which was very entertaining. As a result, we had a large number of enquiries about how to access an exercise physiologist throughout the day and following the event. Thanks to Cherie Noble and Kathy Heenan for their assistance.

We were also involved in the City to Bay this year, with a group of clients with cancer or cancer survivors training with Morgan Atkinson. The group wore their AAESS shirts proudly on the day and all completed the event successfully. We also inserted 32,000 flyers into the showbags for the race participants, and as a result the number of times the 'Find an AEP' function on the AAESS website was accessed was doubled to previous numbers. Thanks to Morgan, Catherine Doyle and Mel Newton for their help.

## Workcover SA

We are continuing work on the submission to Workcover SA and the Minister to assist with having AEPs recognised as medical experts under the Workers Rehabilitation and Compensation act. We hope that this will assist with us being able to offer further services under Workcover SA and increase our gazetted fees for services, to bring us into line with other Australian states. This has been an involved process, but we hope to have this submitted soon.

## Cardiac Seminar Series

The SA Chapter hosted two successful and informative sessions for the Cardiac Seminar Series. The first session was on hypertension and exercise, including medication and the effect this has on exercise. The second session was on myocardial ischaemia and infarction, and appropriate exercise prescription for clients with these conditions. Thanks to Di Littlechild and Liz Tyack for all their work putting these seminars together, and then presenting. Members have found these very informative and a good way to keep up to date with the latest research in this field.

## Graduate Diploma in Clinical Exercise Science

The new Graduate Diploma in Clinical Exercise Science commenced in July 2009 with eleven students. Once established, UniSA will pursue NUCAP accreditation of both the Bachelor of Human Movement Studies and the Graduate Diploma, so graduates will qualify for automatic membership and then accreditation with AAESS. This is a really enthusiastic group of students with clinical placements to commence in 2010. Please be prepared to host a student if you are able.

## Committee changes

There were a number of committee changes throughout the year. Cherie Noble resigned from her position as secretary to have her third child – congratulations and thanks for all your help. Morgan Atkinson also resigned as membership representative due to other commitments. Thanks for your contribution Morgan. Jessica Kemplay-Hill and Amir Sela offered to fill the positions of secretary and membership rep respectively, until the AGM. Thanks to both of them for their willingness to be involved. Adam also welcomed two gorgeous little girls and Nigel welcomed another little boy. Congratulations to you all.

#### Future marketing

At the last committee meeting, the State Chapter conducted a SWOT analysis to assist us with identifying what we need to work on in 2010 onwards. In the past, our marketing efforts have been ad hoc and based on requests to be involved in events/presentations. We decided that with a limited budget, we would engage the services of a graduate or student with marketing experience to assist us with identifying appropriate marketing activities. It is hoped this will assist us with gaining maximum benefit from our marketing.

#### Thanks

This will be my last AGM in my role as State Chapter Chair, as I am standing down due to other commitments. Thank you to all the committee and for their support and assistance. I have really enjoyed my time in this role, and feel that both the state and national boards are in a fantastic position to progress the recognition of Exercise and Sports Scientists and Exercise Physiologists in the future.

**Kirsty Rawlings**  
**SA Chapter Chair**

## NT Chapter's Report

The AAESS NT Chapter was formally established at the end of 2008 and began functioning in January 2009. We established as our core business the goals of increasing community and healthcare provider awareness of both AAESS and of the exercise science and exercise physiology professions.

Despite the small numbers of those people directly involved in the Chapter we actively engaged in a number of activities throughout the year, and overall we believe that AAESS awareness amongst medical, allied health, fitness and general community was increased in the NT and more specifically in and around Darwin.

From the outset members of the committee identified continuing education as an item high on the list of priorities. Clearly the geographical location of Darwin was and continues to be the underlying reason for NT AAESS members concern over gaining access to those opportunities that other states/territories are afforded. As such we decided in the inaugural year to organise 2 mini-education seminars to run in July and October. Both these seminars were well received with up to 30 people attending each session. The feedback and subsequent queries relate to upcoming seminars confirmed to us the need to make these seminars a continual priority of the AAESS NT Chapter. In 2010 we plan to run a minimum of 4 mini-education seminars.

