

Exercise & Sports Science Australia Annual Report 2010

OUR VISION

Enhancing the health and performance of all Australians through the support of exercise and sports science professionals.



OUR MISSION

As the peak professional body for exercise and sports science in Australia, ESSA provides national leadership and advocacy on key issues and supports its members and the community through fostering excellence in professional practice, education and training and research.



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Governance

National Board

Name	Position	Responsibility
Professor Jeff Coombes	President	Presidency
Dr Brendan Joss	Vice President	Human Resources
Mrs Edina Symonds (June)	Treasurer	Finance
Mr Sebastian Buccheri (April)	Director	Exercise Physiology
Professor David Bishop (April)	Director	Sports Science
Mr Chris Tzar	Director	Marketing
Dr Kade Davison	Director	Operations / Risk
Mr Nathan Reeves	Director	Continuing Education
Professor Steve Selig	Director	Curriculum
Professor Leonie Otago	Director	Accreditation
Dr Andrew Williams	Director	Academic and Research
Dr Chris Askew	Director	Membership/ Exercise Science

Outgoing Board Members

Name	Position	Responsibility
Daryl Sadgrove (April)	Director	Exercise Physiology
Mr Damien Johnston (April)	Vice President	Human Resources

State Chapters

State	Presidency
Queensland	Ms. Merendi Leverett
New South Wales	Mr. Jason Pilgrim
Victoria	Dr. Vanessa Rice & Mr. Brett Gordon
Western Australia	Mr. Greig Watson
South Australia	Dr. Maarten Immink
Australian Capital Territory	Ms. Kate Pumpa
Tasmania	Dr. Cecilia Shing
Northern Territory	Mr. Liam Johnson



National Office

Name	Position	Period
Mrs Anita Hobson-Powell	Executive Officer	January - December
Mrs Lyndell Crawford-Round	Industry Development Officer	January - December
Mrs Belinda Burke	Office Manager (PT)	April - December
Mrs Narelle O'Loughlin	Membership Officer (PT)	January - December
Ms Renee Higman	Administration Officer	January - December
Mrs Rebecca Crick	Administration Officer (PT)	January - April
Mrs Melanie Newton	Marketing & Communications Officer (Maternity leave from July)	January - December
Mr Kevin Muller	Marketing & Communications Officer (Maternity leave contract)	July - December
Ms Laura Vidmar	Professional Development Officer	January - April
Ms Tanya Corbett	Professional Development Officer	May - December
Mrs Melanie Sharman	NUCAP Manager (PT)	January - December
Ms Therese Byrnes	Receptionist	July - December
Mr David Kelly	Exercise Is Medicine Project Officer	July - December
Ms Sharon Hetherington	Health Eating Activity & Lifestyle Project Officer	September - December
Ms Nardine Presland	Assistant to the Assessor (PT)	November - December

PT - Part-time



Membership Statistics

Membership Category	2009	2010	% Change
Student	433	596	137.64
Exercise Science (Full)	2001	2449	122.39
Associate	10	23	230
Accredited Exercise Physiologist (AEP)	1347	1663	123.46
Accredited Sports Scientist (ASpSc)	7	11	157.14
Academic	17	26	152.94

2010 Awards

Tom Penrose Research and Community Service Grant

Belinda Parmenter

Bonnie Furzer

ESSA Medal

Simon van Rosendal

Exercise Physiology Practice of the Year

Bodyfit NT

Exercise Physiologist of the Year

Dr Jay Ebert

Exercise Physiology Graduate of the Year

Simon Rosenbaum

President's Report



Prof. Jeff Coombes
President

I am pleased to report that in 2010 our professional association continued to grow and have major achievements to benefit all our members.

The growth is very important as it is the size of our association that opens doors for us. With over 3000 members we are more likely to be included on important committees, gain meetings with our elected officials and make stronger arguments to improve opportunities for the professions we represent. As we continue to grow, the important consideration is that we don't sacrifice quality as we get bigger.

An important sign of our maturity as an association is our improved ability to obtain significant funding from government and industry partners. These include, in 2010, over \$1 million from the Department of Health and Ageing to partner with the Macarthur Division of General Practice to run the Healthy Eating Activity and Lifestyle (HEAL) program and \$70,000/year for our Exercise is Medicine initiative. We also have more applications pending and hope to announce more successes shortly.

A highlight of the year was our successful biennial conference on the Gold Coast in March. The feedback from over 500 attendees was enthusiastically positive with the quality of the speakers and the science both ranking highly. Based on the demographics and feedback of the attendees it is clear that our association has a large number of 20-30 year olds who are looking to eagerly supplement their university studies with continuing education opportunities.

In response, we have invested heavily in this area, aiming to increase the number and quality of our offerings. Indeed, in 2010 we had ten new continuing education courses accredited and offered. The feedback we obtain is vital to ensure we provide the courses that you want.

I believe that one of the strengths of our association is our willingness to communicate with our members. Whether this is through the weekly ESSA eNews, the quarterly Activate magazine or via our state chapters the goals should be the same. On behalf of the members I want to take this opportunity to personally thank Anita, Belinda, Lyndell, Melanie, Kevin, Narelle, Renee, Tanya, Nardine, Sharon and David for all their hard work and dedication. I encourage any members who want to be more involved to seek out your state chapter representatives and start attending meetings. To be involved in the growth of this wonderful association is a very rewarding experience.

Vice President's Report

2010 has seen ESSA grow from strength to strength, with good growth in membership and recognition of the professions. As the membership continues to grow, so does the office support staff. This year ESSA has employed several new staff members to assist in membership and accreditation processing, an industry development officer, and specific project officers for initiatives like "Exercise is Medicine".

We have also sought the experience of the Hon. Bob Carr, to assist in our lobbying of the Federal government on the issue of GST on Exercise Physiology services. ESSA submitted a pre-budget request to start the process, and is aiming for a successful outcome in 2012.

I would also like to take this opportunity to acknowledge Jeff Coombes, as President of ESSA he has been responsible for leading the association through a period of rapid growth, not only in members, but also in new programs and projects. Jeff's commitment and hard work over the last 4 years is appreciated by all.

2011 is shaping up as another big year, with our 20th Anniversary, the launch of Exercise is Medicine Australia and a range of other projects, there is a lot to look forward to as an ESSA member.

Dr Brendan Joss
Vice President

Treasurer's Report

ESSA continued to grow its financial position in 2010. With the organisation's growing reserves, the Board met with BDO Kendall financial planners to consider the appropriate investment of our cash equity. Initial decisions include:

1. Investing of cash into term deposits and utilising interest to fund research grants
2. Grants for each state chapter to produce a continuing education CD
3. No increase in membership fees for 2011
4. 20% discount voucher for 2011 CE courses for all full members
5. Development of a new website
6. The purchasing of a server and terminal server for the office and remote staff
7. Development and roll out of Exercise is Medicine

For the year ended 31 December 2010, ESSA recorded an operating surplus of \$188,662, compared to \$244,980 in 2009. The total revenue received in 2010 was \$1,716,718, predominately made up of three large revenue streams: membership (\$489,867), accreditation fees (\$421,960) and biennial conference (\$331,145).

In 2010 expenditure amounted to \$1,528,056 and was primarily attributed to employee costs (\$533,382) and conference expenses (260,376).

ESSA continues to provide NUCAP at a cost neutral basis. This year NUCAP received fees of \$158,088 and expensed \$109,236. This additional income was the result of payments for 2 applications for 2011.

The ESSA balance sheet, has seen an increase in current assets by \$360,371 and an improvement in working capital of \$156,405.

ESSA is now in a stronger position to have greater investment in projects to benefit members. The national board is continually considering new projects aimed at increasing the recognition of exercise and sports 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.

Mrs Edina Symonds
Treasurer

Membership/ Exercise Science

Membership of ESSA has continued to grow over the past year. After reaching 2000 financial members for the first time in 2009, membership reached the 3000 milestone in late 2010.

