



Alumni Newsletter

SCHOOL OF PHYSICAL EDUCATION, SPORT AND EXERCISE SCIENCES
TE KURA AKORAKA WHAKAKORI

Issue | Semester | 2013

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Kia Ora Alumni

Greetings from a true mid-winter Dunedin day.



I am pleased to report that staff and students are quickly adapting to our new name, the School of Physical Education, Sport and Exercise Sciences.

Thanks to all those who responded overwhelmingly positively to the new name. There is widespread agreement that **Sport and Exercise Sciences** better captures the breadth of teaching and research undertaken in the School, and that it will help correct perceptions that the School is a purely teacher-training institution.

Of course, many Alumni will continue to refer to "Phys Ed" and "Phys Edders". New nicknames and acronyms will undoubtedly emerge among future cohorts of students and staff. Regardless of the names, I am confident that new versions

will only add value to the School's heritage and traditions.

Several alumni have queried the name of the degree. New names for the BPhEd and the MPhEd will be forthcoming. The precise titles and abbreviation remain to be determined and approved. In the interim, the School encourages Alumni to use the new name on official business and formal correspondence.

Professor Doug Booth, Dean

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

Kia Ora Alumni:

This semester we farewelled Helen Carman, Administration Manager.

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

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

To view previous newsletters: <http://physed.otago.ac.nz/alumni/newsletters.html>

Send us info relating to:

- ◆ Where are you now?
- ◆ Events, functions, campaigns, reunions, PE and health related stories, graduate courses/PE job websites ...
- ◆ 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!



Bill holds aloft the new nameplate for Unipol Gym 02.

When a visionary, dedicated person like [Bill Turnbull](#) creates innovative recreation concepts and dazzles architects with his ingenious, practical designs, it is fitting that he has the 02 Gym at the new state of the art Unipol facility named after him.

After more than 19 years of service, Bill, as Manager of Unipol and, from 2006 as Manager of Recreation Services, has been given this enduring recognition by the University of Otago. Even after Bill's retirement in 2009, he acted as a consultant during the design and construction phase of the new 5,000m² Unipol facility at the University Plaza at Forsyth Barr Stadium which opened on 23 January 2012.



Unipol. University Plaza at Forsyth Barr Stadium

Anecdotes abound. We are lucky to get the 'inside goss' from our Phys Edder [Daniel \(Dan\) Porter BPhEd 1994, BCom 2002, PGDipPE 2008, MPhEd 2011](#) who spoke at the 02 Gym naming ceremony last November. Dan has been the Unipol Recreation Services Manager since 2009.

Recounting Bill's contributions over the years, Dan says "After their Otago based studies, Bill and wife



Daniel Porter with Bill and Bill's wife Alice

Alice did their OE in Canada, both teaching and studying. Bill graduated with a Masters Degree in Physical Education while he was overseas. His degrees hung on the wall when you entered his office. Bill believes strongly in knowledge, ideas, skills and learning.

In 1990 Bill was appointed Manager of Unipol and given a limited budget. He would frequently attend auctions bidding for punching bags, pool tables and weights equipment, gathering anything to enhance student recreation. The facility still benefits to this day from the resourcefulness of Bill's efforts in the early years.

The old Unipol didn't have any electronic cardio equipment. We were so excited the day the first treadmill turned up. The advancement of a cardio room at the old Unipol was Bill's idea.

Bill has had a major impact in the development of our new facility, probably a massive understatement. I remember my first day at work. Bill met me at the door and it was not long before we were mulling through plans to extend the old Unipol building sideways, longways, downways, upwards and anyways possible.

He communicated his ideas to most people and would gladly debate the pros and cons. He was always thinking ahead, a complete visionary. However, with vision comes a consequence. There were many days when I would be on the other end of the tape measure and Bill would be calculating the dimensions of a badminton, netball, basketball and volleyball court.

A number of Bill's ideas have been generated from his Canadian experiences. Bill pioneered the concept of 'drop in' or casual recreation which has now become embedded into how things are done around here.

Another pioneering concept of Bill's was that of intra-mural or co-rec sport, what we now call 'Social Sport' or 'Sport for Fun'. During the early days of social

sport Bill had over 350 teams playing on a weekly basis in a Dunedin social volleyball competition, utilising almost every single piece of gym space that existed. At Unipol there were 96 touch teams playing touch on Logan Park. Bill and I would mark out these 18 touch fields by putting rope out. We became so efficient that we trained the referees to pack up their fields in a certain order. It was an amazing experience to be with someone who had an attitude of always wanting to make it happen. Bill's philosophy was we should never turn anyone away and, if we had to, offer them an alternative experience.

A remarkable stat about Bill is that he didn't have a computer in the early years at Unipol. He was the last one in the building to get one. When he did get one it was like a duck to water in terms of how this tool could improve the way things were done. Bill could write excel sports draws and mortgage tables in his sleep.

Bill is an intergenerational planner. I was and am continually amazed at the detailed plans. Only once did I see these plans come unstuck and even then it was not acknowledged as a failure, only an opportunity.

The 'Bill Turnbull Gym' is a good example of Bill's ingenuity. We were having trouble fitting the aerobics stage into the wall as we had not been left much cavity space. The challenge was to design a stage high enough so that instructors could be seen from the back of the class and still be set up and packed up in 2 to 3 minutes.

