



## Alumni Newsletter

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

Issue 1 Semester 1 2016



- ⇒ Spotlight on Elaine Hargreaves and Chris Button
- ⇒ Freedomology: Nardia Norman
- ⇒ Excite your Environment: David Norman
- ⇒ A Dream Come True: Sarah van Ballekom
- ⇒ GymSports: Andy Adams
- ⇒ Keeping *Aktive*: Hamish Rogers
- ⇒ Teaching the Teachers: Ian Culpan
- ⇒ Friendships from 1951 and 1968
- ⇒ A Merry Band at NZQA
- ⇒ Wall of Fame, School News and In the News



### Kia ora koutou

Late last year I wrote to alumni outlining some proposed changes to the BPhEd curriculum. Sincere thanks to those who responded. Your ideas, thoughts and suggestions have proved extremely helpful to staff as we continue to advance the proposals. Although finalising the proposals have taken longer than anticipated, a full description of the changes will be sent to all physedders in the near future. An invitation to provide feedback will accompany the proposals, and I look forward to hearing from as many as you as possible.

Professor Doug Booth, Dean

Kia ora rā, koutou katoa.

*Good health to you all.*

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

- ⇒ Our Alumni class photo collection grows thanks to everyone:  
<http://www.otago.ac.nz/sopeses/alumni/galleries/index.html>  
Elusive years are still out there e.g. 1980s and 90s photos. Post/email to us!
- ⇒ If you're organising a class reunion, contact the Alumni Office:  
reunions.alumni@otago.ac.nz who offer a free service to help you organise your reunion.
- ⇒ Find long lost friends' contact details and update your contact details:  
<https://www.alumni.otago.ac.nz/contactalumni>
- ⇒ View previous newsletters: <http://www.otago.ac.nz/sopeses/alumni/newsletters/index.html>  
Send riveting news/gossip, events, reunions, PE job websites to [pe.alumni@otago.ac.nz](mailto:pe.alumni@otago.ac.nz)  
Submissions may be edited to suit the style. Editor does not take responsibility for alumni memory lapses!

## SPOTLIGHT ON: DR ELAINE HARGREAVES

### GETTING OFF THE COUCH: A HEALTHY MOVE

Elaine, a senior lecturer in Exercise and Sport Psychology, arrived at Otago relatively fresh from completing her PhD at The University of Wales, Bangor. Originally from Perth in Scotland, Elaine has been at the School for 14 years. She teaches PHSE 334 Advanced Sport Psychology and PHSE 336 Exercise Psychology.

"My research speciality is the psychology of physical activity and, specifically, understanding motivation for behaviour change. The World Health Organisation recognises physical inactivity as a global public health problem and has placed increasing physical activity participation as a priority. Understanding the motivational forces behind behaviour change is imperative for knowing how to encourage individuals to adopt and maintain physically active lifestyles. This interest led to the development of a current research project Rugby Fans in Training (RuFIT) which is being conducted alongside colleagues at Auckland University."

Elaine's research project featured recently in the ODT:

<http://www.odt.co.nz/campus/university-otago/378596/highlanders-join-push-fan-fitness-video>

"RuFIT is a 12 week custom-designed healthy lifestyle programme designed to help overweight male rugby fans improve their eating and drinking habits and increase their physical activity levels (and maybe lose a bit of weight as a result). Participants attend one 2 hour session per week where they participate in a 'classroom' based discussion on how to change their nutrition and exercise behaviour to 'get healthier' and a fitness and strength based training programme. Outside of the programme the men are encouraged to follow a walking programme and do other physical activity as well as make behaviour changes that fit with the goals they set themselves in relation to healthy eating. The programme is being delivered by Buxton Popoali'i (an ex Highlander) with support from Lorenz Kissling (a 4<sup>th</sup> year BPhEd student). The Pulse Energy Highlanders and Dene Horo from High Performance Sport New Zealand have been extremely supportive of the project and have provided the facilities to hold the sessions and the Highlanders support staff are providing some of the education workshops.

Men's health is an important issue in NZ, for example, men have lower life expectancies than women and rates of men being overweight have doubled in the last

15 years. Despite being concerned about health issues, men are notoriously hard to engage in programmes designed to change the health behaviours that contribute to

poor health and weight issues. We believe that this is because few programmes have been designed specifically to meet the needs of men. RuFIT is based on the successful Football Fans in Training (FFIT) programme that was run through professional soccer clubs in Scotland and contained features that men said they wanted in a healthy lifestyles programme. Part of the draw of the programme is it connects with the men through their love of football. I found out about the FFIT programme while on sabbatical in Scotland in 2010 and finally got the funding from a University of Otago Research Grant and Health Research Council Feasibility Grant to conduct this RuFIT pilot study.



Elaine and family: start of the track to Green Hut in the Silverpeaks 2016

Part of the reason for my longevity in NZ is that I'm now married to a Kiwi (Gareth) and we have two beautiful daughters, Talia who is 3 and Anja who is 1. We spend our weekends exploring the amazing Dunedin countryside with them on foot or on bike and when I get some Elaine time, I can be found on my mountain bike, or on the badminton court!"

## SPOTLIGHT ON: ASSOCIATE PROFESSOR CHRIS BUTTON

### DISTANCE PERCEPTION IN AN OPEN WATER ENVIRONMENT

#### (Can I swim this far?)

Current Physedders and past alumni may remember - with a range of emotions - the open water swim experience held in the Otago Harbour as part of the Aquatics practical programme? For some the open water swim was a physical challenge to relish in beautiful surroundings, for others it may have been a cold and unpleasant nightmare best forgotten!

In the last couple of years [Assoc Professor Chris Button](#) has been conducting a research study alongside the Aquatics programme concerning how well humans perceive distances over open water. Our own PE students participated as willing volunteers! The students were taken by motorboat into a remote channel of the harbour and asked to judge different distances (up to 1km) back to the shore. "Not surprisingly some students underestimated the distances whilst others overestimated," says Chris. "But perhaps more interesting is that some people were very consistent under or overestimators regardless of distance. This finding indicates the presence of different kinds of perceptual bias which we hope to investigate further."