While this growth brings strength and security for the association, it has also presented many challenges. To ensure that services are maintained and that ESSA is well placed to respond to new opportunities for members, the National Office staff has grown to 12. Many members will remember when the very first staff member was employed!

In 2010 the Membership portfolio was handed over to the National Office, which is a reflection of the operational nature of this portfolio. In place of the Membership portfolio, the National Board has developed an Exercise Science portfolio, which is focused on maintaining the quality and currency of the broad "Exercise and Sports Science" qualification, and the development of new professional opportunities. This change has enabled the office staff to develop new member servicing strategies and to respond more quickly to member queries. Our 2010 membership survey produced pleasing results with the majority of members being satisfied or very satisfied with their ESSA membership. Feedback and suggestions from members have been actioned throughout the year and the National Office staff, along with the National Board and State Chapter Committees, has worked tirelessly on a range of projects to benefit members. These include:

- Successful submission for funding of \$1.1 million (in partnership with Macarthur Division of General Practice) under the Department of Health and Ageing's (DoHA's) Healthy Communities Initiative to roll-out the Healthy Eating, Activity and Lifestyle program nationally;
- Development of a Memorandum of Understanding with the American College of Sports Medicine (ACSM) to adapt and coordinate the Exercise is Medicine® initiative in Australia;
- Development of a Memorandum of Understanding with the European College of Sports Science to establish a conference exchange agreement;
- Submission of an application to DoHA to develop a nationally

- endorsed, public-use exercise screening tool;
- Inclusion of exercise scientists as providers for the Victorian Government WorkHealth Initiative, enabling them to perform work-place health checks;
- Improving and streamlining membership and accreditation application processes;
- Development and launch of the University Liaison Network.

A priority for the year ahead is the review of the Exercise Science membership criteria and curricula framework. This review will take on board the recommendations of the recently completed "Curriculum Renewal in Exercise Science project" that was supported by ESSA and the Australian Learning and Teaching Council, along with submissions from external stakeholders. The review aims to ensure that the Exercise Science criteria remain up-to-date, reflect the diversity of the profession, and that there is consistency between the Individual and University membership pathways.

The National Office staff members are passionate about ESSA and continue to work long, hard hours for the benefit of members and our profession. There are now too many office staff to name – but they all deserve to be thanked for their outstanding efforts! I would also like to thank the State Chapter Committees, particularly the membership representatives, for their efforts in pursuing new opportunities for members and promoting the profession.

Dr Chris Askew
Director – Membership / Exercise Science

Exercise Physiology

Ultimately the future direction of Exercise Physiology will largely be guided by the ongoing good work of our members.

The 2010 into 2011 year has been one of consolidation following the great work from my predecessor, Daryl Sadgrove. I have certainly learnt a lot about the complexities of our profession and the various needs of our growing membership base and broader recognition of our services. Ultimately the future direction of Exercise Physiology will largely be guided by the ongoing good work of our members.

strategic support offered by the national office, in particular Renee Higman and Lyndell Crawford –Round.

Yours in Good Health

Mr Sebastian Buccheri
Director - Exercise Physiology

Presentations

- Presentation to the Australian Health Insurance Association regarding electronic claiming.
- Presentation to Department of Veterans' Affairs regarding EP inclusion in the RAP schedule.

Representations

- Member of Allied Health Professions Association National Board
- DVA Allied Health committee
- EACC committee (until September 2010)
- Exercise Science curricula review

Achievements

- Continued with EP Awards – record number of applications
- Completed 1st review of the EP Scope of Practice
- Continued monthly national EP committee meetings
- Reviewed Australian Diabetes Council DVD
- Approval received to submit for recognition for credentialed diabetes educator status
- Commenced development of 'EP in Business' starter kits
- Recognition of Exercise Scientists to undertake Work Health checks (Vic)
- Reviewed Australian Diabetes Council Beat it program

The EP portfolio's success relies heavily on the administration and

Research and Academia

In 2010 the major focus of the portfolio was to provide support for the creation of, and facilitate member access to, high quality information that will guide exercise science practice. 2010 has continued to see progress made in a number of new and ongoing initiatives. These include:

ESSA Position Statements

In 2010, two ESSA commissioned position statements were published in the *Journal of Science and Medicine in Sport*. These were on the topics of Physical Activity and Exercise Intensity, and Exercise in Chronic Heart Failure making a total of four published to date. In addition to these position statements, an ESSA commissioned review on Exercise in Osteoarthritis has been accepted for publication and is scheduled to be published in the first issue of the journal in 2011. A number of other position statements on topics such as Exercise in Type II diabetes and Exercise for Falls Prevention and Rehabilitation are currently in the final stages of review and will hopefully appear in print over the next 12 months. All position statements are made freely available to members on the ESSA website after publication.

Evidence Based Practice Network

In 2010, a pilot project commenced which is evaluating practice outcomes in type II diabetics in several large practices around Australia. The pilot is also being used to evaluate an online database that is being developed to collate and evaluate the data from these practices. 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.

Cardiovascular Special Interest Group

In response to requests from a number of members ESSA has begun looking at the creation of Special Interest Groups. The aim of these groups will be to provide ESSA members opportunities to network with members with similar areas of interest. The first group to be formed will be a cardiovascular group. A steering committee is currently discussing how the group will function and the group will be launched in 2011.

Dr Andrew Williams
Director – Research and Academia

Operations and Risk

The ever increasing recognition of AEPs role in health care has continued to drive increases in ESSA membership. As with any organisation rapid growth is not without its challenges and the committed staff, state and national board members and other volunteers within ESSA continue to work hard to capitalise on this growth to benefit all members. There has been a continued focus this year on strategic increases in the association's capacity to service members administratively and through marketing, lobbying and general promotion of the skills and capabilities of exercise and sports science professionals.

Specific achievements this year include:

- Regular meetings of the Rural and Remote committee have begun and important issues for those members dealing with the challenges of remote locations have been discussed at National and State Board meetings;
- The dispute resolution procedures have been revised in cooperation with ESSA legal advisors to provide a fairer and more efficient process;
- Further streamlining of the reaccreditation process has been ongoing with new changes to continuing education requirements to better align with other allied health professional bodies and better accommodate rural and remote members;
- Work with Fitness Australia and Sports Medicine Australia on updated pre-exercise screening policies and procedures.

There has also been a significant focus on how ESSA can best service its exercise science and sports science members and further work on this will continue throughout 2011/2012. ESSA will also continue to monitor how changes to health funding and Health Workforce Australia will interact with existing and potential new services offered by members.

Dr. Kade Davison
Director – Operations and Risk

Accreditation and Curriculum

The ESSA Accreditation and Curriculum Committee (EACC) provides advice on curriculum and accreditation matters to the National Board of ESSA.

In 2010, EACC welcomed new members, Dr Chris Askew (National Director - Exercise Science), Mr Sebastian Buccheri (National Director - Exercise Physiology), Associate Professor Leonie Otago (National Director - Accreditation), and Professor David Bishop (National Director - Sports Science). EACC farewelled Mr Daryl Sadgrove and Dr Stuart Semple. During the year, a sub-committee of EACC was formed, composed of the National President, the National Directors of Curriculum and Membership, and the NUCAP Manager, with the Executive Officer being in attendance. Both the full EACC and the EACC sub-committee received excellent administrative support from Ms Lyndell Crawford-Round, ESSA Industry Development Officer.