In addition to the education seminars, the Chapter represented AAESS at two conferences in the form of both presenters and exhibition stands. These 2 conferences were the Arafura Games International Sports Conference (9-10 May 2009) and the Chronic Disease Network "Prevention is the Best Medicine" Conference (10-11 September 2009). Members of the committee were also involved in the delivery of health and exercise related presentations to a number of community groups and organisations within Darwin. A number of the Chapters members were also fortunate to attend a CE workshop in Darwin organised by AAESS National entitled "Chronic Pain Management".

Monthly face to face meetings were held throughout 2009 with the committee being made up of Stuart Semple, Kia Naylor, Amanda Pilgrim, Danette Lee, and Mandy O'Connor. These meetings were also frequently attended by non-committee full AAESS members.

Moving forward, the Chapter will strive towards the continual delivery of high quality mini-education seminars for both AAESS and non AAESS members, seek to actively engage with committees representing other allied healthcare professionals in the NT and promote in general both AAESS and the exercise science/physiology professions.

Stuart Semple  
Chair – NT Chapter

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

**ABN : 14 053 849 460**

*Special Purpose Financial Report for  
the year ended 31 December 2009*

**Hacketts DFK**  
Level 3 549 Queen Street  
Brisbane Qld 4000  
Telephone: (07) 3839 9733

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

***FINANCIAL REPORT***  
***FOR THE YEAR ENDED 31 DECEMBER 2009***

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

**DIRECTORS' REPORT**

Your Directors present their report on the company for the year ended 31 December 2009.

***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 (Resigned 23 May 2009)  
 Mr Kevin Conlon (Resigned 23 May 2009)  
 Mr Daryl Sadgrove  
 Professor Steve Selig  
 Dr Elizabeth Bradshaw (Resigned 23 May 2009)  
 Ms Tania Brancato (Resigned 23 May 2009)  
 Mr Peter Ryan (Resigned 23 May 2009)  
 Dr Andrew Williams  
 Mr Chris Tzarimas  
 Dr Chris Askew  
 Dr Brendan Joss (Appointed 4 June 2009)  
 Mr Kade Davidson (Appointed 2 July 2009)  
 Mr Nathan Reeve (Appointed 23 May 2009)

***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	President	11	12
Mr Damien Johnston	MSc BSc, MSc (Hons), Grad Dip (BiomedSci), GDipSc(HM), Dip Admin.	Vice President	10	12
Dr Jarrod Meerkin	BAppSc, MSc, (Hons), PhD, AEP B Sc (Hons), PhD	Treasurer	5	5
Dr Brendan Joss		Treasurer	7	7
Mr Kevin Conlon	BAppSc HMS Hons AEP/AMS	Director	3	5
Mr Daryl Sadgrove	BSc (ExSci) M. (Ex Rehab)	Director	8	12

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

**DIRECTORS' REPORT (continued)**

*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>
Professor Steve Selig	BSc (Hons), DIP (PE), PhD, AEP/ACR	Director	11	12
Dr Elizabeth Bradshaw	BAppScHMS (Hons) BEd (PE), PhD, ASS	Director	3	5
Ms Tania Brancato	BScApps HMS, GDip Ex Reb	Secretary	5	5
Mr Peter Ryan	BScAnatPhy, MAppSc, MsExSc	Director	5	5
Dr Andrew Williams	BAppSc (Hons), BSc (Hons), AEP, PhD	Director	12	12
Mr Chris Tzarimas	BSc(ExSc), MSc(Ex.Rehab.)	Director	10	12
Dr Chris Askew	BAppSci (HMS), BAppSci (Hons), PhD B Sc (Phys) M Ex	Director	11	12
Mr Nathan Reeve	Rehab	Director	8	8
Mr Kade Davidson	Dip. Bldg Tech (Contract Admin/Quant Survey), B AppSci (HMS), B Hlth Sci (Hons)	Director	6	12

*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 2009 was \$244,980 (2008: \$156,402).

*Dividends*

No dividends were paid in the financial year ended 31 December 2009.

*Environmental Regulations*

The company is not affected by any significant environmental legislation.



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

**DIRECTORS' REPORT (continued)**

***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.

***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***

Hacketts DFK were appointed as auditors in accordance with section 327 of the Corporations Act 2001.


