



Alumni Newsletter

School of Physical Education Te Kura Akoraka Whakakori



Issue 2 Semester 2 2012

- ◆ Proud to be there: Our Alumni at the Games
Aflame!: Jennifer Sundqvist
Louise Trappitt: Rower
Yvette Latta: Massage Therapist
- ◆ 'Rusty Cogs' and 'Bored Crumbles':
Richard Swindell U3A
- ◆ An Officer & Gentleman:
Sqn Ldr Keith Bartlett RNZAF
- ◆ A Family Affair: The Rowberrys
- ◆ Turning a passion into a profession:
Paul Odlin

Extended Edition – 2012 Games

- ◆ A Magic Win: Anna Skelton
- ◆ Off to Oxford: Olivia Faull & Rob Carruthers
- ◆ That man deserves a DB: Louis Brown
- ◆ Fulbright Scholar: Renee Wikaire
- ◆ Dr Melanie Bussey: Battling back pain
- ◆ Dr Jon Shemmell: Sensory stimulation
- ◆ The Future of Sport in Small Nations Symposium
- ◆ Blues and golds for our physedders
- ◆ Riveting Reads



Kia Ora. Welcome to this issue of the newsletter which captures the breadth of activities undertaken by the School's staff and students, and reflects the diversity of interests among the alumni community.

I would particularly like to draw your attention to the Research Update stories about the work being undertaken by two staff members Dr Melanie Bussey and Dr Jon Shemmell. Research into physical education is a priority in our School.

As well as contributing to the body of knowledge, academic research informs the teaching of our students, and has an impact on the broader community.

In these ways, the School's research reaches and benefits many New Zealanders.

I would like to wish you all the very best for the forthcoming festive season.

Doug

Professor Doug Booth, Dean, School of Physical Education

Kia Ora Alumni:

The Alumni Office has 4,476 contactable PE Alumni but only 2,264 PE alumni email addresses. There are still 2,212 of you "out there" whose email addresses are unknown. Even though you may view the Newsletter on the School's Alumni website, do email us your personal email address to stay in touch with you.

To find long lost friends' contact details and to update your contact details:

<https://www.alumni.otago.ac.nz/contactalumni>

Send us info relating to:

- ◆ "Where are you now?" / "Your memories at the School." or
- ◆ Events, functions, campaigns, reunions or
- ◆ "Letter to the Editor" with any riveting news/gossip!

Send suggested ideas for future issues to: pe.alumni@otago.ac.nz

Submissions may be edited to suit the style. Editor does not take responsibility for alumni memory lapses!

Proud to be there: Our Alumni at the Olympics

London Olympics: July 28 to August 12 and Paralympics 29 August to 12 September 2012

It was the unmistakeable glint in their eyes as the athletes at the Olympics and Paralympics emerged onto the Stadium at the opening and closing ceremonies, the pride at being there to represent their countries. We are proud to say and would like to acknowledge that our alumni were there too as athletes, officials, organisers and even as a torchbearer!



New Zealand's 2012 Olympic team logo

Photos: Getty Images and HPSNZ

THE ATHLETES

Jack Bauer BPhEd 2006

Cycling – Road.

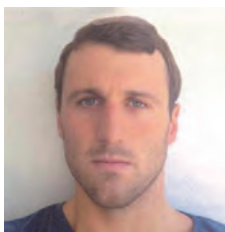
Individual Time Trial Men and Road Race
1st Olympic Games.



Andrew (Andy) McMillan
BPhEd 2010

Swimming

1st Olympics Games
Men's 4 x 100m Medley Relay – and Men's 4 x 200m Freestyle Relay.



THE SUPPORT TEAM

Jane (nee Simpson) Borren
BPhEd 1990, MPhEd 1994

Canoe/Kayak – Slalom Official

SESNZ accredited biomechanist. Previously Manager, Waiariki Academy of Sport, Rotorua. Now resident in Brisbane, Australia.



Dean Couzins
BPhEd Alumnus 2000 – 2002

Mens hockey – Black Sticks Defender

3rd Olympics Games
Placed 9th in London 2012.



Nicola (Nicky) Samuels
BPhEd 2004, BTchg 2005(Sec)

Triathlon

1st Olympic Games (Winner of 2011 ITU World Cup, Mooloolaba, Australia)



Photo:
Delly Carr

Tim Brazier
BPhEd 2005, MPhEd 2009

Triathlon Official

High Performance Accelerate Coach, Triathlon New Zealand.



Assistant coach for the Women's Triathlon team.

Greg Henderson
BPhEd Alumnus 1995 – 2000

Cycling – Road

Road Race – Men.
Fifth Olympic Games



Whāia te iti kahurangi ki te
tūohu koe,
me he maunga teitei

Pursue excellence –
should you stumble,
let it be to a lofty mountain

Dr Scott Cresswell
PGDipPE 1997, MPhEd 1999

Sailing official

Performance Consultant / Human Resources Business Partner, ANZ Banking Group



THE SUPPORT TEAM

Mark Hollands BSc 1992,
BPhEd 1995, BPhy 1996,
PGDipSportMed 2002

Cycling – Physio Track /BMX

Physiotherapist / Director,
Active Health
QEII, Christchurch



Mark Oates
BPhEd 1997,
BSc 1998

**All Whites
football goalie
coach Official**



Craig Palmer BPhEd(Hons)
1998, MPhEd 2002

Cycling – Track Official

Coach & Head
Sports Scientist,
Bike NZ / PhD
student at Otago



Angus Ross BPhEd 1990,
BSc 1991,

Cycling – Track Official

Performance
Physiologist,
High Performance Sport
New Zealand
(HPSNZ)



Kathryn Phillips
BPhEd(Hons) 2004,

Cycling – Track Official

Performance
Analyst, BikeNZ
for the Track
Cycling team.



Dr Andrew (Andy) Reid
BPhEd(Hons) 1995, PhD 2002

Cycling – Road Official

Operations
Manager,
High Performance
Bike NZ



Peter Sanford
MPhEd student at Otago

Cycling – Track and Triathlon Official

Mental Skills
Consultant,
High Performance Sport
New Zealand
(HPSNZ).



Richard (Dick) Tonks
Alumnus 1995 – 2001

Rowing: Official

High Performance Head
Coach, Rowing
New Zealand.
(HPSNZ)



OTHER PERSONNEL

Rob Creasy BPhEd(Hons) 2002,
BSc 2004.

High Performance Sports Physiologist,
Triathlon
New Zealand

Rob acted in an
observer capacity only with
the high performance squad
for the Olympics triathlon event.
Rob gathers information at races
worldwide for performance analysis
providing accurate data / scientific



information to athletes and
coaches to allow them to maximise
athlete performance.

Rob is a PhD student at Otago
investigating how highly-trained
athletes tolerate and adapt to environmental
and exercise stress in
training and competition.

Amanda Jennings BPhEd 1996

Head of Brand and Marketing London
2012, London Organising
Committee of the Games.

