



Alumni Newsletter

School of Physical Education, Sport and Exercise Sciences
Te Kura Para-Whakawai

Semester 2 2016



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Kia ora koutou



The School has been exceptionally busy this year with staff investing inordinate time on curriculum changes. The effort has now paid off. The University has invited the School to present its full proposal for three new programmes:

a 3 year Bachelor of Physical Education (to replace the existing 4 year degree)
a new 3 year Bachelor of Science (Exercise and Sport Science) and
a new 3 year Bachelor of Sport Development.

The proposals will be presented in early 2017 with a view to launching the new degrees in 2018. Thanks to those alumni who offered their comments which helped staff shape their thinking on the School's early proposals. I will provide further details of the new programmes in future newsletters.

I wish all alumni a safe and enjoyable festive season.

Professor Doug Booth, Dean

Kia ora rā, koutou katoa. Good health to you all.

Kia ora Alumni, Staff and Students – Beverley Lawrence, Editor

- ➡ Our Alumni class photo collection continues to grow thanks to everyone:
<http://www.otago.ac.nz/sopeses/alumni/galleries/index.html> Elusive years: 1980s and 90s photos. Post/email to us!
- ➡ To organise a class reunion, contact the Alumni Office:
reunions.alumni@otago.ac.nz who offer a free service to help you organise your reunion.
- ➡ Find long lost friends and update your contact details:
<https://www.alumni.otago.ac.nz/contactalumni>
- ➡ View previous newsletters: <http://www.otago.ac.nz/sopeses/alumni/newsletters/index.html>
- ➡ Send riveting news/gossip, events, reunions, PE job websites to pe.alumni@otago.ac.nz
<http://www.u3aonline.org.au/content/gems> is the U3A (University of the Third Age) website for GEMS Newsletters compiled by Dr Richard (Rick) Swindell DipPhEd 1961
- ➡ Submissions may be edited to suit the style. Editor takes no responsibility for alumni memory lapses!



Active **Living** Laboratory

otago.ac.nz/active-living

SPOTLIGHT ON: DR SANDY MANDIC

ACTIVE LIVING LABORATORY: BEATS STUDY



Sandy (front row 5th from left) and the BEATS team at the BEATS Study Symposium 21 July 2016

How our teenagers get to school, who makes these decisions and the reasons for them and what the implications are for city planning, for example, are the ongoing focus of the Built Environment and Active Transport to School: BEATS Study initiated and led by Dr Sandy Mandic as the principal investigator since 2013 www.otago.ac.nz/beats

Since joining the School in 2009, Sandy's contribution and innovations based upon her multidisciplinary and multi-sector approach to research have been groundbreaking. Sandy established the Active Living Laboratory www.otago.ac.nz/active-living at the School "to create a collaborative space for a team of academics, research students and other professionals who are passionate about research, active living and leading the world towards a healthier and more sustainable future."

The current research projects in the Active Living Laboratory focus on active transport to school in adolescents, evaluation of cycle skills training programme for children and adolescents and long-term effects of cardiac rehabilitation.

The BEATS Study is the main research project currently conducted in the Active Living Laboratory. This study examines adolescents' transport to school and factors that influence their transport choice. Since 2014, the BEATS Research Team led by Sandy surveyed nearly 1,800 high school students and over 250 parents, conducted 18 focus groups and interviewed all school principals from 12 secondary schools. In Dunedin approximately one half of adolescents are driven to school, one quarter walk to school and only a few (1.5%) cycle to school. Adolescents cited convenience of being driven and distance to school, after school activities and "too much stuff to carry" and raised concerns about too much traffic, too many hills, a boring route and dangerous crossings on their way to school. These figures unfortunately seem to follow the global trend.

The study has been a collaborative effort with local organisations including the Dunedin City Council (DCC), Dunedin Secondary Schools' Partnership and local community groups.

"The results of the BEATS Study will provide valuable and unique information for schools, city councils, transport agencies and land planners. These results will inform future interventions for built environment change, education campaigns, school policy development and city policy development." Sandy says.

Sandy and her team have established multiple international research collaborations with several universities in Canada, USA, UK and Spain and across the University of Otago (including Medicine, Physiotherapy, Surveying, Geography, School of Business and the Centre for Sustainability).

"We are always looking for great people to join us! Find out more details on our website."

Rio Olympics – 5 to 21 August 2016

Triathlon trailblazer

Nicky Samuels BPhEd 2004, BTchg 2005



Be the Inspiration



The pinnacle of an athlete's career, some 11,544 athletes participated at the 2016 Rio Olympics and Nicky Samuels took her place competing in the Individual Women's Triathlon. After crossing the finish line at the London Olympics, Nicky's next goal was to go well at Rio. Nicky raced on day 15 placing 13th out of 56 top athletes clocking up an impressive time of 1:59:30.



L to r: Nicky at the closing ceremony with fellow NZ triathlete Ryan Sissons

She shares her thoughts of Rio and future plans. "We have a world circuit that we follow each year which includes at least 8 key races where we race for prize money and/or sponsors. The big focus is always on the Olympics."

Nicky's Olympics selection was delayed to May this year because of an overuse injury in 2015 which meant she had to undergo surgery. "A bit of a tight turnaround, not only for qualifying but to get into top shape again before the Olympics. It was a rather hectic schedule in the lead up because I had to race a lot for selection purposes."

I flew into Rio arriving just 5 days before my event. The race itself was on Cococabaña Beach, a long way from the Olympic Village, with at least an hour's drive to get there. The race panned out a bit different to how I expected. There are always dreams of a medal and I at least wanted to be in that top 8 but I can't be disappointed with 13th position in the ultimate race of my sport." At the closing ceremony Nicky's parents and best friend Hilary sat proudly in the stands watching. "It was rather cold and wet for us as we were out in the open on the field in the rain! Luckily there was a wet weather plan – ponchos!"

The triathlon season wasn't over for Nicky as she raced two weeks later in the ITU World Triathlon in Edmonton, Canada and then in Cozumel, Mexico on 17 September.

"I've been based in Wanaka since I finished at Otago in 2005. I brought husband Steve (Gould BPhEd 2004, BCom 2006) along as a chef to a training camp. He ended up getting a job there so we never left! Steve currently works in management for the Southern Hemisphere Proving Ground <http://www.shpg.co.nz/> He spends time in the snow with cross country skiers and a lot of cars doing winter testing for automotive, component and tyre manufacturers."

