

CHISM symposia program



The Children's Hospital Institute of Sports (CHISM) provides a comprehensive, specialised approach to children's exercise, fitness, physical activity, exercise science and sports medicine by bringing together practitioners as well as clinical and academic experts from their respective disciplines. Dr Robbie Parker, PhD is the

Head of CHISM and will lead a team of world recognised authorities to present these sessions.

chism
the children's hospital at Westmead
Institute of Sports Medicine

A3J Exercise, diabetes and eating disorders in children and adolescents

Peta Marks *NSW*
Michelle Harding *NSW*
CHISM specialists *NSW*

In this cutting edge session you'll explore exercise and diabetes in children and adolescents, including the implications for exercise prescription. You'll then examine the Australian fitness industry guidelines for eating disorders in children and adolescents, and the practical implications for fitness professionals. **L**



A4J Linking the fitness industry to schools and the issue of hypermobility in children and adolescents

Dr Robbie Parker *NSW*
Louise Northcot *NSW*

Learn from the Adopt-a-School initiative in NSW, and the practical implications for fitness businesses and fitness professionals to create great relationships with educational communities. From this dynamic and informative session you'll also explore how to deal with hypermobility in children and adolescents, and the role that fitness professionals can play. **L**

B3F Age appropriate activities for kids and adolescents

Rachelle Pirie *NSW*
Liz Wells *NSW*
Belinda Zipevski *NSW*

In this interactive and enjoyable session you'll experience successful children's activity programs, and learn appropriate movement skills and activity intensity for the varying maturation levels of children and adolescents. **L**

B4F Child's play and core conditioning for kids

Lisa Westake *VIC*
Danielle Halvorsen *NSW*
Wendy Lowe *NSW*

Take home the skills and know-how to create and run physical activity classes for different ages and stages. You'll laugh and skip your way through this highly practical session, experiencing games, team work and circuit activities. You'll also learn how to effectively deliver core conditioning training for kids that will have lifelong benefits.

WS



SPECIALTY

FILEX 10 YEARS

Community Health program: baby boomers and beyond – the great fitness challenge!

Australia is ageing. And as an industry, we need to bridge the gap between the health and fitness of this very special population. The American College of Sports Medicine says, 'We know an active lifestyle is a key component for successful living, and we know exercise is possible regardless of age or condition. It is our industry's responsibility to ensure exercise interventions for older adults are effective in improving, maintaining, reducing and preventing a decline in health and fitness levels. With the proportion of the Australian adult population currently leading sedentary or comparatively inactive lifestyles, the cost of health problems associated with inactivity is increasing, which makes this particular educational strand more compelling and important than ever before.

NSW HEALTH
Working as a Team

A2J Part I – KEYNOTE ADDRESS: Ageing and the role of physical activity

Liz Devlin **NSW**

Explore why physical inactivity has been cited as being the second most important health risk factor, after tobacco use, contributing to the incidence of disease, morbidity and mortality in Australia, in this eye opening keynote address, ideal for fitness professionals working with older adults.

Part II – Improving Australia's quality of life

David Kelly **NSW**

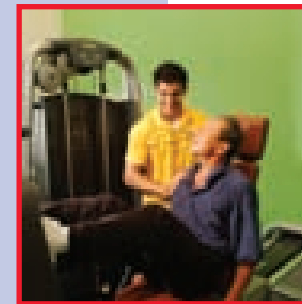
We all know exercise needs to be endorsed and promoted widely to improve the wellbeing of our population. Discover how the promotion of physical activity options, and delivery of regular exercise programs, has great potential and capacity in terms of preventative medicine and reduced health costs, in this compelling session. **L**

A3G Maintaining movement in older adults

Jo Munro
Sally Castell

NSW
NSW

Musculoskeletal disease is becoming a worldwide epidemic among ageing populations. In Australia, musculoskeletal diseases, such as arthritis and back pain, are the second most common reason people visit a GP and they account for 13 million annual prescriptions. Learn how fitness professionals can help reduce this trend with well designed, carefully administered and creative exercise programs. **L**



C1E Attracting the baby boomers and deconditioned markets

Carole O'Halloran
Colleen Wilson Lord
Deanne Drage

NSW
NSW
NSW

Baby boomers and the deconditioned are aware of the significance of movement and a healthy lifestyle, but how do we actually get them through the door? From this enlightening presentation you'll take home valuable ideas from Australia's best, on how to market to this population and convert them to exercise devotees. **L**

C2E Retaining active seniors - the secret to success

Camilla Sperring
Grace Sullivan

NSW
NSW

Retention is the key to any successful program, and the seniors' market is no different. In this dynamic session you'll learn exciting programming and motivational techniques that will have your older exercisers returning, time and time again. **L**