Featured Issue 3 2011

Kereyn Smith DipPhEd 1981

Secretary General of the New
Zealand Olympic Committee
says "The London Games cost
the Committee NZ\$6 million in
travel, accommodation, shipping,
staffing and more."

Featured Issue 1 2012

Kay Thomson BPhEd 2000

Strategic Lead for Health, Sport
England. Kay was responsible for
delivering the community participation
legacy as part of hosting the
London 2012 Olympic and Paralympic
Games. She was involved in
a 'Get the UK fit' programme in
the lead-up to the 2012 London
Olympics.

Featured Issue 2 2011

Kylie-Maree Wilson
BPhEd(Hons) 1997

Mental Skills Coach. Sport New
Zealand.

"I worked with the NZ Blacksticks
Men's Hockey team and one of the
NZ sailing crews at the games. I
was supporting the crews/teams
directly leading into the games and
was working remotely with them
during the games."

London Olympics 2012: Being there!

Torchbearers, massage therapists, coaches, athletes - all have had their lives touched by their experiences at the 2012 London Olympics. Some of our alumni share their "being there" moments.



Aflame!
Jennifer
Sundqvist
BPhEd 2007

8,000 inspirational torchbearers carried the Flame (representing peace, unity and friendship) in the London 2012 Summer Olympics

Torch Relay through more than 1,019 communities in the UK over 70 days from 19 May – 27 July 2012. Among the proud torchbearers was Jennifer Sundqvist from Sweden. Jennifer says: "I got my moment on the 8th of June when I carried the torch through Lochwinnoch outside Glasgow.

It was my involvement in Swedish rugby and the public nominations through Coca Cola, that I was selected to be an Olympic torch bearer. Coca Cola were looking for "extraordinary people who through their passion spread joy and inspire others." I nominated the girls from the national sevens team, thinking it would be good for publicity. And then thought "what the heck" and nominated myself as well. I figured the odds were against me. But someone on the selection committee obviously liked my story and the rest, as they say, is history."

Of the event, Jennifer says "It was amazing. I was so incredibly nervous, to the point of feeling nauseous on the day. The people working on the relay were incredible and made all of us torch bearers feel like stars.

Lochwinnoch, despite being a small town, put on a big show for the Olympic Torch relay with a parade, clowns and bagpipe bands. I was lucky enough to start my leg on the middle of High Street, with a massive supportive crowd around me. It was great interacting with them while I waited for the flame to arrive.



People were curious about me while many wanted photos, autographs and the chance to touch the torch. My actual run is such a blur and it was over too soon, despite the long uphill section I was assigned. I found this video on youtube of my leg of the relay and parade:"

<http://www.youtube.com/watch?v=8R68yB6ioFI>

She says: "After graduating from Otago in 2007, I stayed in Dunedin for two years managing a sunglasses shop. Since I've been back in my native Stockholm, I've worked briefly at the Swedish Rugby Union. As rugby is a rather minor sport here, the Union couldn't afford to keep me on which is how I ended up doing a lot of work for free instead, as a board member.

For the past year I have been in charge of Swedish Rugby's press/media relations, which means writing a lot of press releases, running the Union website, as well as social network sites (Facebook and Twitter) and basically working towards getting rugby in general, and Swedish rugby in particular, to be more visible in both Swedish and international media.

I am actively involved in my rugby club Stockholm Exiles RFC and play for their 7s and 15s women's teams and am a part of the leadership group within the team. Last year I also found the time to manage the Swedish Women's Sevens team.

When I'm not obsessing over all things rugby, I work as a course administrator for AchieveGlobal in Stockholm, a worldwide organisation which specialises in consulting and training in sales training, customer service and leadership training."

Proud to be there: Our Alumni at the Olympics

Louise Trappitt BPhEd 2007

Louise knows the unanticipated challenges, the highs and lows that can test an athlete's true grit demanding that the athlete dusts oneself off to face another day. A successful regular since 2009 in the New Zealand senior women's quadruple scull in the international circuit,

Louise initially felt disbelief, then elation, when her name was called on the NZ Olympics rowing team announcement day to compete in her first Olympics, despite her team being seat raced up to the day.

She says "It was only a day or two before our first Olympics heat when our coach came up to us and said 'Just relax! You've done this thousands of times before.' We suddenly clicked, something we had been struggling to do our whole season. We managed to come third in our heat, beating Great Britain (GB) which was a huge confidence boost for us. We were like different people after we got that first race out of our way."

Louise describes how in the re-charge they initially struggled in a strong side wind, then the wind died down and her team started to fly. They picked off the crews, first GB then China and Poland. Coming into the last 500m they were gaining fast on the second placed crew when, suddenly, her oar hit the water with such force that the handle was forced out of her hand, flung to the front and snapped in the water, rendering it useless. The oar was stuck as the gate had twisted around.

Louise says "The reality of what had just happened started to sink in. All I felt was devastation for the girls in my boat. We had been through so much and then due to a freak accident our Olympic dream was over. We got a hug from our coach and gathered ourselves for the media. The outpouring of support from home was exceptional. We had to get over it, we still had a B final to race and we managed to win it – an



Louise with London Olympic mascots



Sarah Gary, bow, Louise in two, Fiona Burke in three, Eve McFarlane, stroke .
Photo: Fairfax Media



L to R: Sarah, Eve, Fiona, Louise

ugly race in strong headwind conditions and we were in second right until the last 50m. We were disappointed that we couldn't show people what we could do."

Of her Olympic experience she says "The Olympic village was filled with good vibes, everyone was so friendly and humble. It

was common to see well known gold medallists like Kath Grainger and Mo Farah just hanging out with the rest of their team. Everyone was excited for the free McDonalds. The best food was in the outdoor barbecue area where they had wraps with fresh salad and

small shacks with delicacies from Britain. The organisation of the Olympics was outstanding. The number of volunteers was incredible and I did not meet a single grumpy one! The closing ceremony I don't think I'll ever forget. You'd like to think we were all partying hard but, after two intensive weeks, we spent a fair bit of the ceremony sitting, getting up and looking excited when there was a camera around!"

Now the Olympics are over, Louise is contemplating what she wants out of life. She says "Being an athlete is a dream job but it is quite difficult to get a good balance in all areas of your life." Louise is currently working her way through a post graduate Diploma in Rehabilitation through Otago extramurally. Louise rowed while at Otago and thanks Glen Sinclair, the head of her OURC for turning her into an athlete.

She says "I believe it has been very useful for me as an athlete to have a degree in Physical education to understand the theory behind the training programme and all the injuries I've developed over the years. I loved watching all the different sports at the Olympics and that has inspired me to give more things a go. I don't want to row too much and lose the passion which I have seen happen with many athletes. I

hope to go to the Rio Olympics in 2016, if my body will let me!"