Wanaka is the ideal training location with many great running trails, awesome riding groups and such a great community that we never want to leave! Steve and I don't get a lot of time to do the adventures we used to in our spare time as I need to stick to a pretty strict training agenda. We do enjoy a holiday for a couple of weeks at the end of every season usually involving sun, warmth, beach and good food.

When I finish with triathlon as a professional athlete, I'll probably use my years of study, training and racing and start over again with triathlon through coaching. I'm really looking forward to starting a family. It hasn't fitted in with my current occupation but can't be put on hold for ever!"



Nicky in the Rio Olympics Village, 2016

Whaowhia te kete mātauranga Fill your basket of knowledge

Three of our recent PE graduates who are firm friends are passionate advocates helping our rangatahi (young people) fill their baskets of knowledge and develop mana.



L to r: Cameron McMillan, Jess Massey and Brandon Manuel at Jess's December 2015 BA Graduation outside Dunedin Town Hall. Jess is wearing a whānau korowai.

Brandon Manuel BPhEd 2013, GradDipTchg 2014

Physical education teacher at
Te Pā O Rākaihautū Area School in Christchurch

Ko Hikurangi te Maunga

Ko Waiapu te Awa

Ko Horouta te Waka

Ko Porourangi te Tangata

Ko Te Aitanga-a-Mate te hapu

Ko Ngāti Porou, Te Arawa me Ngāti Ranginui ōku Iwi

Nō Ruatoria ahau

Ko Brandon Manuel tōku ingoa

Brandon remembers as a year 7 student at Ngata Memorial Area School that he had a burning desire to become a Physical Education teacher because he was passionate about sport. Brandon says he was later inspired by many people who made a difference in the lives of those less fortunate.

"Tamaiti akona i te pā, tū ki te ao, tau ana - A child educated to be strong in their own identity stands confident in the world." Brandon says "With Te Pā o Rākaihautū's vision as empowering as this, I knew I had to work there." <http://rakaihautu.com/>



Brandon's graduation, Dunedin May 2014

Brandon realised his aim and was offered a position at the School when he graduated and now, as a physical education teacher at Te Pā o Rākaihautū, he endeavours to "do my utmost best to make a difference in the lives of those families who were affected by the Christchurch earthquakes." Brandon aims to support pononga (students), whānau (families) and the hapori (community) by developing a curriculum that focuses on the holistic well-being of the individual to reaffirm and strengthen identity.

Brandon says "Te Pā o Rākaihautū is a special place to be a part of. It has certainly influenced my teaching style, much to my benefit. The philosophy is broad and it incorporates all things Māori, using the land, local resources and people to help embed knowledge within our students. We draw upon the strengths of all teachers to develop integrated classes. I'm not just a physed teacher, I'm a member of a team whose goal is to develop the best learning programmes for our students.

The main constant in my teaching timetable is Mataora (holistic well-being through physical education) which takes place first thing after karakia every morning from 8.30am to 9.15am. It's an opportunity for students to do some physical activity to engage in all aspects of Mason Durie's model 'Te Whare Tapa Wha' (<http://www.r2r.org.nz/maori-health/whare-tapa-wha.html>) before the theoretical work takes place in class. The majority of our workouts focus on high intensity body-weight circuits and interval training for team sports.

I also teach health at junior and senior levels where the main focus is developing student knowledge around holistic well-being and being able to apply this knowledge to real life experiences. At Te Pā o Rākaihautū our students (and staff) are provided with breakfast, morning tea and lunch, gathering in the wharekai to share these meals. It's an important time for whakawhanaungatanga (building relationships).

Sports coaching is an area that I absolutely love! The most important factor for me is not about winning or losing, it's about building character, skill development and spending time with students outside of the classroom. I coached the junior boys touch team this year and we had a blast. We placed 2nd overall, but the real success was in the skill development I saw in each individual and the bond we created as a team.

#DemProudTeacherFeelingsDoe!

My Physed degree provided me with a range of fundamental skills that are vital to teaching, from biomechanical and physiological knowledge, to the importance of relationships. Reflecting on my time at Otago, I'm well aware of the life skills and hard work it takes to complete a degree. With these invaluable experiences and learnings, I believe I'm well equipped to help the next generation of learners reach their desired futures.

My advice for new graduates is to trust in your abilities and don't let anyone dim your sunlight! No, your tertiary study doesn't completely prepare you for the real world, but I can guarantee you that 'thee old brown kiwi' has prepared you to withstand any hard knocks. Be confident, but more importantly, don't lose sight of who you are because your individual prowess will make you stand out from the rest.

I'm currently studying a Diploma in Te Ara Reo Māori to develop my proficiency in Te Reo Māori and I intend to further my studies through Te Wānanga o Aotearoa.

By developing my proficiency with technology within the classroom, I also intend to remain 'hip' and up to date with the latest technology and pop culture.

I'm a summer and winter sports kind of guy. I get excited to break out the touch boots on a hot summer's day, but as winter creeps in the slopes call my name. Luckily I have a couple of weeks' holiday up my sleeve to escape and to enjoy the beautiful slopes of Coronet Peak and the Remarkables."

Cameron McMillan BPhEd 2014, MTchgLn 2016

**Health and Physical Education teacher at
Tarawera High School in Kawerau**

Ko Hikurangi te maunga

Ko Waiapu te awa

Ko Horouta te waka

Ko Ngāti Porou te iwi

No Kawerau ahau

Ko Cameron McMillan ahau



Cameron McMillan and Jess Massey at the Māori Pre Graduation (PE Graduation) May 2015. Cameron is wearing whānau korowai holding his Katoua (Niuean taonga) gifted to him at the Māori Pre Grad ceremony from his whanau. Jess is wearing korowai loaned from Kati Huirapa Rūnaka ki Puketeraki (Karitāne).

When Cameron graduated with a physed degree and a Master's in Teaching and Learning from Otago, he steadfastly applied for over 40 teaching positions advertised in the Education Gazette. He even made personal contact with his home town high school, before successfully getting a foot in the door being offered a teaching position in his chosen field at the end of 2015 and officially starting beginning of 2016. His current position as Health and Physical Education teacher at Tarawera High School in Kawerau has enabled Cameron, who is of Niuean, Samoan and Scottish descent, to return home to where he was born and raised in Kawerau, in the Eastern Bay of Plenty to be close to partner Jess Massey BPhEd 2015, BA 2015 who is Event coordinator at Te Papa Tākaro o Te Arawa in Rotorua.