Highlights of the work of the EACC over the past 12 months included:

- Clinical Exercise: (i) the scope of practice for Accredited Exercise Physiologists (AEP) was completed and released in 2010; (ii) guidelines for clinical supervision, including supervisor : student ratios and client : student ratios, the need for some clinical supervision to be provided by an AEP, supervision that may be provided by other health professionals, and a move towards competency-based assessment of students on clinical placements [this work will continue in 2011]; (iii) a detailed plan concerning activities that are approved for student clinical practice was developed and disseminated to universities; (iv) a plan was developed concerning the transition from individual AEP applications to the universal course-based accreditation system (NUCAP) that will be fully implemented in 2014; and (v) development of a set of Frequently Asked Questions with answers;
- Exercise Science: (i) simplified ES application form with logbook for ES practicum; (ii) a recommendation that highly experienced Personal Trainers be permitted to supervise practicum for ES students; and (iii) EACC and the National

Board awaited the outcomes of the project "Curriculum Renewal in Exercise Science [ES]" that will inform the future of ES curriculum and accreditation issues [see below].

- Matters common to both Clinical Exercise and Exercise Science: (i) most universities have now appointed an ESSA liaison person; (ii) logbooks continue to be submitted with all applications, with 10% of these being audited by ESSA each year.

In late November, the Project Team that was funded by the Australian Learning and Teaching Council, with support for a Project Officer provided by ESSA, submitted its Final Report to ALTC for the project "Curriculum Renewal in Exercise Science [ES]". As soon as the Final Report is released by ALTC [expected Feb 2011], it will be disseminated to all stakeholders. The key recommendations included: (i) maintaining and strengthening a national course accreditation scheme for ES programs; (ii) developing with stakeholders a unifying definition of an "Exercise Scientist"; (iii) ES programs should be based on scientific principles, and should align with desired graduate attributes, core foundational and vocational elements and skills; (iv) ES degrees need not have an occupational specific outcome and should foster the continued diversity of ES programs in Australia; (v) pre-clinical studies at university, together with a strong clinical placement program, are essential to deliver the necessary clinical learning for AEPs; and (vi) ESSA and the universities should work together to overcome barriers to clinical practice for AEP students.

Professor Steve Selig
Director – Curriculum

Continuing Education

The achievements of the Continuous Education portfolio in this reporting period can be well summarised by highlighting two successes. The first, ESSA offering members a larger number and broader diversity of continuous education opportunities than ever before. The second, ESSA delivering continuous education to its members through varied and contemporary delivery modalities.

As always the supply of continuous education remains one of the highest requirements ESSA members have of our association. Members now have access to a broad array of education topics through which they can update themselves on the latest research, evidence based practice, behavioural management, performance enhancements, business management, and the list goes on. ESSA has continued to develop continuous education opportunities of its own and has seen a significant increase in external bodies requesting accreditation of their workshops which adds to our offerings.

ESSA state chapters have been developing a series of continuous education podcasts with a special grant that has been allocated by the national board. These podcasts will be available to ESSA members nationally from July 2011 onwards. One of the key objectives of the grant offered by the national board is to further support the delivery of continuous education to our members in rural and remote areas. The addition of this series of podcasts to our current library of continuous education CD-Rom's has been a significant achievement in this reporting period.

Overview of ESSA National Continuous Education Portfolio finances for 2010 are as follows:

Total profits gross	\$80,894.31
profit road shows	~ \$8,000
profit CD-Rom	~ \$22,000 (16 courses delivered)
Total expenses	\$48,787.09
Total Profits net	\$32,107.22

Members will have noticed an updated continuous education directory is delivered to them via email via the Education eBulletin with a supporting online registration process, both of which make it very easy to link in with the ESSA continuous education program.

ESSA's continuous education continues to be underpinned by our showpiece that is the National Conference. The success of the 2010 Conference held on the Gold Coast has been well documented. Registrants and exhibitors alike found the format and location of the weekend a winner. Planning has already commenced on the 2012 National Conference which will again be held on the Gold Coast with Frank Marino chairing the organising committee. Joining our national conference as a major continuous education event is the Business Forum. Melbourne will see the second ESSA Business Forum in May 2011.

Nathan Reeves
Director – Continuing Education

NUCAP

Applications

NUCAP experienced its busiest year yet regarding the number of applications submitted for full (N=10 courses from 6 universities) and preliminary (N=2 courses from 2 universities) accreditation. There are now 10 courses fully accredited at the level of exercise science, 8 courses accredited at the level of exercise science and exercise physiology and 4 courses with preliminary accreditation. We expect to be processing 6 applications for full accreditation and 3 applications for preliminary accreditation in 2011. Based on expressions of interest received, NUCAP expects that an application for full accreditation will be received for the vast majority of existing exercise and sports science courses by 2013.

The NUCAP committee

We said goodbye to Professor Tony Parker and Associate Professors Angus Burnett and Gordon Waddington and welcomed Professors Tim Ackland, Andrew Cresswell and Associate Professor Annette Raynor.

As at 31 December 2010 we had 12 NUCAP committee members. There are 7 academic committee members – Professors Tim Ackland, Stephen Bird, Andrew Cresswell and Peter Milburn, Associate Professors Annette Raynor and Marg Torode and Dr Barry Ridge. There are five NUCAP practitioner members – Drs Rosanne Coutts, Ian Gillam and Adam Scott and Mr Robert Barnard and Mr Chris Tzar.

The NUCAP executive group

We said goodbye to Professor Steve Selig (due to a portfolio change on the ESSA board) and welcomed Associate Professor Leonie Otago.

As at 31 December 2010 the NUCAP executive group included:

1. the NUCAP chair (Associate Professor Warwick Spinks)
2. the NUCAP manager (Melanie Sharman)
3. the ESSA executive officer (Anita Hobson-Powell)
4. the ESSA board director responsible for accreditation (Associate Professor Leonie Otago)
5. one NUCAP academic committee member (Associate Professor Marg Torode)
6. one NUCAP practitioner committee member (Dr Ian Gillam)

Items of interest

The ESSA executive officer Anita Hobson-Powell represented NUCAP this year at the annual heads of schools meeting held in Darwin. 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.

Early this year I met with Dr Eleanor Black of the Dietitians Association of Australia and Margaret Grant, Chief Executive Officer of the Australian Physiotherapy Council. We discussed many issues related to accreditation. The meetings were highly beneficial and an excellent medium for discussing common challenges.

Melanie Sharman
NUCAP Manager

State Chapter Reports



State Chapters

State

Queensland

New South Wales

Victoria

Western Australia

South Australia

Australian Capital Territory

Tasmania

Northern Territory

Presidency

Ms. Merendi Leverett

Mr. Jason Pilgrim

Dr. Vanessa Rice & Mr. Brett Gordon

Mr. Greig Watson

Dr. Maarten Immink

Ms. Kate Pumpa

Dr. Cecilia Shing

Mr. Liam Johnson

Queensland

This was my first year as the Chair for ESSA Qld Chapter and it was a busy and productive year for our whole committee. I would like to start by acknowledging the efforts of the state committee members over the last year. It has been great to see their positive contribution to state and national issues.

In February I had the honour of presenting the HMSt Award to 4th yr QUT student Linda Wickham on behalf of ESSA. Unfortunately I was unavailable to present the HMSc Award to the lucky UQ and JCU students due to prior commitments.

This year has been a great year for showcasing the profession – Exercise Physiologists. We were well represented by our Qld members at a variety of Diabetes Qld Expos held throughout Qld. We had AEPs as guest speakers and members volunteering to provide advice and information at our Trade Tables. The expos were held throughout Brisbane, Sunshine & Gold Coasts and extending to Regional centres such as Roma and Gladstone.

Our focus of this was to connect with our regional members and provide them with a 'voice'. We were successful in finding volunteers to be an "AEP Representative" in their region and we are pleased to say we were successful in finding dedicated and interested members to fulfil the role in :

- South West (Toowoomba & surrounds)
- Gold Coast
- Sunshine Coast
- Central Queensland
- North Queensland

In 2011 we will be considering looking at recruiting someone for the Wide Bay Region.