In another part of the experiment, students were asked to make a distance estimation from the boat before jumping into the water and then attempting to swim back to shore (with a rescue boat following close behind just in case). "Almost everyone managed to make it back to shore without needing rescue!" confirmed Chris.

"Thankfully no-one drowned, although there were quite a few tired and cold bodies in need of a hot shower and a Milo when they reached dry land." With New Zealand's shocking drowning records it seems such experiences may be hugely valuable in helping us to understand our physical abilities and limits.

To those willing students who took part in the study, Chris sends his personal thanks and for those alumni interested in reading more about the experiment please drop him an email and he will send a copy of the full research paper entitled:

"Distance perception in an open water environment: Analysis of individual differences." (published in the journal *Attention, Perception and Psychophysics* in February 2016). Email: [chris.button@otago.ac.nz](mailto:chris.button@otago.ac.nz)

We are pleased to announce that Dr Chris Button and colleagues have recently co-authored a new textbook entitled: [Nonlinear Pedagogy in Skill Acquisition An Introduction](#). By Jia Yi Chow, Keith Davids, Chris Button & [Ian Renshaw](#)



Photo: How far is it and can you swim back? Looking back to the Otago peninsula from 400m away in the harbour. Photo: Nigel Barrett

## Freedomology: Nardia Norman BPhEd 1999



Speaker, educator, personal trainer, health coach, author and 2014 Australian Personal Trainer of the Year, Nardia feels justifiably proud of all she has accomplished so far in Australia since graduating.

Nardia says "I loved my Phys Ed degree! It gave me an amazing foundation of knowledge and understanding of the human body. It helped me to assess my clients, gave me the ability to think critically and gave me confidence and credibility to work in my industry."

Nardia started her own business as a PT at Les Mills Dunedin in 2000 and was soon promoted to Head PT helping recruit and develop gym staff and Personal Trainers. She says "Educating trainers has been in my blood since the beginning!" Moving to Sydney, Australia in 2005, Nardia has worked with Fitness First as an area manager looking after teams of Personal Trainers and with the major Registered Training Organisations responsible for training Personal Trainers.

"The Personal Training product is something that I love and have respect for. I want to help people to enter the industry intelligently. My roles involve creating course content, running workshops for trainers, being an expert speaker at conferences and working with trainers in a mentoring role. I'm now published in magazines such as *Health and Fitness*, *Glow* and *Women's Health* and work as a Fitness

Influencer for specific brands and consult as an expert consultant.

*Crazy Body Love* is a part of my other business *Freedomology* – the science of body wisdom, body love and body freedom: [www.freedomologyhub.com](http://www.freedomologyhub.com) – aimed at women go-getters who want to be free from the constraints and restrictions of dieting, bingeing, low body confidence/body love, stress and exhaustion. Freedomology's mission is to help women become the most kick-ass, authentic version of themselves in their lives by teaching them to use their body as a catalyst for transformation.

I felt compelled to launch this after getting sick and tired of seeing in my industry women caught up in the dieting and body perfection cycle. Freedomology is my way of taking the education I give to trainers and translating it to the general population in an accessible and common sense way.

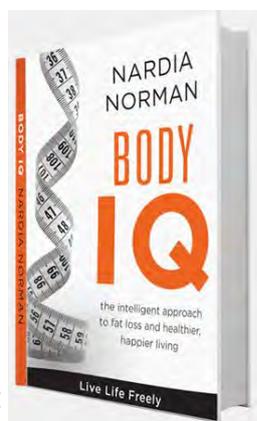
I'm a 'bitsa' – I'm multi-passionate and have always been a generalist, not a specialist. This unique approach allows me to connect with many people. Having a broad skillset allows me to adapt and change my business models quickly.

I help women to 'unstick their stuck' – giving women permission to fall in love with their bodies again and to empower themselves to start living healthier, happier lives.

In 2014 I was awarded Australian Personal Trainer of the Year and wrote and released my book '*Body IQ*'. I'm now writing my second book. This year I've created an amazing podcast (The WOW Collective Podcast). While the titles and accolades are great, I'm just on fire with my personal mission.

The book *Body IQ* was inspired by my relationship with Kevin Moore – the world's heaviest '*Biggest Loser*' contestant worldwide. We worked together while he was on the show. The book was a result of him and other clients asking me questions, written specifically for people who have no idea where to start and who want simple practical advice on improving their health. You may have no idea what you want to do in life. The only way you'll ever get clarity is by taking action. Enjoy your experiences; experiment with tons of different things and always follow your passion (cheesy but true!).

My life is my work and my work is my life – they're inextricably entwined. I like to travel and try new experiences, I read a ton, go to the movies, hang out with awesome friends and drink lots of good NZ wine."



## Excite Your Environment David Norman BPhEd 1999

(Was great classmates with but  
not a relative of Nardia Norman!)



Sometimes we stumble into things in life which set other wheels turning. It's the ability to recognise the potential and to put in the hard yards to turn that potential into a success. This is what David, as the founder and owner of EYE Fitness, has achieved. He has carved out a successful business based in Australia, yet servicing New Zealand and South East Asia too, to source and provide innovative fitness equipment to engage more people in exercise.

After graduating and some initial part time jobs in Dune-din, David moved to Sydney and stumbled into health club management and personal training in Sydney via another ex phys edder **Andrew McCombe BPhEd 1996**. David spent nearly 3 years helping grow a business from one to three private health clubs. He was motivated to look for his own opportunity and then spent time PTing and swim coaching which randomly connected him with a USA fitness equipment supplier.

This kindled a passion for innovative fitness equipment and to share his ideas with schools, fitness companies and organisations.

David recalls: "In 2005 I launched the Strive Smart Strength range (now Prime Fitness) at the FILEX fitness industry educational Conference in Australia and became an advocate to train differently.

Exercise, sport, strength and cardio training all get results if you are committed. I felt these fitness equip-

ment products challenged the normal approach that gyms take to the concept of fitness.

I started two small group training studios that gave this equipment and format a proof of concept in Australia. Along the way I won two fitness business of the year awards. I spoke at school physed events encouraging a need for exercise education to promote confidence rather than just sports education.

