



# Alumni Newsletter

School of Physical Education Te Kura Akoraka Whakakori



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Surf's Up: Professor Doug Booth

## Professor Doug Booth

Dean, School of Physical Education

**Welcome** to the 2011 season of newsletters. It's been an eventful year for the University, which has just appointed its first woman Vice Chancellor, **Harlene Hayne**, and for New Zealand as a whole, now that the Rugby World Cup is upon us.

On a more sombre note, our thoughts go out to any of you who have been affected by the Christchurch earthquakes.

It's important to maintain a good work-life balance, and it's even better if, like me, you can combine your private interests with your professional life: my book on the history of NZ surfing was released this year (my rigorous research methods are apparent in this photo!), and books from my fellow academics are highlighted on page 8.

A long-term project of my mine is now coming to fruition, with the impending launch of the School of Physical Education's Endowment Fund Appeal; more about this over the page. Our aim is to provide resources to fund the coming generation of young researchers in our field.

There will be 3 editions of Alumni News coming your way, and again I find myself full of admiration for the alumni we've featured: our Physed family is worldwide and truly diverse. I hope you enjoy reading their success stories in this issue and the ones to follow.

*Doug*

# Endowment Fund Appeal

**At the recent Technologies in Sport Symposium, Development and Alumni Relations Director and former School of Physical Education staff member, Associate Professor David Gerrard, made reference to the School's proposed Endowment Fund Appeal.**



Associate Professor David Gerrard

“Research into all areas of Physical Education remains a priority for the School and the University and I lend my full support to the proposed launch of the Endowment Fund Appeal. As a sport and exercise physician I am familiar with the relevance of applied research into physical activity. National morbidity and mortality statistics recognise that ill-health has a common genesis in a sedentary lifestyle. Childhood obesity, type-2 diabetes, coronary heart disease and many forms of cancer are linked to a reduction in physical activity and poor nutritional choices. The School of Physical Education is well placed to contribute to this body of knowledge through the research capabilities of current staff and the capacity for collaborative research with colleagues in health sciences.

But research in Physical Education extends well beyond these boundaries, as evidenced by the breadth of contributions across the School. The Breast Cancer Exercise Clinic was set up in collaboration with the University's Oncology Department under the direction of **Dr Lynnette Jones**, and provides a highly successful programme of one-on-one training for women with breast cancer. Recent major research grants which have come to the School include \$150,000 from the Health Research Council to **Dr Jonathan Shemmell** for his project on sensory synchronisation to enhance stroke recovery, and Water Safety New Zealand has awarded a grant of \$100,000 for research in the flume into the prevention of drowning.

I commend the establishment of the Endowment Fund to all alumni and friends of the School of Physical Education and trust that this will be widely supported.”



Anna Stanley

**Further support for the Appeal has been quickly forthcoming. Second generation Physedder, Anna Stanley (née Rowberry, BPhEd 1999), a former Silver Ferns captain whose parents, Jerry and Brenda Rowberry, are also alumni of the School, is one of the many to endorse the Endowment Fund.**

*“I look back on my years at Otago as the most fun years: to go through four years with the same group of friends and really get to know most of your year very well was just fantastic. With a strong family connection to the School, it's great to be able to give back to something that gave me so much as a student. I totally endorse the Endowment Fund.”*

# Fluming Marvellous

**Chris Button** BSc(Hons), PhD, MMU

**What do we use our Aquatic Flume for? Associate Professor Chris Button explains on-going work for an international research project into the prevention of drowning.**



Associate Professor Chris Button

Surprisingly, very little scientific information exists about the physical behaviours that are manifest during near drowning situations. Of particular interest is the linkage between physiological and ensuing behavioural responses arising from sudden cold water immersion.

This pilot research project is being funded by **Water Safety New Zealand**, and the research team includes **Dr Jim Cotter**, **Dr Shayne Galloway**, **Matthew Graham** and myself from the School and researchers from the Department of Physiology at Otago, the Faculty of Sport Sciences at the University of Rouen, France and Marc Bloch University, Strasbourg, France.

The project will examine the physical behaviours of individuals with different swimming proficiency levels who are suddenly immersed in cold water under laboratory-controlled conditions. Building on existing work, brain blood flow effects following immersion are being examined, as well as the consequences for coordination and decision making. Additionally, the project will include a behavioural intervention in which individuals are trained to suppress hyperventilation following immersion.



Preparing a test subject for cold water immersion

Participants - experienced, recreational, and novice swimmers - are immersed suddenly at two water temperatures (10 and 25 degrees C) in our temperature-controlled swimming flume. A range of physiological, biomechanical and psychological variables are monitored whilst participants are treading water. At the present time the data are still being collected and analysed. It is anticipated that this pilot project may form the basis for further research and also provide information to underpin drowning education programmes in New Zealand.