After graduating with a BPhEd, Cameron says "It only felt right to carry on and complete a Masters in Teaching and Learning" motivated in part by his own positive and negative educational experiences with his school and University teachers and lecturers. He found that his negative experiences "illustrated that for a lot of our students in mainstream education one size does not fit all." His positive experiences "came from the relationships I shared with teachers who demonstrated the need to be approachable, adaptable and diverse."

This has shaped Cameron's teaching philosophy facilitating his students to become proactive, innovative, lifelong learners. "I'm motivated to be a part of a driving force that encourages positive change within my community through education."

"My day to day role as a health and physical education teacher can seem a bit boring from the outside looking in, but I think it is pretty awesome. We're no longer bound to the chalkboards; I'm able to facilitate learning that pushes students both mentally and physically. We're able to utilise technology to explore and individualise learning experiences. It has become a reciprocal process; as I am asking students to grow and challenge their current knowledge, they are asking us as facilitators to provide innovative opportunities to exceed beyond perceived expectation.

As Tarawera High School (<http://www.tarawera.school.nz/>) is a new school it is pivotal that there is a strong relationship with our local iwi, hapu, and whanau. This has only nurtured

my teaching philosophy and practice; building strong relationships with our students, parents and wider community can only act as a positive step forward for student engagement in their education."

Highlights of Cameron's new role: "I was fortunate to be a part of the official opening ceremony of Tarawera High School at the beginning of the 2016. I recently attended the national PENZ conference in Palmerston North where I was given the opportunity to present alongside [Kelly Ross BPhEd 2008, BTchg 2008](#) (also an Otago physedder), our Curriculum Leader for PE and Health at Tarawera."

Cameron advises new graduates to "apply for anything and everything as you never truly know until you have experienced it first hand. I had applied for and been declined for over 40 positions advertised in the Education Gazette before finally receiving my first interview. Use these experiences to further adapt and grow (this is what physedders do)."

In June 2016 Cameron completed the Kawerau 6 Hour Adventure Race with fellow colleagues and students and he competes with the local Kawerau rugby league team (Putauaki Stags) in the Coastlines Rugby League competition. His School's extra curricular activities include helping the Tarawera High School Senior boys volleyball and 1st XV rugby. Like Jess his partner, Cameron loves utilising New Zealand's abundant natural resources climbing and exploring our local maunga, forests, fishing, mountain biking and hunting.

Jessica Massey BPhEd 2015, BA 2015

Event coordinator at

Te Papa Tākaro o Te Arawa in Rotorua



*Ko Ngongotaha te maunga
Ko Te Arawa te waka
Ko te Rotoruanui-a-
Kahumatamomoe te moana
Ko Ngati Whakaue te iwi
Ko Tunohopu te marae
He hononga whakapapa ki Te
Whānau a Apanui,
Kai Tahu me Te Rarawa hoki
Ko Jess Massey tōku ingoa
No Kawerau ahau*



Cameron and Jess Massey PE Graduation outside Dunedin Town Hall May 2015

After graduating from Te Kura Para-Whakawai, it was always Jess's desire to work back home for one of her iwi. She says "I had asked our CEO at Te Papa Tākaro o Te Arawa for a summer internship a couple years ago. An aunty of mine told me they were hiring so I applied. After an interview process including a mountain bike adventure, I was offered a position as the Event Coordinator."

Jess explains that Te Papa Tākaro o Te Arawa in Rotorua <http://www.arawanation.com/> does a lot of work within the Te Arawa *rohe* (territory or boundaries of tribal groups). "Our services cater to all ages from tamariki (children) through to *rangatahi* (youth) right through to our *kōeke* (elderly).

I've been working for this organisation for nine months so far. The community is able to access support and assistance in building capacity and developing solutions for community needs through different *kaupapa* (programmes). 'TAIOHI' is an 8 week programme that is run twice a week before school.

The forms of physical training of this programme focus on helping rangatahi to understand more than improving their fitness such as knowledge of their environment, their community and their iwi. A big part of the programme focuses on self-regulation. The rangatahi show up twice a week at 5.55am of their own accord to succeed and to better themselves without us or their parents telling them to be there. Through this kaupapa we're able to have a big influence on rangatahi Māori in a positive way.

A highlight for me so far as the Event Coordinator has been my involvement in the annual Te Arawa Games 2016. This kaupapa promotes the celebration of what it means to be Te Arawa, it celebrates the *whakapapa* (genealogy) we share and the commonalities and differences that we all have. It felt amazing being part of the behind the scenes action. We got to witness whānau, marae, hapū and iwi come together and support each other. It wasn't about winning and to witness that from the outside looking in was a proud moment." Jess advises graduates "to apply for anything and everything, even if it's a volunteer gig; the connections you make throughout your journey will lead you to where you need to be. Be patient and be realistic. You probably aren't going to get your dream job the day after you graduate. Just trust in the universe and know you will be where you are meant to be at any given time. One goal for the future is to ultimately open our own Early Childhood Center back home. It would be focused around the Te Kōhanga Reo kaupapa and the Te Whāriki Early Childhood Curriculum. The majority of the teaching and learning would be facilitation based, located deep within the environment, with a huge focus on *kaitiakitanga* (guardianship for the environment).

Cameron and I are always on the go so ultimately work becomes fun and fun becomes work. I guess that is the blessing of working for our people alongside kaupapa with strong value systems that align to our own. We both love the environment some of which is attributed to our time in Te Kura Para-Whakawai, so any *maunga* (mountain), *awa* (river), *moana* (body of water) adventures are where we usually find our purposeful, meaningful fun."

Where are they now?

Physedders catching up for an Easter weekend adventure at Mt Putauaki March, 2016



Front row from left: **Cameron McMillan BPhEd 2014, MTchgLn 2016**

Arleen McLaren BPhEd 2013, BA 2014, Kaiarahi (Coordinator), Whānau Ora (an innovative whānau-centred approach to empowering whānau to achieve better health, education, housing, skills development and economic outcomes.) at Te Korowai Hauora o Hauraki based in the Te Aroha and Thames offices <http://www.korowai.co.nz/home>

Rawiri Tapiata BPhed 2011(Hons) Physical Education Teacher at Te Kura Kaupapa Māori o Hurungaterangi, Rotorua

Middle row from left: **Jess Massey BPhEd 2015, BA 2015**

Kendall Stevenson BPhEd 2011, MPhEd 2013 PhD candidate/research fellow at the Women's Health Research Center, University of Otago, Wellington <http://www.otago.ac.nz/wellington/research/whrc/>

Back row from left: **Hōri Haweti Barsdell BPhEd 2014, BA(Hons) 2014**, Kaitiaki (guardian) of Historic Māori Sites at Te Papa Atawhai, (Department of Conservation). Hōri works to restore and replant Pā sites around the Bay of Plenty region.

