

SCHOOL OF EXERCISE AND NUTRITION SCIENCES

JUNE 2015



Melbourne | Geelong | Warrnambool | Cloud (online)

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SCHOOL OF EXERCISE AND NUTRITION SCIENCES

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WELCOME

Welcome to our first edition for 2015. It has been a busy start to the year for staff and students in the School of Exercise and Nutrition Sciences. This year a number of new staff have joined us; including Dr Julia Walsh (Senior Lecturer in Sports Coaching), Dr Catherine Milte (Lecturer in Nutritional Science), Fraser Carson (Lecturer in Coaching), Dr Helen Macpherson (Health Research Postdoctoral Fellow) and Paige van der Pligt (Lecturer in Population Nutrition). They have joined our teaching and research teams, and bring additional expertise to the School.

A number of our staff have been successful in winning prestigious research grants from the Heart Foundation and Diabetes Australia Research Trust, underscoring the importance of the research being conducted in the School. In addition, several of our students have won major awards. Kate Parker and Steve Hamley, who completed their Honours degrees with us in 2014, were awarded Vice Chancellor's prizes. One of our current PhD students, Lisa Bell, has been successful in securing a Sydney Parker Smith Scholarship from Barwon Health. Together these are great outcomes for those individuals and for the School of Exercise and Nutrition Sciences.

On April 30th we officially launched our new Physical Activity and Nutrition Research Facility. This new facility significantly enhances our capacity to undertake research into the prevention and management of chronic diseases. It will support our research in areas such as exercise, healthy ageing and falls prevention, bone health and body composition, loss of muscle mass and muscle function, physical activity in children and adults, stress and blood pressure, exercise and brain function, among a range of other areas.

I wish you the best for the remainder of the year.

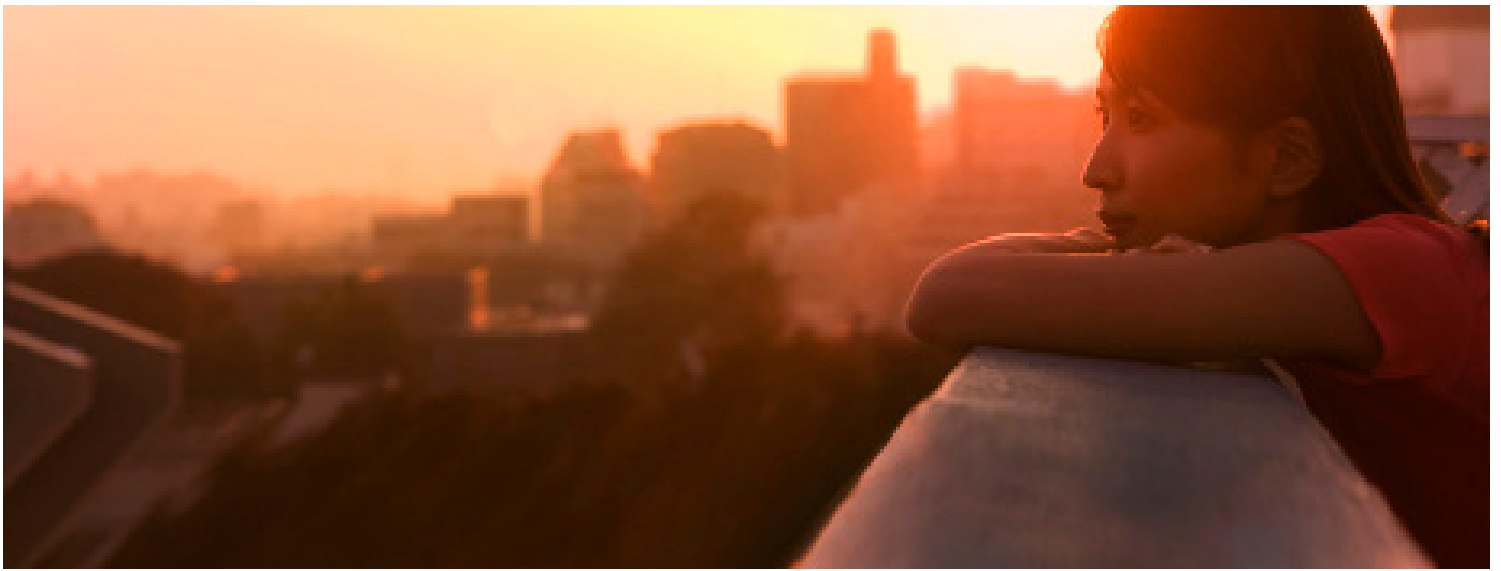
David



Alfred Deakin Professor
David Crawford

SAVE THE DATE

SENS Alumni event	26/08/2015 Melbourne Burwood Campus
SENS Research Week	14/09/2015 - 18/09/2015
ESS and FNS Student Farewell and BBQ	30/10/2015 Melbourne Burwood and Geelong Waurm Ponds Campus
SENS Research Degree Symposium	18/09/2015 Rydges Melbourne



EXERCISE AND SPORT SCIENCE

Course Director - Dr Stuart Warmington
Deputy Course Director - Dr Dan Dwyer

The Bachelor of Exercise and Sport Science degree once again experienced strong student demand for entry in 2015 that reflects the quality of the program and its outstanding reputation in Victoria. It is the field-leading course of its type in Victoria, and on first preferences is in the top five most popular courses at Deakin University and within the top 20 most popular courses in Victoria. Designed to prepare students for professional careers in exercise, sport and allied health fields, the course focuses on developing knowledge and application of the core sciences underpinning both competitive sport and recreational physical activity. The need for experts in this growing field has never been greater as sport and physical activity play an increasing role in achieving healthy lifestyles and vibrant communities. This field-leading bachelor degree offers career variety, exposure to groundbreaking research, and a network of graduates already working in the industry.

A significant milestone for 2015 was the professional reaccreditation by Exercise and Sport Science Australia (ESSA) of the ESSA major sequence offering in Burwood and the first accreditation of the ESSA major sequence course offering at Waurm Ponds. This accreditation demonstrates a commitment of staff and the course team to the profession and maintains Deakin as having the longest-standing accredited programme in Victoria. This accreditation project was one of the most significant undertakings in the last few years and thanks should go to the entire course team for their contributions, but especially Associate Professor Paul Gastin for his leadership and coordination throughout this process that undoubtedly contributed to this success.