We couldn't think of a solution until Bill said, 'You know those trucks that have the hydraulic tailgate that drops down, that's an aerobics stage.' I remember saying to Bill, 'Are you sure that will work?' Bill's reply: 'Absolutely!' Bill had already designed one of these in the old Unipol building. It was the reverse of a garage door, except it dropped out front ways.



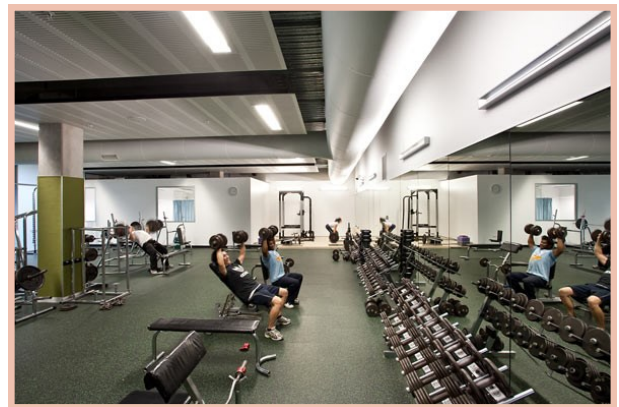
Unipol Aerobics Stage in Bill's Gym

The 'Bill Turnbull Gym' is a truly multi-purpose space for students to use and has a "magic dimension" of 24m x 32m. The lines on the gym floor are laid out in a priority statement to reflect the dominant activity and also to allow other activities such as badminton, netball, volleyball, aerobics and basketball to be played. There is a drop curtain to have aerobics on one side and volleyball on the other. Flexibility is so important.



Unipol Indoor Sports Court

If there was a take home message regarding the design of a building it is to communicate frequently. We always had productive discussions. Bill probably refers to these as indoctrination. There is no greater pleasure than seeing the different spaces being used for the activities the way it was planned.



Unipol: one of two weights rooms

Having Bill at the architects' meetings, the architects quickly knew they weren't dealing with a novice. Bill would have them hanging off every word he said then launch into a story which reinforced what we wanted to achieve. Bill was committed to seeing this project through. The design process was intensive and having Bill there was fundamental to the outcome.

At one memorable architects' meeting, Bill extracted the whiteboard marker from the architects and pro-

ceeded to change their design, not only solving their problem, but asking them for some commission as well. You should have seen the architects' faces. Priceless!

Bill has an amazing knack of making work fun. As Jamie Cargill, the project manager for this building stated, 'Having Bill around is infectious.'



The New Plaza Cafe

In reality, this building was not a 24 month design process. This was a series of ideas that have been tested and re-tested under the old Unipol philosophy. It was almost as if the first 20 years were a testing phase until the purpose built Unipol appeared on the scene."

With some 4,000 visits per day by students and staff to Unipol, Bill's legacy seems to have been endorsed.

Thanks Bill.

<http://www.unipol.co.nz/>



Unipol's latest state of the art facilities

Fast track to success

Tonia Cawood BPhEd 1997, BCom 1999



pro-ject*
MARKETING & MANAGEMENT

I've been working for the past 10 years with my own marketing and management business *Pro-ject*, working predominantly in sport and recreation, after a previous 3 year role with Adidas NZ alongside the NZRFU partnership - getting a fair bit of use out of my Otago PhysEd and Commerce degrees. My role with most of the projects has been in commercial development, strategy, marketing and funding.

I've loved having the privilege to work on projects alongside talented and inspiring people who are working to achieve their full potential. These projects have included Rowing New Zealand, A1GP World Cup of Motorsport and AI Team NZL, Caroline & Georgina Evers-Swindell (rowing), Halberg Disability Sport Foundation, Elite NZ Motorsport Academy, Chiefs Rugby Franchise, Home of Cycling - National Cycling Centre of Excellence new velodrome in Waikato and Jock Paget (equestrian).

I'm enjoying now taking a governance view, engaged as an independent director with Tidd Ross Todd Limited, a clever engineering firm and with Rowing New Zealand.

I'm based in the Waikato, usually busy into the evenings out in the paddock riding the horses with 9 year old daughter Lily – with the pet sheep, chooks and a big golden lab tagging along ...

Hitting the beat – Andrew Stephens BPhEd(Hons) 2011

'Swing' and 'beat' are a couple of words that are music to Andrew's ears in Invercargill where he is working as a police constable in his first police posting since graduating last August from the Royal New Zealand Police College, Porirua.

Early, late, swing and night shifts with different time schedules on a 5 week rotation and duties including 'hitting the beat' mean sleep and recreational activities are slotted in around his duties.

Andrew recalls "I had a really knowledgeable Sergeant and a good section at College which made the experience fun and interesting. Before you go away to College you're given your posting. I chose Invercargill because it meant I could get in to the Police immediately and not have to wait."

While at College, Andrew scooped five of the ten prizes available, including First in Wing and the overall prizes for academic, practical and tactical assessments.

"I'm really glad I came to Invercargill. The station down here has a good reputation and lives up to it. The city is big enough that you keep busy and attend a variety of jobs and small enough that you have the time to do the job properly."

Andrew explained that there are two ways you can work. "You can be reactive i.e. react to jobs that come in and also be proactive i.e. go out to prevent crime occurring. The NZ Police are encouraging police to be proactive to go out on patrol and talk to people.

I'm on General Duties which involves attending jobs and responding to calls. The section I'm on is great. The senior staff help out loads and are always there if you need advice. The work hours are really variable. We have early, late, swing and night shifts which cover 24 hours. It takes a bit to get used to sleeping at odd hours but I don't mind it.