B1F Psycho-neuro-immunology for fitness professionals

Judy Lovas

NSW

PNI is the science of mind body health. In this dynamic presentation, Judy brings to life the scientific research that fitness professionals need to educate clients on the links between thoughts, emotions and physical health. **L**

B2F ExRx for osteoporosis and osteopaenia

Dr Mike Climstein

NSW

This enthralling lecture, from Australia's leading exercise authority for those suffering from chronic diseases, provides all the information you need to effectively and safely prescribe exercise to individuals suffering from osteopaenia or osteoporosis. **L**

C2J Just walk it

Stephanie McLennan

NEW ZEALAND

From this enjoyable and innovative session you'll take home walking patterns, drills and skills, speed and technique variations and ideas that can be carried out in schools, community halls or netball or tennis courts. You'll also explore ideas for marketing these programs to non-exercisers. **WS**

C5C Menopause and the role of exercise

Dr Robbie Parker
Lisa Westlake

NSW
VIC

Appropriate exercise is a fabulous way to help women manage the physical and emotional elements of menopause, as well prevent potential associated problems. Join Robbie, as he takes you through the changes associated with menopause and their exercise implications, and follow on with Lisa as she takes you through the practical applications for women going through this important time of change. **WS**

A2U Aqua circuit**Linda Dorrington****NEW ZEALAND**

From this compelling session you'll take home a variety of class formats to create fun and dynamic circuit workouts that combine strength and aerobic conditioning, with strategies to progressively build the intensity of your class.

WS**A2V A wet PT session****Jennifer Schembri-Portelli****VIC**

From this awesome deep and shallow water session, you'll gain a myriad of exercises that will satisfy every client from your older adults in need of rehab to your elite athletes, and everyone in between! **WS**

A3U Hook into aqua combat**Gabrielle Harris****NEW ZEALAND**

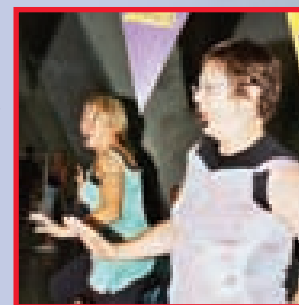
Experience this explosive class, using music as the motivator for an effective and challenging shallow water workout. You'll understand the power of choreographed aqua routines and share in Gabrielle's passion for music use and sharp focused cueing techniques. **MC**

A3V Advanced intervals**Marti Boutin****USA**

Take your interval training to the next level in this advanced program which teaches you how to take intensity to the max! You'll take home more complex moves, variations and options for your advanced and conditioned participants. **WS**

**B3U Action balance for seniors****Laraine Dunn****NSW**

This entertaining workshop explores the crucial role that action and balance play in improving the health of older people. It focuses on strategies to stimulate response/reaction, joint range of movement and muscle flexibility for better balance and strength. **WS**

**B4V It's a 'wet hair' day – aqua fitness for the older adult****Gay Elliott****CANADA**

This fun workshop is a must if you work with older adults. You'll experience a basic aqua fitness class with easy-to-follow moves for older adults, and you'll take-home strategies to ensure your clients start laughing at their wet hair, instead of becoming annoyed at you! **WS**

B3V Deep melting pot**Tamara Middleton-Echave****NEW ZEALAND**

From this dynamic session you'll rediscover a deep water session that blends together verse, chorus and 2-move choreography, interval training and the introduction of the Body Blade - an innovative toy for training the core! **WS**

B4U Abs in motion**Marti Boutin****USA**

This informative workshop analyses muscle movement and creates routines that use the abdominals both as stabilisers and prime movers. You'll take home a buffet of ideas to train the abs, which you can immediately integrate into your classes. **WS**

B5U Successful aqua team teaching**Rhiannon Czajkowski & Team****NSW**

With combined experiences of 30 years, this dynamic session is presented by a motivating team of NSW based instructors. You'll experience a great mix of musical tracks to fit in with the theme of team teaching and you'll take home planning strategies to ensure success. **MC**

B5V Aqua fundamentals**Linda Dorrington****NEW ZEALAND**

This sensational session explores intensity levels, hand positions and motivation. By playing around with some of these fundamental variables, we can learn how to give old favourites an invigorating facelift! **WS**

B6U Hydro fabulous**Marietta Mehanni****VIC**

This awesome class is all about attitude – you'll explore shallow water workouts that are both fun and achievable, and learn how to lead your class on a musical journey that will leave them refreshed, uplifted and begging for more! **MC**

'It was the most fun I've had in the water for ages - and I've been teaching for years.'