Another significant milestone for the Waurm Ponds course offering was the first graduating cohort of students from the degree in April 2015. That marked a significant advance for Exercise and Sport Sciences graduates from Deakin that will grow the spread of Deakin Exercise and Sport Science graduates into regional Victoria and pave the way for future cohorts.

Recent academic staff changes welcomed Dr Julia Walsh (B) and Dr Chris Shaw (G) to the course team while we welcomed back Dr Luana Main (B), Dr Shannon Sahlqvist (G) and Dr Megan Teychenne (B) for 2015 after periods of Maternity leave. These staff bring varying combinations of industry, teaching and research experience to the degree, including international perspectives, and will continue to enhance the diversity of core and elective offerings within the degree that contribute to providing well rounded outcomes for course graduates. We also bid farewell to Dr Andrew Dawson and Dr Dawson Kidgell, who were both long-standing pillars within the teaching team and provided significant leadership to the course over many years. While they will be missed for their contributions to the course and the School it provides another example of the way Deakin and School generate significant leaders in the field of Exercise and Sport Science with Andrew accepting a role at Victoria University and Dawson at LaTrobe University. We wish them both well in their careers and thank them for their significant contributions over many years.

Our student body (Deakin University Sports Studies Club (DUSSC)) that operates at both the Burwood and Waurm Ponds campuses have showed significant popularity for 2015 and is a credit to the enthusiasm and structured organisation of the committee. We continue to



STAFF PROFILE

Dr Chris Shaw

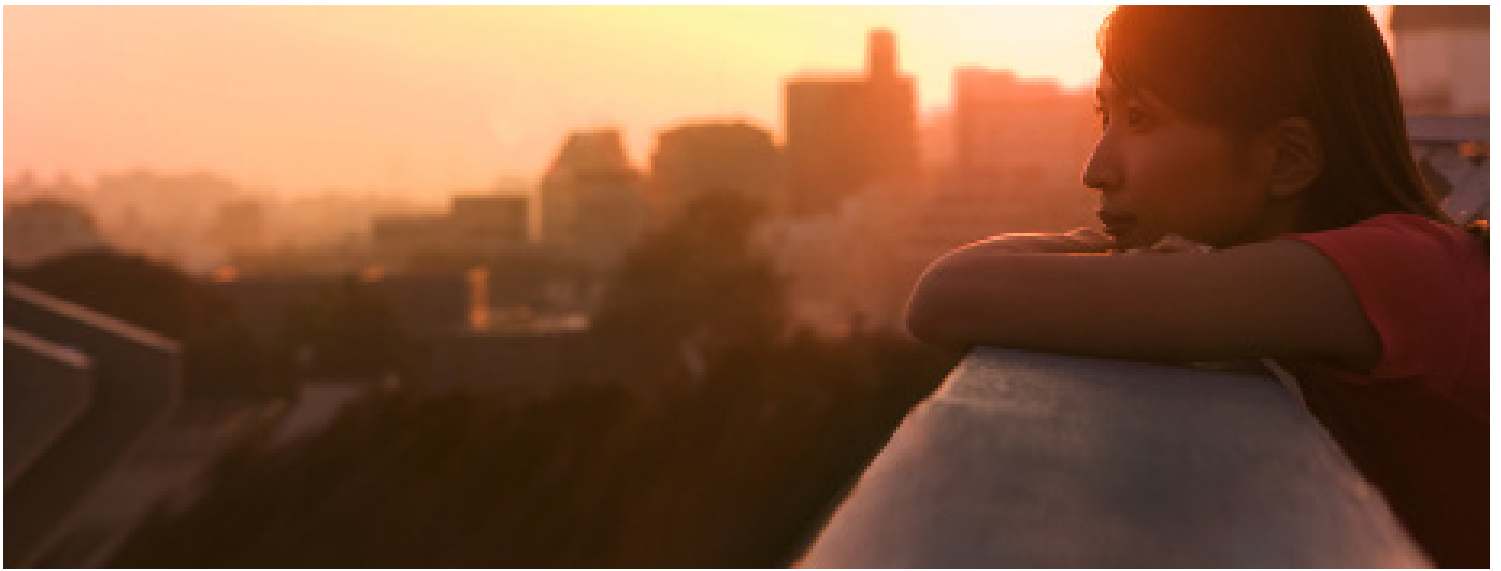
Dr Chris Shaw commenced as Senior Lecturer in Exercise Physiology for the Exercise and Sport Science team at the Geelong Waurm Ponds Campus in 2015 and currently teaches HSE201 and HSE304. He also supervises both honours and PhD students.

An avid sport fan and an enthusiastic participant, Chris tries to make use of the many opportunities to be active and watch world class sport in Victoria but is still waiting to witness an England cricket victory at the MCG. He swims regularly and has recently completed his second marathon.

Chris completed his PhD at the University of Birmingham and has held Research Fellow roles at the University of Birmingham and Victoria University. He is an Accredited Exercise Physiologist with Exercise and Sport Science Australia.

The most rewarding part of Chris' job is that he gets to work with talented and like-minded people on a subject that he passionate about. He gets particular satisfaction in working with enthusiastic students and watching them develop their interest, knowledge and skills in exercise science.

Chris' primary area of interest is understanding the health benefits of exercise. His research focuses on how skeletal muscle adapts to changes in physical activity and how this influences the development and progression of cardiovascular and metabolic diseases.