I secured some key contracts with Manly Sea Eagles, Goodlife Health Clubs and Virgin Active in 2008 and spread the portfolio of having innovative fitness gear. It wasn't until I secured the *Snap Fitness* business across Australia and New Zealand in 2009 and securing other key brands to sell under our portfolio that I actually made EYE fitness a successful business helping people find lifestyle balance through exercise by providing a wider range of workout experiences and enjoyment."



L to r: David, Marley 2 ¾ years, Phoenix 15 months, wife Roz and Javier 5yrs at home in Burleigh Heads, March 2016.

David says "I think we have innovative, engaging and game changing products along with a passionate drive for success for fitness facilities and members. EYE [www.eyefitness.com.au](http://www.eyefitness.com.au) was conceived to bring innovation to the market to change the traditional outlook and carve out a niche for being Australasia's leading supplier of innovative fitness equipment.

The products we were supplying had evolved and thus the rebranding and umbrella company of distribution was formed in 2009. EYE 'Excite Your Environment' was the vision of what I wanted facilities and people to experience. Today we focus on five key fitness brands and have 15 different suppliers, education courses and wearable software fitness solutions as well as consultancy on fitness businesses and small group training. I focus on sales with many key clients and relationships I've made in the industry as well as manage the operations side of the business.

We grew the business to enable me to sell a share of it in 2014 and get a business partner to continue our growth and reach to the market. Whilst I put the hard yards in for many years, having a business partner look after our sales and marketing meant a better balance for health, family and financial longevity. We have a great business relationship to equally support the other, meaning we actually can take holidays!

We have to seek new products and fitness trends to maintain our position and ride the waves of new technology whilst also educating the market about the importance of diversity in their fitness business, programs and products. We work hard for our clients and go beyond a salesperson's order taking. We follow through with ongoing support and personal interest to ensure their business is a success."

The key to his own success David says "Surround yourself with driven, passionate, caring people who share a love of living life. One person can't be everything in a

business. My approach has been having a supportive wife Roz and flexibility to get the job done.

We believe we can grow this business and have more businesses using and benefiting from our solutions. There are a lot of proven products and brands and all have a place in the market. We just have a job to do ensuring more of ours complement the status quo.

After being in Ozzie for 16 years I'm still a Kiwi at heart. We do business in NZ (which brings me home often) and in the UK and South East Asia so the travel and international experiences in the industry are rewarding and help keep me fresh. I'm a mad surfer so this regular earthing of being afloat in the water is my unwinding and first choice of fitness. I aim to keep active every day following my mantra of variety in my training. Life is all about family. It's busy but we are a great unit. I wouldn't want it any other way."



David chilling with fellow phys edder mates in Auckland prior to the Exercise Association of New Zealand (Exercise NZ) Conference, November 2015

L to r:

Nathan Twaddle BPhEd 1999 rowing Olympian and Athlete Life Advisor for High Performance Sport NZ; James Nation BPhEd 1999, PG Cert HealSc 2006, 2007, PG Dip HealSc 2009, MBA 2014, Hockey Olympian and Business Development Manager, Bracken Learning, (a Dunedin developed online platform used by a large number of sporting organisations, education institutes and businesses <https://www.brackenlearning.com/>); Alex Chiet BPhEd 1999, BCom 2001 Manager of Talent Development, Sport NZ; Mat Claridge BPhEd 1999 CEO, Water Safety NZ; David Norman and Dan Gerrard BPhEd 1995, BSc 1997, BMLSc 2000, Relationship Manager for Sport NZ.

## A Dream Come True

Sarah van Ballekom  
BPhEd 2011, LLB(Hons) 2011



It sounds like a dream come true and it is for Sarah, who from the age of 13, dreamt of working for the International Olympic Committee (IOC), and who is now with the IOC based in Lausanne, Switzerland working on preparations for the 2016 Rio Olympics.

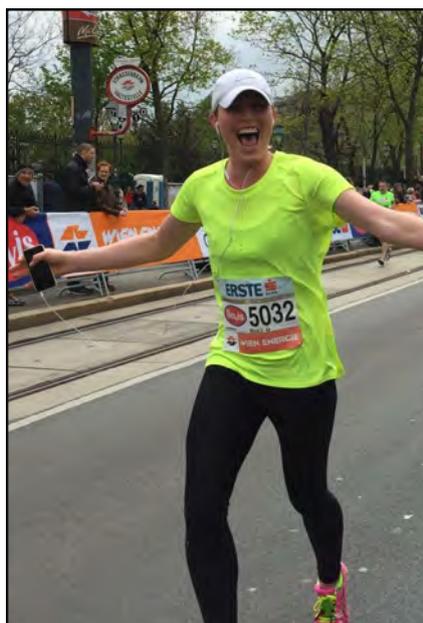
"I can still vividly remember watching the Opening Ceremony for the Sydney 2000 Olympic Games and being so inspired and excited! From then on, working at the IOC was my end goal – all my friends and family knew that's where I was trying to get to." She feels lucky to have been part of both the PE School (she majored in Sport and Leisure Studies) and the Law School. "PE School nurtured my passion for sport and physical activity and developed my research skills, while Law School improved my writing and analysis skills."

After graduating she worked as a property lawyer at Russell McVeagh for three years which she says was tough but she developed critical thinking skills and a hard work ethic. She says "I kept my eye out for opportunities at the NZOC and was a

Young Ambassador at the 2012 Youth Olympic Games in Austria. This was an amazing experience which allowed me to make important contacts at the IOC.

I worked as an intern with the International Olympic Committee for one year from November 2014 – a huge learning curve to understand the Olympic Movement, its stakeholders and everything in between. In December 2015, I got another contract for 18 months working for the World Olympians Association, an alumni organisation for Olympians. At the moment my biggest project with the IOC is working on the delivery of the venue for Olympians in Rio. It's been interesting learning about the Brazilian laws and specific requirements of the Rio 2016 Organising Committee for the Olympic Games (OCOG), as well as planning everything from catering to marketing to security to build-out!