2010 was also the year we further nurtured and developed our relationships with WorkCover Qld & Q-Comp. I had the privilege of being invited and attending a meeting with Robin Stewart-Crompton at the

Department of Justice & Attorney-General's office to provide feedback on behalf of ESSA and our AEP members, and to discuss terms of reference for their "Structural Review of Institutional & Working Arrangements in Qld Worker's Compensation Scheme". All Allied Health professions were represented.

I attended quarterly meetings with WCQld and other Allied Health Professional Associations. As a collective group we discussed ways to inform WCQld Case Advisors of which rehabilitation providers offer what services. We discussed ways we could promote Allied Health, WCQld and RTW initiatives with Specialists and GPs. We also discussed how AH groups could run education seminars and coordinate joint initiatives to educate GPs, Specialists and WCQld Case Advisors. These meetings also served as an opportunity for the Professional Associations to present pressing questions or concerns from our member base. There was also discussion, to date we have had 2 meetings and there are more scheduled for 2011.

Our Continuous Education program suffered this year as we struggled to get quality presenters and presentations. We ran 1 CE program – Hydrotherapy early in the year, which was a great success. I believe the main reason we were unable to get other workshops running this year was due to the National ESSA Conference being held on the Gold Coast and the majority of our Qld members attended this and many associated pre-conference workshops.

Vision for 2011 –

- Run more CEP workshops,
- Host at least 4 social/networking events for Qld members,
- Represent ESSA at not only Diabetes Expos, but also other relevant Expos run by Lung Foundation, Heart Foundation etc.

Merendi Leverett
Queensland State Chapter Chair

New South Wales

I would like to firstly take this opportunity to say a huge thank you to the 2010 NSW ESSA board who all worked tirelessly throughout the year on so many various projects. Their dedication and ability to help make the Exercise Physiology industry stronger in NSW is a credit to themselves and their efforts.

2010 saw a large growth of AEPs in NSW and this continual growth is again a large priority of the 2011 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.

NSW ESSA has spent another year nurturing the relationship with NSW WorkCover and after a very turbulent start to the year, we made some significant ground forward in pursuing greater avenues for AEPs to work within the NSW WorkCover scheme. This included teleconferences and face to face meetings and also resulted in CPI indexed increases to all AEPs services. Further, we have developed, along with SCU, an online ergonomics course that will be of the highest quality available to all EPs, that will hopefully see many EPs be able to now move into the occupational rehabilitation field.

The NSW ESSA board did a significant amount of promotion for the Exercise Physiology industry including trade stalls at the GPCE conference and CRA conference amongst others and were also one of the main sponsors for the Cancer Council's Relay for Life, which included public health seminars and continuing education opportunities for NSW members. In addition, 2010 has also seen the launch of ESSA NSW on Facebook, allowing easier avenues of communication with our members.

The development of professional agreements with different venues has seen many additional seminars, meetings and continuing education opportunities being offered at reduced rates to our NSW members. Further, at all continuing education sessions, NSW ESSA has been able to coordinate sponsored trade stalls to further increase financial viability of our state chapter.

Continuing education in NSW saw several successful courses run throughout the year. These included neuromuscular assessment courses run by orthopaedic surgeon Dr Corey Cunningham, as well as chronic disease courses and coordination with the NSW ESSA hospital network to run cancer, immunity and exercise courses. The year of continuing education concluded with three separate mini-seminars, which was a first for an ESSA state chapter. This was a huge success with more than 200 participants attending the three workshops.

The NSW ESSA chapter has continued to support the small business development of EPs across NSW with the implementation of a 12month business development course with Craig Brewster from ActionCOACH, the world group presenter Business Coach of the Year 2010. This runs every month and has been very successful in assisting NSW based EPs gain more from their business.

NSW has a vast amount of AEPs 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 has culminated with a focus group to concentrate on this continued growth area in 2011.

The finale to the 2010 year for the NSW ESSA chapter was the AGM held in November which saw Mr Jason Shortis, the Australian Ironman Hall of Fame member attend and speak to more than 100 NSW members. A great night was had by all and the attendees also raised more than \$300 in a raffle that went to Side By Side Advocacy, a charity focused on enabling disabled children to complete exercise and sport commitments.

The NSW chapter has many large plans for 2011 that we are very motivated to implement and 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.

Jason Pilgrim
NSW State Chapter Chair

Victoria

First I would like to thank the committee for their dedication and hard work in 2010. We extended our thanks to Sebastian Buccheri for his services as committee member and Chapter chair over the last few years. Finally I would like to thank Brett Gordon for his outstanding contributions in working with me to step up and co-chair our chapter when Seb stepped up to the National Committee

Continuing Education

The Victorian Chapter continued to provide continuing education opportunities for our members. The research seminars have been successful with all universities participating this year. We are grateful to their staff and students who were willing to take the time to share their research projects with us. The SMA café series has also been successful. We have worked with SMA for over 2 years providing members with a selection of topics in a small, intimate group setting. We will continue to work with SMA on this endeavour. In 2010 we offered a continuing education program along side the SMA SMX annual conference. We hosted the Functional Anatomy & Exercise Prescription for Musculoskeletal Conditions presented by Dawson Kidgell on the Saturday followed by SMX on the Sunday. Members took advantage of one session or the other but not both. Hopefully more of our members will take advantage of attending both workshop and conference next year.

Health awareness

We feel that our involvement in health awareness weeks is important for the growth of our professional awareness. We were out in force for Diabetes Awareness Week (10/7) with a group of AEPs promoting ESSA at Etihad stadium.

Newsletter

ESSA Victoria began an e-newsletter to promote state events, member activity and a sharing of news, ideas and profiles. The e-newsletter will be distributed 4 times a year and sent to members' email addresses.

Industry Developments

EBA

Through the Enterprise bargaining awards, Exercise Physiologists are now recognised at the same level as other allied health professionals.

TAC

As of March 1, TAC now recognise AEPs, a significant step towards greater awareness amongst providers.

Vanessa Rice

Victoria State Chapter Co-Chair

Australian Capital Territory

2010 was a busy year for the ACT chapter. A joint ACT Falls Prevention/ESSA stand was manned by local EPs at a Chronic Disease Expo in April 2010. This was purely an exercise to increase awareness of EPs and how they can assist those with chronic diseases.

In May we held an EP careers night in conjunction with the Department of Sport Studies at the University of Canberra (UC) in a bid to increase awareness of exercise physiology as a career path for students. Four local EPs who work in different fields of EP spoke to over 50 students about their study and career pathways, and provided insight to their everyday working life. This assisted with recruitment of students into the Master of Exercise Science which commenced at the UC in July 2010.

A continuing education session was held in September, with 20 ACT ESSA members attending. Feedback was positive, and it was suggested more local CE sessions were run by ACT members reviewing case studies. Unfortunately last year no one was willing to help organise the CE events.

An AEP at University of Canberra completed Lungs in Action training which is currently being rolled out by the Lung Foundation. Lungs in Action classes will be held at UC with Master of Exercise Science students running the classes under the supervision of an AEP. Another AEP from UC completed HEAL training and will be rolling this program out in the North of Canberra in 2011.

The ESSA/UCNISS student awards night was held in November 2010 with students who have significantly contributed to UC undergraduate and postgraduate programs awarded with continuing education vouchers (for ESSA courses), ESSA memberships and Rebel Sport gift cards. Over 50 students, staff, EPs and other industry professionals attended the event. This will be held on an annual basis.

Kate Pumpa
Australian Capital Territory Chapter Chair

South Australia

2010 for the SA Chapter was a year of focusing on membership engagement and service delivery. For this, the chapter board worked to bypass our KPI for SA Chapter supported CE events so as to facilitate local opportunities for continuing professional development and to maintain AEP accreditation.

In 2010, the SA Chapter offered three Continuing Education opportunities:

1. Medication and Exercise for People with Diabetes - 15 participants
2. Fit and Fall Free - 25 participants
3. Working with Dementia Clients - 17 participants

Another initiative that the SA Chapter offered for members is a seminar series to coincide with 5 of the open meetings so as to encourage membership attendance and to increase value to membership. These seminars were provided at no cost to attendees, yet generated 1 CEP for attending state open meetings.