Julia Erena Coates BA(Hons) 2012, BSci 2012 Health Improvement Advisor at Toi Te Ora Public Health Service, Bay of Plenty <http://www.ttophs.govt.nz/>

Photo: Rawiri Tapiata

Migrated Home:

**Michael Coutts BPhEd 2007,
GradDipTchg 2008 and
Hannah Wilson BPhEd 2007,
GradDipTchg 2008**

Michael and Hannah succumbed in 2011 to the allure of spreading their wings travelling the world and working overseas for three years. Fortunately for New Zealand, they have "migrated" home where they married in January in Wanaka this year. Now the Dunedin community is benefitting as their talents and skills are contributing to the education and sport management sectors.

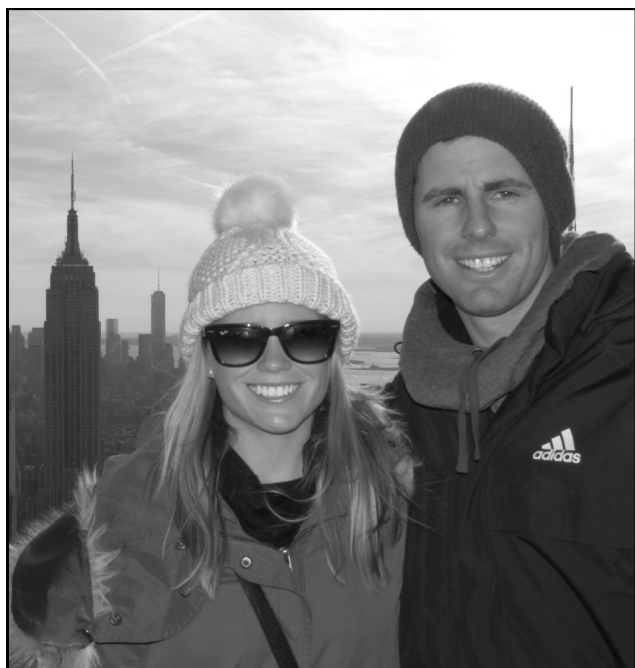
Michael and Hannah, who both graduated with a BPhEd 2007 and a GradDipTchg in 2008, have new positions this year. Michael is the new Programme Co-ordinator at the Otago Academy of Sport and Hannah has returned to St Hilda's Collegiate in Dunedin as a Physical Education teacher teaching health and PE from years 9 to 12 and taking on the role of the Year 10 dean.

When they graduated in 2008, Michael's first role in Dunedin was managing the front desk part-time at the Edgar Centre. He also trained at the NZ Academy of Sport for Skeleton, a winter Olympic sport, where the person descends head first down a Bobsleigh track reaching speeds of up to 140km/hr. Michael competed over eight years throughout Europe and North America, ranking 9th at the Junior World Champs in 2009, before retiring in 2013.

Hannah's first teaching role was at St Hilda's Collegiate in Dunedin, completing her initial teacher's registration "alongside some great mentors" before heading overseas on their OE.



Michael and Hannah's wedding at Lookout Lodge in Wanaka, January 2016



Michael and Hannah up the Rockefeller Centre in New York, 2013

They ventured to London where Hannah says "I was very fortunate to pick up an amazing teaching role at Thomas's Kensington Preparatory School in Kensington, taking sport in Hyde Park and getting to enjoy some awesome sporting events at Lord's Cricket, Wimbledon and the Olympic Stadium." Michael picked up work as a supply teacher working in a range of schools in and around London for 2 and a half years and was involved with 'Rucks n Mauls' a rugby coaching programme during their first year overseas. Their travels during this time took them to numerous places including Croatia, Turkey, Iceland and New York.

After returning to Dunedin in 2015, Michael accepted the role of Otago Softball Association Development Manager at Otago Softball Association from September 2015 to March 2016 and Hannah taught at Wakatipu High School

in Queenstown for one year in 2014 before accepting her current role back at St Hilda's Collegiate School.

As to their current roles Hannah says "Every day is different and poses various challenges, which is what I love about teaching. I really enjoy the pastoral side of the role and think my involvement in sport and experiences within PhysEd and GradDip have helped to prepare me for this aspect of teaching. Throughout my youth I always loved being active, competitive and involved in sport. Teaching PE seemed like a natural progression, which is why I carried out a variety of PE and geography papers at Otago to give me a range of skills I could apply in the classroom. Completing a GradDip in teaching gave me hands on experience in schools and opened up a range of opportunities within the community. At St Hilda's there is always something else happening within the school calendar, from coaching, attending school dances and continuing to undertake professional development."

Michael says "I've been in my role at the Otago Academy of Sport since March 2016. We run athlete development programmes for talented athletes in the Otago region. This November we are also running a Connecting Coaches Conference to be held at the University of Otago. As I am fairly new to my position, I've spent my time learning about the role with support from my Board. As I grow in this role I hope to implement new projects with the athletes."

Michael says that "the BPhEd degree and GradDipTchg initially allowed me to teach in the UK and have the flexibility to travel and compete in sport at the same time. Moving back to New Zealand, both degrees have helped me get a foot in the door into the sport management sector."

Their thoughts about starting out "Be prepared to do some ground work in smaller, entry roles first, helping to establish and build relationships and contacts within the industry and to develop a variety of skills that can be transferred to other fields."

Michael is currently training for the full marathon and Hannah for the half marathon for the Queenstown International Marathon in November 2016 and Hannah plays competitive badminton. "We like to head to Central Otago whenever we get the chance to make the most of New Zealand's amazing outdoors."



Lissie in Paris, June 2016

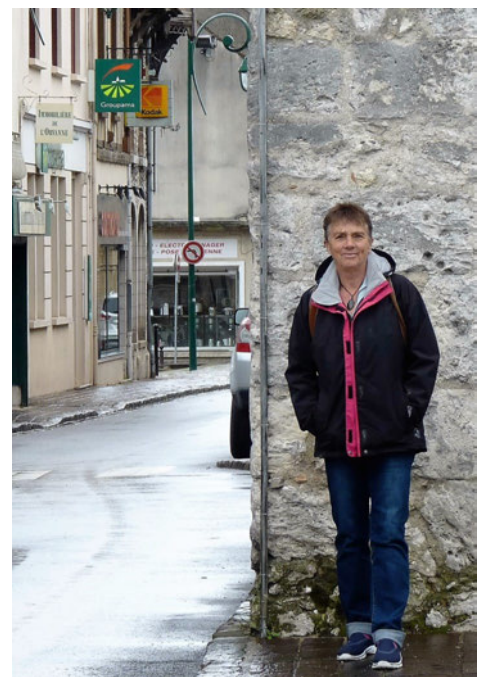
Catching up with ... Lissie Hogg DipPhEd 1971

Lissie says her outdoor activities at Phys Ed school sparked her career direction. She says "I spent 25 years working with people in the outdoors setting up Matataki Lodge, an outdoor centre in Pauanui in the Coromandel in the 1980s, guiding trips and working with groups using adventure based learning programmes.