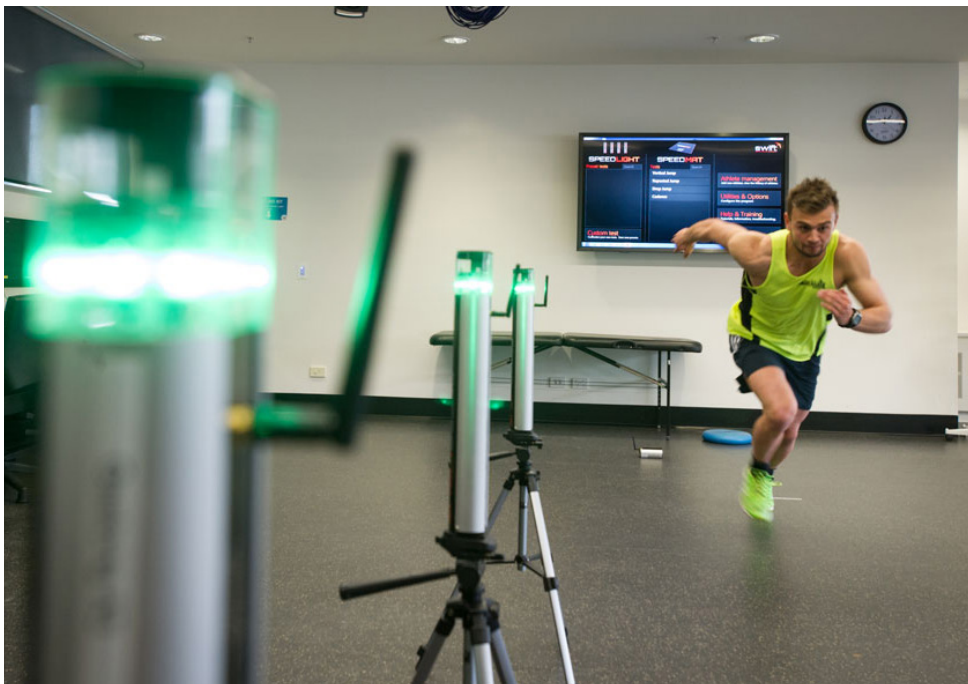
EXERCISE AND SPORT SCIENCE

Course Director - Dr Stuart Warmington
Deputy Course Director - Dr Dan Dwyer

work closely with DUSSC at both Burwood and Geelong and their industry events and career opportunities continue to provide significant benefit to students from exercise and sport related programmes. Recent activities have included social events through O-Week, providing an aid station at the Melbourne Iron-Man Triathlon. We look forward to the annual industry networking dinner later this year.

Early 2015 also saw the opening of a newly refurbished research facility on level 5 of Building J within the School. This contributes to increasing the laboratory research space within the School as well as consolidating and enhancing the capacity to conduct a wide variety

of research activities within diverse areas of exercise, sport and health. This includes a new exercise and sport research space, state-of-the-art equipment for exercise training and performance testing, consultation suites and enhanced capacity for human tissue sampling and processing. Combined with the world class REACH building at the Waurn Ponds campus this new facility continues to position Deakin and the School as a focal point for sport and exercise related research and industry activity that underpins and enhances the future of the course and the reputation of our research that is currently at level 5 (Above World Standard) for Human Movement and Sport Science.



STUDENT PROFILE

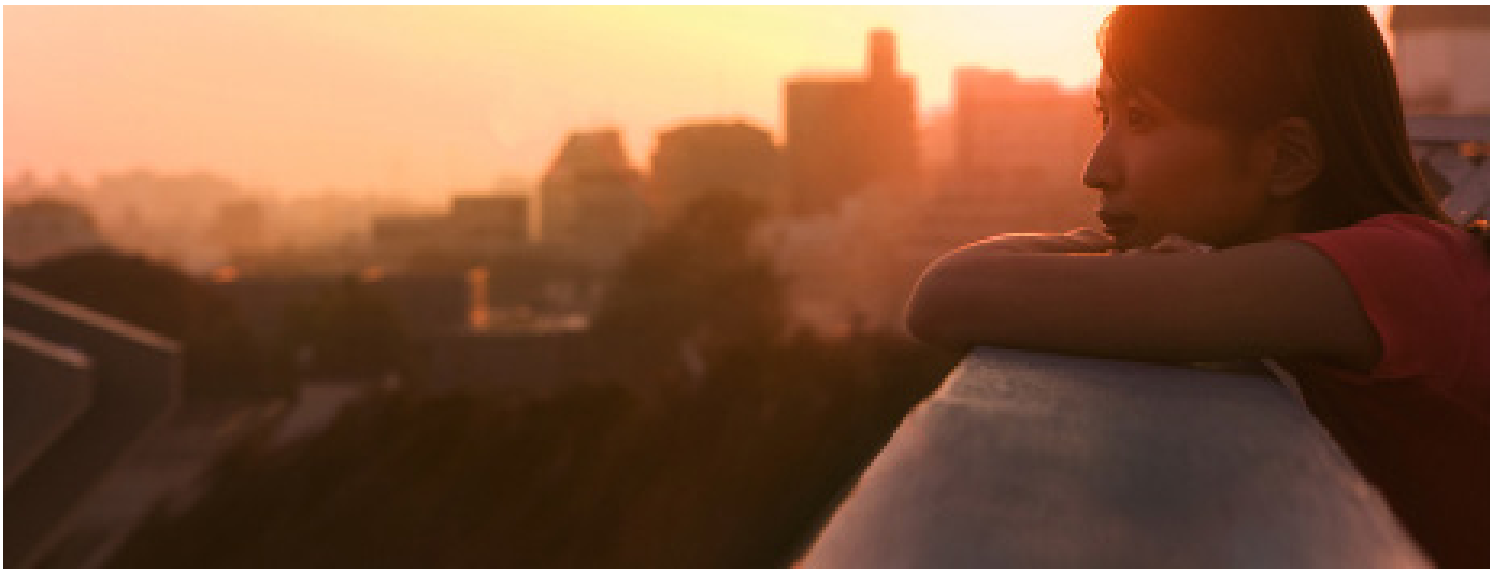
Amy Mitchell

Amy was born in Lakes Entrance Victoria and moved to Melbourne to undertake tertiary studies. She is currently undertaking the Exercise and Sport Science Australia (ESSA) sequence as part of the Bachelor of Exercise and Sport Science.

Amy intends to undertake postgraduate studies in the field of physiotherapy, as this will enable her to apply her knowledge to assist people in enhancing their functionality and recovering from injury and infirmity. Her ultimate goal would be to specialise as a sports, musculoskeletal or cardiorespiratory physiotherapist.