The 5 seminars included:

- March – A pre-ESSA 2010 Conference seminar allowing members unable to attend the conference to hear what research the local delegates will be presenting.
- May – A post-ESSA 2010 Conference seminar providing an overview and discussion of key lectures and research progress presented at the April conference.
- July - A Clinical Biomechanics seminar presented by Dr. Dominic Thewlis of UniSA.
- September - A Small Business Strategies for Exercise Professionals seminar presented by Dr. Nathan Harten, co-director of iNform Health and Fitness Solutions.
- October – A seminar entitled 'Sports Science: What is it and how can I do it?', presented by Mr. Adam Hewitt of UniSA and AIS.

The SA Chapter also provided the inaugural 'Annual South Australian Lecture for Exercise & Sport Science' to coincide with the 2010 AGM in November. The annual lecture is intended to be a keystone annual event for membership engagement and to invite the general public

so as to increase ESSA's local profile. The lecture was free to members and entry fees from the public provided fund raising for the Chapter. The first lecture entitled, 'Evolution of the AFL: interchange, injuries and game intensity,' was delivered by Professor Kevin Norton of UniSA. After the lecture and the AGM, the Chapter provided a social with food and drinks.

Part of the SA Chapter's focus on membership engagement was to take a proactive role in encouraging student membership for those in the human movement degree at UniSA. The Chapter felt that student membership is an important way to stimulate student engagement in the exercise and sport science disciplines and to foster the student's vision in terms of professional opportunities within these disciplines and the accredited exercise physiologist profession. For this, the SA Chapter worked with UniSA Career Services to provide an Exercise and Sport Science Career Night in August. Board members delivered a series of presentations to educate students about the discipline, ESSA and student membership. ESSA full members and AEPs provided presentations on how they made use of their tertiary training to enter into research, exercise science and exercise physiology careers. UniSA Career Services provided presentations on the importance of professional networking, being involved early on in professional organisations, and strategies for securing work experience opportunities. This was followed up with a small career fair where students could network with industry representatives for work experience purposes.

The SA Chapter had a relatively strong contingent of 24 delegates at the April ESSA Conference 2010. I would like to thank the 2010 SA Chapter Board members Jessica Northcott, Leonie Leopold, Dr. Nathan Harten, Elizabeth Tyack, Dr. Amanda Foley-Gooding, Dr. Carmel Nottle, Amir Sela, Adam Hewitt, Catherine Doyle and Brett Sparnon for their dedication to supporting ESSA and the SA membership and also their work towards furthering exercise science, sport science and exercise physiology in South Australia. We collectively took a big step forward this year!

Dr. Maarten A Immink
South Australian Chapter Chair

Tasmania

The ESSA Tasmania Chapter underwent some changes in 2010 with the addition of new board member Martin Schultz managing the Continuing Education Portfolio, broadening our coverage for board members across the state and in particular in the South, and sadly the departure of our tireless secretary Sharon Hetherington. I would like to thank all the ESSA Tasmania board for their efforts in serving our profession and extend a big thank you to our members for continued support during the year.

Some highlights from 2010 include ESSA Tasmania's initial meeting with the Health Minister to promote our member services, expanding the delivery of Continuing Education via the medium of videoconferencing and hosting a successful professional networking evening.

The first Continuing Education seminar via video conference, linking both north (Launceston) and south (Hobart), and expanding to include the northwest (Burnie) in subsequent continuing education opportunities has increased our capacity to deliver quality continuing education to all members. As a state chapter we presented seminars on 'Strength and conditioning', 'Cardiovascular Disease' and a series of short seminars covering 'Return to Work', 'Hypertension' and 'Osteoarthritis'. Thanks to our members for their support of our continuing education opportunities throughout the year.

Our social networking and student career information evening was an opportunity for students to engage with invited professionals in Exercise Physiology and Exercise Science in exploring career pathways and options for practical experience. Student feedback was extremely positive and given the success of the evening we are excited that this will now be a regular annual event on the ESSA Tasmanian Calendar. Part of the success of this event was due to the Tasmania Chapter creating the first state based ESSA Facebook page. This social networking medium has created an effective communication avenue with over 85 members signed up in less than 12 months.

In paving the way to increase employment opportunities for our members we have pushed for recognition with the Department of Health and Human Services in meeting with the Health Minister, participated

in the Active Launceston Expo to educate the public on our role and promote member services, and initiated discussion with Diabetes Tasmania to explore how we may improve their member access to Exercise Physiologists.

As a state we have seen a 45% increase in our student membership base and 43% increase in full members from 2009. In 2011 we will focus on increasing the number of Tasmanian Accredited Exercise Physiologists to ensure mentoring and supervision opportunities for our early career members. This will not be without challenges but we hope that with planning and member input we may break down some of the existing barriers and continue to grow as a profession in Tasmania.

We are looking forward to serving our members further in 2011.

Cecilia Shing
Tasmania Chapter Chair

Northern Territory

The ESSA NT Chapter, which was formally established at the end of 2008 and began functioning in January 2009, has now completed its second year in existence and continues to develop, refine and establish itself within the NT. The core business goals of ESSA NT have been to increase community and healthcare provider awareness of both ESSA and of the exercise science, exercise physiology and sports science professions.

Despite the numbers of those people directly involved in the Chapter remaining small, we have actively engaged in a number of activities throughout the year, and overall I believe that ESSA awareness amongst medical, allied health and fitness professionals and the general community has continued to increase in the NT, and more specifically in and around Darwin.

The committee, and in particular Lisa Svava who currently holds the CE portfolio, has continued to drive CE as a priority for NT ESSA members. The geographical location of Darwin continues to present difficulties in attracting an audience of sufficient numbers to make this a financially beneficial activity. Despite this, I believe it is important that we keep in sight the overriding aims of such seminars – and that is to provide a service for our members through educational opportunities and the forum to interact with other Allied Health Professionals. The quality of seminar presentations has remained high, the increase in online-based training and education opportunities and further growth and expansion of both ESSA NT, and Allied Health in the NT in general, provide reason to be optimistic for the expansion of CE opportunities for ESSA NT members. I envision these seminars will continue to grow, based on the encouraging feedback received from both presenters and attendees of this year's seminars, using our current format as a template to build upon, but also with the guidance of vision and enterprise and an understanding of our membership base, our position within the NT community, and with continued support of ESSA from a National level.

In addition to the 3 education seminars, the Chapter represented ESSA at the Chronic Disease Network Conference (9-10 September 2010) in the form of an exhibition stand. Members of the committee have also

been involved in the delivery of health and exercise related presentations to a number of community groups and organisations within Darwin. A number of the Chapter's members also attended the ESSA biennial National Conference held on the Gold Coast in April this year.

Monthly face to face committee meetings were held throughout 2010 with the committee being made up of Stuart Semple (former NT Chair), Liam Johnson, Kia Naylor, Renee Hatty, Tadek Rudz, Lisa Svava, Stacy Cordell, Matt Brearley and Amanda O'Connor. These meetings were also frequently attended by non-committee full ESSA members. I want to thank all the members of the committee this year for their efforts – you have been a great assistance to me during the handover from Dr Semple to myself, and have ensured the chapter has remained focused on its goals and its role within the NT community. The committee meetings have been well attended and the sharing of meeting locations has been a positive and enjoyable experience for all committee members and I would hope to see this continue into the future.

Moving forward, the Chapter will strive towards the continual delivery of high quality mini-education seminars for both ESSA and non ESSA members, it will seek to actively engage with committees representing other allied healthcare professionals in the NT and promote both ESSA and the exercise and sports science and exercise physiology professions. The chapter also aims to become more of a presence at Charles Darwin University and believes student membership and linking students with current ESSA members in the community through workplace practicums and work experience is an area of priority and potential growth in the coming year.