For the last 15 years I've worked in the area of learning and develop-

ment and have recently retired after nine years as the Learning and Development Advisor for Healthcare Holdings (7,000 employees) providing healthcare to people living in their own homes.

After 25 years away from Wellington, I moved back home to the coolest capital in the world - Wellington - where I share a house with Anne my best friend of 30 years and a border collie. I still enjoy adventuring and walking, cycling and tramping. As part of my transition from fulltime work I holidayed in France and Ireland for three months. The timing could not have been worse as we arrived at the same time as the floods in Paris and the Moret sur Loing area, which is our base."



Lissie in Moret sur Loing village, France, June 2016

Our Alumni at Athletics New Zealand!

Amie O'Brien BPhEd(Hons) 2007, BCom 2009

Community & Participation Manager at Athletics New Zealand



L to r: Amie and Cat, Athletics NZ, Auckland, 2016

"After a year I moved home to New Zealand in 2010 and started working on a research intervention, Fit2Quit, at Sport Auckland which examined the use of exercise to assist people to quit smoking. An opportunity arose to move to another role at Sport Auckland as a Community Sport Advisor – a move away from health promotion and more of a focus on supporting the development of sports organisations and clubs."

In 2013 Amie moved to Sydney to commence a role at Macquarie University as the Manager – Sport Development. Amie managed a team of six developing and delivering a strategy for all student sport programmes on campus from informal play to University Games and elite sport scholarships.

Amie moved back to Auckland from Sydney around a year ago in 2015 and is "really enjoying being home in New Zealand and spending time with family and friends (she is a Waikato girl)."

Her current role as the Community and Participation Manager working with a team of five at Athletics NZ (including Cat) has a huge amount of variety and no day is ever the same. "I'm responsible for managing the strategy for the community or grass-roots side of Athletics in NZ which encompasses our school programmes Get Set Go and Run Jump Throw; Club, Coach and Officials development and memberships, as well as looking for new opportunities."

Amie says that as sport in New Zealand is a relatively small industry, networking is really important. "Getting to know people within the industry and showing that you are capable and hardworking goes a long way. Get involved in the industry while you're still studying through volunteering or taking on a part time job. This will show employers that you're keen, give you valuable experience and help you to build your network. Don't expect to start at the top – everyone has to start somewhere. If you prove you can do a good job you can move quickly within an organisation."

Amie says "I like to keep active with pilates and running and have participated in a few half marathons and triathlons over the past few years. I love to travel and enjoy being in the outdoors – my last two trips have been kayaking the Abel Tasman summer last year and a relaxing getaway to Samoa in June."

Amie's interest in sport and physical activity and her passion for keeping people active motivated her initial career choice in an exercise prescription field. Developing her career and seizing opportunities along the way has meant her career has now changed focus.

Amie says "My BPhEd(Hons) degree majoring in exercise prescription gave me a broad range of knowledge to use when starting my career." The research experience Amie gained with her honours research enabled her to find her first role in the "real world" as an Exercise Therapist and Research Assistant at Spaulding Rehabilitation Hospital in Boston, USA in 2008. She provided exercise therapy to patients at an outpatient clinic and worked on a research project which focussed on back pain in older adults.



Amie and partner Hadley kayaking in the Abel Tasman, summer 2015

Cat O'Sullivan BPhEd 2007, BCom 2008

Club Development Manager at Athletics New Zealand



Cat and Dave, her partner, walking the Tongariro Alpine Crossing, Tongariro National Park, Easter 2016

Cat's love of sport and physical activity, with netball and athletics high on her list, meant that she knew she definitely wanted to work in this field when she graduated from Phys Ed School.

She says she was fortunate to find an opportunity to work at Sport Otago just after she graduated as the Athletics Development Officer. "I was responsible for developing the sport of athletics in the Otago region. This included policy and planning, club development, coach and official development, event management and promotion, resource development, school delivery and relationship management. A first insight into working in the sporting industry!

Cat then took a year off to travel and work in the UK where she ended up with a short term contract working for iLUKA, a global event management company, on the London 2012 Olympics. She says "It was an experience I'll never forget and a

great insight into the commercial side of global sport."

Returning to New Zealand in 2013 Cat took on another role in the area of her passion as the National Club Development Manager with Athletics NZ in Auckland. <http://www.athletics.org.nz/> With 180 affiliated clubs across the country, Cat says her role at Athletics NZ is to provide the Clubs with tools, resources and directions to build their capability and to offer great programmes and services to their members. She also works on developing school and club programmes for children that meet the needs of today's kids "an area of sport and physical education I'm really passionate about." Cat says "I have a varied role that differs depending of the time of year. The summer season is much busier with 70% of our clubs operating just in summer. Day to day my role involves developing resources to help clubs govern and manage themselves, meeting with clubs and developing strategic plans, upskilling teachers, parents and regional staff in Athletics NZ programmes and organising the annual National Club Conference.

One of my highlights in 2015 was launching the International Association of Athletics Federations (IAAF) Kids Athletics programme in New Zealand. We organised a New Zealand wide tour with world long jump record holder and IAAF Ambassador Mike Powell. <http://www.iaaf.org/news/iaaf-news/nestle-kids-athletics-mike-powell-dunedin>

We took the programme to the community including our first ever Athletics event on a beach. The same year I was involved in organising an exhibition event for visiting IAAF Vice President Lord Sebastian Coe. A massive privilege!"

Cat says she loved studying Phys Ed at Otago. "It was such a well-rounded degree that equipped me to start out in any area of the sport and recreation industry. It gave me the tools and the initial contacts to begin my career. I also met some awesome people that I still keep in touch with and am lucky to work with."

For graduates starting out Cat's advice would be "to take every opportunity you get to gain experience and meet people within the industry. At university I volunteered for the Heart Foundation and was involved with my Netball and Athletics Clubs ... I think the learnings I gained there have definitely helped me in my career.