A huge challenge of living in Lausanne is the language! I've been learning French for the past year and a half. It's a tough language to learn! I recently volunteered at the Youth Olympic Games in Lillehammer – an eye-opening experience to be on the



Sarah stoked to finish the Vienna Marathon, April 2016



Sarah learning to cross country ski in the Vallee de Jura, February 2015

ground as I saw another side of the Games delivery. I'd recommend all Physedders to volunteer at local, regional or national sporting events – it's a fantastic way to learn! I'm still doing loads of running, and completed my 7<sup>th</sup> marathon in Vienna."

Sarah's tips for new graduates:

"Keep your eye on the prize! I applied 9 times for different roles at the IOC. I finally got there (or they got sick of receiving my applications)! I'm concentrating on Rio at the moment and will then take time to reassess where I'd like to go from there. Working in a big international sports body has made me aware of the different opportunities in the sports world if you're willing to put in the hard work. Lausanne is the perfect place for someone who loves the outdoors. I have friends at the IOC who enjoy hiking in the Swiss Alps, cycling through the local vineyards, and swimming in the lake during summertime. I've also learnt to ski and this season skied in France, Italy and Switzerland. A great perk of working at the IOC is trying new sports initiatives: ice hockey, athletics, snowshoeing, cross country skiing, Muaythai, and wrestling."

## Andy Adams BPhEd 2006



Andy chats to us from Auckland about his latest role as Operations Manager, GymSports New Zealand

How did your Phys Ed degree help you pursue your career?

I must have been a career advisors dream. Since I was a kid I've played or been involved in sport. This didn't change by the time I moved to Dunners - playing social rugby on Logan Park to watching the mighty Highlanders on the Carisbrook terrace. It was natural to follow a career I couldn't stop talking about - it was always going to be sport. I just had to identify the area I wanted to pursue. The degree allowed me to undertake a number of papers to find out what resonated the most. In conjunction with this, a Bachelor of Commerce led me to sport management.

My first role at Sport Otago involved initiatives to encourage active transport to and from schools and promoting healthy lifestyles in the workplace. Over time I was involved as a Sport Development Advisor working directly with Regional Sports Organisations. With my wife getting a job in Auckland, I thought I'd better toe the line and move away from Highlanders territory. The skill-set I'd acquired allowed me to pick up the position as the Senior Relationship Manager at GymSports NZ.

**Your role at GymSports:**

As the Operations Manager I'm involved with the management, analysis and review of units across the organisation (Events, International Tours, High Performance and Communications, Information Tech-



nology and Administration) to drive strategic outcomes and increase day-to-day efficiencies and effectiveness.

A key area of the role is to ensure that there is sufficient provision of facilities to participate in gymsports activity across the country. If a new facility is the solution, then we are generally embarking on a multi-million-dollar development. I provide strategic direction, support and resource to work through the process to provide 'fit-for-purpose' facilities which meet current and future community needs.

**What are GymSports' goals?**

GymSports NZ aims to engage and provide opportunities for all New Zealanders to partake in gymsports activity. Gymsports activity is recognised as forming the building blocks of movement development which enable participants to effectively progress onto any chosen sport or pastime. We provide programmes from recreational (all ages) to the competitive codes (aerobics, artistic and rhythmic gymnastics and trampoline) through to High Performance.

**Events planned this year?**

Like most sports organisations, it is all hands to the pump when events are on.

The National Championships, being held in Invercargill for the first time in 2016, will showcase all of the sports under one roof at ILT Stadium Southland. A great chance to get my Auckland workmates to indulge in Speights, cheese rolls and Bluff oysters! It provides a great occasion to create exposure to the sport and support the ongoing development within the southern region.

October will also see us hosting the internationally recognised Indo-Pacific Trampoline Championships in Napier. It will showcase the prowess of the country's best talent, and we are hopeful the attending nations will send their Olympic athletes.

**For fun ....**

I try to keep moving while my body is hanging in there, so playing touch, going to the gym and the beach are high on the priority list. There are always events to attend which is helped by living close to Eden Park and being a Breakers season ticket holder.

## Keeping *Aktive*

Hamish Rogers BPhEd (Hons) 2012



Auckland Sport & Recreation



L to r: Hamish and Louis Rattray, Director of Sport and Recreation at Auckland University (BCom 1994, Otago). Sport Beyond School won the Outstanding Community Recreation Programme at the 2015 NZRA Awards.

Hamish's interest in the social sciences during the second year of his Physed degree sparked a desire to work in the sport and recreation sector when he graduated. At the beginning of 2013 he was fortunate to be offered a role as the *Sport Beyond School* Project Manager at Auckland University.

"I managed the Sport Beyond School project, a research and design pilot, primarily funded by Sport New Zealand that aimed to retain school leavers in sport and recreation as they transitioned through tertiary education. It was an awesome first role to have straight out of Uni. I was given a huge amount of autonomy to find innovative ways to keep tertiary students participating in sport and recreation.

I worked alongside a whole heap of fantastic people, plenty of ex-Physedders. My three years spent

project managing *Sport Beyond School* was capped off last year as *Sport Beyond School* won the Outstanding Community Recreation Programme at the 2015 New Zealand Recreation Association Awards (NZRA).

Just before the NZRA Award, I was approached by Aktive - Auckland Sport and Recreation and asked if I would like to work for them as a Project Manager managing two R&D pilots called *Good Sports* and *Us Girls*, again primarily funded by Sport New Zealand. *Good Sports* is a culture change project aiming to inspire, connect and empower parents and adults so that they have a positive impact on kids' sporting experiences. The *Us Girls* project aims to develop a holistic approach to 'growing and retaining' difficult to reach girls aged 13-18 years in formal and informal sport and recreation. My role is to keep all the groups, organisations and people within each project connected and oriented in the direction set by the respective steering groups of the projects.

Aktive - Auckland Sport & Recreation, a charitable trust established in 2013, has a vision to make Auckland the world's most active city by investing more than \$8m per annum in organisations and projects to get more people recreating and playing sport in Auckland and creating opportunities for coaches. (see [www.aktive.org.nz](http://www.aktive.org.nz))

Working for Aktive has been great, as I get exposed to some of the best minds in the New Zealand sport and recreation industry every day.

With all my roles after University managing R&D pilots, the grounding I got in research from the PE honours programme has been invaluable. It's funny to think about how things play out in much the same way as we talked about in management, policy and sociology classes.