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

**DIRECTORS' REPORT (continued)**

***Auditor's Independence Declaration***

Section 307C of the Corporations Act 2001 requires the Company's Auditors, Hacketts DFK, to provide the directors with a written Independence Declaration in relation to their audit of the financial report for the year ended 31 December 2009. 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, 16 March 2010

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

In relation to the audit of the financial report of Australian Association for Exercise and Sports Science Ltd for the year ended 31 December 2009, I declare that, to the best of my knowledge and belief, there have been:

- (a) No contraventions of the auditor independence requirements of the *Corporations Act 2001*, and
- (b) No contraventions of any applicable code of professional conduct.



**HACKETTS DFK**



**S J Lindemann**  
Partner

Brisbane, 16 March 2010

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

**STATEMENT OF COMPREHENSIVE INCOME**  
**for the year ended 31 December 2009**

	Notes	2009 \$	2008 \$
Revenue from continuing operations	2	1,130,158	973,373
Employee benefits and on costs		(338,277)	(258,043)
Depreciation and amortisation expense		(8,378)	(11,953)
NUCAP expenses		(37,820)	(37,655)
Administration expenses		(500,703)	(509,320)
		<hr/>	<hr/>
Profit before income tax		244,980	156,402
Income tax expense	1(c)	-	-
Profit for the year		<hr/> <u>244,980</u>	<hr/> <u>156,402</u>
Other Comprehensive Income		-	-
Other comprehensive income for the year, net of tax		<hr/> <u>-</u>	<hr/> <u>-</u>
Total comprehensive income for the year		<hr/> <u>244,980</u>	<hr/> <u>156,402</u>
Profit / (loss) attributable to owners		<hr/> <u>244,980</u>	<hr/> <u>156,402</u>
Total comprehensive income attributable to owners		<hr/> <u>244,980</u>	<hr/> <u>156,402</u>

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

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

**STATEMENT OF FINANCIAL POSITION**  
**as at 31 December 2009**

	Notes	2009 \$	2008 \$
<b>CURRENT ASSETS</b>			
Cash	3	649,917	437,135
Trade and other receivables	4	72,882	42,045
Inventories	5	2,545	18,383
Total Current Assets		725,344	497,563
<b>NON-CURRENT ASSETS</b>			
Plant and equipment	6	27,288	26,739
Intangible assets	7	450	1,850
Total Non-Current Assets		27,738	28,589
<b>TOTAL ASSETS</b>		753,082	526,152
<b>CURRENT LIABILITIES</b>			
Trade and other payables	8	78,901	96,810
Provisions	9	11,916	19,969
Deferred revenue	10	83,299	99,180
Total Current Liabilities		174,116	215,959
<b>TOTAL LIABILITIES</b>		174,116	215,959
<b>NET ASSETS</b>		578,966	310,193
<b>EQUITY</b>			
Retained profits/(losses)	11	578,966	310,193
<b>TOTAL EQUITY</b>		578,966	310,193

The above Statement of Financial Position should be read in conjunction  
with the accompanying notes.

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

**STATEMENT OF CHANGES IN EQUITY**  
**for the year ended 31 December 2009**

	<b>Notes</b>	<b>2009</b>	<b>2008</b>
		<b>\$</b>	<b>\$</b>
Total equity at the beginning of the year		310,193	153,791
Adjustments to retained earnings	11	23,793	-
Profit for the year		244,980	156,402
Total equity at the end of the year		<u>578,966</u>	<u>310,193</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**

**STATEMENT OF CASH FLOWS**  
**for the year ended 31 December 2009**

	Notes	2009 \$ Inflows/ (Outflows)	2008 \$ Inflows/ (Outflows)
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from customers (inclusive of GST)		1,156,537	910,602
Payments to suppliers and employees (inclusive of GST)		(954,093)	(857,897)
		<u>202,444</u>	<u>52,705</u>
Interest received		19,265	26,611
Net cash provided/(used) by operating activities	14(a)	<u>221,709</u>	<u>79,316</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Payments for plant and equipment		(8,927)	(17,308)
Net cash provided/(used) by investing activities		<u>(8,927)</u>	<u>(17,308)</u>
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>			
Net cash provided/(used) by financing activities		<u>-</u>	<u>-</u>
Net increase in cash held		212,782	62,008
Cash at the beginning of the financial year		437,135	375,127
Cash at the end of the financial year	14(b)	<u><u>649,917</u></u>	<u><u>437,135</u></u>

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

NOTES TO THE FINANCIAL STATEMENTS  
for the year ended 31 December 2009

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The directors have prepared the financial statements on the basis that the company is a non-reporting entity because there are no users who are dependent on its general purpose financial reports. These financial statements are therefore a special purpose financial report that has been prepared in order to meet the requirements of the *Corporations Act 2001*.