Outside of study, Amy enjoys staying active with recreational dance classes, outdoor fitness groups and spending days at the beach. She has an interest in international travel and aspires to live overseas for one year to work as a physiotherapist after she graduates.

Amy's friends and family will attest to her passion for living an active lifestyle to promote health and functionality as she is often encouraging them to incorporate physical activity into their routines.



EXERCISE AND SPORT SCIENCE/ BUSINESS (SPORT MANAGEMENT)

Course Director - Dr Helen Brown
Deputy Course Director - Dr Peter Kremer

The 2015 Bachelor of Exercise and Sport Science / Bachelor of Business (Sport Management) degree continues to be a popular course, reflected by the large number of prospective students applying to complete the degree. Due to the success of the course, it will now be offered at the Geelong Waurin Ponds campus in 2016, providing additional opportunity and flexibility for students to pursue a career in both sport science and business (sport management).

This industry leading course provides guidance and opportunities for students throughout their studies to gain valuable experience in a variety of exercise and sport science fields as well as in specialist sport management areas, preparing them for careers in the Australian sporting industry. Graduating students will be well equipped to choose from a variety of potential career opportunities including sport science, health and physical activity promotion, coaching, sports administration, event management and sport media roles.

The course team have been continually developing the combined degree and responding to new knowledge and initiatives in the industry. A major focus of the degree is to ensure students are 'job ready'. Students are provided with a wide range of opportunities to develop these skills and gain valuable experience through completion of work placement in both sport management and sport science industries. This is further enhanced by the use of 'state of the art' facilities at the university which replicate what students will utilise in their future work environments, allowing further development of 'graduate ready' competencies.

The combined degree students are encouraged to participate in all activities such as industry dinners and seminars provided by their student association, Deakin University Sport Studies Club (DUSSC). These opportunities will enable students to further their networks in Exercise and Sport Science and Sport Management and develop valuable career related knowledge.

Helen Brown



The new Physical Activity and Nutrition Research Facility.



STAFF PROFILE

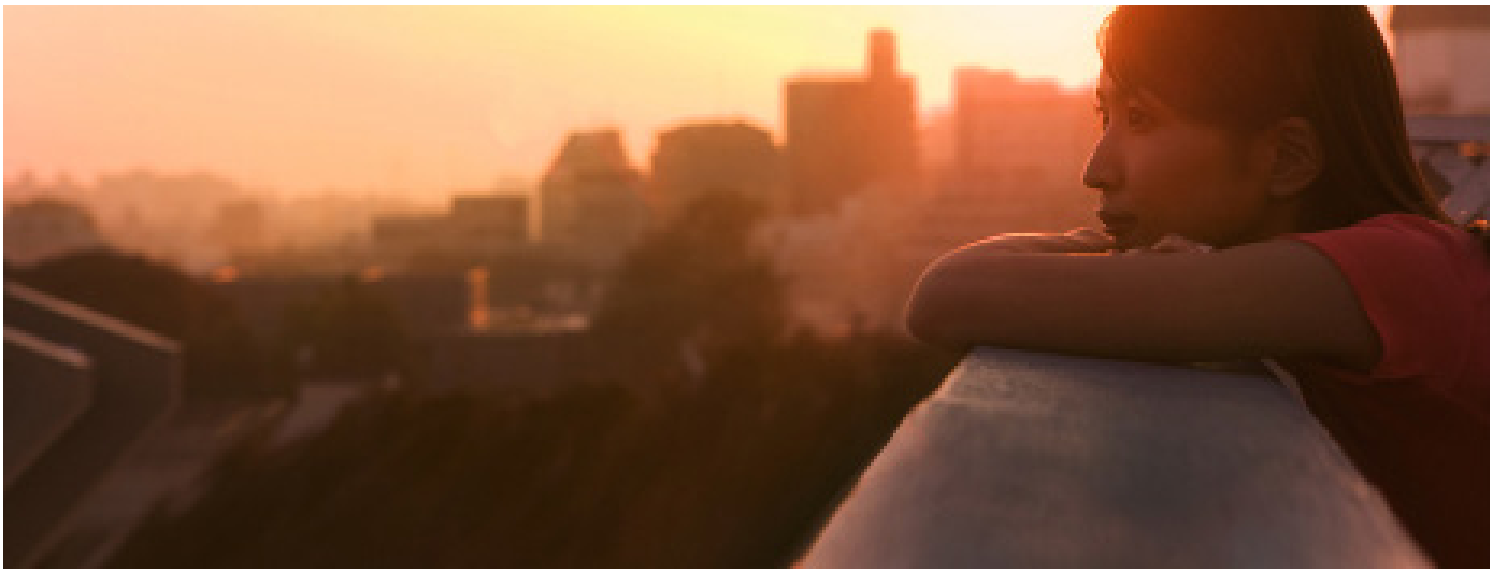
Dr Julia Walsh

Julia teaches in the Bachelor of Exercise and Sport Science and her area of specialisation is coach expertise and development. In her current role as Senior Lecturer, she is the Unit Chair of HSE205, HSE305 and HSE306; which are units within the Sports Coaching major.

Prior to Julia's appointment in 2015 she spent six years in Ireland setting up a degree program in physical education and sport studies, and before this she worked at Deakin University in the Faculty of Education as the course coordinator of the physical education program.

Her research foci are coach development, expertise and communication. 'Great coaches matter most' they are a key factor in influencing athlete satisfaction and performance. Julia is passionate about developing evidence based programs that produce coaches who can work with young people to build competence, confidence and connection in their chosen sport and physical activity pathway.

Julia is an active basketball coach. In 2014 and 2015 she was the head coach of the Victorian Men's Team for Athletes with an Intellectual Disability, on both occasions the team was successful in winning the Australian title. When in Ireland she was the head coach of the University College Cork Women's team that won the All Ireland University Championships. Julia also coaches a women's team in the Victorian Junior Basketball Association. In 2014 Julia was awarded the Female Coach of the Year for Basketball Victoria.