Liam Johnson
Northern Territory Chapter Chair

Western Australia

2010 saw the WA Chapter consolidate the work of past years to raise the profile of ESSA to potential members and the wider community.

ESSA was able to participate in the HBF Run for a Reason with a stall at the finish line and by the provision of a training guide leading up to the event by one of our AEPs. This served two valuable purposes. Firstly, it provided members, especially student members, with the opportunity to interact with the public and promote the benefits of working with an exercise and sports science professional. Secondly, it increased the public awareness of ESSA and the role its members can play in improving individual health, fitness and quality of life. The Chapter hopes to continue this in future years.

ESSA also had a promotional booth at the Santos Great Perth Bike Ride in August. In addition we had representation at the Australian GP Network Forum at the Perth Convention Centre. This was a great opportunity to develop links with General Practitioners.

The WA Chapter also ran a number of continuing education programs during 2010, in addition to the ESSA National events.

In March Dr Michael Newton conducted a Sports Science workshop – ‘How to conduct maximal aerobic speed, yo-yo and 30-15 intermittent fitness tests and structure aerobic interval training based on the assessment results’. The title itself was impressive enough and the workshop was extremely well received by all those who participated.

In June, Dr Michael Fallon ran a workshop on ‘Diagnostic imaging for low back disorders’. This was invaluable for those ESSA members working in the orthopaedic and musculoskeletal areas.

In September, Associate Professor Craig Cheetham held a session titled ‘Diabetes: more than just lowering blood sugars, risk stratification and management. Craig’s knowledge and experience was much appreciated by all those who attended.

In October, the Chapter held its first ‘Student Presentation Night’. On

the evening, selected students from each university program presented a case study of a client they worked with during their clinical practicum. The Committee and members were extremely impressed with the professionalism of the participants and the quality of the presentations. We envisage this event will continue as a regular event on our annual calendar.

At the AGM in November, we enjoyed presentations on ‘Compression wear for performance and recovery’ and ‘Kinesiology taping for performance through to rehabilitation.

A large contingent of WA members attended and presented at the National ESSA Conference. Presentations were delivered by Winthrop Professor Tim Ackland, Stacy Badry, Jessica Colliver, Dr Jay Ebert, Associate Professor Daniel Galvio, Kate Martin, Dr Fiona Naumann, Rhys Powell and Jennifer Woodhouse.

The WA Chapter had a number of individual successes in 2010. These included –

Ryan O’Connor – Graduate Exercise Physiologist for 2009

Dr Brendan Joss – elected National Vice-President of ESSA

Jessica Colliver – received an award for the best conference presentation relating research to clinical practice

Dr Prue Cormie – awarded the ESSA Medal for her PhD thesis

Bonnie Furzer – won the Tom Penrose Grant for research

Dr Jay Ebert- awarded the Exercise Physiologist of the Year

The Chapter has developed a Facebook page to keep members informed of events and to encourage communication between members. We hope to have many more members using this in the future.

The Chapter also hopes to continue on the work started this year of increasing student awareness and involvement. Representatives from each university have been invited to Chapter meetings and are encouraged to act as a spokesperson between ESSA and students at their particular institution.

Financial Report

**Exercise and Sports Science
Australia Limited
(formerly Australian
Association for Exercise and
Sports Science Limited)
ABN : 14 053 849 460**

*Special Purpose Financial Report for
the year ended 31 December 2010*

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
(FORMERLY AUSTRALIAN ASSOCIATION FOR EXERCISE
AND SPORTS SCIENCE LIMITED)
ABN : 14 053 849 460**

***FINANCIAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2010***

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**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
(FORMERLY 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 2010.

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:

Professor Jeff Coombes
Mr Damien Johnston (Resigned 7 April 2010)
Mr Daryl Sadgrove (Resigned 7 April 2010)
Professor Steve Selig
Dr Andrew Williams
Mr Chris Tzarimas
Dr Chris Askew
Dr Brendan Joss
Dr Kade Davidson
Mr Nathan Reeves
Ms Edina Symonds (Appointed 3 June 2010)
Associate Professor Leonie Otago (Appointed 3 June 2010)
Mr Sebastian Buccheri (Appointed 7 April 2010)
Professor David Bishop (Appointed 7 April 2010)

Principal Activities

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.

The company's short and long term objectives are:

- To grow the association
- To provide leadership in exercise and sports science
- To promote excellence in exercise and sports science by supporting research and practice
- To promote members and the association
- Working with members and aligned associations to improve the health of Australians
- To provide a quality assurance framework for accreditation of individuals and academic units
- To work efficiently in a unified association

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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DIRECTORS' REPORT (continued)

To achieve these objectives, ESSA has prepared a strategic plan for 2010 – 2012, which is publicly available on the Association's website. It has been designed to provide a clear direction and unity of purpose for everyone involved in the management of the association and the provision of service for our members.

The 2010-2012 ESSA strategic plan is designed to:

- Provide guidance and direction to the national board and state chapters so that they can plan and arrange their work to contribute to the achievement of our 7 strategic goals.
- Inform the process of developing annual budgets and allocating resources to strategic programs and projects.
- Provide a framework to measure the success in delivering the objectives of the strategic plan by reporting on key performance outcomes, and communicating to our members, allied health & medical professions and government what we plan to achieve over the coming years.

The Association measures its performance through growth and retention of the membership base, as well as the outcomes of the objectives listed above.

Information about Directors

Director	Qualifications	Experience	Special Responsibilities
Professor Jeff Coombes	B.Ed (Hons) BAppSc, MEd, PhD, AEP	Prof of Exercise Physiology at University of Queensland	President
Mr Damien Johnston	MSc BSc, MSc (Hons), Grad Dip (BiomedSci), GDipSc(HM), Dip Admin.	General Manager – Medibank Health Solutions WA	Vice President Jan – April 2010
Dr Brendan Joss	B.Sc (Hons), PhD AEP	Clinical Director Hollywood Function Rehabilitation Clinic	Treasurer Jan – April 2010 Vice President April – Dec 2010

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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DIRECTORS' REPORT (continued)

Director	Qualifications	Experience	Special Responsibilities
Mr Daryl Sadgrove	BSc (ExSci) M. (Ex Rehab) AEP	Director Movement Medicine	Director - Exercise Physiology Jan – April 2010
Professor Steve Selig	BSc (Hons), DIP (PE), PhD, AEP	Prof of Exercise Physiology at Victoria University	Director - Curriculum
Dr Andrew Williams	BAppSc (Hons), BSc (Hons), AEP, PhD	Senior Lecture at University of Tasmania	Director - Research and Academia
Mr Chris Tzarimas	BSc(ExSc), MSc(Ex.Rehab.) AEP	Clinical Director – Lifestyle Clinic, UNSW	Director - Marketing
Dr Chris Askew	BAppSci (HMS), BAppSci (Hons), PhD, AEP	Senior Lecturer (Exercise Physiology), University of the Sunshine Coast	Director - Exercise Science
Mr Nathan Reeves	B Sc (Phys) M Ex Rehab, AEP	Consultant – CRS Australia Director – Reeves Consulting	Director - Continuing
Dr Kade Davidson	Dip. Bldg Tech (Contract Admin/Quant Survey), B AppSci (HMS), B Hlth Sci (Hons) PhD	Lecturer – South Cross University	Director – Operations and Risk
Ms Edina Symonds	B.Com. CA.	Senior Accountant, Vincent Chartered Accounts	Treasurer – June – Dec 2010
Associate Professor Leonie Otago	AssDipDiagRad <i>QldIT</i> , BHMS(Hons), PhD <i>Qld</i> , FASMF	Head of School, University of Ballarat	Director – Accreditation June – Dec 2010

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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DIRECTORS' REPORT (continued)