The financial statements have been prepared in accordance with the mandatory Australian Accounting Standards applicable to entities reporting under the *Corporations Act 2001* and the significant accounting policies disclosed below, which the directors have determined are appropriate to meet the needs of members. Such accounting policies are consistent with the previous period unless stated otherwise.

The financial statements have been prepared on an accruals basis and are based on historical costs unless otherwise stated in the notes. The accounting policies that have been adopted in the preparation of this report are as follows:

**Accounting policies**

**(a) Adoption of New and Revised Accounting Standards**

During the current year the company had adopted all of the new and revised Australian Accounting Standards and Interpretations applicable to its operations which became mandatory.

The adoption of these standards has impacted the recognition, measurement and disclosure of certain transactions. The following is an explanation of the impact the adoption of these standards and interpretations has had on the financial statements of Australian Association for Exercise and Sports Science Limited.

*AASB 101: Presentation of Financial Statements*

In September 2007 the Australian Accounting Standards Board revised AASB 101 and as a result, there have been changes to the presentation and disclosure of certain information within the financial statements. Below is an overview of the key changes and the impact on the company's financial statements.

*Disclosure impact*

**Terminology changes** — The revised version of AASB 101 contains a number of terminology changes, including the amendment of the names of the primary financial statements.



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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2009**

**(a) Adoption of New and Revised Accounting Standards (continued)**

Reporting changes in equity — The revised AASB 101 requires all changes in equity arising from transactions with owners, in their capacity as owners, to be presented separately from non-owner changes in equity. Owner changes in equity are to be presented in the statement of changes in equity, with non-owner changes in equity presented in the statement of comprehensive income. The previous version of AASB 101 required that owner changes in equity and other comprehensive income be presented in the statement of changes in equity.

Statement of comprehensive income — The revised AASB 101 requires all income and expenses to be presented in either one statement, the statement of comprehensive income, or two statements, a separate income statement and a statement of comprehensive income. The previous version of AASB 101 required only the presentation of a single income statement.

The company's financial statements now contain a statement of comprehensive income. Other comprehensive income — The revised version of AASB 101 introduces the concept of 'other comprehensive income' which comprises of income and expenses that are not recognised in profit or loss as required by other Australian Accounting Standards. Items of other comprehensive income are to be disclosed in the statement of comprehensive income. Entities are required to disclose the income tax relating to each component of other comprehensive income. The previous version of AASB 101 did not contain an equivalent concept.

**(b) Plant and Equipment**

**Acquisition**

Items of plant and equipment are recorded at cost.

**Depreciation**

Items of plant and equipment are depreciated using the straight line method of depreciation over their estimated useful lives. The useful lives range from 3 to 10 years.

**(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.

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2009**

**(d) Revenue (continued)**

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.

**(e) Deferred revenue**

Revenue received in advance is deferred and recognised as a current liability. Deferred revenue is recognised as revenue in the Statement of Comprehensive Income 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.

**(g) Receivables**

The collectability of debts is assessed at year end and general provision is made of any doubtful accounts.

Debtors are usually settled within 30 days and are therefore carried at amounts due.

**(h) Inventories**

Goods are carried at the lower of cost and net realisable value.

**(i) Intangibles**

Patents and trademarks are recognised at cost of acquisition. Patents and trademarks have a finite life and are carried at cost less any accumulated amortisation and any impairment losses. Patents and trademarks are amortised over their useful life ranging from 10 to 20 years.

**(j) Provisions**

Provisions are recognised when the company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured.