Anna Bird, VIC

B6V Beethoven and Mozart do aqua-fit **Gay Elliott** CANADA

Blend of aqua-fitness with synchronised swimming and the results are mouthfuls of laughter, a hardy workout and loads of fun! Performed to the music of Super Strings Power Mix at 125bpm, this class can be adapted to suit clientele of all ages and abilities. **MC**

C1U Active to frail **Jennifer Schembri-Portelli** VIC

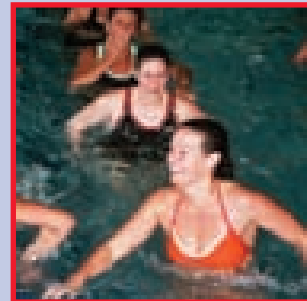
From this dynamic session you'll walk away with user-friendly choreography and effective moves to ensure your older adults' classes meet individual's needs, whether they be therapeutic, social or an improvement in fitness, balance, strength or stability. **MC**

C1V KISS aqua conditioning **Deslea Wrathall** NEW ZEALAND

Take home some simple, yet interesting sport and aqua moves to develop a functional conditioning session that will keep your personal training clients interested and returning, and reaching training limits like never before! **WS**

C2U Seize the cutting edge **Marietta Mehanni** VIC **Tim O'Connell** VIC

Experience the very latest in aquatic equipment, direct from Italy. You'll explore the hydro-physics of the pieces, and then dive into a truly unique approach to equipment use in the pool. **MC**



C2V Back to basics **Margaret Ryall-Egan** NSW

Learn how to use basic moves for range of motion, to build an extensive bank of exercises that you can use for all participants of all fitness abilities. You'll also explore how to use correct alignment and posture as the basis for creating an additional range of exercises. **WS**

C3U Poolatés **Kerri Parkinson** NSW

Tap into the Pilates revolution and bring it all together in the challenging water environment. From this sensational session you'll learn how to strengthen and lengthen, with graceful flowing movements that are designed to challenge your core. You'll maximise the water's natural resistance and support to create muscle workouts that deliver awesome results. **WS**

C3V ABC – conceptual aqua **Jennifer Schembri-Portelli** VIC

We all know that trying to come up with new moves can be a nightmare! But with the concept framework you'll learn how common moves can be used to keep classes interesting and motivating. In fact so simple, it becomes as easy as ABC! **WS**



A2H Are carbs back in favour?

Joanna McMillan-Price

NSW

Explore the latest scientific evidence on carbohydrates in relation to weight loss, prevention of weight gain and chronic disease including heart disease and cancers. You'll take home recommended intakes and carb types for different clients depending on their individual goals and requirements. **L**



A3H Sports nutrition for endurance athletes

Kira Sutherland

NSW

Explore the nutritional needs of clients who compete in marathons, half-marathons or triathlons so you can disseminate accurate advice to your clients. With the growing popularity of these events, you can't afford to miss out on this information. **L**

A4H Weight management for women

Dr Len Kravitz

USA

This session is one of the most all inclusive reviews ever compiled, on understanding weight management for women. With the growing concerns for weight loss and management, you can't afford to miss this cutting-edge session. **L**



A5A Overcoming the Australian diet

Dr Rosemary Stanton

NSW

In Australia there is an obesity epidemic, type 2 diabetes has tripled over 20 years, three million adults take medication for high blood pressure, and cholesterol-lowering drugs dominate health care expenditure. Find out what we can do to arrest these alarming trends, in this dynamic and compelling session with one of Australia's leading dietary consultants. **PL**



B1Q Fat loss success stories

Matt O'Neill

Amanda Coombe

NSW

TAS

Learn the secrets of successfully delivering fat loss results with personal training. Be inspired by real-life case studies of trainers who combine exercise, nutrition and motivation to provide a life changing experience for their clients. **L**

B2E Family fat loss

Matt O'Neill

NSW

Discover how to boost your client base by challenging your clients to shape up for good and tackle fat loss at home! From this cutting-edge session you'll take away dozens of how-to family food and fitness tactics that are bound to get results and keep your clients coming back time and time again! **L**

B3E Coach yourself to better health

Joanna McMillan-Price

NSW

Judy Davis

NSW

This dynamic session explores the bigger nutrition picture to take a holistic and honest view of your own nutrition including the 'how', the 'why' and the 'what' of eating. You'll explore how to identify your own eating patterns and, in turn, help clients to do the same. **L**

B4E Proven weight loss techniques

Dr Neil Peace

NSW

Share in 20 years of experience treating overweight and obese patients, and learn the distinction between proven weight loss techniques and mere anecdotes. This revolutionary session will challenge your current thinking surrounding effective weight loss strategies. **L**



'So much information, so many great presenters, so much excitement! I had a great time and will brag about it forever! It was the BEST! Thank you.'

Lori Cucinotta, Tokyo, Japan