Before you can apply for squads and promotions you have to get a permanent appointment. This involves submitting files and work to an assessor who signs them off if they are acceptable. It is rewarding when you know you've done a good job and get good feedback.

I'm hoping to join the Armed Offenders Squad and the Dogs Squad as soon as I can. The kind of work and training this involves really appeals to me. I like to be out and about physically doing things so I think these squads would suit me. They are hard to get in to though, and it can take time for positions to become available.

I only get two weekends off every five weeks so Rachelle and I like to make the most of them. We enjoy a lot of outdoor activities and participated in Stump the Hump in February, walking the 55km Humpbridge track in 24 hours. It's hard to play in sports teams because you can't commit as you can't make some trainings and games, but I go to the gym quite a bit and play touch over summer to keep fit.'

Andrew lives with partner Rachelle Broere BAppSc 2011, originally from Invercargill, who has taken up an environmental management position at Invercargill City Council.

P.S. Andrew follows in his father's footsteps (now a recently retired police officer).

<https://www.police.govt.nz/news/release/32251.html> – Andrew's superb performance at Police College.



Rachelle and Andrew
Otago Graduation Parade, Dec 2011



NZ Police College
Graduation Ceremony, August 2012



'Couch potato' is a term you would definitely not associate with clinical/sports psychologist Karen! She has successfully established a Wellington based practice aptly named "On the Couch", has developed a unique weight loss programme and written a book about it, teaches work-

shops, undertakes speaking engagements and is a regular media commentator.

After you graduated from Phys Ed School in 1981 what jobs did you do?

I was supposed to go to Teachers College but I got cold feet and pulled out two days before. I spent a year selling icecreams and sandwiches then a summer labouring in the Marlborough Sounds. My boss, the late Dame Chris Cole Catley, editor of the Picton Paper, got me interested in journalism and a reporting job on the Marlborough Express. It was a great job: I learnt to ask hard questions and take knocks. I got to talk to all sorts of people. I learnt how to spot a liar at 100 metres. Skills for life.

How did you get interested in clinical psychology?

I was always interested in how people tick. When I left school I followed my love of sport to Phys Ed School. Favourite subjects were [Dr Rex Thomson's](#) sociology and psychology of sport. Rex hooked me with the whole "mind-body" connection. When my two daughters were little I sneaked back to Victoria



L to R:
Firm friends
Kereyn Smith
DipPhEd 1981
and Karen out
on the town for
the Sevens, Wel-
lington 2013

Uni to do a psych paper for fun. I got so into it that I stayed five years to become a clinical psychologist.

When and how did you set up your Wellington practice?

With unfounded confidence and no business plan. I wanted to work for myself so I found a room and hung up a sign. Luckily it has worked out. www.onthecouch.co.nz

What does your current role involve?

Mainly I work with elite athletes. It's an exciting area given the growth in professional sport and the pressures athletes are under. Athletes love that I went to Phys Ed school. I think it impresses them more than the psych thing. The rest of the time I do workshops on confidence, mind-body health and peak performance.



I also run a weight loss programme **Shrink™** which is a combo of psych and physical strategies based on my book: *My Bum Looks Brilliant In This*. (Random House 2010). My poster girl client lost 78kg – no kidding, she's astonishing – physically and mentally.

What do you actually do with people?

My aim is to improve your performance (and life) quickly, so in just a few sessions. The old image of people lying on the psychiatric couch for years isn't my thing. Confession: I do have a couch though.

What is the highlight of your career?

As a journalist I got to work on London's Fleet Street. As a psychologist, I travelled to India last year with a cricket player who was in the Indian Premier League (IPL). Work doesn't come better than that.

Plans/goals for the future?

I'd like to write more books, help more people, travel to interesting places and enjoy my life.

What do you do for fun?

I run, play golf, read psych books, watch sport and drink wine with people I like. Simple leisure tastes that haven't changed much in 30 years! Karen lives in Wellington with husband Kev and daughter Tess. Kate, their other daughter, has flown the nest.

Passionate about Māori health

Tane Cassidy BPhEd 1991, BSc 1992, DPH 1996



L to r: Dr Anne-Marie Jackson, Tane Cassidy, Dr Lisa Te Morenga, Human Nutrition, Kaiāwhina Division of Sciences

Tane Cassidy was invited by the Division of Sciences to visit the School in May to meet with taurira Māori for an informal korero to share experiences about his career path in the sciences.

Students were keen to hear how Tane had started and developed his career. Tane, now General Manager, Communications and Capacity at the newly formed Health Promotion Agency in Wellington since July 2012, told students that he didn't know what he wanted to do when he left school except that he was passionate about Māori health. Despite none of his whanau having gone to University, a mate got him interested in applying to Phys Ed School. He also completed a degree in Science, majoring in Human Nutrition.

Once he had completed his degrees, he scoured the paper for teaching jobs but with not much success. He managed to secure his first job as a programme assistant with the Hillary Commission. This gave Tane his introduction to sport, fitness and leisure. He then

moved into policy analyst roles with the Ministry of Māori development where he managed a number of projects exploring how Māori sport, fitness and leisure could be used as a vehicle to influence Māori health and wellness. He was involved in producing a publication showing what Māori could potentially do in the sports, fitness and leisure areas and facilitated a project, He Oranga Poutama, to establish kaiwhakahaere (Māori co-ordinators) throughout the country. He also worked as a private secretary for the Associate Minister of Sport.