I've been fortunate enough to travel to South America in 2014 where I trekked the Inca Trail and saw some of the World Cup. My partner and I checked out Indonesia in 2015 and in January we got our adventure hit by canoeing the Whanganui River. As to the future ... well I'm taking that one step at a time. It's been a great ride so far, and with exciting opportunities on the horizon, the next few years are going to be lots of fun."



Hamish (2nd from left, front row) on the Inca Trail in 2014. Photo was taken after a 'gringos' v 'porters' football game at 3900m (gringos won 2-0)

## Teaching the teachers

Ian Culpan DipPhEd 1972 and wife Anne (née Masefield) DipPhEd 1971



L to r: Anne and Ian at a University of Canterbury Physical Education gathering, 2010

From Ian's first role as assistant teacher in physical education at Kaiapoi High School in 1973 to his current role as Professor at the School of Sport and Physical Education, University of Canterbury (UC), Ian says he has been driven throughout his career by a philosophical commitment of seeing things differently and then committing to that difference.

"At Kaiapoi High School I was the sole PE person so was able to establish my ideas about PE (*influenced partly by the late Professor Jim Hay at OUSPE*). I felt that physical education in schools at that time lacked real educative value and wasn't meeting the needs of the students."

This may have been why Ian's career at UC has focussed on directing research and initiatives in physical education/teacher education (PETE), national health and physical education curriculum development and pedagogy and establishing and directing the New Zealand Centre for Olympic Studies.

Ian spent many years since 1980 in teacher education at the Christ-

church College of Education rising to the position of Principal Lecturer and Head of the Physical Education, Health and Sport Coaching Centre. When the College merged with the University of Canterbury in 2007, Ian was appointed to Head of the School of Sciences and Physical Education (as it was named then) overseeing Maths, Science, Health, Technology, Physical Education, Outdoor Education, Environmental Studies and Olympic Studies. While he stepped down from this position in 2012 to focus on research interests and international collaborations, he continues to teach in the Bachelor of Education Physical Education degree and in the Bachelor of Sport Coaching at UC. He also teaches in the two International Olympic Studies Masters programmes, one hosted by the German Sport University of Cologne, and the other hosted by the University of Peloponnese in Greece.

Ian's contribution to directing research initiatives in the NZ Centre for Olympic Studies and serving as the President of the New Zealand Olympic Academy for 8 years and as President of the International Physi-

cal Education Federation (FIEP) for Oceania have been recognised by being awarded the International Olympic Committee (IOC) Trophy for Education and Sport in 2000 and the 2013 IOC Trophy "*150 years Pierre de Coubertin, Sport a School of Life*". Other accolades come from Ian's work for serving on the Board of Physical Education NZ (PENZ) and acting as their vice president, being the 7<sup>th</sup> person to be awarded the Sir Alexander Gillies Medal for Physical Education in NZ in 2001. Ian is now a National Fellow of PENZ and continues to act as a trustee of the Sports Museum of New Zealand and FutureSport.

Ian says he derived great pleasure from being a member on UNESCO's advisory panel for establishing UNESCO's world policy on physical education and sport. He has been invited to Europe this year as a keynote speaker on '*Development through Sport*' for the European Union's political leaders and directors of sport. More than anything though Ian credits working with a skilled group of staff and talented students to be a career highlight.



Ian receiving an IOC award for excellence in teaching and research in Olympic Education from Secretary General of the NZ Olympic Committee Kereyn Smith DipPhEd 1981 at the AIESEP congress, University of Auckland, Auckland February 2014



Anne with Christchurch South Intermediate School students to acknowledge her Sport NZ Volunteer Coach of the Year Award, 2003.



Ian and Anne with two sons David (taller one) and Neill at the back and daughter Joanna at right front holding son Harry, home in Christchurch, January 2014.

"My two most treasured achievements are firstly our close family.



My wife Anne (née Masefield) DipEd 1971 spent most of her teaching career at Christchurch South Intermediate stepping down from full-time employment 5 years ago and is now a regular reliever at this school. In 2003 she was awarded Sport New Zealand's Volunteer Coach of the year, an accolade that acknowledged her huge commitment to young people's development through sport.

Our three children David, Neill and

spread throughout the world. They join us at Christmas on our annual pilgrimage to Tata Beach, Golden Bay where we own some land and a magnificent Mongolian yurt. I really value my time at Tata where we connected over the years with long-time PE friends, the late Derek and Annette Compton. We reconnect with other PE classmates Sally (née Allison) and

Joanna and their families are

Morrie Jackways, Dave Norris, Judi Millar and Paul Herbert in Christchurch.

My second cherished achievement is that I'm still able to be active – I swim 5 mornings a week with friends. Our goal is endeavouring to remain upright, virtuous and healthy! In yesteryear I completed the Coast to Coast, the Christchurch marathon, competed in many local triathlon and played senior rugby in Christchurch."

## An enduring friendship from the class of 1951

L to r: Firm friends Shirley Bolt (née Davison) DipPhEd 1953 who lives in Dunedin and Brenda Ferguson (née Duncan) DipPhEd 1953 from Hamilton.

Brenda visited Shirley at her Dunedin home last November 2015 to attend the Carrington College 70<sup>th</sup> Dunedin Reunion with their other friend and our ex staff member Janet Davidson DipPhEd 1953 (née Brown) who was featured in the Alumni Newsletter Semester 1 2015.

Shirley says she initially taught at Timaru Girls' High School for 3 years and then after bringing up her family of three children she spent 21 years teaching at St Hilda's Collegiate School in Dunedin.

Brenda says she was fortunate to teach alongside the late Jim Bellwood MBE <http://www.teara.govt.nz/en/biographies/5b22/bellwood-james-charles> at Mount Roskill Grammar School for 3 years and that "We really got life saving going there." Brenda finished teaching at Melville High School in Hamilton which she says was "A 20 year challenge and very satisfying."