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2009**

	<b>2009</b>	<b>2008</b>
	<b>\$</b>	<b>\$</b>
<b>2. REVENUE</b>		
Accreditation fees	340,545	181,972
Membership dues	414,387	321,181
Professional education courses	103,872	90,799
Advertising income	22,348	21,055
Interest income	19,265	26,611
Insurance income	18,250	8,217
Chapter workshop income	545	46
Conference income	39,467	275,370
NUCAP income	116,436	23,196
Other income	55,043	24,926
	<u>1,130,158</u>	<u>973,373</u>
<b>3. CURRENT ASSETS - Cash</b>		
Cash at bank (Note 14(b))	<u>649,917</u>	<u>437,135</u>
<b>4. CURRENT ASSETS – Trade and other receivables</b>		
Trade receivables	49,255	3,986
Prepayments	23,627	38,059
	<u>72,882</u>	<u>42,045</u>
<b>5. CURRENT ASSETS – Inventories</b>		
Finished goods	<u>2,545</u>	<u>18,383</u>

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2009**

	<b>2009</b>	<b>2008</b>
	<b>\$</b>	<b>\$</b>
<b>6. NON-CURRENT ASSETS - Plant and equipment</b>		
Office equipment – at cost	45,973	38,920
Accumulated depreciation	(18,685)	(12,181)
	<u>27,288</u>	<u>26,739</u>
<b>Reconciliation</b>		
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 2008	26,739	
Additions	8,928	
Disposals	-	
Depreciation charged	(8,379)	
Written down value 31 December 2009	<u>27,288</u>	
<b>7. NON-CURRENT ASSETS – Intangible assets</b>		
Trademark	<u>450</u>	<u>1,850</u>
<b>8. CURRENT LIABILITIES – Trade and other payables</b>		
Trade creditors	5,067	11,166
ATO liabilities	11,379	17,781
Accrued liabilities	30,111	28,401
State chapter payables	-	23,793
Other payables	32,344	15,669
	<u>78,901</u>	<u>96,810</u>
<b>9. CURRENT LIABILITIES - Provisions</b>		
Provision for employee entitlements	11,916	19,969
	<u>11,916</u>	<u>19,969</u>

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2009**

	2009	2008
	\$	\$
<b>10. CURRENT LIABILITIES – Deferred Revenue</b>		
Membership, Accreditation and other fees in advance	83,299	99,180
	<u>83,299</u>	<u>99,180</u>
<b>11. RETAINED PROFITS</b>		
Retained profits at the beginning of the financial year	310,193	153,791
Prior period adjustment	23,793	-
Net profit/(loss)	244,980	156,402
Retained profits at the end of the financial year	<u>578,966</u>	<u>310,193</u>
<b>12. MEMBERS' GUARANTEE</b>		
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 2009 the number of members was 2,475(2008: 2,155)		
<b>13. REMUNERATION OF AUDITORS</b>		
Amounts received, or due and receivable by the auditors of the company for auditing the accounts of the company	7,500	7,000
Other services	1,000	1,000
	<u>8,500</u>	<u>8,000</u>

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2009**

	2009	2008
	\$	\$
<b>14. NOTES TO THE STATEMENT OF CASH FLOWS</b>		
<b>(a) Reconciliation of profit from ordinary activities after income tax to net cash inflow from operating activities</b>		
Net profit/(loss)	244,980	156,402
Depreciation	8,378	11,953
Change in operating assets and liabilities:		
(Increase)/decrease in trade debtors and other debtors	(45,269)	18,290
(Increase)/decrease in prepayments	14,432	(6,927)
(Increase)/decrease in inventory	15,838	(18,383)
(Increase)/decrease in intangible assets	1,400	(1,850)
Increase/(decrease) in trade creditors	5,884	19,771
Increase/(decrease) in revenue received in advance	(15,881)	(111,888)
Increase/(decrease) in other provisions	(8,053)	11,948
Net cash inflow from operating activities	<u>221,709</u>	<u>79,316</u>
<b>(b) Reconciliation of cash</b>		
Cash at bank	649,917	437,135
Cash per Statement of Cash Flows	<u>649,917</u>	<u>437,135</u>
<b>15. COMMITMENTS FOR EXPENDITURE</b>		
Commitments in relation to operating leases are payable as follows:		
Not later than 1 year	51,000	-
Later than 1 year but not later than 5 years	81,813	-
Later than 5 years	-	-
	<u>132,813</u>	<u>-</u>