DEAKIN UNIVERSITY SPORTS STUDIES CLUB (DUSSC)

DUSSC Burwood

The Deakin University Sports Science Club (DUSSC) Burwood branch again show a strong support and membership base for 2015. Largely in response to activities in O-week including the "When I Grow Up" social night that attracted over 100 students! More social nights are planned throughout the year. All students with an interest/focus on sport or exercise should join DUSSC as it provides significant industry contact and events throughout the year. Students are encouraged to contact DUSSC via email: dusscmelbourne@gmail.com or for more information check their Facebook page/profile at:

- <https://www.facebook.com/dussc>
- <https://www.facebook.com/dusscmelbourne>

Other recent activities have included the Sport Management seminar and the Sport Science seminar with key speakers offering insights of valuable industry experience. Upcoming events include the Deakin Health Ball, and the annual DUSSC Industry Networking Dinner. Also don't forget about the DUSSC Footy Tipping where you can compete against fellow experts and the Course Director (The Big Cheese!): http://www.footytips.com.au/comps/DUSSC_footy_tipping_2015.

DUSSC Geelong

The Deakin University Sports Science Club (DUSSC) Geelong branch have had a busy and productive start to the year. Current membership is 94 students which is well above the 48 members in 2014.

The DUSSC Geelong committee have created a fantastic video (https://www.youtube.com/watch?v=BZ_FcdRv_J8) which was used to promote the Club at information sessions during O-week, in lectures, via their Facebook page, email and the Exercise and Sports Science twitter account (@Deakin_ExSc). Other activities during O-week included a vertical jump competition with a first prize of \$50 tub of protein powder awarded to the female and male student who had the highest vertical leap on the day.

During the University 'Health Week' the club was active in promoting the club through the "blend 'n bike" stall that resulted in free smoothies. Additional educational and social events are planned for later in the year, and the Club is currently working closely with Burwood members planning the major DUSSC activity for the year – the Networking Dinner.

DUSSC Geelong have been proactive in sourcing out sponsorship for the Club, with a number of local Geelong and Melbourne based companies providing discounts on products, free samples and donating small prizes to be used for promotional activities.

Students and staff wanting to join as members, require additional information or have ideas about how to promote or support the Club should contact Jack Hynes, DUSSC Geelong president on jshynes@deakin.edu.au



STUDENT PROFILE

Abbey de la Motte

Abbey is in her second year of university and was born in Launceston, Tasmania. She moved to Melbourne at the beginning of 2014 to train and commence study.

Abbey would like to become a physiotherapist and business owner where she is able to apply her knowledge and understanding towards helping people recover from injury, disability and other health problems, whilst also having the prospect of owning her own practice.

She is currently in the process of acquiring track and field coaching accreditation. Currently being coached by Peter Fortune (renowned for coaching Cathy Freeman during the 2000 Olympic Games) she has recently changed her focus from the 400m event to the 800m event where she is currently ranked 2nd in Australia in her debut season.

Abbey loves travelling, whether it be in Australia or Internationally and looks forward to a post-training steak with her coach and training partners on a Tuesday night.



FOOD AND NUTRITION

Course Director - Dr Gie Liem

Deputy Course Directors - Dr Alison Booth, Dr Sara Cicerale and Dr Shirani Gamlath and Dr Katie Lacy

The SENS Food and Nutrition Science course is the largest nutrition course in Victoria with flexibility for pathways or major sequences to undertake careers in the food, nutrition and health related industries and institutions. The course is attractive to students interested in both disciplines (food science and nutrition science) and is a feeder course into honours degrees and postgraduate study including the Master of Dietetics or Master of Human Nutrition. The Food and Nutrition Sciences course team has implemented a number of new teaching approaches in all units which makes the course more engaging. There has been an increase in student satisfaction over the past 4 years and an average of 85% agreed satisfaction in 2014. Retention and success rate has been around 90%. The Food Science major stream has increased student numbers in 2015.

This year planning for the International Study tour to Malaysia and Singapore is underway. The tour aims to provide students a unique international experience and increases the exposure of Malaysian and Singaporean students to Food and Nutrition Sciences at Deakin.

The course has several partnerships with government institutions, community groups and the food industry. This year the Food and Nutrition course team is planning to undertake a range of community activities such as laboratory demonstrations in Food Science, Sensory Science and Food Chemistry on Discover Deakin day and Open day. Meetings are continuing with Home Economics teachers in Secondary schools for future collaboration, a seminar and laboratory demonstrations for a group of secondary school teachers have been planned on 20th July. Once again, in collaboration with Post Graduate Human Nutrition team and the FANS group, the Food and Nutrition career event will be held on 14th September. There will be speakers from Nutrition, Public Health, secondary school and food sectors.

The Food and Nutrition Alumni group (LinkedIn) is growing with past graduates and the Bachelor of Food and Nutrition Sciences course is in healthy shape.

CAREERS

Graduates from courses within the School of Exercise and Nutrition Sciences can look forward to a rich and rewarding career in their chosen field.

To see the range of careers on offer go to our website at deakin.edu.au/exercise-nutrition-sciences/careers

FURTHER STUDY

The School of Exercise and Nutrition Science offers a range of course for graduates to continue their study with postgraduate coursework programs in Clinical Exercise Physiology, Dietetics, Human Nutrition and Public Health Nutrition and research courses including Honours, Masters by Research and PhD.

To explore the study options available please go to our website at deakin.edu.au/exercise-nutrition-sciences/study-options