See their 1953 class photo: [http://www.otago.ac.nz/sopeses/alumni/galleries/DipPhED\\_1953.html](http://www.otago.ac.nz/sopeses/alumni/galleries/DipPhED_1953.html)



## A Merry Band of Moderators, Managers and Assessors – NZQA

At the Auckland and Wellington offices of New Zealand Qualifications Authority (NZQA) you will find a merry band of six Physedders diligently working together and innovating in different roles to uphold NZQA's mission in the education sector.



L to r: Craig Fransen, Sue Chalmers, Pamela Hulston and Steve Bargh, Wellington, March 2016



Mike Henson and Jo with Nate and Tom, Cambridge 2016

The teams consist of **Alison Schofield (née MacKay) DipPhEd 1976** and **Michael Henson BPhEd 1995** who are in the Assessment and Moderation team; **Sue Chalmers DipPhEd 1975** and **Steve Bargh DipPhEd 1982** who are in the Secondary Examinations team; **Craig (Franny) Fransen DipPhEd 1984** who is in the School Quality Assurance and Liaison team and **Pamela Hulston (née Hunter) Alumna 1962 – 1963** who is the Manager Qualifications Recognition Services, Assessment Division in the Wellington Office.

Our Alumni are part of teams assisting NZQA to achieve its mission to ensure that our country's qualifications are regarded as credible and robust, nationally and internationally, in order to help learners succeed and to contribute to New Zealand society.

**Alison Schofield's** role as National Assessment Moderator for Physical Education operating out of the Auckland office is to ensure consistency nationally of assessor judgements in external moderation for NCEA and other sector support.

As one of the last intake group of Professor Philip Smithells' era (first Director of the School), Ali believes her time at Phys Ed School "not only gave me a platform for my educational career, but also life." At a recent Physed class reunion she says that friends reflected how "these life experiences, friendships made, sport and educational opportunities have made a significant impact on all our lives."

Ali has pursued a varied teaching career working in small rural, large urban, state and independent schools. She has been proactive in supporting teachers and students by providing professional learning to improve student achievement, contributing to National PENZ conferences and the Auckland PENZ branch and co-writing an NCEA Level 1 book. These experiences "have given me a great insight into New Zealand education and helped me to secure my role at NZQA."

Ali walks and paddle boards for relaxation. Her interests in paddle boarding have been encouraged by self employed photographer daughter Georgia who represented NZ in



Ali Schofield, 2016

Youth Sailing in RS:X. As a volunteer, Ali supports events such as Paddle for Hope, Pink and Steel, the Ultimate Waterman and National RS:X (Olympic) class windsurfing.

Her team colleague **Michael Henson's** (Acting Team Leader, Assessment and Moderation in Wellington) PE teaching background led him to England for 5 years and to an International School in Libya.

He says "I've been involved in the moderation of physical education for the past 4 years and am now in an acting management position at NZQA. I'm interested in raising student achievement at schools nationwide. My current role allows me to help not only PE teachers but all teachers to make a difference in student achievement. I'm currently getting involved in as many opportunities as I can within NZQA from professional development within the organisation to extra mural study at Waikato University."

Michael coaches his children's football team, plays competitive badminton, fishes, and mountain bikes in the forests around the Waikato, time permitting. Michael and his family are always on the lookout for travel to new places and experiencing other cultures.

**Sue Chalmers**, like Alison, studied physical education while Philip Smithells was Director and reminisces "the three years at Phys Ed School were marked by special friendships, some surviving the test of time to today, fun and enjoyment and fascinating, challenging and relevant learning in my area of passion – sport and physical recreation."

Sue followed a career in secondary school teaching in New Zealand and in London for about 15 years after graduating, saying "the last 20 years have been in jobs I didn't know existed, or at least engaged in work in ways that probably weren't envisaged in the 1970s."

"I've been privileged to indulge my passion in most of my roles. After having two children, I've been a Play Centre mum, completed the MA (Applied) in Recreation and Leisure Studies, managed the Coaching New Zealand coach education programme at CNZ and at the Hillary Commission, worked as an independent contractor supporting national sport organisations with coach education programmes, been involved in the development of standards and qualifications on the NZ Qualifications Framework, and have been at NZQA since 2003, where I now manage the Secondary Examinations team in Wellington.

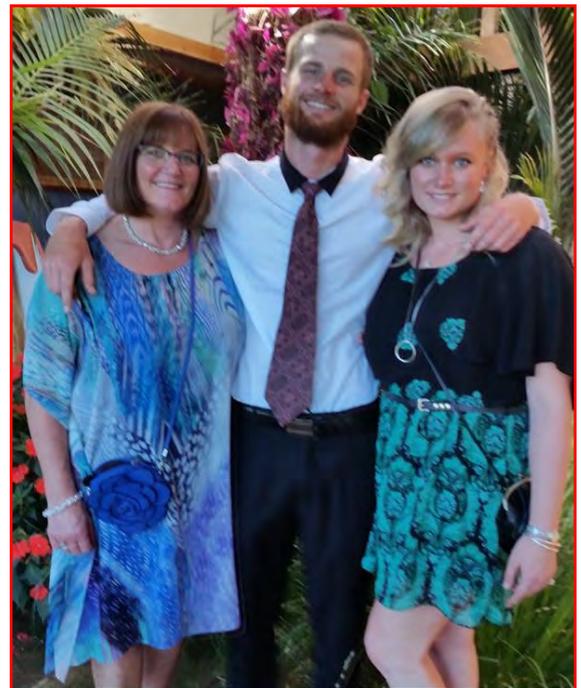
I've been applying coaching skills and sports knowledge in all areas of my life since I first started coaching as a teenager, and certainly do so managing the high profile area of NCEA external examinations.

When I am not playing at work, I work at play and have renewed my interest in Scuba diving. Both of my children are talented sportspeople and are pursuing careers in sport and adventure tourism."

**Steve Bargh** admits that as a school student "I was a bit rudderless and fell into doing physical education by luck. I enjoyed the challenges the subjects brought me and moving into teaching was a natural progression. Being involved in physical education teaching enabled me to mix my love of sport with a passion for student learning and achievement." After graduating, Steve spent 17 years teaching and undertook a Master's degree in Educational Administration.