**AUSTRALIAN ASSOCIATION FOR EXERCISE AND SPORTS SCIENCE LIMITED**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2009**

**16. NEW ACCOUNTING STANDARDS FOR APPLICATION IN FUTURE PERIODS**

The AASB has issued new and amended accounting standards and interpretations that have mandatory application dates for future reporting periods. The company has decided against early adoption of these standards. A discussion of those future requirements and their impact on the company follows:

- AASB 2008–5: Amendments to Australian Accounting Standards arising from the Annual Improvements Project (applicable for annual reporting periods commencing from 1 January 2009) and AASB 2008–6: Further Amendments to Australian Accounting Standards arising from the Annual Improvements Project (applicable for annual reporting periods commencing from 1 July 2009). These standards detail numerous non-urgent but necessary changes to accounting standards arising from the IASB’s annual improvements project. No changes are expected to materially affect the company.
- AASB 2009–4: Amendments to Australian Accounting Standards arising from the Annual Improvements Project [AASB 2 and AASB 138 and AASB Interpretations 9 & 16] (applicable for annual reporting periods commencing from 1 July 2009) and AASB 2009–5: Further Amendments to Australian Accounting Standards arising from the Annual Improvements Project [AASB 5, 8, 101, 107, 117, 118, 136 & 139] (applicable for annual reporting periods commencing from 1 January 2010). These standards detail numerous non-urgent but necessary changes to accounting standards arising from the IASB’s annual improvements project. No changes are expected to materially affect the company.
- AASB 2009–7: Amendments to Australian Accounting Standards [AASB 5, 7, 107, 112, 136 & 139 and Interpretation 17] (applicable for annual reporting periods commencing on or after 1 July 2009). This Standard reflects editorial changes made to a number of accounting standards by the IASB. No changes are expected to materially affect the company.
- AASB Interpretation 18: Transfers of Assets from Customers (applicable for transfers of assets from customers received from 1 July 2009). This guidance applies prospectively to entities that receive transfers of assets, such as plant and equipment, from their customers so that these customers can be connected to a network and provided with access to a supply of goods or services. The Interpretation outlines the appropriate accounting treatment in respect of such transfers and it is not expected to impact the company.

The company does not anticipate the early adoption of any of the above reporting

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2009**

**17. COMPANY DETAILS**

The registered office of the company is:  
Suite 4 AMA Place,  
88 L'Estrange Tce,  
Kelvin Grove QLD 4059

The principal place of business is:  
Suite 4 AMA Place,  
88 L'Estrange Tce,  
Kelvin Grove QLD 4059

**18. CAPITAL MANAGEMENT**

Management control the capital of the entity to ensure that adequate cash flows are generated to fund its education programs and that returns from investments are maximised. Management ensures that the overall risk management strategy is in line with this objective.

The finance committee operates under policies approved by the board of directors. Risk management policies are approved and reviewed by the board on a regular basis. These include credit risk policies and future cash flow requirements. The entity's capital consists of financial liabilities, supported by financial assets.

Management effectively manage the entity's capital by assessing the entity's financial risks and responding to changes in these risks and in the market. There have been no changes to the strategy adopted by management to control the capital of the entity since prior year. The strategy of the entity is to ensure that sufficient cash is on hand to meet trade and sundry payables.



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

**DIRECTORS' DECLARATION**

The directors of the company declare that:

A. The financial statements and notes, as set out on pages 7 to 19, are in accordance with the *Corporations Act 2001*:

- i. comply with Accounting Standards and the Corporations Regulations 2001; and
- ii. give a true and fair view of the financial position as at 31 December 2009 and of the performance for the year ended on that date of the company.

B. In the directors' opinion 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, ~~February~~ 2010

16 March

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

**Report on the Financial Report**

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 Statement of Financial Position as at 31 December 2009 and the Statement of Comprehensive Income, Statement of Changes in Equity, and Statement of Cash Flows 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 2009 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*.

  
**HACKETTS DFK**  
  
**S J Lindemann**  
Partner

Brisbane, 16 March 2010