Tane worked in the Health Funding Authority, which involved assessing, planning, funding and monitoring local health services (from hospitals, to primary care practices, to community groups). He worked with the District Health Board Funding and Performance team at the Ministry of Health. Prior to his current role, Tane worked for the Health Sponsorship Council as a Business Development Manager and then General Manager, Tobacco Control Programme.

Tane acknowledged that one of the hardest things in his career development was to get into a job initially. He said that he had not chosen or designed his career path and that it had not been easy. He emphasised that developing good relationship skills/ facilitation and connections with people, hard work, exploring/sharing ideas with a range of talented people, and being genuine were the key to how his career path had developed. As he jokingly said "Be careful what you do on the way up. You don't know who you will meet on the way down!"

So what does the future hold for Tane? He said that whatever he does going forward he has to be passionate about, be challenged, and feels he can make a difference.

Spare time revolves around supporting his children's sport, catching up with friends and whanau, playing golf, biking up Wellington hills, supporting the One Percent Collective, travelling to France, enjoying a good book and food.

Enterprising pair!

Dr Barrie Gordon DipPhEd 1980 and Shona Munro DipPhEd 1974



Barrie Gordon



Barrie and Shona relaxing at the beach Xmas 2012

We feature a couple of Physedders engaged in research to assist young people and to develop leadership skills in our police force.

Barrie's view of the world which he attributes to Einstein "*It is the ultimate vanity to confine reality to that which can be understood.*" gives you an idea of Barrie's partiality for vision. His vision for research has recently been acknowledged by being awarded a 2013 Fulbright Scholarship in Education Research.

Barrie, senior lecturer at Victoria University of Wellington since mid 2007, together with wife [Shona Munro DipPhEd 1974](#), will spend 3 months from September 2013 at the Northern Illinois University, 100km from Chicago. This University has been the centre of research on the Teaching Personal and Social Responsibility (TPSR) model for many years and has several established community programmes.

Barrie will carry out research on a series of after-school, sport based programmes aimed at teaching at-risk youth personal and social responsibility. His research will examine similarities and differences in the ways TPSR is taught in the USA and NZ; what is best practice when implementing TPSR in after-school programmes; and what pedagogical approaches best facilitate transfer of learning to students' lives outside of the gym.

Barrie's wife Shona deserves a mention too, as an enterprising "kiwi". Although both were Phys Edders at Otago, Barrie says they really only met in 1976 when they were trainee teachers at Christchurch

Teachers College.

Barrie and Shona taught secondary PE in Hamilton from 1977 to 1981, then headed off on an OE for 2 years. On their return to New Zealand in 1983, Shona became HOD at Hamilton Girls High School from 1983 to 1988, during which time their two daughters Jaimie and Cara were born.

Back to the USA, and with Barrie completing his Master's in adapted PE at Ohio State University during 1991 to 1992, Shona conceived the idea of setting up a tour business running Educational Tours into NZ (ETNZ).

Shona says "For ten years I had at least one tour per year. Most groups spent three weeks in NZ – two weeks in primary schools and one week touring in the south island.

Over the same decade, I ran a small manufacturing company Stikees NZ importing window decals from the USA and selling via fundraisers and agents. The business was very successful until the US supplier fell over through bad business practices! We realigned to manufacture decals ourselves in New Zealand in 2003 and morphed into the trading name *Kiwiclings*. We exported to the UK and then sold the business in 2004. Throughout this time I also worked at Massey University on various contracts in Health and PE and as an Associate for Nexus Partners working as a consultant in leadership development in the public and private sector.

In 2006 I started working for the NZ Police as the District Training Manager in Wellington coordinating training and development opportunities for police staff. For the past 12 months I've been a Teaching and Learning Advisor at the Royal NZ Police College in the School of Leadership Management and Command, designing leadership programmes for various rank levels. I'm in my second year of my PhD which is an action research project based on developing frontline sergeants as leaders and mentors. I'm doing this project through Deakin University, Melbourne."

In his spare time, Barrie enjoys touch, softball, kayaking, fishing and jogging and Shona enjoys tai chi, reading, swimming, cycling and gardening. Both relish time with family – especially their grandson Cohen.

Nathan Twaddle BPhEd 1999, MNZM "walks his talk"



Nathan BPhEd 1999 and Andrea Twaddle (née Isaac) BPhEd 1999, BCom 2000 with children William and Ethan

With a background in rowing and a keen interest in high performance sports, Nathan understands the complex demands faced by elite athletes. He chats about his role as an Athlete Life Advisor at High Performance Sport NZ in Hamilton (HPSNZ).

My role comprises:

Two main parts, primarily I do project work with Olympic and Paralympic level athletes through referrals from the Athlete Life team or directly from athletes.

On the other side of the coin, I'm helping build a network to try and offer opportunities and solutions to help athletes with career options or to help make life easier.

I also assist the rest of the team with delivering workshops, coordinating delivery with other providers

"I'm constantly amazed at where my class mates have ended up. The diversity of careers that people have taken from the base of their Physical Education degree is a real testament to the value of the programme, the place and quality of people involved."



Nathan chats about his role: <http://hpsnz.org.nz/about-us/our-expertise/athlete-life-programme>

from nutrition to psychology and with NSO high performance programme managers and coaches.