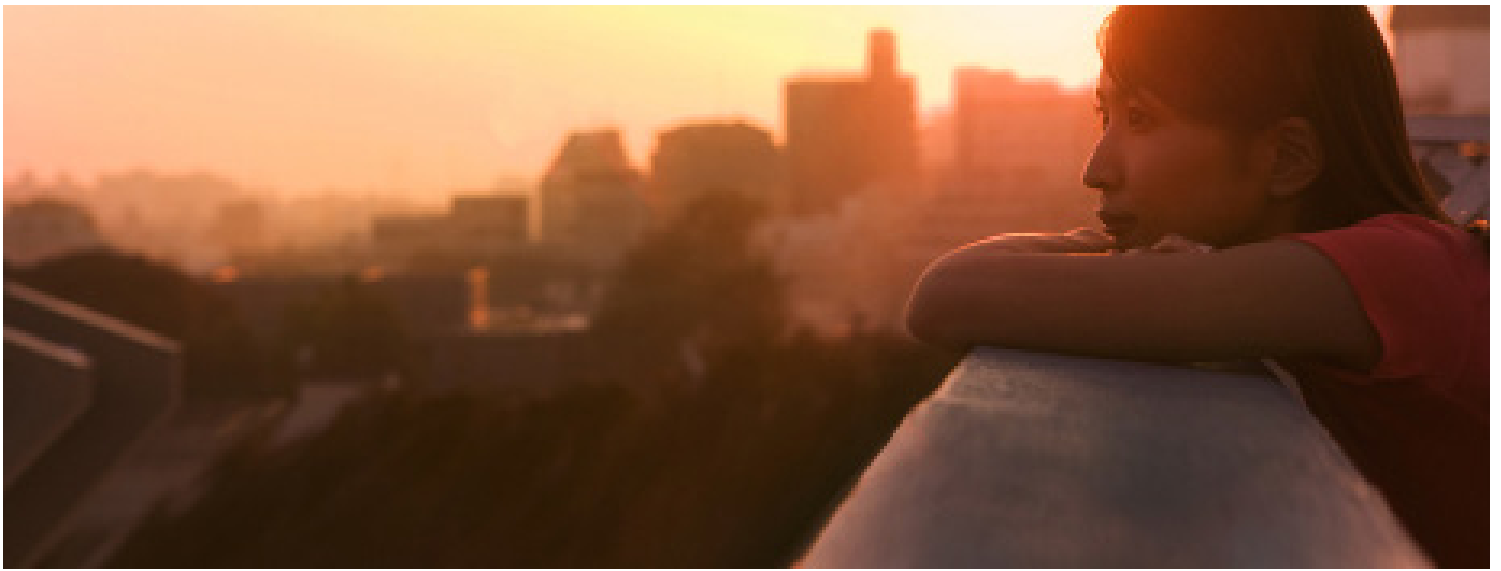


STAFF PROFILE Dr Gunveen Kaur

Dr Gunveen Kaur is a Lecturer in Nutritional Sciences and has been responsible for chairing and teaching several units including HSN107, HSN213, HSN305, HSN719 and HSN301. Gunveen obtained her PhD in 'Nutrition and Molecular Biology' from Deakin University, graduating in April 2011. After completing her PhD Gunveen worked as a research fellow at Deakin University Geelong focusing on fatty acid and lipid metabolism. Gunveen was then employed at Victoria University providing an opportunity to expand her research expertise in Exercise Science and Muscle Metabolism. Gunveen has since joined Deakin University as a Lecturer in Nutritional Sciences.

The current focus of Gunveen's research at Deakin is investigating a relationship between nutrition and impairments in muscle metabolism, and how these relate to lifestyle diseases such as obesity and type 2 diabetes. In 2010, Gunveen was awarded the Nestle Emerging Researcher Award by the Nutrition Society of Australia for excellence in publishing high quality research papers in the field of nutrition.

Gunveen's role within Deakin University involves a balance of both teaching and research which is an aspect of her career that she enjoys immensely. Observing the progression and growth of her students through their studies is one rewarding aspect of her job. Another rewarding aspect is having an opportunity to conduct research with clinical relevance in health and disease. In her free time, Gunveen enjoys a social and active lifestyle with activities such as charity runs and travelling.



FOOD AND NUTRITION STUDENTS (FANS)

FANS has had an incredible kick off to 2015, within the first six weeks of the trimester we have had over 200 students sign-up as members.

The FANS committee has already held three events for the year, which all have had wonderful attendance by not only our members but also non-members! The first event was a welcome dinner held at Mrs Robinson on campus which enabled students to meet like-minded individuals and also make friends with others in their course.

This year we were lucky enough to have been sponsored by Woolworths, who helped us create a healthy breakfast bar in week three of trimester! Woolworths provided lots of fresh fruit and muesli bars as well as flying one of their head dietitians, Monique Cashion, down to the event from Sydney to give students insight into the wide range of opportunities Woolworths can offer.

After the mid-trimester break we held a smoothie bar and thankfully the weather gods were on our side for the day! We made over 150 refreshing smoothies for not only FANS members but also other students passing by who wanted one of our refreshing drinks.

For the first time ever we have also been able to offer our members hoodies, perfect for the fast approaching winter. They have been very popular so far and we hope we will sell even more in second trimester as the winter weather officially hits.

We have an end of trimester event coming up after the exam period and for trimester two we have another four events planned for FANS members. The best way to keep up with all the latest FANS news and upcoming events is to like our Facebook page FANS @ Deakin.



STUDENT PROFILE

Dannielle Hibbert

Currently in her second year at Deakin University studying a Bachelor of Food and Nutrition Science Dannielle aims to complete her Master of Dietetics at Deakin on completion of her undergraduate course next year.

Born and raised in Tasmania, Dannielle moved to Melbourne for study at the beginning of 2014. Being away from all her family and friends was a difficult challenge and she says still has bad days every once in a while.