# Well Done, Rex!

**Rex Thomson** DipPhEd 1972  
MS (Montana)  
PhD (Alta)

Dr Rex Thomson has been made a member of the **NZ Order of Merit** this year for his long-standing services to sport and education, an award that has been applauded by those familiar with his unstinting support of Physical Education and physical educators.



Rex Thomson

Best known for his diligent pastoral support, Rex was the **face of the School of Physical Education** for almost 3 decades of students, postgraduate students, and staff. His career in Sport Sociology started in the early 1970s and subsequently led him to postgraduate studies in North America. In 1976 he returned as 'Dr Thomson' to a lecturing position at the School. Rex has been a tremendous influence on many students and colleagues, who benefited from his academic and career/life mentoring.

Known as a humble man with a keen sense of humour, Rex has always enjoyed the success of his students and colleagues. No surprise then, that he was the driving force behind the School's **Wall of Fame** which celebrates outstanding physical education graduates who have achieved highly in their endeavours.

After completing a 6 year term as Associate Professor at Auckland's Unitec, Rex now describes himself as 'retired' - but claims that he has never been busier: editing the odd book, proof-reading colleagues' and student works, and being a member of numerous committees and sub-committees, all of which is testament to his lifelong commitment to education and sport. He remains a familiar face around the School, and can often be seen giving a cheery wave to all as he rushes by!

**We all join in celebrating Rex's thoroughly deserved honour, and wish him well in his busy future.**

# Stadium Daze

Dunedin's new Forsyth Barr stadium has just been completed, and is currently hosting pool matches for the Rugby World Cup - Romania, England, Georgia, Ireland, Italy and Argentina have matches there.



The only fully roofed natural turf venue in the world

Local people will be paying for the stadium via their rates bills for a generation to come, and the decision to build it has been hotly debated around the city. When the sell-out Rugby World Cup is over, will there be enough of an audience locally to make the venue viable? Now the money has been spent, let's hope so.



Opening Act: Sir Elton John performs on 25 November

The flagship building provides facilities for the University's Foundation Studies programme and for the Unipol Gymnasium. The building forms the west wall of the stadium, and opens on to the University Plaza. In addition to teaching and learning facilities and the gymnasium and recreation space, there is a physiotherapy clinic and a café open to the public as well as students.

When design plans were released in 2009, then Vice-Chancellor Professor David Skegg said the new building and the adjoining University Plaza would be wonderful assets for both the University and the community.

**"The architects have done an excellent job in accommodating our academic and recreational requirements in a striking building. The building has an academic presence and will be faced in Oamaru stone."**

The Unipol facilities will include two gymnasiums and two cardio weights areas, as well as a large multi-purpose space where team sports can take place. **"The University of Otago will be very fortunate to have a major learning and recreational facility next to a world-class covered stadium,"** said Professor Skegg.

**"This will be one of the most exciting developments on our campus for decades. Recently I visited two Ivy League universities in the United States and realised that the stadium rising on the edge of our campus will be far superior to theirs. The world's leading universities have always pursued the ideal of a healthy mind in a healthy body, and this complex at the University Plaza will be unparalleled in the Southern Hemisphere. It will undoubtedly help to ensure that Dunedin attracts the best possible students from around New Zealand and internationally."**

**While the School of Physical Education will not be relocating to the stadium complex, several staff will make use of its facilities for research. This use will undoubtedly grow over time, especially after the Academy of Sport (South Island) relocates to the complex and staff from the two institutions pursue collaborative research.**



The Knox College student team perform the haka on the newly-laid turf



Vicky and Chris, enjoying life Sydney-side

# Strong Medicine

**Chris Sinclair** BPhEd (Hons) 2005

**Vicky Phillips** BPhEd (Hons) 2005, PhD 2010

Romance blossomed for this dynamic couple following the BPhEd Honours programme. They now run their own Sydney-based business, ExPhys, specialising in exercise prescription for prevention and treatment of chronic disease and injury. Chris explains here what it's all about.

The practical components within the BPhEd degree were what we really enjoyed: camp, aquatics, hands-on lab work and the Exercise Prescription Clinic.

I particularly enjoyed working with **Drs Jim Cotter & Nancy Rehrer** during my Honours project. Vicky worked closely with **Dr Lynnette Jones** during her Honours project, and continued this relationship into her PhD. Both of us are grateful to **Dr Phil Handcock & Carolyn Jenkins** for the experience we gained within the Exercise Prescription Clinic, which both benefits the Dunedin community and thoroughly prepares students for transition into the workforce.