Our Athlete Life Programme assists athletes to:

Ensure they maximise opportunities and minimise constraints to their success in sport and life.

The four key areas of Athlete Life are Developing personal leadership, Managing sport lifestyle, Managing finances and Athlete career & education.

There is a strong element of duty of care to ensure athletes are able to take advantage of the huge opportunity they have in front of them.

There is sound evidence and a little bit of common sense that the ability to plan, to be resilient, to communicate well and to be genuine in life and sport will enhance the likelihood of them being able to achieve their goals.

A typical workday:

It's a fair share of emails and meetings, with a fair whack of planning thrown in for good measure.

I try to make it easy for athletes by meeting in their space, even if it means I have to jump on the bike occasionally and blow the cobwebs out of the lungs and legs.

My academic/sporting background helps me to mentor athletes:

My academic background definitely ensured that HPSNZ was willing to back me into a role outside the scope of my initial study. There are a lot of PE grads working in HPSNZ so the degree is well respected, though it is pretty much a bottom line that you have post graduate study as well.

My rowing achievements made the transition easier in that most athletes and providers know who I was. Having been at that pinnacle gives me credibility that I understand what they are going through. I don't see the relevance of that experience lasting forever so continuing to look for professional development opportunities is important.

A rewarding "job satisfaction" moment:

The challenge with a 'behavioural role' like Athlete Life is that the change you're looking to work on with an athlete may take a long time to manifest. You could be the first person introducing them to a new way of thinking, i.e. the guy at the start of their ten thousand hours of purposeful practice towards mastery.

Seeing athletes who thought they didn't have options suddenly realise they do is pretty cool. I've also helped to make some connections for top performers that have helped with the cer-

tainty needed to consider going for another Olympic campaign.

Personal achievements:

Obviously my Olympic rowing medal (*Bronze Beijing 2008*) and world title are the two peaks of my rowing career. I'm also fiercely proud of my persistence and self-belief in pursuing those goals. I can only speculate but with a less successful outcome the journey of attempting it has been the most rewarding time of my life.

Since my family has grown, I've realised that there is more to life than just sport. I would have loved to have been like Mark Todd still gunning it in my 50's for another Olympic medal but life is just as rewarding on the other side of the fence.



A proud moment – Nathan's Bronze rowing medal just after the final at the Beijing 2008 Olympics

Future goals:

I'm still involved in sport including two commissions for the NZOC (Athletes and Educa-



L to r: Nathan and partner training July 2008 Lake Agrie, Switzerland prior to Beijing Olympics

tion), a Rowing Foundation and a local Waipa Sports Trust called Perago. I've kept some involvement with Para Rowing. Seeing Danny McBride at the London Paralympics was inspiring. I would love to see more Paralympians out in boats but as a sport we still need the capacity and understanding for them to have a real shot at Paralympic success.

In my spare time:

A keen amateur tennis player, triathlete and multisporter, more of a midfield battler than charging at the front. I love the family time, with two young kids, there's lots of sports and life experiences to introduce them to and we get to relive them ourselves.

Andrea, also a Phedder, has since completed a LLB from Waikato Uni and currently works as an Employment and RMA Lawyer in the Waikato.



A flurry of activity to organise a symposium and a conference in February means we have just caught up with Assoc Prof Jim Cotter to chat to us about his latest research at the School.



"Moving in extreme environments conjures up images such as climbing Himalayan peaks, deep-sea diving, space travel, or struggling through a desert sandstorm. We watch shows like *Man vs [!]* Wild or Himalayan mountaineering thinking that's dangerous,

but chances are that your TV room is a more extreme environment. Out there, the danger is obvious; in here it's insidious, deconditioning and slowly but surely killing and immobilising far more of us than the collective tally from all adventurous activities. Even climbing Mt Everest kills relatively fewer people than the ~10% who succumb from underuse syndrome. We're genetically equipped to cope and adapt to moving in a variety of stressful environments, but we decay within environments devoid of such stressors. Yet, irresponsibility and blame are attached to death, injury or illness due to accidents which occur in those stressful environments, while the built environment is deemed safe because its outcomes are delayed, less dramatic and less easy to apportion the irresponsibility. Guidelines, regulations and equipment designed to reduce our exposure to environmental stress are often intended to protect us, some with compelling reasons.

Scuba diving, for example, has real dangers involving the physics of respiratory gases under varying pressure which are neither detectable nor intuitive. But sometimes the reasons are questionable, even illogical, if we consider that the loss of autonomy can lessen our enjoyment, learning, adaptation and access.

What is the danger in different environments? Why not let individuals govern their own exposure? Can we adapt, and if so, how, and how much?

Such issues above were centre stage in the School of Physical Education's recent annual International Research Symposium <http://physed.otago.ac.nz/hosted/miee2013/> held in Dunedin. Several international experts spoke on high-altitude climbing, diving, heat and cold stress, open-water swimming, space travel and bedrest, extreme endurance, energy depletion, dehydration, load carriage, human experience of the outdoors, and how narrowly we sometimes consider that experience and its effects.

The symposium was organised as a satellite to the 15th International Conference on Environmental Ergonomics, <http://physed.otago.ac.nz/hosted/icee2013/> held in Queenstown the following week, which several Symposium speakers attended to further explore similar issues."

The organisers – Jim, Dr Sam Lucas BPhEd(Hons) 2000, BSc 2001, PhD 2008 and Dr Toby Mundel (Massey) now plan to write review papers which will be available in an open access journal *Extreme Physiology & Medicine*.