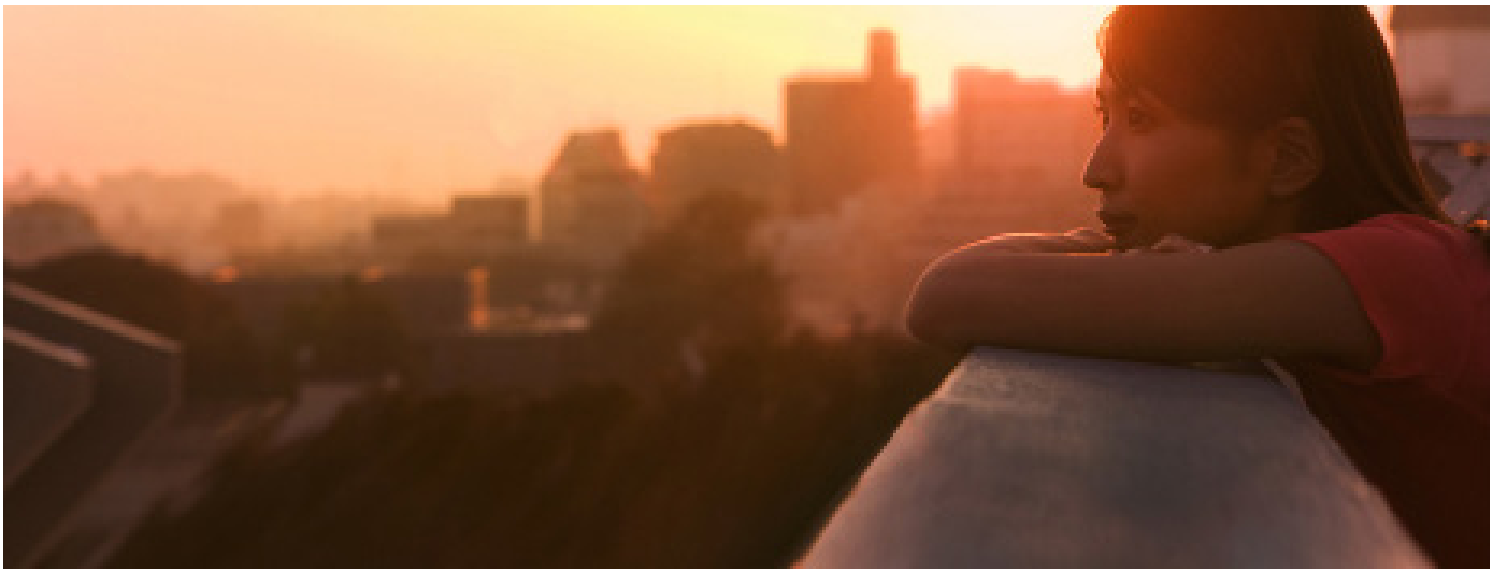
In her last year of secondary school Dannielle absolutely hated chemistry, she had not done the classes for it previously and jumped in the deep end to try and prepare herself for the science aspect of nutrition. Now chemistry is one of Dannielle's best and most enjoyable subjects, She finds it reliable because although new things are always being discovered the same theories and aspects govern basically the whole universe.

Dannielle is the president of the Food and Nutrition Society (FANS) for 2015 which she describes as a full-on but outstanding experience and has helped her make a lot more friends and meet a lot of new people. It has also helped her in regards to public speaking and confidence, She was a very shy person growing up and now can barely recognise herself and how much she has grown/improved.

Casually employed by the YMCA, working at the centre on campus where she engages in Customer Service and administrative tasks. Between work, FANS and study 80% of her time is spent at Deakin. The remaining time she likes to spend exercising, spending time with her partner or cooking (trying to create new recipes, particular healthy versions of certain foods is something she finds enjoyable).



Lauren Quanchi receiving one of her three awards at the 2015 School of Exercise and Nutrition Science Awards Evening



DIETETICS

Course Director - Dr Claire Margerison
Deputy Course Director - Mr Adam Walsh

The Master of Dietetics continues to be a market leader with the recent selection round for students starting the course in 2015 continuing the trend of high demand with over 200 applications received. Students in their final year of the program have just completed either their clinical or community placements and are about to commence their careers as dietitians.

The annual Dietetics Partnership Recognition and Awards dinner is coming up later this month. The event is the highlight on the Dietetics calendar this year, the venue is Pullman on the Park. The event is held in recognition of the effort our placement site Clinical Educators, supervisors and managers across all domains put into the Dietetics program at Deakin. The evening includes presentation of several student and supervisor awards. The student awards recognise both academic and practice excellence in each domain whilst the recipients of the supervisor awards are nominated by students and rated in areas such as constructive evaluation, communication, collegiality, role modelling and counselling.

The Master of Dietetics recently underwent its accreditation review by the DAA review panel in mid-March who carried out a site visit at Deakin meeting with staff from across the University including course staff. The review panel's report

was submitted to the Australian Dietetics Council (ADC) who endorsed the re-accreditation of the Master of Dietetics with full status and nil conditions from May 2014 until April 2020. The Master of Dietetics was also commended by the ADC on aspects of the program which demonstrate innovation that enhances student and stakeholder outcomes. Specifically, these aspects were:

Funding investment by the School of Exercise and Nutrition Sciences for specific projects to support innovation in curriculum design and delivery and a School-based e-learning designer who has become embedded within the teaching team;

The collegial and scholarly approach of the teaching team to learning and teaching that has resulted in the implementation of a range of innovative learning and teaching strategies and a strong focus on work readiness and career planning for graduates.

This is wonderful recognition of the hard work the course team and the staff within the School undertake for the course which continues the tradition of Deakin offering a world-class dietetics degree.

Adam Walsh
Deputy Dietetics Course Director



STAFF PROFILE

Lauren Grundy

Lauren is the Clinical Dietitian and Clinical Educator at Melbourne Health and is based at The Royal Melbourne Hospital, City Campus. She says that the most rewarding aspect within her role as a Clinical Educator for Deakin University is being able to support the development of confidence and skills that enable students to independently translate their knowledge and reasoning into clinical practice. She sees the role as making a useful and effective contribution to the profession.

Aside from student teaching and training, Lauren's area of clinical interest is the management of patients with intestinal failure and short bowel syndrome. This requires a specialist multidisciplinary approach and the specific nutritional management plays a vital role in achieving the best patient outcome.

Lauren completed a Bachelor of Science (Nutrition) at La Trobe University followed by a Master of Science (Nutrition & Dietetics) at the University of Wollongong, graduating in 2002. In 2003, she accepted her first position as a new graduate Dietitian at Westmead Hospital in Sydney, where she worked across a variety of clinical areas.

In 2009, she relocated to the UK to further her professional (& travel) opportunities. During this time she was fortunate enough to enrol in a number of specialised courses including the European Society of Parenteral & Enteral Advanced Course in Clinical Nutrition in The Netherlands, as well as, the St Marks course on Intestinal Failure, Rehabilitation and Home Parenteral Nutrition in London. She also worked in a variety of clinical roles within both the National Health Service and private sectors.