Director	Qualifications	Experience	Special Responsibilities
Mr Sebastian Buccheri	BAppSc HMS Grad Dip (Ex Rehab) AEP	Accredited Exercise Physiologist Chief of Exercise Physiology Victorian Rehabilitation Centre	Director – Exercise Physiology April – Dec 2010
Professor David Bishop	BHMS(Ed)(Hons), PhD	Research Leader (Sport) Institute of Sport, Exercise & Active Living (ISEAL) Victoria University	Director – Sports Science April – Dec 2010

Meetings of Directors

During the financial year, 10 meetings of directors (including committee meetings) were held. Attendances by each director were as follows:

	Directors' Meetings	
	Number eligible to attend	Number attended
Professor Jeff Coombes	10	10
Mr Damien Johnston	3	3
Dr Brendan Joss	10	9
Mr Daryl Sadgrove	3	3
Professor Steve Selig	10	9
Dr Andrew Williams	10	10
Mr Chris Tzarimas	10	6
Dr Chris Askew	10	8
Mr Nathan Reeves	10	9
Dr Kade Davidson	10	9
Ms Edina Symonds	6	6
Associate Professor Leonie Otago	6	3
Mr Sebastian Buccheri	7	6
Professor David Bishop	7	4

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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ABN : 14 053 849 460**


DIRECTORS' REPORT (continued)

The entity is incorporated under the *Corporations Act 2001* and is an entity limited by guarantee. If the entity 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 entity. At 31 December 2010, the total amount that members of the company are liable to contribute if the company is wound up is \$3,019 (2009: \$2,475).

Auditor's Independence Declaration

Section 307C of the Corporations Act 2001 requires the Company's Auditors, Lawler Hacketts Audit, to provide the directors with a written Independence Declaration in relation to their audit of the financial report for the year ended 31 December 2010. 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, 7 April 2011

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
(FORMERLY AUSTRALIAN ASSOCIATION FOR EXERCISE
AND SPORTS SCIENCE LIMITED)
ABN : 14 053 849 460**

**AUDITOR'S INDEPENDENCE DECLARATION
UNDER S307C OF THE CORPORATIONS ACT 2001
TO THE DIRECTORS OF
EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**

I declare that, to the best of my knowledge and belief, during the year ended 31 December 2010, there have been:

- (a) No contraventions of the auditor independence requirements as set out in the *Corporations Act 2001* in relation to the audit; and
- (b) No contraventions of any applicable code of professional conduct in relation to the audit.

LAWLER HACKETTS AUDIT

**S J Lindemann
Partner**

Brisbane, April 2011

**AUDITOR'S INDEPENDENCE DECLARATION
UNDER S307C OF THE CORPORATIONS ACT 2001
TO THE DIRECTORS OF
EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**

Brisbane
Rockhampton
Sydney
Melbourne
Newcastle

I declare that, to the best of my knowledge and belief, during the year ended 31 December 2010, there have been:

- (a) No contraventions of the auditor independence requirements as set out in the *Corporations Act 2001* in relation to the audit; and
- (b) No contraventions of any applicable code of professional conduct in relation to the audit.

Lawler Hacketts

LAWLER HACKETTS AUDIT



**S J Lindemann
Partner**

Brisbane, 7 April 2011

Lawler Hacketts Audit
ABN 33 873 151 348

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Liability limited by a scheme approved
under Professional Standards Legislation

EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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STATEMENT OF COMPREHENSIVE INCOME
for the year ended 31 December 2010

	Notes	2010 \$	2009 \$
Revenue	2	1,716,718	1,130,158
Employee benefits and on costs		(533,382)	(338,277)
Depreciation and amortisation expense		(13,713)	(8,378)
NUCAP expenses	4	(109,236)	(60,279)
Administration expenses	3	(871,725)	(478,244)
		<hr/>	<hr/>
Profit before income tax		188,662	244,980
Income tax expense	1(k)	-	-
Profit for the year		<hr/> <u>188,662</u>	<hr/> <u>244,980</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>188,662</u>	<hr/> <u>244,980</u>
Profit attributable to members of the entity		<hr/> <u>188,662</u>	<hr/> <u>244,980</u>
Total comprehensive income attributable to members of the entity		<hr/> <u>188,662</u>	<hr/> <u>244,980</u>

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

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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STATEMENT OF FINANCIAL POSITION

as at 31 December 2010

	Notes	2010 \$	2009 \$
CURRENT ASSETS			
Cash	5	1,005,316	649,917
Trade and other receivables	6	79,480	72,882
Inventories	7	919	2,545
Total Current Assets		<u>1,085,715</u>	<u>725,344</u>
NON-CURRENT ASSETS			
Plant and equipment	8	59,545	27,288
Intangible assets	9	450	450
Total Non-Current Assets		<u>59,995</u>	<u>27,738</u>
TOTAL ASSETS		<u>1,145,710</u>	<u>753,082</u>
CURRENT LIABILITIES			
Trade and other payables	10	106,972	78,901
Provisions	11	26,852	11,916
Deferred revenue	12	244,258	83,299
Total Current Liabilities		<u>378,082</u>	<u>174,116</u>
TOTAL LIABILITIES		<u>378,082</u>	<u>174,116</u>
NET ASSETS		<u>767,628</u>	<u>578,966</u>
EQUITY			
Retained earnings	13	767,628	578,966
TOTAL EQUITY		<u>767,628</u>	<u>578,966</u>

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

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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ABN : 14 053 849 460**

**STATEMENT OF CHANGES IN EQUITY
for the year ended 31 December 2010**

	Notes	2010 \$	2009 \$
Total equity at the beginning of the year		578,966	310,193
Adjustments to retained earnings	13	-	23,793
Profit attributable to the entity		188,662	244,980
Total equity at the end of the year		<u>767,628</u>	<u>578,966</u>

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

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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**STATEMENT OF CASH FLOWS
for the year ended 31 December 2010**

	Notes	2010 \$ Inflows/ (Outflows)	2009 \$ Inflows/ (Outflows)
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers (inclusive of GST)		2,014,006	1,156,537
Payments to suppliers and employees (inclusive of GST)		(1,653,355)	(954,093)
		360,651	202,444
Interest received		40,718	19,265
Net cash (used in)/generated from operating activities	16(a)	401,369	221,709
CASH FLOWS FROM INVESTING ACTIVITIES			
Payments for plant and equipment		(45,970)	(8,927)
Net cash used in investing activities		(45,970)	(8,927)
Net increase in cash held		355,399	212,782
Cash at the beginning of the financial year		649,917	437,135
Cash at the end of the financial year	16(b)	1,005,316	649,917

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

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
(FORMERLY AUSTRALIAN ASSOCIATION FOR EXERCISE
AND SPORTS SCIENCE LIMITED)
ABN : 14 053 849 460**

**NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2010**

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*.

Exercise and Sports Science Australia Limited is an Australian Public Company limited by Guarantee, incorporated and domiciled in Australia.

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) Revenue

Revenue from rendering of a service is recognised upon the delivery of the service to the customers.

Revenue from the sale of goods is recognised upon the delivery of goods to customers.

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument.

Contributions of non-current assets are measured at the fair value of the consideration received or receivable.

All revenue is stated net of the amount of goods and services tax (GST).

(b) 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.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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**NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2010**

(c) 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.

(d) Inventories

Goods are carried at the lower of cost and current replacement cost.

(e) Plant and Equipment

Items of property, plant and equipment are carried at cost, less accumulated depreciation and impairment losses.

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. Residual values and useful lives are reviewed, and adjusted if appropriate, at the end of each reporting period.

An assets carrying amount is written down immediately to its recoverable amount if the asset's carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposal are determined by comparing proceeds with the carrying amount. These gains or losses are included in the statement of comprehensive income.

(f) Leases

Lease payments for operating leases, where substantially all of the risks and benefits remain with the lessor, are charged as expenses on a straight-line basis over the lease term.