Proud to be there: Our Alumni at the Olympics

Yvette Latta BPhEd 1994



L to R: Yvette working on an athlete at warm up track with Physio Helen Littleworth

"Hands on Health – Latta Massage Therapy", the name of Yvette's Dunedin based business, established at the end of 2006, certainly typifies her "hands on" approach to her clients. Those hands were eagerly demanded by athletes in her role as massage therapist at the Olympics. Our sources say en route to London, Yvette squeezed in a long awaited honeymoon trip to the USA. So how was Yvette chosen to go to the Olympics?

After Otago, Yvette completed a teaching diploma and headed on her OE. She says it was a passion for her Otago anatomy and physiology papers that led her, on her return, to attain a Diploma (Distinction) and an Advanced Certificate in Sports Massage Therapy at the Canterbury College of Natural Medicine. She worked hard to build up a steady client base for her company.

She says "In 2007 I applied for work with Rowing New Zealand ... a massive long shot. To my amazement, this was the start of 3 great years being involved with the rowers, touring for up to three months each year through Europe and including the Beijing Olympics. I moved to working with Athletics New Zealand and attended the World Champs in Berlin 2009 and Daegu, Korea 2011 ... a solid base to apply for a position in the Health Pool Team for the London Olympics. The day I received the call up for London was an extremely happy day."

Yvette says "It was an absolute honour to be part of such a successful New Zealand Olympic team. Our

role was to support and establish a familiar environment and provide treatments. Our medical team for the full NZ team consisted of 3 doctors, 3 Physios and 2 massage therapists."

Prior to the Games, Yvette says she "went to a pre-camp in Cardiff to touch base with our athletes and to formulate individual athlete treatment plans with our team physio. I entered the village 10 days before the opening ceremony which meant we had good systems in place prior to the athletes arriving. A typical day started at 7am, some days were much busier than others depending on competition schedules. The medical rooms closed at 9pm, however, often with late night track sessions, there was the odd later night. A Doctor was on call each night."

"The village was well set up, the facilities available to all athletes and support staff were top class, with a brilliant Gym, post office, salon, convenience store, and a 5000 seat dining hall offering everything you could ever imagine to feast on.



Yvette with one of the torches used in the Relay

Our NZ Operations team and athlete support did an awesome job at making us feel at home in the village. They set up a brilliant team base in our apartment block, from multiple flat screen TVs to view the sports in the comfort of a lounge, to a self-service coffee machine, and a security system where we checked in and out should we leave the village. Our apartment block windows were subtly glazed with the fern and stars of the NZ flag. The entrance displayed five pou depicting kiwiana."

"I also got to support some athletes on the marathon course manning one of the water stations and also at the 50km walk venue. It was a special experience being

in the stadium as part of the 80,000 crowd cheering on our own athletes but also experiencing the ROAR when team GB competed. I had a great time working with athletes of smaller sports such as Judo, Taekwondo, Boxing and Shooting. These sports often struggle with funding which meant they needed more treatment based work. Athletes from the bigger sports tended to use more recovery type treatments."

Now Yvette is back in town, as well as providing HPSNZ funded massage therapy services for Dunedin based carded athletes, she can fit you in for a session! <http://www.naturaltherapypages.co.nz/therapist/2467>

Memories of the Olympic Games 2012



NZ Triathlon team and officials
L to R: Nicky Samuels 7th, Pete Sanford 8th and Tim Brazier 11th



Mark Oates (2nd left) and his 3 goalkeepers at Old Trafford, Man United's ground, the day before the All Whites 2nd football game against Egypt



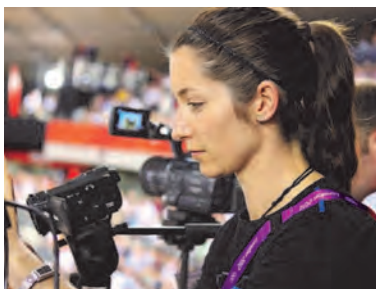
L to R: Craig Palmer and Angus Ross at the velodrome



At the Closing Ceremony
L to R: Angus Ross and colleague Kathryn Phillips



Mark Hollands providing physio support to the athletes.



Kathryn Phillips filming trackside



Mark Hollands with Sir Sebastian Coe KBE



Pete Sanford at the velodrome



Kathryn Phillips outside the main dining hall



Ali Shanks (cyclist) and partner Craig Palmer at Stadium



Yvette Latta en route to Olympic Closing Ceremony

'Rusty cogs' and 'bored crumblies'!

Dr Richard (Rick) Swindell DipPhEd 1961, AM



Richard at his Member of the Order of Australia (AM) investiture, 2004

L to R: Lee (son), Maggie (wife), Rick, Carolyn (daughter)

'Rusty cogs' and 'bored crumblies' are expressions that may be associated with old "codgers" losing their marbles. Richard ("drongo") Swindell has cherished another vision for those folk gracefully termed the 3rd Agers i.e. those who have concluded paid working life and/or responsibilities of raising a family. If you are approaching or are already in your 3rd Age read on to learn about the stimulating course opportunities available for you.



What career path were you following before your involvement with University of the Third Age (U3A?)

Recalling his Otago days, Richard says "The seeds of change were sown by the very strong science foundation underpinning our three year Diploma.

After teaching for 3 years in Gisborne, my then wife [Margaret Emerre DipPhEd 1961](#), and I emigrated to

Canada and taught senior maths, sciences and physed classes for a year in a small mining town in British Columbia. That experience kindled my desire to pursue chemistry to a higher level.

Over the next five years I completed a PhD in inorganic chemistry at Idaho University. While at Idaho, I heard word of a "mad Kiwi" who was doing his doctorate in Education at Washington State University –



Richard Swindell in 2012

[Dr Graeme Bassett DipPhEd 1960](#), (class of '58, trombone player ordinaire, OUSPE lecturer extraordinaire until 1965). Our families spent many great hours together.

Following graduation, our family emigrated to Australia where I began my tertiary career as a chemistry lecturer in a Brisbane teacher's college. After meeting present wife Maggie in 1983, I completed a MEd in adult education and a Graduate Diploma in Distance Education on a part time basis. These studies underpinned my new research direction in the field of successful ageing – quite separate from my teaching pathway in science education until I retired in 2005 from Griffith University in Brisbane.



What inspired and motivated you to establish U3A in Brisbane, Australia?

In 1984 I organised Australia's first short residential school for people aged over 60 to help them learn how computers could enrich their lives. The computer revolution had not yet begun, however, older people applied for the course from many parts of Australia. That experience hooked me on the idea of helping older dogs to learn new tricks.

Shortly after, I read about the U3A movement that started in France in 1973, and was modified in the UK in 1982 to become a self-help organisation run entirely

by skilled retirees. In U3A there are no exams, awards or entry requirements to joining and learning. All the teaching and administration is carried out by retired volunteers. Learning is purely for the love and benefits of learning.