I enjoy spending time with friends, family and my partner Dave and running or walking in the tracks around Auckland. I love to travel and headed off on a 6 week trip to explore South America with a week in Rio for the Olympics."

Helping companies grow

Dr Kimberlee Jordan BPhEd(Hons) 1998



Adaptability has been a crucial step in Kimberlee's career. Her latest role at Callaghan Innovation focuses on developing the strategy and work plan for helping New Zealand biotechnology companies to grow more quickly. Kimberlee says "When I think back to my decision to do a PhysEd degree, it seems inevitable – (going tramping, camping and scuba diving sounded amazing). I was interested in exercise and nutrition and I had a strong science focus in high school. My mum Claire Jordan who had previously worked in the PE department spoke highly of the PE School. PhysEd was the natural choice. The semi structured nature of the degree worked well with compulsory courses to keep me focused and the flexibility to take excursions into areas like philosophy and law. I gave research a try and did the honours degree with a focus on Motor Learning and Control. [Dr Greg Anson](#), my honours supervisor, (an incredibly supportive mentor!), connected me to Dr Karl Newell at Penn State University in 2000 who became my PhD advisor. I ended up living in the USA for 10 years including a stint as a post doc fellow with PhysEd [Wall of Famer Professor Roger Enoka DipPhEd 1970](#) at the University of Colorado at Boulder from 2006 to 2009 studying how muscle activity changes with age and disease.

At about the time I moved back to New Zealand in 2010, Industrial Research Limited (IRL) (the crown research institute that became Callaghan Innovation), advertised for a Human Movement Scientist – the description of the person they were looking for was exactly me. I applied, got the job, and then discovered the world that is applied research!" Kimberlee says the change from academic to applied, commercially focused research took some adjusting to. Initially she struggled with her perception that it was not "real science" working alongside commercial enterprises. She soon came to love it.

"I was responsible for the ongoing development and trial-ling of a stroke rehabilitation system that used computer

games to motivate patients to increase their repetition of certain basic movements to retrain their brain to move parts of their body again. One recent invention was a giant mouse game controller with a suite of computer games such as swotting mosquitoes, catching butterflies and hitting targets where players were motivated to repeat certain upper limb movements. It was extremely rewarding to work with the patients who had suffered strokes and who seemed to benefit from using the system. It was exciting to think that the company who was commercialising the system could grow and create new jobs and add tangible economic benefit to New Zealand.

After three years at IRL we became Callaghan Innovation <https://www.callaghaninnovation.govt.nz/> and about two years ago in 2014 I became the National Technology Network Manager for Biotechnologies. The Callaghan Innovation mission is to help companies in the high value manufacturing and services sector to increase in number and size. My job revolves around creating the strategy and work plan for how Callaghan Innovation does this specifically for biotechnology companies.



Kimberlee and partner Nick at Lake Tahoe, California, USA 2014

One of the best things about my career has been the travel. I decided to do a PhD to live in the USA! I really enjoy keeping fit – running is an important part of my life – mostly so I can get away with consuming silly amounts of food and wine (two more things I love!), but it also keeps me sane.

Looking back, I could never have predicted I'd be doing what I do now. The PhysEd degree was the critical first step, and without the great people I had around me at that time I wouldn't have made the critical next step which was to move to the USA. Although I'm always worried about what the next step for me will be, keeping an open mind and an eye out for fun new opportunities, then saying 'yes' to opportunities, has worked exceptionally well for me. Hopefully it will continue to do so!"

In the Limelight!

Andrew O'Loughlin BCom 1996, BPhEd 1997

/ime/ight/sports

How do you think your Phys Ed degree helped you pursue your career?

In hindsight I had a few ideas and aspirations. I knew I wanted to work in sport and doing things I enjoyed was always the priority. But admittedly the 'path' in my mind probably wasn't much longer than the few years ahead of me!

Initially, tangibly the degree was a necessary qualification (thanks Mum) to get me into the mix for my first roles. More importantly, it provided me with an immensely valuable network (thanks guys), and learning platform to use in my life.

First roles?

My first 'real job' was starting up the Queenstown Events Centre, and then the Winter Festival in Christchurch around 1999. I took off to London in 2000 for 5 years to work for the agency I now head up, and did some of the major events in Melbourne along the way.

<http://limelightsports.com/>

Challenges you are proud of?

I think the main one would be establishing Limelight Sports in Australia and NZ in 2009 from scratch into a leading agency with a growing team and a pool of leading clients, from the likes of Nike and ESPN, to the City of Sydney and the City of Melbourne.

Your current role?

As Managing Director, ultimately my role involves developing all aspects of our business, building a high performing and engaged team, our services, exceeding our clients and customer's expectations, and creating a more valuable company. I head up our services globally (events, marketing, tech, strategy and insights) so I connect with a talented team spread across different parts of the world, which is awesome and inspiring.

Advice about starting out?

Everyone will say this: put yourself out there. Think about the job you want, and go and offer your



services to someone. They will probably say yes, and as a prospective employer, if you haven't done that, I'm not really interested in you. If its sport you are into, the industry relies on a volunteer base. There is a diverse range of awesome opportunities you would

be stupid not to get out there, test it and make things happen.

Remember these relationships are critical. Our global CEO was a guy I met in my first job in Queenstown 20 years ago. Many of my team and clients are people I've connected with previously. Good things all come back to you some day.

Future plans?

Have fun with my family, develop our company globally, ride my bike more, and maybe do another duathlon World Champs (I represented NZ in the age group in Adelaide last year. Admittedly I may have been the only New Zealand guy who tried to qualify!? Wearing the black singlet was a great bucket list thing to

do!). Although I miss NZ and my mates, my wife Kirsty, Jack, Ollie and I are spoilt in Melbourne, and we have a good Otago/Kiwi crew here. The sport, events, food and lifestyle is brilliant, and importantly it's not too far away from 'home'.



L to r: Kirsty, Ollie, Jack and Andrew at a friend's wedding at Plaza de la Paz, Guanajuato, Mexico, 2015

An adventuress at heart

Joanne Lynch BPhEd(Hons) 1996



Working for a big corporate and travelling the world were Jo's ambitions when she graduated.

Jo attributes her success over the past 19 years holding national senior marketing, account management and business development managerial roles in New Zealand, UK and the Middle East to having a great attitude to teamwork, collaboration, adaptability to change and to keeping a good work life balance by incorporating health and fitness into her busy week. "Just giving it a go!"