Height, heat and hydration- Highlights from Jim's research world!

Associate Professor Jim Cotter BSc 1987, BPhEd 1988, MPhEd 1992



Jim and Sam with their new baby (terason ultrasound system) 2012, in front of Pyramid lab. Pumo Ri (7165 m) in the background

Jim says " After spending some years in Australia doing a PhD, teaching, and then researching for the Australian defence forces, I returned to PE School in 2001 to my ideal job: to teach and research here in the area of exercise and environmental physiology.

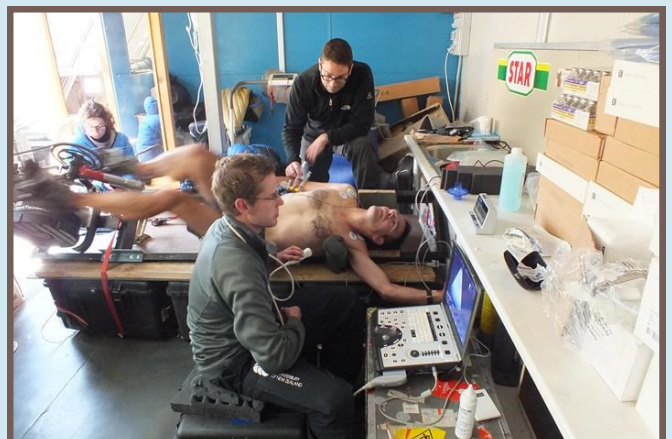
I'm most interested in how different types of exercise and environmental stress mediate fatigue and – when repeated – also the fitness gains which improve both health and performance. For example, your body gets hot due to exercise, more so in warm environments or when wearing protective clothing. Hot muscle, brain and gut can each drive fatigue for different reasons. Repeated heat stress – without completely frying yourself – also improves fitness for health as well as performance. We're attempting to sort out why such stressors are important, how they affect people and their physiological systems differently, and how they might best be used.

In the past few years much of my research has been in collaboration with [Dr Sam Lucas BPhEd\(Hons\) 2000, BSc 2001, PhD 2008](#). We recently returned from our second research expedition to Nepal, involving an inter-



L to R: 3 Otago University researchers on 2012 trip: Kate Sprecher, Jim Cotter and Sam Lucas, with Kangtega (6783 m) in the background

national team of researchers with different skill sets, doing a variety of studies into the effects of low oxygen levels (i.e., hypoxia). These studies were conducted at the Pyramid Laboratory, a remarkable remote research facility, near the base camp of Mt Everest, located 5,050 m above sea level.



An international expedition: Dutch, Canadian and English researchers collect data from a 'Kiwi' into effects of hypoxia on pulmonary and cardiac function in exercise

The experiments ranged from measuring brain metabolism during exercise at high altitude to examining the influence of brain blood flow on the episodic breathing which occurs at high altitude in most people and at sea level in some people. Sam and I led a study to investi-

gate whether acute mountain sickness (a common illness with high-altitude trekking/climbing) is mediated by a combination of stress-induced changes in regulation of body fluids, sleep-related oscillations in brain blood flow and the presence of a 'leaky' blood brain barrier.



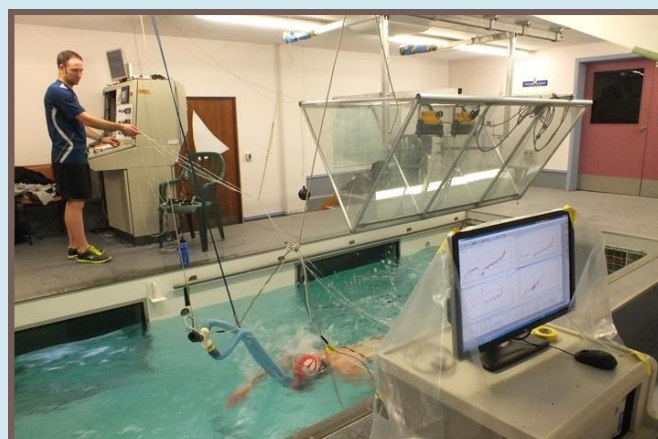
Sam wired for sleep in the Pyramid lab. The control of brain blood flow was manipulated in these sleep experiments to learn more about how breathing and brain blood flow interact during sleep

While still analysing data, some early findings indicate that fluid regulation was altered dramatically, but was not a major contributor to increased sickness. Staying on the theme of fluid stress, we've found that aerobic fitness provides protection from various physiological effects of dehydration – at levels which cause thirst and are therefore self-limiting – but doesn't blunt the thirst response and therefore athletes' drive to rehydrate (Troy Merry's BPhEd(Hons) 2006) research). We'd earlier shown that dehydration doesn't impair people's adaptations to heat. Other groups are also showing that the performance effects of dehydration are not as evident as is often publicised. So, I'm not a major fan of the water brigade advocating that we all need to drink, all of the time, but agree that dehydration has adverse effects in some settings (and probably more for sedentary folk). On the flip side, because dehydration is more likely and sometimes obligatory – e.g., exercising in the heat or long-haul flying – we've also been looking at ways to

trick the body into holding more fluid than normal. With Associate Prof Nancy Rehrer, Stacy Sims' PhD 2006 research, Koen Levels (Dutch Masters student), and Evelyn Parr BPhEd 2007, BSc 2009, MPhEd 2010 (RA), we've extended an idea first developed by NASA researchers who were trying to boost the low blood volume of astronauts returning to earth, who have poor tolerance against the effects of gravity. We tested the effects of fluid loading before exercise in the heat, especially in relation to menstrual cycle effects and in preparation for the 2008 Beijing Olympics. Using the same idea, we worked with a NZ company (Flyhydrate™) and the Food Science Department to develop and test a beverage system designed to offset some adverse effects of long-haul flying.