In 1986 my university provided me with a grant to start U3A in Brisbane. The funds were used to introduce older people to this strange "university" concept and to help the fledgling organisation until the first volunteer committee and teachers could take over the reins.

For the first few years, Griffith University provided Brisbane U3A with an office, insurance, access to library facilities, computer labs and some teaching space, all free of charge. The majority of courses were run in free accessible community venues such as in church and city council halls and many tutors ran classes from their own homes. Brisbane U3A now has over 2700 members who can take part in scores of intellectually stimulating subjects every week.



Any rewarding projects you have achieved with U3A?

My proudest lifelong learning achievement has been joining with two other Australian U3A leaders in 1998 to set up the world's first virtual U3A – U3A Online. Many older adults are isolated from their local community networks by different circumstances. Their health and quality-of-life can deteriorate if they are cut off from activities that challenge their minds. A virtual U3A is intended to provide them with opportunities to learn new things and develop virtual social networks. U3A Online began life with an international focus; our first management group comprised U3A volunteers from Australia, NZ and the UK.



Image supplied courtesy of artist Alan Walker, Market Harborough, UK U3A

We barely survived in the early days because few older people used the internet and skilled volunteers were hard to attract. Griffith University again provided considerable free in-kind support until our volunteer workforce was self-sufficient.

Today, U3A Online members from around the world can study any time day or night in self-paced versions of more than 40 high level virtual courses, each equivalent to about 10 weeks work, all written by retired experts. Resources like wikis and forums provide opportunities for members to interact with like-minded others.

Griffith University continues to freely host U3A Online; their reputation has enhanced our overseas credibility immeasurably. As no one is paid, and there are no other business costs, our overheads are negligible. Annual membership fees are kept to a token A\$25 to access courses and resources 24 hours a day. Today we are in a position to repay Griffith for its long term vision and support. We now provide an annual A\$6000 scholarship to help support mature aged students.

In 2009 our credibility received a substantial boost when a consortium of four partners, which includes U3A Online, won the Australian Government \$25.5 million Broadband for Seniors

(BFS) tender, with funding assured until 2015. By 2011 the consortium had succeeded in setting up 2000 internet kiosks throughout Australia offering online lessons that replicate face-to-face lessons, enabling older people to practise and reinforce new skills on their own.

For the past two years I've been working on another U3A Online project with international implications that specialises in empowering Australia's 1.1 million culturally and linguistically diverse citizens (CALD). Our aim is to mobilise the support of ethnic councils around Australia to seek private funding for the translation of all U3A Online courses and development of language-specific websites for multi-lingual versions of U3A Online.

I compile a free monthly email newsletter called GEMs, with more than 10,000 subscribers internationally, which features links to health and quality-of-life research briefs, links to technology hints and fun items. Go to: www.u3aonline.org.au



Is there a New Zealand network operating?

U3A reached Auckland in 1989. In 2012 there are 65 independent U3As (46 in the North Island; 19 in the South Island) providing a wide range of mentally and physically challenging courses, in convenient community settings, for nearly 12,000 NZ members. Each NZ face-to-face U3A is independent, started by local enthusiasts and does not receive government funding. To volunteer/find available courses go to U3A Online: www.u3aonline.org.au click the "Find a U3A" tab.



Highlights of your career?

In 2004 I was made a Member of the Order of Australia (AM) for services to science teaching and to the U3A movement and I also won the Australian Award for University Teaching in the category of teaching large classes.

After long experience lecturing to University students, there is an ego-massaging buzz to find that my U3A audiences almost all stay awake!"



Pauline Priestley (right), 86, shows May Rush, 102, how to use the internet in a BFS Kiosk

An officer and a gentleman: Beyond the call of duty

Squadron Leader Keith Bartlett BPhEd(Hons) 1997, DSD

Avoiding a desk job motivated Keith Bartlett to join the RNZAF in 1999 and now,



going beyond the call of duty, earned "high flyer" Keith the New Zealand Distinguished Service Decoration (DSD) in the 2012 New Year Honours awards.

Keith says "It was an absolute honour, and humbling to receive the DSD, but I was just one of a big team who worked hard to achieve the best outcome from the project for the New Zealand public and our coalition partners. It was certainly a highlight to land the new P-3K2 aircraft back in NZ for the first time after 2 years of flight testing in the USA. Now we look forward to putting it to work!"

Currently based at Whenuapai, Keith recalls "I completed pilot training in 2001 and flew fast jets in the Strike Wing until their withdrawal. I re-rolled to flying the P-3K Orions and spent 5 years on the Orion Squadron, including two deployments to the Middle East working with coalition forces. I then returned home to instruct our new pilots in single and multi-engine training aircraft for 2 years before joining the Orion P-3K2 System Upgrade Project in Texas, USA in 2008 as the aircraft captain."

The NZ Defence Force website describes how he ably earned the

DSD: "At the time of posting, Keith had no time to qualify as an Orion Qualified Flight Instructor. His deployment was continually extended due to evolving flight performance issues. These challenges required flight testing well beyond the scope, complexity and duration of the original flight test programme. These were events that a senior qualified flight instructor would be unlikely to encounter during the entire span of a career. SQNLDR Bartlett's contribution was instrumental to the successful completion of the P-3K2 aircraft project."



Today, Keith is part of a team training crews to operate the new aircraft. He says "It is great to finish each day totally different to how it started. The morning might be a 3 hour instructional sortie flying around the north island. On these flights the pilots and mission system operators consolidate what they have been taught in the ground based simulators. In the afternoon, we return to the simulator where we can really test the crews by simulating aircraft emergencies - engine or instrumentation malfunctions - at critical flight

"Many of the important traits for a successful career in the physical education industry are also important in the RNZAF. You need to have interpersonal skills, to be able to analyse problems that are often left-field, to work with a team, and to have a healthy outlook on life."

times. We are also developing new procedures for the upgraded systems in our military and search



Kathy & Keith at the RNZAF Winter Ball

and rescue roles, and continuing the test flying of the aircraft as they come out of the upgrade process. The aircraft will be sent around the world to train with other Armed Forces, as well as looking after our own back yard. It keeps us busy!"

"I will be posted into the Squadron Operation Flight Commander position early next year. This is the equivalent of the squadron 'XO' (Executive Officer) so I will be overseeing all the current and future squadron deployments and operations - should be exciting!"

"Living in Auckland with my wife Kathryn (Kathy) (née Parkinson) BCom 1996, BPhEd 1997 and a pack of Siberian Huskies, I still have the phedder lifestyle deeply engrained so I love to run, cycle and hit the gym. Kathy, also an Otago physedder, owns Contours Albany Fitness Club which she built from scratch 10 years ago so puts her degree to daily use with her staff and members."

Keith's mum Lorraine Bartlett was a cheery face around the School from 1990 to 2002 working as a secretary for Prof Les Williams, Dr Rex Thomson and Dr Motohide Miyahara.