Our degrees allowed us to become accredited exercise physiologists with **Exercise and Sports Science Australia**. Exercise Physiologists in Australia are recognised by the medical profession as allied health professionals who specialise in exercise prescription for prevention and treatment of chronic disease and injury. We don't undertake personal training.

I started up ExPhys in 2005 when I moved to Sydney and saw there was a need in the community. Vicky joined me and the company in 2008 when she was nearing completion of her PhD. ExPhys has developed from a sole practitioner entity into a company which employs five exercise physiologists.

**EXPHYS**  
Exercise Physiology Services

We specialise in injury rehabilitation and lifestyle modification for prevention and treatment of various chronic conditions. Some of our clients are people who have sustained significant injuries through work and motor accidents. Our treatment focus is on the use of hydrotherapy and land based exercise prescription.

The BPhEd developed our passion for knowledge in what we do, and we enjoy continued education to ensure current best practice. We pride ourselves on the use of an evidence based approach to our treatment. The degree educated us on the need to continually identify high quality healthcare methods within reputable medical literature, and we ensure we integrate this into clinical practice.

A key challenge in growing the business was educating society, including medical practitioners and the general community, about exercise physiology: the field is in its infancy compared to other more established allied health professions, so the potential is huge.

Exercise is recognised as a specific form of medicine, and is now formally prescribed to treat health conditions. It is a cost-effective form of treatment, does not have the health side effects often associated with pharmaceuticals, and positively impacts both physical and psychological health. Prevention is always the key, and appropriate exercise prescription can be the most effective way to maintain good health, preventing onset of chronic health conditions. Exercise is also an essential intervention to improve the status of many chronic health conditions.

A consequence of today's technologically evolving society is that an increased number of people have inadequate levels of physical activity, resulting in poorer health. Our goal is to safely and appropriately increase the physical activity levels of individuals, which in turn improves the health status of our patients and clients.

We have worked with many individuals from various backgrounds and demographics, including children and adolescents, young & middle aged adults, and the elderly.

Conditions we treat include:

Injuries - soft tissue, chronic pain, orthopaedic, neurological  
Diabetes  
Cardiovascular disease  
Hypertension  
Hyperlipidemia  
Obesity  
Cancer  
Depression, and other psychological conditions



Vicky works with a patient

We have assisted many clients achieve their health goals, which can range from returning to work and activities of daily living, reducing the need for prescribed pharmaceutical medications, body fat loss, or running a marathon, to falls prevention. Often it's a life-changing process for the patient. Working with our clients and patients to achieve these goals is very rewarding and satisfying for us as practitioners.

We work closely with medical practitioners and other allied health professionals, and enjoy a strong working relationship with local universities: we offer their students work placement. There's a group of BPhEd alumni in Sydney that we are very close with, and we're in regular contact with Otago academics. Vicky continues to write articles from her PhD and she is also involved with research into the benefit of exercise prescription for chronic disease, in collaboration with the University of Sydney and Prince of Wales Hospital. Her work has contributed to conference proceedings, publications, and presentations. I've recently been involved with research investigating health recovery outcomes for compensable related injuries, such as motor accidents and work incidents, as I have a particular interest in pain management.



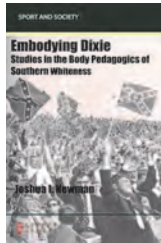
Marathon success

**Chris and Vicky live in Caringbah, a South Sydney beachside suburb, where they enjoy getting into the surf and running along the beach. Vicky runs on and off-road marathons around Australia, while Chris is her support crew! Chris is involved in team sport, such as Oz-tag, a style of touch rugby. They recently got engaged and plan to marry next year - congratulations!**

# Book Bonanza

2011 has been a productive year for the School of Physical Education, with several of our leading academics having books published.

## BOOK LAUNCH



### **Embodying Dixie**

Studies in the Body Pedagogics of Southern Whiteness  
By **Joshua I Newman**



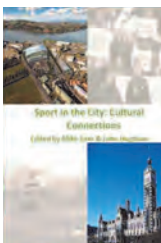
### **Globalization, Sport and Corporate Nationalism**

The New Cultural Economy of the New Zealand All Blacks  
By **Jay Scherer and Steve Jackson**



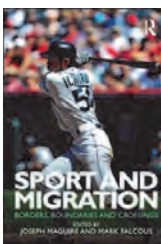
### **Dance and Politics**

Edited by **Alexandra Kolb**



### **Sport In The City**

Cultural Connections  
Edited by **Mike Sam and John Hughson**



### **Sport and Migration**

Borders, Boundaries and Crossings  
Edited by **Joseph Maguire and Mark Falcous**



### **Surfing**

The Ultimate Guide  
By **Douglas Booth**

That's it for issue 1; issues 2 and 3 will follow in the weeks ahead.