Steve started at NZQA in 2001 as part of the NCEA Implementation Team. "Our team was responsible for working with schools and the Ministry of Education to set things up for the 2002 implementation of the NCEA. In 2002 I became a National Assessment Facilitator (NAF) responsible for Technology and Graphics. NZQA policy is that we don't work in our subject area. We contract subject experts to work with us as the assessment experts to ensure quality and robust assessments. I've been NAF for numerous subjects over the last 14 years and have enjoyed the diverse culture and specific challenges of each subject."

Now as Implementation Manager - Digital Assessment Pilots, Secondary Examinations Team in Wellington, Steve has had various roles over the last three years to manage the projects associated with transforming



L to r: Sue Chalmers with son Cameron and daughter Megan, February 2016

assessment from paper based to online assessment. "... a significant long term project with major implications for the NZ secondary school sector. Currently, we're implementing a project to trial and pilot a number of digital examinations across 15 subjects."

"The challenge is to ensure the assessment we develop retain their credibility and robustness." He says "The role has a mix of intellectual challenge, thought and people leadership, project management and relationship management. I've been privileged to travel to Singapore, UK, the Netherlands and Israel and learn about other education systems. It has enabled me to appreciate NZ's education system. As a public servant you need to be mindful that you serve the government of the day and may need to be prepared to promote policy that you may not necessarily agree with."

Steve and family (one son and two daughters) have done a lot of camping trips around NZ and live on the beautiful Kapiti Coast. Steve played rugby until he was 40 and has been a coach and administrator. Now he watches his 16 year old daughter play rugby! He says like a lot of Physedders his knees went in his 40s so he took up cycling and has undertaken two Taupo Challenges.

## Craig (Franny) Fransen

After 26 years in the classroom, Craig's latest role with NZQA since September 2014 is a School Relationship Manager, School Quality Assurance and Liaison, in Wellington. In this role Craig liaises with his assigned schools and supports them to ensure the credibility of results they report to NZQA. He works with several Māori Medium Education kura.

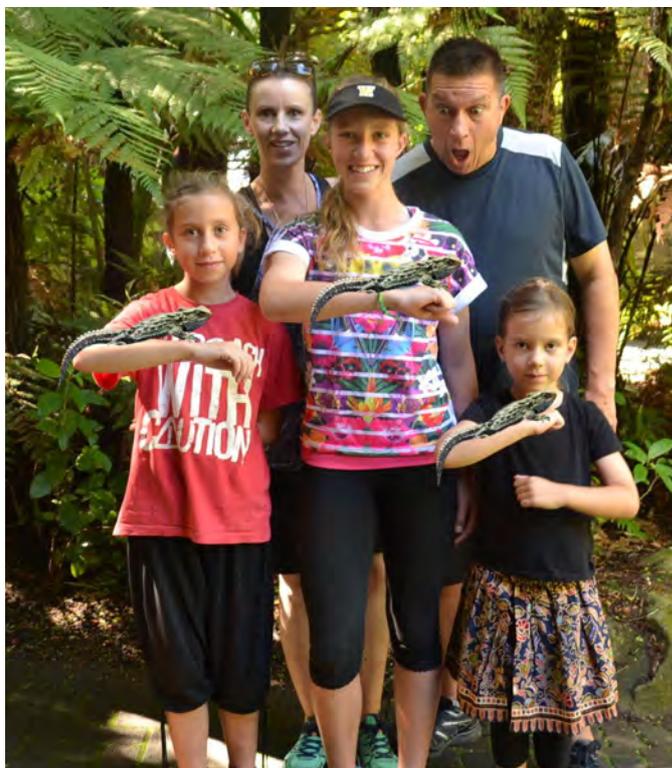
Some of Craig's early adventures while studying at Otago and teaching in Dunedin comprise playing 176 games for the Alhambra-Union Senior rugby team between 1981 and 1992, studying Te Reo Māori, dabbling with drama at Otago and starring in the inaugural Physed Revue at the Teacher's College Auditorium. He also acted professionally in several Fortune Theatre productions between 1986 where his first play was 'Foreskin's Lament' and 1992 where his final play was 'Ladies Night'.

From 1988 Craig headed the Māori department, taught junior Physical Education and Drama and coached junior rugby for 5 years at Logan Park High School. While teaching at Logan Park, Craig was first contracted by NZQA to work as a School Certificate Te Reo Māori Tuhituhi and Korero assessor.

In 1993, Craig was promoted to head the Māori Department at Burnside High School. He continued his rugby coaching as the co-coach of the 1<sup>st</sup> XV with **Warwick Taylor DipPhEd 1982**. Their team was the first Burnside High School team to defeat Christ's College 1<sup>st</sup> XV in 1994.

Craig won a study grant to do a post-graduate diploma in bilingual teaching in 1996 which led him to Wellington in 1997 where he pursued his interest in theatre for five years, while supplementing his income through relief teaching. His post-graduate diploma in bilingual teaching and passion for Māori theatre led him to Taki Rua Theatre, where he has been an actor, director and writer. Craig has written two Te Reo Māori Season plays, has been a script-advisor, writes children's plays and is currently a play-market playwright. He says his next play will be about one man's personal experience with 'chest' cancer reflecting his own experience with cancer. Craig tries to educate his audiences through the use of "tumour", (*he means 'humour'.*)

A keen family man, Craig has settled in Newlands, Wellington with wife Tania where he coaches softball in the summer and netball in the winter to his "amazing talented" daughters Tui-Aroha (12 years), Anahera (10 years ) and Maia (5 years).



L to r back: Tania and Craig (Franny)  
L to r front: Anahera, Tui-Aroha and Maia at Rainbow Springs, Rotorua, March 2016

**Pamela Hulston (née Hunter)** "My career has been varied because a good grounding in PE seems to either make for versatility or focuses one's innate versatility.

My class of 1962 was the first 'large' class with about 60 students. Despite the size, **Doug McClymont DipPhEd 1964**, one of our classmates, still manages to keep us in touch via an annual newsletter.

After teaching PE for 11 years, I trained and spent 7 years as a Guidance Counsellor before becoming an Associate Principal. My next role took me to the Wellington College of Education as firstly Adviser in Educational Management, then as Director of Teacher and School Support Services."

Pamela indulged her passion for literature, surrounded by the National Children's Collection in a 'delightful position' as Manager of School Services at the National Library.