A Family Affair – The Rowberry Family



Jerry and Brenda in 2012

Romantics might say there is something in the steely Leith River waters because in 1967, the year that [Jeremy \(Jerry\) Rowberry DipPhEd 1969](#) and [Brenda Rowberry \(née Walker\) DipPhEd 1969](#) arrived in Dunedin to study at Otago, they were one of eight couples who eventually married from within their class. Pragmatics might say though it was because Jerry and Brenda both took Exercise Physiology as their major.

Several decades later, Jerry and Brenda's four daughters [Rachael](#), [Anna](#), [Clare](#) and [Lee](#) have made the Rowberry relationship with Otago an enduring "family affair" as each of the daughters have earned a clutch of Otago degrees to their names. Jerry says "We are very proud that all our daughters are Otago graduates and all represented Otago in different sports during their University days." Clare, their daughter, quips "Not sure if they're very proud of our student loans!"



Jerry and Brenda at the Phys Ed Ball in 1968

During Brenda's study at OUSPE she played netball for New Zealand, headed across the Tasman to Australia with the New Zealand University (NZU) Athletics team in 1968 and held the honour of being awarded the NZU Sports-person of the Year in 1969. Lest anyone should think it was all work and no play, Jerry and Brenda found time to enjoy the more sociable aspects of being a physedder indulging in social activities at Trotters Gorge Camp and at the PhysEd Ball.



All the Rowberry girls at Lee's Hen Do in Phuket April 2011

Jerry and Brenda say they fondly remember many staff such as [Philip and Olive Smithells](#), [Bill Landreth](#), [Frances Cruickshank](#), [Fritz Hagerman](#), [Gerry Redmond](#), [May Laws](#), [Jim Hay](#), [Bev and Bruce Ross](#), [John Casserly](#), [John Masters](#) and [Stan Mair](#). Following graduation, Jerry accepted the position of Head of Department of Physical Education and taught PE, Science and coached rugby and athletics for 40 years at Christ's College in Christchurch, retiring two years ago. Not content to hang up his boots, Jerry now dons them to work as a builder's labourer four days a week. Brenda taught PE for 16 years at Linwood High School (now Eastgate College) and is now part time Sports Coordinator/PE Teacher at Rangi Ruru Girls' School in Christchurch, where she has been for 11 years. In her spare time, Brenda coaches netball, en-

joys reading and keeps in close contact with her 4 daughters.



L to R: Peter, Alys, Lilia, Rachael Rowberry and Charlie

Of the four daughters, [Rachael Rowberry BSc 1996, BPhy 1997](#) the eldest, has been working part time as a physiotherapist in Birmingham (UK) along with her husband Peter Hatton, a 'Brummy' (a Birmingham born lad). A mum with three children, Rachael clocked up some athletic honours in her younger days as an accomplished 800m runner with 2.04 mins as her personal best and she represented New Zealand at the World Juniors in Athletics in Seoul in 1992.



Anna (née Rowberry) Stanley, husband Jeremy and children Jaya, Zac and Nico

The alchemic powers of the Leith waters must have been brewing again as [Anna Stanley \(née Rowberry\) BPhEd 1999, MNZM](#), the second born daughter, met future husband Jeremy Stanley at the rather notorious pub 'The Bowler' while she was at Otago and he was completing his trainee intern-

ship and house surgeon work. Son of the famous All Blacks great Joe Stanley, Jeremy had been transferred to play for the Otago Highlanders in 1998.

Now a full time mum, with three young children, Anna and Jeremy live in Auckland where Jeremy is an orthopaedic surgeon at Auckland Hospital. Anna is probably better known for her involvement with the Silver Ferns netball team playing 92 test caps for the Silver Ferns and captaining them to their 2003 World Netball Championship winning performance in Jamaica. Awarded a MNZM for her services to netball in 2004, Anna continued playing and was a member of the Commonwealth Games gold medal winning netball team in Australia in 2006. Today, once the ANZ Championship netball season kicks in, Anna commentates on SKY Sport and also co-hosts on SKY the weekly netball magazine style show *Netball Zone*. She enjoys her role as a commentator, which has allowed her to balance her passion for netball with being a mother.



Clare Rowberry and partner Glen at the 2010 Auckland Marathon

Clare Rowberry BPhEd 2002, BCom 2003, family gatherer of this news, held the position of Marketing and Communications Coordinator at Hockey New Zealand in Auckland from June 2008

to October 2012 and jokes “I can safely say I’ve used both degrees in the role”! Her role involved promoting hockey in New Zealand as a top level Tier-2 sport and keeping New Zealand and the international sporting community continually updated on Hockey NZ and Black Sticks news and events. Clare is now on maternity leave after the birth of her first daughter Mila Margaret on 7 November 2012 with fiancé Glen. While studying, Clare became the Surf Life Saving NZ National Champion in the Open Women’s Beach Flags in 2000, 2001 and 2003 competing for Canterbury and Otago in the Kelloggs Surf League. Participating in team adventure racing and marathons such as the 2010 Auckland Marathon have been Clare’s more recent passions.



Lee Blake (née Rowberry), husband Jamie and son Tai Joseph Blake

Hmm, the alchemic powers of the Leith (or of Moana Pool!) waters were definitely on the bubble again as fourth daughter Lee Blake (née Rowberry) BPhEd 2004; BA 2005 met her future husband Jamie Blake BPhEd 2003, BCom 2004 at Moana Pool in 2002. Those pragmatics might say again it was because they were both taking their PHSE 114 Practical paper. Nine years later, in April 2011, they married in Phuket, Thailand.

Lee excelled at Surf Life Saving becoming National Champion in the U19 Beach Flags and Beach Sprint in the early 2000s. She represented Canterbury in both the Kelloggs Surf League from 2000 – 2004 and in age-group netball and played for the Otago B side in 2003 under Janine Southby, co-coach of the Southern Steel.

Since completing her post-graduate diploma in journalism from the University of Canterbury in 2006, Lee has worked in public relations, first for a boutique PR firm in Christchurch and then for UK sporting body, SkillsActive, in London. Jamie has held teaching positions at both Otago Boys’ High School and the Langley Academy - a specialist learning school in greater London.

In 2010 Jamie secured a PE teaching position at the British International School in Phuket, Thailand where the couple currently live on-site. Lee worked as a PR and Marketing Communications Manager for Laguna Phuket, a resort management company, until the birth of their son Tai Joseph Blake on 30 May 2012.

And so the next Rowberry generation thrives ... Look out Otago!



Brenda at Athletics Champs, Hawkes Bay, Jerry at OUSPE Camp, Trotters Gorge

Turning a passion into a profession

Paul Odlin BPhEd(Hons) 2000 (aka "Oddy")



Paul Odlin: "team coach"

It's curious how people and events shape our lives. While studying at Otago, Paul's keen interest in exercise physiology papers, having cycling enthusiast friends, his participation in one of his mate's research and later, the encouragement of a fitness manager, may have been the catalyst for 3 significant milestones in Paul's life – his superb health and fitness level, finding a new passion in cycling and later turning that passion into a profession.