(g) Impairment

At the end of each reporting period, the entity reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, is compared to the asset's carrying value. Any excess of the asset's carrying value over its recoverable amount is expensed to the statement of comprehensive income.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
(FORMERLY AUSTRALIAN ASSOCIATION FOR EXERCISE
AND SPORTS SCIENCE LIMITED)**

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**NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2010**

(h) Employee Entitlements

Superannuation

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

Annual Leave

Provision is made for the company's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits that are expected to be settled within one year have been measured at the amounts expected to be paid when the liability is settled.

(i) Cash and cash equivalents

Cash and cash equivalents include cash on hand, deposits held at-call with banks, other short-term highly liquid investments with original maturities of three months or less and bank overdrafts.

(j) Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Tax Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of expense. Receivables and payables in the statement of financial position are shown inclusive of GST.

(k) 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.

(l) 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. Provisions recognised represent the best estimate of the amounts required to settle the obligation at the end of the reporting period.

(m) Trade and Other Payables

Trade and other payables represent the liability outstanding at the end of the reporting period for goods and services received by the company during the reporting period which remain unpaid. The balance is recognised as a current liability with the amount being normally paid within 30 days of recognition of the liability.

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for the year ended 31 December 2010**

(n) 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 does not anticipate early adoption of any of the new or amended Australian Accounting Standards.

	2010	2009
	\$	\$
2. REVENUE		
Accreditation fees	421,960	340,545
Membership dues	489,867	414,387
Professional education courses	108,599	103,872
Advertising income	37,050	22,348
Interest income	40,718	19,265
Insurance income	23,533	18,250
Chapter workshop income	1,318	545
Conference income	331,145	39,467
NUCAP income	158,088	116,436
Other income	60,482	55,043
HEAL Income or reimbursement	43,958	-
	1,716,718	1,130,158
	1,716,718	1,130,158
3. ADMINISTRATION EXPENSES		
Conference expenses	260,376	40,535
Professional fees	50,215	68,174
Professional education expenses	52,494	42,998
Travel and accommodation	46,329	34,112
IT expenses	104,542	57,056
Rent	71,311	46,021
Advertising and promotion	62,197	39,741
Other	224,261	149,607
	871,725	478,244
	871,725	478,244

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	2010 \$	2009 \$
4. NUCAP EXPENSES		
Salary expense	41,343	36,431
Other expenses	67,893	23,848
	109,236	60,279
5. CURRENT ASSETS - Cash		
Cash at bank	1,004,341	649,917
Cash on hand	975	-
	1,005,316	649,917
6. CURRENT ASSETS – Trade and other receivables		
Trade receivables	54,939	49,255
Prepayments	24,541	23,627
	79,480	72,882
7. CURRENT ASSETS – Inventories		
Finished goods	919	2,545
8. NON-CURRENT ASSETS - Plant and equipment		
Office equipment – at cost	91,943	45,973
Accumulated depreciation	(32,398)	(18,685)
	59,545	27,288

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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**NOTES TO THE FINANCIAL STATEMENTS
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	2010	2009
	\$	\$

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 2009	27,288
Additions	45,970
Disposals	-
Depreciation charged	(13,713)
Written down value 31 December 2010	<u>59,545</u>

9. NON-CURRENT ASSETS – Intangible assets

Trademark	<u>450</u>	<u>450</u>
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10. CURRENT LIABILITIES – Trade and other payables

Trade creditors	33,390	5,067
ATO liabilities	21,151	11,379
Accrued liabilities	12,394	30,111
Other payables	40,037	32,344
	<u>106,972</u>	<u>78,901</u>

11. CURRENT LIABILITIES - Provisions

Provision for employee entitlements	<u>26,852</u>	11,916
	<u>26,852</u>	<u>11,916</u>

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NOTES TO THE FINANCIAL STATEMENTS
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	2010	2009
	\$	\$
12. CURRENT LIABILITIES – Deferred Revenue		
Membership, Accreditation and other fees in advance	200,532	83,299
Revenue received in advance	43,726	-
	244,258	83,299
	244,258	83,299
13. RETAINED PROFITS		
Retained profits at the beginning of the financial year	578,966	310,193
Prior period adjustment	-	23,793
Net profit/(loss)	188,662	244,980
	767,628	578,966
	767,628	578,966
14. MEMBERS' GUARANTEE		
<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 2010 the number of members was 3,019 (2009: 2,475).</p>		
15. REMUNERATION OF AUDITORS		
Amounts received, or due and receivable by the auditors of the company for auditing the accounts of the company	7,500	7,500
Other services	1,000	1,000
	8,500	8,500
	8,500	8,500

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2010

	2010	2009
	\$	\$
16. NOTES TO THE STATEMENT OF CASH FLOWS		
(a) Reconciliation of profit from ordinary activities after income tax to net cash inflow from operating activities		
Net profit/(loss)	188,662	244,980
Depreciation	13,713	8,378
Change in operating assets and liabilities:		
(Increase)/decrease in trade debtors and other debtors	(5,684)	(45,269)
(Increase)/decrease in prepayments	(914)	14,432
(Increase)/decrease in inventory	1,626	15,838
(Increase)/decrease in intangible assets	-	1,400
Increase/(decrease) in trade creditors	28,071	5,884
Increase/(decrease) in revenue received in advance	160,959	(15,881)
Increase/(decrease) in other provisions	14,936	(8,053)
Net cash inflow from operating activities	401,369	221,709
(b) Reconciliation of cash		
Cash at bank and on hand	1,005,316	649,917
Cash per Statement of Cash Flows	1,005,316	649,917
17. COMMITMENTS FOR EXPENDITURE		
Commitments in relation to operating leases are payable as follows:		
Not later than 1 year	58,212	51,000
Later than 1 year but not later than 5 years	26,681	81,813
Later than 5 years	-	-
	84,893	132,813

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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**NOTES TO THE FINANCIAL STATEMENTS
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2010	2009
\$	\$

18. COMPANY DETAILS

The registered office of the company is:
Suite 1a AMA Place,
88 L'Estrange Tce,
Kelvin Grove QLD 4059

The principal place of business is:
Suite 1a AMA Place,
88 L'Estrange Tce,
Kelvin Grove QLD 4059

19. 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.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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DIRECTORS' DECLARATION

The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies described in Note 1 to the financial statements.

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 8 to 20, are in accordance with the *Corporations Act 2001* and:

i. comply with Accounting Standards; and

ii. give a true and fair view of the financial position as at 31 December 2010 and of the performance for the year ended on that date in accordance with the accounting policies described in Note 1 of the financial statements.

2. 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, 7 April 2011

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED

Reporting on the Financial Report

We have audited the accompanying financial report, being a special purpose financial report, of Exercise And Sports Science Australia Limited, which comprises the Statement of Financial Position as at 31 December 2010 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.

Brisbane
Rockhampton
Sydney
Melbourne
Newcastle

Director's Responsibility for the Financial Report

The director's of the company are responsible for the preparation of the financial report and have determined that the basis of preparation described in Note 1 to the financial statements is appropriate to meet the requirements of the *Corporations Act 2001* and is appropriate to meet the needs of the members. The directors' responsibility also includes such internal control as the directors determine is necessary to enable the preparation of a financial report that is free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We have conducted our audit in accordance with Australian Auditing Standards. These 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.

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 of the financial report that gives a true and fair view 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.

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

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
(Continued)**

Independence

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

Opinion

In our opinion, the financial report of Exercise And Sports Science Australia 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 2010 and of its performance for the year ended on that date; and
- (b) complying with Australian Accounting Standards to the extent described in Note 1 and complying with the Corporations Regulations 2001.

Basis of Accounting

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the directors' financial reporting responsibilities under the *Corporations Act 2001*. As a result, the financial report may not be suitable for another purpose.

Lawler Hacketts

LAWLER HACKETTS AUDIT



**S J Lindemann
Partner**

Brisbane, 7 April 2011