One other interdisciplinary project that I've been working on with several colleagues [Dr Sam Lucas (Physiology), esp Associate Professor David Gerrard, Dr Hamish Osborne (Medical School) and Associate Professor Zhifa Sun (Physics)] is to examine whether open-water swimming in thermally-stressful water – especially warm water (~30-32 °C) – may be dangerous to athletes due to causing an insidious onset of hyperthermia.

Competitive swimming in very warm water involves some unusual physiological and physical challenges.



A swimmer performing an incremental, aerobic fitness test in the flume, while Carl gets ready to cut the water flow when he reaches exhaustion

Concern arose from the death of the top-level US swimmer Fran Crippen during an open-water swimming event in 2010.

We've been doing research under contract to FINA, the International Triathlon Union) and the International Olympic Committee Medical Commission to determine the safety implications of swimming in thermally challenging environments and, therefore, make recommendations on safe practice for such events.



Carl has a swimmer under the spotlight. This swimmer completes an endurance performance swim in simulated tropics conditions in the School's flume, while his thermal status and perceptions are recorded regularly

Carl Bradford BPhEd(Hons) 2002, MPhEd 2006 is working on this project as part of his PhD research. The first major study was of the physiological and psychophysical responses to swimming in various water temperatures (20, 28, 30 and 32 °C) over different durations (20 – 120 minutes) in the School's swimming flume.

Interestingly, despite the warm water and the potential for swimmers' behavioural responses to be impaired by 'comfortable' skin temperature levels, they do not appear to become overly hot and – most importantly – they *feel* uncomfortably hot. We're continuing this work and attempting to get some field data from athletes in actual races to validate this lab-based work. Carl is now heat conditioning swimmers to warm water to determine how well they can adapt in that environment."

Lottery win: Lynnette!

Dr Lynnette Jones BPhEd (Hons) 1996, BSc 1999, PhD 2003, PGCertMedTech 2009

Senior Lecturer in Exercise Science, and Director of the Exercise Training Beyond Breast Cancer (EXPINKT™)

has recently received a research grant of \$24,700 in the latest annual grants from the Lottery Grants Board.



Lynnette says "The Lottery Heath grant is to be used to undertake a 12 week randomized controlled intervention to assess vascular health in responses to circuit training exercise in breast cancer survivors.

This is an extension of a cross-sectional study of vascular health currently under way in breast cancer survivors, funded by a University of Otago research grant."

Prostate Cancer Workshop

A joint initiative by the School of Physical, Education, Sport and Exercise Science and Dept of Anatomy (Dr Lynnette Jones and Dr Elspeth Gold) to convene a one day Otago/Southland Prostate Cancer workshop for GPs, clinicians and health professionals was held on 25 May at Otago Museum, attracting an audience of over 100 attendees.

The workshop was held to raise awareness of and discussion about the controversy surrounding diagnosis and management of prostate cancer in New Zealand. Prostate cancer rates in New Zealand are currently among the highest in the world. This rate is significantly higher in NZ Maori.

A range of specialist local, national and international speakers were invited to provide information about support networks, healthy lifestyle strategies and clinical tools developed in New Zealand. A highlight was the presentation by Dr John Childs of the Ministry of Health's Task Force on Prostate Cancer recommendations.

School Symposium

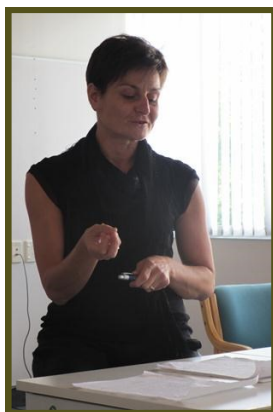


International somatics exponent and keynote speaker Professor Sondra Fraleigh demonstrates body work in the dance studio

From 28 January to 6 February the Dance Studies programme hosted a ten day Shin somatics, Dance and Movement Studies intensive with leading expert Emeritus Professor Sondra Fraleigh from the University of Brockport USA.

This well attended and highly successful event included a 2-day symposium of paper presentations and master classes by participants from the USA, Japan and Universities of Auckland and Waikato.

Ali East, Senior Teaching Fellow, said "The event provided an excellent professional development opportunity for our staff and post-graduates to present their own research."



Symposium participants on a 'sound walk' during the Symposium

Above left: Dance Studies post-graduate teaching fellow Sofia Kalogeropoulou presents at the Somatics symposium

In the News!

Women struggle for sport leadership

Dr Sally Shaw, Senior Lecturer in sports management

<http://phased.otago.ac.nz/staff/sshaw.html>



conducted collaborative research in 2012 with Prof Sarah Leberman (Massey). They found that female sport organisation managers feel that there is still an "old boys' club" alive and well and operating at a national level.

Their survey included physical education and sports management graduates and interviews with eight of the 10 female chief executives of the 90 national sporting organisations. They asked respondents to consider how females could be better prepared for leadership roles.