Paul says his own road cycling initially took off when a few of his friends took part in [Andy Reid's \(BPhEd\(Hons\) 1995, PhD 2002\)](#), PhD cyclist training structure study ... "and to practise the theories we were learning when studying 3rd year exercise physiology papers."

During pre-trial testing for his master's research, [Chris Harvey \(BPhEd 1995, BSc 2000, MPhEd 2000, PhD 2011\)](#) recorded participant Paul's VO_2 max at 5.42 L/min or 64 mL/kg/min (55 mL/kg/min or greater is considered aerobically fit). After the Tour of Southland in 2007, Paul, now a mature 27 year old cyclist, was tested again by Chris and while Paul's age predicted norm was only 3.52 L/min or 47 mL/kg/min, Paul clocked up a massive 6.57 L/min or 77 mL/kg/min (VO_2 max of elite cyclists are

typically in the range of 70-75 mL/kg/min).

While training as a secondary school teacher and cycle coach (BikeNZ Accredited Coach Level 1), Paul pursued his cycling passion including 2 years with the Subway Pro Cycling team. He competed successfully in national and international road cycling events gaining recognition as a top domestic road cyclist. Paul's racing achievements include being the 2012 New Zealand Elite Men's National Time Trial Champion and sprint ace winner in the 2011 Tour de Korea.



Paul coming in 1st just before the finish line at New Zealand Elite Time Trial Nationals, Christchurch, January 2012

With 10 years' personal training experience in fitness centres including Lincoln University Recreation Centre and 11 years' experience riding and racing his road bike, Paul says he was encouraged by his manager to incorporate cycle coaching into the fitness service he provided. This motivated Paul to set up his own Christchurch business Odlin Cycle Coaching: <http://christchurchcyclecoaching.co.nz/> Paul offers cycle coaching and



mentoring from beginner to elite level cyclists using a holistic approach to help his clients fulfil their cycling potential. "I offer a personalized service through spending a good deal of time with clients. I figure anyone can obtain a training programme to improve their cycling through the internet. I want to give my athletes more through mentorship and guidance as if I'm in their shoes. I elicit what their goals are and how best to achieve them."

Paul says "There are 3 components to the service I offer:

- ◆ On-the-bike training through taking group rides;
- ◆ Individual meetings off-the-bike when I mentor, coach and discuss the third component of:
- ◆ An online training programme."

He says what he enjoys most about running his own business is "pushing my athletes to their physical limits."

A regular contributor to the NZ Road Cyclist magazine since its 2010 inception, Paul says "My area of focus is 'Fitness' so I can cover a broad range of topics. I try to hone in on what the target audience (middle age demographic) want to hear."

"My long term goal is to podium at the 2014 Glasgow Commonwealth Games in the time trial. I'm not sure what the future holds. I may look to change tack from cycle coaching while remaining in the fitness industry (that's what I love), if I'm in need of a new challenge. Watching our kids (Lucca aged 3½ and Hazel 15 months) grow up will be a big part of Holly (my wife) and our future plans."

A Magic Win

Anna Skelton BPhEd(Hons) 2010



Anna at the ANZ Championship final match 2012

Although Anna's fingers don't touch the ball, her fingers are certainly on the pulse contributing to the stunning success of netball team Waikato/Bay of Plenty (BOP) Magic who won the ANZ Championship on 22 July 2012 in Melbourne (41 to Magic, 38 to Melbourne Vixens), an annual netball competition held from April to July across Australia and NZ.

Anna says "My role is Video Analyst and Statistician for the Magic and also for the BOP NPC team. I also work in schools throughout the BOP doing player and coach development when I am not with Magic or the Bay team." Once the ANZ Championship matches started, Anna's fingers were certainly busy. "Coming up to the game I put together clips of our previous performance showing what we did well and what we needed to work on and also analysis of the opposition going into the game so we were fully aware of their strengths and weaknesses. I took live stats during the game to give to the coach at each quarter break and to give to the team at half time and full time."



Anna (middle row on the left) with winning team Waikato/Bay of Plenty Magic, Melbourne 2012. Photos: Mark McKeown

Anna says the vibe on the final match night was "Surreal! It was amazing and hard to believe we had done it, after losing our first 4 games and being at the bot-

tom of the table. All the hard work paid off. We were the first NZ team ever to win the comp, and the only team to win on the opposition's soil in the final. We had a great night celebrating with family and friends and all the fans who came over to watch from NZ."

"I really enjoy my job with Magic. I am so happy that I have been able to use my PE degree to get into a position like this with such a great team! We are looking forward to next year when we will try and be the first team to win back to back titles and defend the ANZ Championship trophy!"

Olivia's off to Oxford!

Olivia Faull BSc 2010, BPhEd(Hons) 2011 and Robert Carruthers BPhEd 2011



Olivia and Rob at graduation May 2012

As well as winning a 3 year fully funded prestigious Commonwealth Scholarship to study for a DPhil in Clinical Neuroscience at Oxford, Olivia has the added bonus of partner Rob accompanying her to England. Olivia and Rob left New Zealand at the end of September in time for the new UK academic year.

With two undergraduate degrees under her belt giving her a solid background in Exercise Science and Neuroscience, Olivia says "I'm continuing my studies in Sports Neuroscience ... aiming for three years. I'm at St Hilda's College, living in their post-graduate accommodation in Oxford."

And partner Rob? She says "Rob is living in London, an hour away by train. He is working for a rapidly expanding company which is focused on postural correction, while developing his strength and conditioning career based on the injury rehabilitation training he completed in the Phys Ed clinic."

A Class Act! Where are they now?

Greg Brockbank BPhEd 2009

Competitions manager for Basketball Otago, based at Edgar Centre, Dunedin.

Rebecca Kerr BPhEd 2009, GradDipTchg 2010

Teaches physical education and health at Reefton Area School, West Coast, South Island.

Shannon Smith BPhEd 2009

Consultant for Stellar Recruitment, Perth, Australia.

That man deserves a DB!

Louis Brown BPhEd 2005, BCom 2007



Louis organising the Student Voluntary Army in Christchurch after the 22 Feb 2011 earthquake

Raise your glasses to Louis, co-founder and Executive Director of Christchurch-based agency Social Innovation, because in May this year he was the joint recipient of a Public Relations Institute of New Zealand (PRINZ) supreme award for the campaign he orchestrated to engage and mobilise people for the Student Volunteer Army (SVA) earthquake clean-up effort.

The PRINZ award caps off his involvement over a number of years in groundswell community initiatives. His interest in such initiatives began with his involvement as a youth delegate to the United Nations in 2005 followed by attending the 2006 Future Leaders programme in New Zealand, the 2007 Digital Earth summit – for which he organised the digital delivery of a San Francisco-based conference to six locations around the world – and the 2009 A Day at the Beach event, for which he walked the length of the South Island's West Coast over 24 days and nights with 22 community action and education initiatives along the way.