Jo completed a Postgraduate Diploma in Management from Canterbury University studying with fellow Phys Edder [Michelle Hollands \(née Turner\) BPhEd 1996](#). "Our approach to assignments certainly came from our time at PE School – fun, collaborative and team focused." Jo's first role as a Sales Rep for DB Breweries took her to the West Coast in 1997 where "my passion for events certainly started to emerge." Jo then moved into telecommunications in 1999 after being accepted into a Corporate Development Programme with Ericsson New Zealand moving between Wellington and Auckland.

"I've had an amazing range of roles both here in New Zealand, the UK and the Middle East. Some of my best memories were being involved in events; as a sponsor in the America's Cup 2000 for Ericsson, London Fashion week with Motorola as the UK and Ireland Accessories Account Manager from 2002 to 2005, the Volvo Ocean race in the UAE and South Africa as Head of Marketing Projects for Ericsson Middle East from 2007 to 2009 and the Abu Dhabi Golf Championship in 2010 as the Sales and Marketing Director at Abu Dhabi Golf Club.

I've loved the countries I've been lucky enough to travel to with work – a chance to explore and immerse myself in different cultures. Places like Oman, Syria, Pakistan, Sweden, Lebanon ... all hold awesome memories. I think being a Kiwi with our openness to adventure and exploring the world makes us a good group to work with internationally. I've loved being involved in sales, marketing and recently learning and development, training people new to corporate life. It's a buzz seeing people starting out on their career journey.

I've recently taken up a Business Development Manager role at Spark in July 2016. I look for new opportunities for acquisitions for our Canterbury business. I love building relationships with customers, getting to know their business and what we can do to help with the solutions and products we offer. Technology is always on the move which keeps you learning and developing.



Jo and son Jack, Christchurch, April 2016

I'm proud of a bunch of things over the past 19 years. My proudest is becoming a mum. It's a joy and privilege to create and mould a little life. My 4-year old son Jack is heaps of fun. I also played netball internationally in the UAE, completed the Coast to Coast a couple of times, learnt how to be a yoga teacher in India, became an NLP Master Practitioner in London and have started an online business distributing a world first in anti-aging products globally.

As a family we like to explore New Zealand and in the summer we're out on the stand-up paddleboard and walking in the Port Hills. I love how diversified my life is and I think going through Phys Ed School played a huge part in shaping where I am today."

Taipei Trio

Gary Pettigrew DipPhEd 1982, Greg Carter DipPhEd 1983 and Michelle Lawgun BPhEd 1995

According to an [InterNations Expat Insider Survey](#), Taiwan tops the global expat ranking, considered the best place for quality of life as well as for personal finances. Taiwan is recognised as one of the best hidden gems of the Asia Pacific where it is very easy for expats to feel at home. Gary, Michelle and Greg our "Taipei trio" have been enjoying this gem of a country they call 'home' and are enthusiastic about sharing news of their teaching careers at Taipei American School (TAS) and family lives in Taipei, Taiwan's capital.



L to r above and below: Greg Carter, Michelle Lawgun and Gary Pettigrew, TAS, Taipei, 2016



Gary Pettigrew DipPhEd 1982

"When I left Otago University 32 years ago I never imagined I would one day live in Taiwan and remain here for over twenty years. My lifelong friend and fellow Otago Alumni Greg Carter and his wife Kim moved to Taiwan first. Upon hearing of their adventures, my wife Megan and I soon secured positions at the International School of Beijing, China, via the international recruiting agency Search Associates. Teaching PE outside in minus 12 degrees celsius in China was a challenge even after a lifetime of Dunedin winters!

Two years later we moved to Taiwan to work at Taipei American School (TAS) <http://www.tas.edu.tw/> with a role of 2,300 students aged 4 to 18 years and an impressive collection of highly qualified and experienced faculty. I began as a PE teacher and over the past 20 years have served as the K-12 Physical Education department chair, Dean of the upper school

L to r: Gary, Emma, Megan and Luke during their 'summer' vacation, Mooloolaba, Australia, July, 2016



and currently as middle school Associate Principal. TAS is a professionally invigorating school filled with highly motivated students and enhanced by a supportive parent body. Our two children Emma (14 years) and Luke (18 years) (who will study a Bachelor of Sports Coaching at Canterbury University in 2017) continue to benefit from the first class educational experience that TAS provides, and as a family it has brought tremendous benefits into our lives in countless ways.

Taiwan is a hidden jewel in Asia treating visitors and expatriates incredibly well. Life in Taipei is one of convenience, first class medical facilities, incredible food, a vibrant nightlife (so I hear from our younger colleagues), and friendly locals who go out of their way to help both strangers and friends. Travel opportunities abound and thanks to the decision to celebrate both American and Chinese holidays, there is always an overseas excursion on the horizon. While family is thousands of miles away, our friends generously fill that gap and are an eclectic group of expats from literally everywhere! Like me, many are "Physedders" who have spent years pursuing their careers at international schools in Asia and around the world.

Weekends in Taipei revolve around the beach, surfing, and paddling. We rent a beach apartment 45 minutes from our house and escape there most weekends. When not at the beach, our whole family can be found at our local CrossFit box – we've become quite addicted! Taipei is our surprising and greatly appreciated home and we look forward to continuing to thrive here in the coming years."

Taiwan Tops Global Expat Ranking, While China And Hong Kong Tumble

<http://www.forbes.com/sites/jnylander/2016/08/29/taiwan-tops-global-expat-ranking-while-china-and-hk-tumble/#3cb12716d2c5>

Greg Carter DipPhEd 1983



Greg and Kim enjoying Double 10 (10 October) holiday weekend, Fulong Beach, NE Coast Taiwan, October 2007



Greg overlooking Taipei from the Chinese Culture University (TAS) in distance between his chin and upper arm, September 2005



Greg and Kim riding in Yangmingshan National Park, Northern Taiwan, August 2016

Spotting an advert seeking to recruit teachers for international schools led Greg and wife Christine Kim (née Water-son) BTchg 2001 (known as Kim) on an overseas working adventure to Taiwan in 1991. They both started work as teachers at the Taipei American School (TAS) initially for a "few" years and, some 24 years later, they are still adventuring at TAS (apart from 3 years back in Dunedin from 1999 to 2002).