Dr Shaw said "Many women felt there is an expectation that "high level managers" should be males" and that "women had to put in extra effort to make it in the "male-dominated" area of sports management." She also found that there is "a perception that only men can be decent coaches ... and there are similar ideas about women's ability to manage (sports organisations)."

Even though women athletes represented more than half of New Zealand's Olympic team, this gender balance is not reflected in sports coaching or management. Most Olympic coaches were men and, as in other industries, pay equity lagged.

Volleyball New Zealand general manager Pamela Brodie said part of the issue could be attributed to women leaving work to raise families and doubted there was any long-term fix. Prof Leberman said that women needed to compensate by being better at making connections and presenting themselves in an effective way. Dr Shaw suggested that sport organisations need to look at themselves to see how they might change in order to present fewer unnecessary barriers to women's involvement at the highest levels.

Akoranga Whakakori: Māori Physical Education and Health Noho Marae 2013



PHSE 320: Akoranga Whakakori Māori Physical Education and Health students and helpers at the Marae

Anne-Marie Jackson BPhEd(Hons) 2003, MPhEd 2007, PhD 2011 helped organize, in collaboration with Te Taitimu Trust and Water Safety New Zealand (WSNZ), a 3 day water safety workshop in May. The noho marae (a stay at the Puketeraki Marae in Karitane), involving about 60 physical education students, focused on nurturing the hearts and minds of our students to ensure they work positively with Māori communities within the context of physical education and health.

Part of the Kia Maanu, Kia Ora (Stay Afloat, Stay Alive) campaign aimed at raising water safety



awareness among Maori, the students were guided through activities including pāua, waka and stand up paddle boarding. This provided students with an experiential understanding of Te Ao Māori (Māori worldview), Tiriti o Waitangi (Treaty of Waitangi) and Kaupapa Māori theory and methodology. Anne-Marie acknowledged those working in the background to make the noho marae a huge success.

Gerald Yorke DipPhEd 1956

"Hi to all at what I used to call the School of PE Otago, NZ.

Both my wife and I are graduates from Otago University, and now in our late 70's retired and living in Queensland, Australia on 10 acres and growing proteas for the flower markets and plants for sale. She graduated (BHsc) from what was then the School of Home Science, also undergone a name change."

Where are you now?

Sam Leary DipPhEd 1959



L to R: Wife Emiko and D.C. (Sam) Leary

"I was one of the first group of students to graduate via the Government Studentship Scheme. I'm still in contact with my old Phys Ed flat-mate Brian Jones DipPhEd 1959.

I now live with my wife Emiko at Ocean View Motels, Oaro, 20kms south of Kaikoura.

www.oceanviewmotels-nz.com

If any PE students from the 1950s are still roaming the planet, they are most welcome to drop into our place for a travel-stop, a cuppa or something stronger and an exchange of happy memories."



Rochelle Ellmers BPhEd 2005 in Provence, France

"Hi, since graduating from Otago in 2005, I've worked for Netball New Zealand, the Queensland Firebirds and the Manukau City Council. I've been living in London for the last two years where I worked for Esportif International, an international rugby agency. My UK visa expired in early April and I'm currently travelling through Europe with my partner on our way home whilst job hunting in Australia and New Zealand."

A Fond Farewell to Helen Carman after 16 years



L to r: Emeritus Professor Les Williams (ex Dean) and Helen Carman

Following a cheerful rendition from fellow members of the *Uni Ukes*, University and PE staff wished a fond farewell to Helen, Administration Manager, at her retirement function on 30 May after 16 years of service.

Dr Mike Boyes delivered Prof Doug Booth's (overseas) acknowledgement to Helen.

Doug praised Helen's "exceptional and incomparable contribution to the School. Helen has two outstanding traits: she is indefatigable and the consummate professional ... and a raft of successive Deans benefitted greatly from Helen's enthusiasm, energy and knowledge. Academic and general staff gained from her sage advice and leadership. Everyone appreciated her fairness and equanimity."

Dr Mike Boyes' tongue in cheek tribute: "In many ways Helen is like a ukulele. She has a shapely body, a lovely neck and a sound that is surprising for its size. The back of a ukulele is well rounded and so is Helen, and the tuning keys are fast and efficient. To boot, ukuleles often have exotic names like Carman!"



Dr Mike Boyes "impersonating" Prof Doug Booth, Dean, as he delivers Doug's "in absentia" speech to the School.



Uni Ukes performing for Helen. Invited guests included Dr Rex Thomson and Dr Barry Wilson (ex Dean)

"Helen came into the job with incredible energy and vitality after a career in town planning and resource management. She was really good at setting up systems in the office. If you are trying to find a document from the archives with Helen's systems, you can actually locate it. Helen has incredible institutional knowledge and we are going to miss that. Helen led from the back and has had a strong and steering hand in numerous projects including the Wall of Fame, the School's 60th Reunion, the Philip Smithells scholarship, display walls of Deans' and PhD graduate photographs, Inaugural Teachers Research Day, University of Alberta exchange and alumni functions.

We found only 6 photos of Helen for today's event. This epitomises Helen who likes to stay in the background but is very influential in getting things done. When Helen finds a new passion, she brings it to the School and encourages us to engage in it – dance parties, petanque, golf, walking, bowls and Uni Ukes. Helen you have enriched our lives, improved our workplace and contributed admirably to the esprit de corps of the School. We will miss you in ways we don't yet realise." We wish Helen and husband Alan a long, healthy retirement embarking on their 3rd Age!