Louis also co-founded Love your Coast together with the Auckland-based charity Sustainable Coastlines in 2011, an initiative which helps to

remove tonnes of rubbish from New Zealand coastlines every year.

Louis is using the experiences of the mobilization of Christchurch's Student Volunteer Army (SVA) as the subject of the dissertation he is currently writing to complete his Master of Planning degree at Otago. Along with what he calls 'the machinery' behind the Rena wreck clean-up initiative in the Bay of Plenty, Louis is looking at the processes underpinning how such volunteer efforts are initiated and engineered. There is, he explains, a lot to the complex machinery that underpins movements and enables them to happen.

He says interest in his research findings has been expressed from Maritime New Zealand and the Ministry for Civil Defence and Emergency Management as well as the international global climate change organisation 350.org.

"The Student Volunteer Army showed that there's room for social innovation in first world countries," says Louis. "Third world countries may not have the same systems to draw on, but with the right recipe of people and technology working together, I believe most people can mobilise each other for disasters and other social challenges anywhere in the world."

Louis, a keen tramper and a spear-fishing enthusiast, currently lives in Dunedin with his young daughter while partner, Jennifer, lives in Lyttelton. (*Reproduced in part with permission of the Otago Bulletin*)

Stop press: On 4 October Louis was honoured with a University of Otago gold award for his public relations work.

Fulbright Scholar:

Renee Wikaire

BPhEd(Hons) 2012



Well deserved congrats go to [Renee Wikaire](#) who won the 2012 Nga Pae o te Maramatanga Fulbright Award in July of up to (\$US25,000) \$NZ31,400.

After graduating, Renee initially worked as a co-ordinator for Northland Health running the "green prescription" programmes.

Since August she has been at Florida State University in Tallahassee, USA undertaking a PhD in education.

Renee's research will focus on the potential for improving indigenous health, well-being and development through sport.

Research Update

Research into physical education is a priority at the School of PE.

Staff are reconfiguring the School's research themes to address three areas: sport, health and wellbeing, and education. Current research includes

- ♦ **Sport research:** investigations into improving performance, assessing coaching programmes, and analysing government sports policies.
- ♦ **Health and wellbeing:** developing exercise and rehabilitation programmes for breast and prostate cancer survivors, improving movement and exercise programmes for seniors and children with disabilities, and increasing levels of participation in physical activity among adolescents.
- ♦ **Education:** focuses on policy analysis and evaluation in areas such as safety/risk taking in the outdoors and in water-based activities, primary and secondary physical education in schools, and getting local communities physically active.

This edition introduces work undertaken by Dr Melanie Bussey and Dr Jon Shemmell as examples of research within the health and wellbeing theme. Future editions will include stories of research undertaken by other staff working in different themes.

Melanie and Jon's stories also remind us that academic research informs the teaching of physical education students, and that it has an impact on the broader community. In both these ways the School's research reaches and benefits many New Zealanders.

Research is critical to the advancement of the School and we are constantly exploring new ways to fund our research endeavours. In the near future, we will invite you to consider different ways you may help to advance our research efforts. I would be delighted to discuss general or specific research with interested alumni. Do feel free to contact me. **Doug Booth**



L to R: Sophie, Melanie, Mike and Jackson

Battling back pain Melanie Bussey PhD 2005

Little did **Melanie Bussey PhD 2005** and **Mike Sam PhD 2004** (a senior lecturer in sport management and policy) know when they arrived together from Canada at the School in 1999 to study for their respective PhDs, that they would be living here 13 years later, both working at the School and married with two young children Sophie and Jackson.



Congratulations now go to Melanie, senior lecturer in biomechanics, for being awarded in June 2012 a Health Research Council (HRC) Emerging Researcher First Grant of \$149,877 over 36 months. Melanie is enthusiastic about her research project entitled: *"Towards a greater understanding of mechanical dysfunction in the pelvis"* and the world class facilities she can use at the School to undertake her research. Melanie says "In general, my research focuses on low back and pelvic girdle pain. Within my research focus there are three main branches of study with underlying research questions.

- ♦ **Function:** 'What are normal movement patterns in the lumbar pelvic system and how are they generated?'
- ♦ **Adaptation:** 'How is the normative system adapted in the presence of pain or limited mobility?' and
- ♦ **Clinical Decision making:** 'When faced with multifactorial outcomes, how can clinical practitioners prioritise deficits?' "

Melanie says her HRC funded project has two aims. "The first aim is to see how pelvic stability variables might help us determine the similarities and differences between two similar clinical populations, those with non-specific low back pain and those with sacroiliac joint related low back pain. We will use the data processing technique of artificial neural network (ANN) to do this. The second aim looks to identify potential predictors of low back and pelvic girdle pain in healthy populations to further our understanding of the aetiology of pain."

Sensory stimulation

Jon Shemmell BSc BAppSc(Hons)(Deakin), MSc PhD(Qld)



Dr Jon Shemmell says "Our HRC-funded project *"Fire together, wire together: sensory synchronisation to enhance stroke recovery"* (featured in Issue 1, 2010) has been successful in different ways than we had envisaged when we formulated the idea originally.

The funding has been extremely important as a mechanism to provide research training projects for a number of people, including Dr Rebekah Scott and Dr Melissa Barry, two PhD graduates, who have since been granted prestigious postdoctoral positions in Europe and the USA. The grant has also continued the training of Jonathan Fox, another science graduate, as a research assistant and has generated a number of new collaborations and side projects that will be carried out by staff and students in our Neural Control of Movement Lab over the next twelve months.

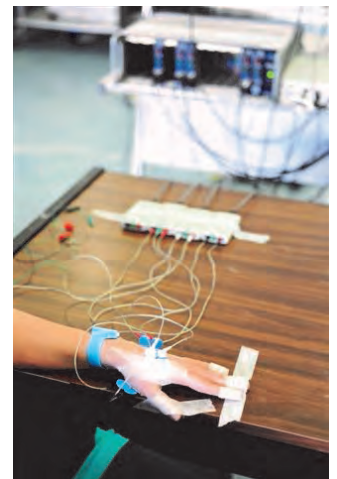
So far we have run two experiments within the project and there are two more for which we are about to begin collecting data. The first experiment confirmed our suspicions that magnetically stimulating the brain at multiple locations is not a reliable method to determine where individual muscles are controlled. Having now confirmed the reliability of a different technique, we have completed a study to show that sensory stimulation is indeed capable of changing the way in which the brain controls hand muscles. In our next experiments, we will test the ability of sensory stimulation to change established muscle synergies and also to determine whether long term stimulation can help to improve hand and wrist function for people who have suffered a stroke.