Greg, who married Kim in 1989 while completing her Bachelor of Teaching at Otago, says "Moving from Dunedin in July and adapting to Taiwan in the middle of summer was tough, with 32 to 36 degree daily highs and upwards of 95% humidity. Taiwan is a small island in the South China Sea with about 23.5 million people. Taipei exists slightly in the shadow of better-known Asian destinations Hong Kong, Beijing, Singapore, Bangkok or Tokyo. Taipei is a fascinating city and supports a range of experiences unmatched by most: a wonderful blend of old and new; friendly people; excellent medical facilities; big city convenience; great mass transport; outstanding food; and excellent outdoor recreation opportunities.

I've taught PE and health in both middle and lower (primary) schools and currently teach physical education from kindergarten to grade 5. Over the years I have served as K-12 Physical/Health Education department chair (twice) and as divisional team leader for middle and lower school. TAS has provided us with many stimulating professional opportunities. Our students are overwhelmingly motivated and well supported by their parents and our own

children benefitted greatly from their years at TAS.

Kim and I enjoy trying out Taipei's excellent restaurants, exploring Taiwan by motorbike, going to the movies, beach, trying to keep fit and visiting different parts of Asia. While there are downsides to being away from family, we have many good friends from different parts of the world including Gary Pettigrew, my best friend from New Zealand.

As a teacher for over 30 years, I look back and feel extremely privileged to have studied physical education. I didn't realise the extent to which it must have rubbed off on our children Mitchell (4th year) and Sean (2nd year) who are both currently studying physical education degrees at Otago.

We could never have imagined that we would be living and working in Asia for the greater part of our lives. We look forward to experiencing more adventures in Taiwan and Asia."

Read more about their earlier Taiwan adventures: Carter, G. and G. Pettigrew (1998). "No Trouble in Little China: Tales from Taiwan." Journal of Physical Education New Zealand 31(3): 6-8.

Michelle Lawgun BPhEd 1995



L to r: Charlie, Rock Hudson, Michelle and Asia, International Book Fair, Taipei, March 2015



L to r: Michelle, Asia, Charlie and Rock, Yamingshan Mountain, Taipei (about 10 - 15 minute drive from TAS). First snow in Taipei in over 20 years, February 2016.

"After leaving Otago in 1995, and gaining a couple of years of valuable teaching experience at Queen Margaret College in Wellington, I was fortunate to be offered a job at Taipei American School in Taiwan. I had no idea what to expect. What I found was an amazing set of international colleagues, a highly motivated group of students, and an inviting, respectful and vibrant culture. I've now lived in Taipei since 1999 for 13 of the last 17 years working as the middle school PE department chair, Health and Robotics teacher. Our two children Charlie (10 years) and Asia (8 years old) attend this world class school and along with many other opportunities, their fluency in Mandarin is a huge bonus.

Taiwan is an amazing place to live and work. It is one of the easiest places to travel around with buses, trains and taxis running cheaply around the clock. It has retained its Chinese culture and I love to see the temples, parades and lion dances that spring up all over the city. Taipei has also become more cosmopolitan over the years. Western restaurants and bars are plentiful, nestled inbetween the many dumpling and noodle houses.

Many parts of Taiwan are beautiful and the scenery is often reminiscent of NZ. It has a mountain range that runs through the middle of the island which separates the rugged east coast from the white sandy surf beaches on the west coast.

I spent four amazing years from 2002 to 2006 as the K-12 Physical Education Department Chair at the International School of Prague in the Czech Republic. Old Town Square, Christmas lights, castles, mountains and cheap beer. Need I say more? What's not to love? I had a wonderful time there and am so grateful for the opportunities to travel, and the friends I met along the way. I got married to Rock and started a family there. One of the most magical places in the world.

We're not sure what the future holds for us as the world is our oyster for two international school teachers. We love our trips back to NZ every year to visit family and friends, but our family is thriving in this wonderful city. For now we're happy to call Taipei – 'Home'."

IN THE NEWS!

More news about our staff, students and alumni this semester who may also have featured in the ODT can be found on the School's News and Events website: <http://www.otago.ac.nz/sopeses/news/index.html>

Only Otago

L to r: Matt Enright ("Josh"), Sarah McCracken ("Sam") and Kahurangi Flavell ("Taine")



It's not every day that a student can claim to be an actor and enjoy moments of stardom while they are studying. We are delighted that two of the three "stars" of Otago's new Only Otago marketing campaign are studying aspects of physical education. The actors are Matt Enright ("Josh"), 3rd year Bachelor of Physical Education student from Clyde, Sarah McCracken ("Sam") first-year Bachelor of Applied Science student from Auckland, majoring in Sports Technology and minoring in Psychology and Kahurangi Flavell ("Taine") first-year Bachelor of Arts student from Wellington, majoring in Psychology and Theatre Studies and minoring in Māori Studies.

We meet their characters in short video clips as they settle in to first year study and the activities, highlights and the typical pressures they face during the year such as preparing for exams. <http://www.otago.ac.nz/only-otago/index.html> Video clips also show "behind the scenes" with the students being themselves rather than playing their characters. <http://www.otago.ac.nz/only-otago/student-experiences/index.html#talent>

How did they get their roles? Matt says "I found out from my mate who was involved in organising the auditions that they were doing a casting session. I did two different auditions for the role of Josh and was lucky enough to get the role. I really enjoyed playing the role of Josh as it was a similar representation of myself. I come from Clyde as I said on the ad and study PE of course. What else! It was hugely enjoyable and an experience I will never forget." They even came up with ideas which added to the quality of the videos. Matt explains: "I gave the director some insight into the areas we filmed around the Uni area. Being a third year I knew the real importance of some areas to be filmed such as the OUSA building which is a fantastic facility."

Read more about the Only Otago marketing campaign: <http://www.otago.ac.nz/otagobulletin/news/otago616170.html>

Concussion Study

A ground breaking concussion study involving Dr Danielle Salmon PhD 2014 is to be carried out on the Otago rugby team during this season's five home games.

The research team are using a CSx Head Positioning System, an electronic device a about the size of a \$2 coin, to measure and further understand the forces the players' heads experience during impact events while they are playing rugby.

Carrying out the study on behalf of the Otago's South Island Brain Injury Research Group, Danielle and the team are researching two aspects pre and post rugby season. They will measure the players' brain health and whether any changes over the season correlate to the number and severity of impacts the players are exposed to. The players' neck strength will be measured at the start of season to investigate whether the strength correlates to the impacts they experience over the season ie does a stronger neck reduce the severity of the impact? This new research could provide a unique perspective of the implications for the prevention and detection of concussion in rugby and perhaps be applied to other sports in the future.

<https://www.odt.co.nz/news/campus/university-of-otago/research-goes-rugby-teams-heads>