Pamela's been Manager of the Qualifications Recognition Services in the Wellington Office for the past 15 years at NZQA. She explains: "This unit assesses international qualifications and bench marks them against the New Zealand Qualifications Framework (NZQF) for the purposes of immigration, employment, further study, teaching and teacher salaries. Part of my role is as manager of the National Education Information Office (NEIC), a requirement of New Zealand signing the Lisbon Recognition Convention. (*The Convention sets out the principles of fair and transparent recognition of qualifications*).

Active sport has dropped off my agenda over the past few years. I manage enough walking to keep my phone happy! Snorkelling in warm water on holiday is now my preferred activity."

### "Sparkling" Friendships from the class of 1968



L to r: Penni Cushman (née Fear) DipPhEd 1970, Ali McQueen DipPhEd 1970, Prue Edmond (née Cochran) DipPhEd 1970 and Ru (Rosemary Ruth) Brodie (née Hewitt) DipPhEd 1970 at Classical Sparks Music Concert Hagley Park North Christchurch, 13th February 2016.

Sparks of friendship are rekindled for four friends from the class of 68 who get together regularly to reconnect, the latest being at the February *Sparks Music Concert* in Christchurch.

**Penni** says when she retired from the University of Canterbury (she remains an Adjunct Associate Professor for three years), she was mainly lecturing in the Bachelor of Health Sciences degree. She also lectured in health education and health promotion in teacher education programmes over the 20 years she was at Canterbury.

**Ali** teaches maths part time at Rangi Ruru Girls' School. **Prue** is now retired and used to do a lot of voluntary work for charity, especially with equestrian for the disabled and **Ru** is the Careers teacher part time at Papanui High School. In their spare time they say they are all busy either running, walking, golfing, playing tennis and most importantly spending time with their grandchildren.

## WALL OF FAME 2016

Professor Christine Thomas BPhEd 1978,  
MPhEd 1981

We are thrilled to announce that **Christine Thomas**, a leading researcher on neuromuscular weakness, fatigue, spasms and nerve regeneration, was inducted in the School's 2016 Wall of Fame at the PE graduation morning tea on 14 May 2016.

Since 1990, Christine has worked at the University of Miami, Florida. For over 20 years she has worked at The Miami Project to Cure Paralysis which is a designated Centre of Excellence at the University of Miami Miller School of Medicine. In 2003 she was promoted to Professor in the Department of Neurological Surgery. Christine has led research on the above areas, particularly in individuals paralysed by spinal cord injury. Christine has received funding for this research from the National Institutes of Health and other organizations.

A prolific researcher, Christine has published over 90 journal articles and book chapters. She has presented her research at numerous international conferences, regularly reviews for leading journals in her field, and is a proven graduate student supervisor and examiner.

Read her synopsis: <http://www.otago.ac.nz/sopeses/alumni/wall/index.html>



## EIGHTEEN YEARS ON THE FRONT LINE: Diane Steffens, receptionist

L to r: Professor Doug Booth, Dean, Diane Steffens, Receptionist and Michelle Alexander, Administration Manager, 23 March 2016

"In March this year Diane Steffens retired from the School after eighteen years of loyal service. An administrative support officer responsible for a wide range of duties, Di was best known as the receptionist who warmly greeted staff and visitors. Di had the perfect temperament and demeanour for this job and was highly regarded and respected for her friendliness and willingness to assist people. At her retirement function a stream of staff and students spoke fondly of Di, her reliability, and her warm personality. Di will be sorely missed by everyone in the School who also wish her the very best in retirement and the next stage of her journey."

Professor Doug Booth's tribute summed up what we feel about Diane's contribution to the School and her assistance to numerous Deans, staff and visitors and hundreds of students over the years.

Diane embodied the School's philosophy of keeping active and leading a healthy lifestyle trotting off on her lunchtime 5km runs up North East Valley and off to aqua aerobics at the Physio Pool.

Diane gleefully says "The world's my oyster – yippee" and is planning a busy schedule for herself and husband Jim which includes " ... travel, designing and planning a garden for our new house, catching up with family in Christchurch and exercising whenever I feel like going." We will miss your cheery face.

## IN THE NEWS!

Our staff and students regularly feature in the ODT for the great work they are doing in the community and research projects they are undertaking. Click on the links below to read about them.

Mr Geoff Ockwell, Mr Frank Pepers and our PE students: a job well done  
Kay Creek Hut made sound for overnight use again.



The hard working women in the group!

<http://www.odt.co.nz/campus/university-otago/379042/hut-made-sound-overnight-use-again>

The working bee group gathered outside the renovated Kay Creek Hut, in the Humboldt Range when all the work was done – last day at the hut – are (back row from left) University of Otago student Caleb Mitchell, and university staff Paul Chapman, Geoff Ockwell, Frank Pepers, students Kaleb Geary and Ana Keely (red top); and (seated, from left) are students Matthew Enright, Grace Olliver, Ella Haig and Nicole McCone.



Students working on the new kitchen bench, the roof partially off



The hut gutted of the old bunks and other facilities that were past their use by date.



Digging the major drainage ditch around the hut to keep the ground water out of the hut.

## Rugby: Trophy honours pioneer – proposed by Dr Mark Falcous

Thanks to Mark for your research in proposing the creation of the new William "Massa" Johnston Cup to Otago Rugby League. Johnston was the sole Otago representative in the 1907 professional All Blacks' (known as the All Golds) tour of Britain, a tour that was the foundation for international rugby league competition and the founding of New Zealand rugby league itself. Johnston was a true pioneer of the game of rugby league in Otago.

<http://www.odt.co.nz/sport/rugby/379905/rugby-trophy-honours-pioneer>

## Lottery Health grant for Dr Jim Cotter's research

Congratulations to Jim who has received a Lottery Health grant 2015/2016 to undertake further research on the project *Heating for health in arterial disease*. The funding (\$111,348) will support student Ashley Akerman and includes student Kate Thomas and Prof Andre van Rij (Dept Surgical Sciences), to pursue work that Kate's been doing in her PhD research.

<http://www.odt.co.nz/news/dunedin/379914/heating-health-gets-grant>