Jonathan Fox controlling the timing of brain stimuli and recording the resulting muscle contractions



Phil Brownjohn using transcranial magnetic stimulation to activate neurons in the area of Katie's brain that produces hand muscle contractions



Katie's hand with electrodes attached to allow us to record the activity of two hand muscles

During this period we have also been awarded funding from the Neurological Foundation of NZ to carry out a project called *"Optimising brain stimulation to promote motor learning"* which will examine the capacity for brain stimulation to optimise the effects of practise or post-stroke therapy. This project represents an exciting first step in a long-term collaborative project with Assoc Prof John Reynolds in the Department of Anatomy.

The funding for this project has helped us to purchase a rapid magnetic brain stimulation device, to employ two terrific people: Dr Philip Brownjohn, a physical education postdoctoral fellow, to lead the human aspects of the study and Ms Natalie Matheson, a PhD student, to complete the part of the project being conducted in the Department of Anatomy. This project is currently running, pilot testing having begun in earnest earlier this year, and data collection about to commence. This project has already produced ideas for a number of smaller experimental projects to be run in the next twelve months. All in all, the Neural Control of Movement Lab has now developed some genuine momentum and we look forward to more exciting results from the data we collect."



The Future of Sport in Small Nations Symposium, 21-23 November 2012

<http://physed.otago.ac.nz/sportinsmallnations2012>

How can small nations, such as New Zealand, reasonably expect to compete on the 'international playing field'? will be one of the topics discussed at the School's Symposium. At the 2012 Olympics, New Zealand ranked 4th overall in the medal count relative to population, reflecting the most meaningful comparison with sporting superpowers China, Russia and the UK. But factoring in countries starting to develop their sport systems like India and Brazil, or emerging middle powers France, Italy and Korea, it is clear that small nations face an uphill battle.

Considering that 60% of the world's nations have populations of less than 10 million and 48% of nations have less than 5 million inhabitants, Symposium organisers [Dr Mike Sam](#) and [Prof Steve Jackson](#) ask how far these 'minnows' can go in building or sustaining their international standing and what effects strategies could have domestically. Jackson says "while the 'brain drain' is often acknowledged, countries like ours also suffer a 'brawn drain' – with NZ's recent Olympic successes and the introduction of Sevens rugby at the next Games, we may see an unprecedented migration of coaching talent and technical expertise."

Other issues to be explored include measuring the 'value' of sport, unique strategies, policies and programmes in order to be successful, national identity, and bidding for global sport mega-events.

Keynote speakers will include Loughborough University Professor Barrie Houlihan and Fred Coalter, former professor of sport policy at Stirling University, Scotland, now advisor to central sport agencies.

The Symposium will offer international perspectives from Norway, Finland and the Arab world, talks, and panel discussions with national sport administrators to address the unique professional sport environment in small nations. With the London Olympic Games now behind us, Sam and Jackson say "it is a good time to reflect on our 'place in the world' in relation to sport."

Blues and golds for our physedders



Suzie Bates

The University of Otago honoured some of our past and present physedders this year at its presentation of blues and gold awards to students who have excelled in Sports, Arts, Culture or Services to these Activities at the Otago University Students Association Aquatic Centre on 4 October.

[Suzie Bates BPhEd 2012](#) was awarded Sportswoman of the year and Maori sportsperson of the year (basketball, cricket).

Blues were awarded to [Suzie Bates BPhEd 2012](#) (basketball); [Monique Francois BPhEd\(Hons\) 2010](#), currently a MPhEd finalist, (surf life saving and football); [Reta Trotman BPhEd 2011](#) (cycling); [Francesca Rowley](#), currently a BPhEd finalist, (field hockey); [Storm Purvis](#) (netball) and [Lauren Elizabeth Clark](#) (rowing) both currently studying.

A gold was awarded to [Louis Brown BPhEd 2005](#) (public relations).



Monique Francois



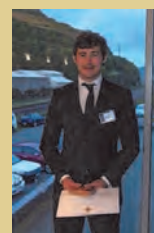
Reta Trotman



Francesca Rowley



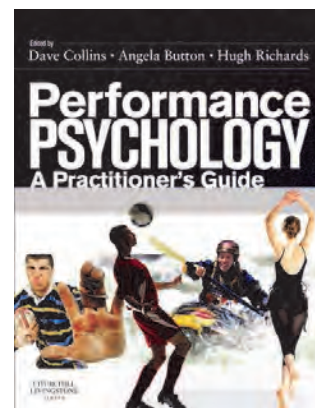
Lauren Clark



Louis Brown

Photos: Riley Baker

Riveting Reads



L to R: Prof Roger Bartlett, Dr Melanie Bussey, Dr Angela Button at the School's Book Launch held on 17 August 2012

Sports Biomechanics

Reducing Injury Risk and Improving Sports Performance

By Roger Bartlett and Melanie Bussey

"When working with athletes, sports biomechanists are often faced with two goals that seem incompatible, trying to reduce the risk of injury and to improve sports performance: in this book, we explore the principles of contemporary biomechanical analysis and how we try to achieve both of these goals simultaneously."

Performance Psychology. A Practitioner's Guide

Edited by Dave Collins, Angela Button and Hugh Richards

The book provides a guide for how to apply psychological methods and principles for enhancing performance in elite performance environments such as sport, dance and outdoor adventure to enable the performer to create and develop their own performance pathway.

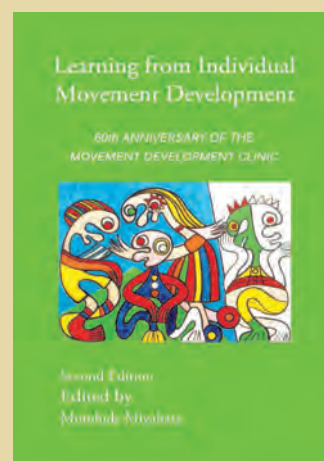


Learning from Individual Movement Development 60th Anniversary of the MDC 2nd edition 2012

Edited by Dr Motoshide Miyahara

60 years of physical education students assisting children to improve their movement skills at the Movement Development Clinic has been commemorated in a 2nd edition book, which illustrates the history of the Clinic. In addition to an exclusive interview with Olive

Smithells and writings by former students and directors in the 1st edition, the 2nd edition includes a reproduction of an article on the clinic from the New Zealand Journal of Physical Education in 1955, and new exchanges with overseas clinics. Please forward any enquires about the book to mdc@otago.ac.nz



Wall of Fame: We need your nominations!

23 alumni have been inducted on to the Wall since its inception in 2006. We are now seeking nominations for our 2014 inductions. If you know of a School of Physical Education graduate who has done well and is deserving, please let us know by nominating them or at least identifying them in an email to us. Wall of Fame criteria and a nomination form are available on our website: <http://physed.otago.ac.nz/alumni/wof/nominate.html>

Please note that the close of nominations for 2014 is now 1 May 2013. Email: pewofame@otago.ac.nz

Nō reira, noho ora mai rā, Hei kōna mai
So, look after yourself, goodbye for now