POSTGRADUATE HUMAN NUTRITION

Course Director - Dr Julie Woods
Deputy Course Director - Dr Phillip Parker

A big welcome to our returning and new students. Hopefully you are all settling in to this academic year and finding the 'new look' CloudDeakin easier to navigate and use. We have completed the Major Course Review for the Post Graduate Human Nutrition Courses and you will notice a number of fairly major changes (commencing in 2015) – although changes to course rules will not effect anyone who enrolled before in any of the courses in or before Trimester 3 2014. You can have a look at the changes on the Course Cloud Deakin site. There is information relating to all the changes and a more extensive FAQ section to help with questions. For those of you who have started in

2015, you are "living" the new curriculum and we hope you enjoy it. We will be monitoring and evaluating the changes over the next few years to ensure the changes are appropriate and continue to meet the needs of our students. We have recently updated all of the information on the Course Cloud Deakin site and hope it's useful for you. If you have any suggestions on how this site can be improved, please email j.woods@deakin.edu.au and we can keep tailoring the site to suit your needs. We are also in the process of updating the Careers site with new information and some exciting profiles of past students – so watch on the Course Cloud Deakin site for news of that when it's completed.



The new Physical Activity and Nutrition Research Facility.



STAFF PROFILE

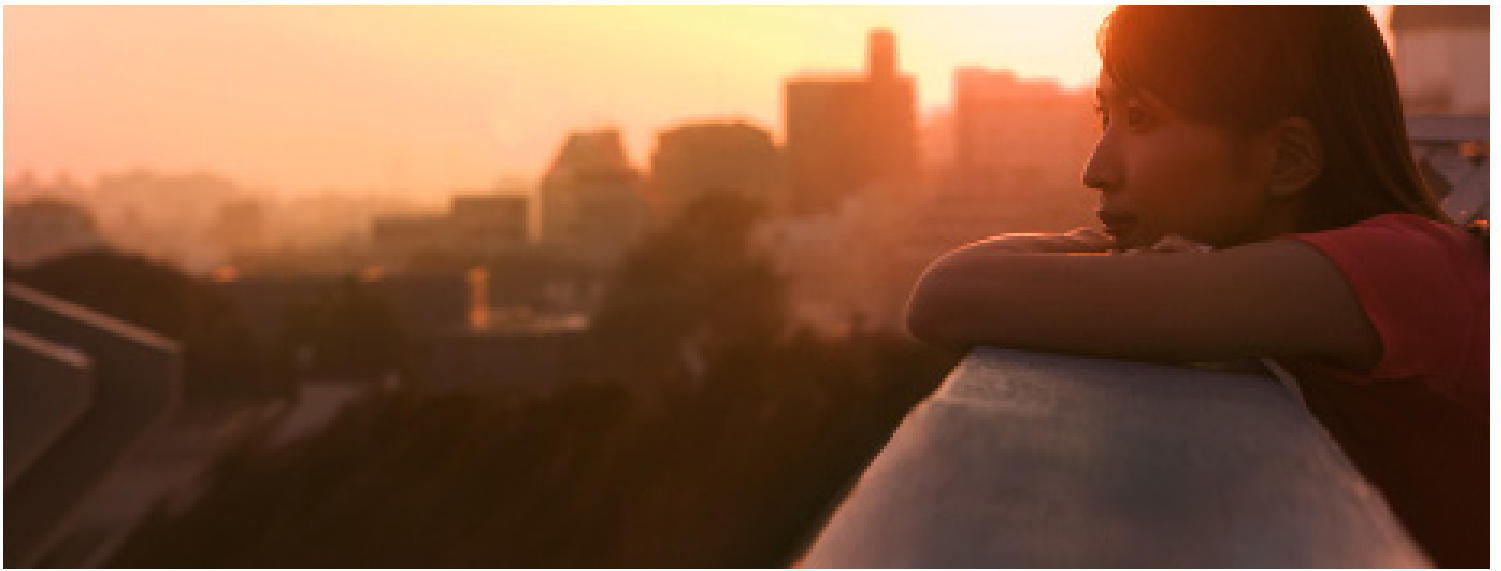
Dr Clinton Bruce

Dr Clinton Bruce is Senior Lecturer in Nutrition and Metabolism and teaches into HSN751, HSN703 and HSN753. His research is focused on understanding the regulation of glucose metabolism in liver and skeletal muscle with the aim of trying to identify mechanisms that contribute to the development of insulin resistance and type 2 diabetes. He is also interested in examining the role of lipids in modulating skeletal muscle function.

After receiving his PhD from RMIT University in 2003, Clinton completed postdoctoral appointments at the University of Guelph, Canada, the Garvan Institute of Medical Research and the Baker IDI Heart and Diabetes Institute. He established an independent laboratory in the Department of Physiology at Monash University in 2012 prior to taking up an academic appointment at Deakin University in 2014.

Clinton says that getting paid to learn and teach is one of the most rewarding parts of being in academia. The flexibility to develop exciting new areas of research and to build a team who are passionate about what they do is also fulfilling. The reward of this effort is even more worthwhile when it is recognised with publications and/or grant success.

Most of his time away from work is spent chasing after his three young daughters. Clinton also tries to keep active and enjoys keeping up to date with home improvements.



POSTGRADUATE HUMAN NUTRITION

Course Director - Dr Julie Woods
Deputy Course Director - Dr Phillip Parker

Awards

On the Tuesday 5th May we held our annual School Student awards and prizes ceremony for academic excellence in 2014. Two students in postgraduate nutrition were awarded prizes:

Brianna Seeto was awarded a prize for the highest mark in HSN701 Principles of Nutrition.

Kara Cohen was awarded a prize for the highest mark in HSN702 Lifespan Nutrition.

Well done to both Brianna and Kara for an outstanding result.

Careers in Food, Nutrition and Dietetics

Following the success of our previous events, we are planning to have another Careers in Food, Nutrition and Dietetics event this year in August. We have just commenced planning and details will be available soon via the Course Cloud Deakin site.

Finally, if you have any queries regarding your enrolment (enrolling or unenrolling from units, articulating to another course, applying for credit for prior learning, intermitting from your course) then please send your query to our admin team: ens-enquire@deakin.edu.au. If you would like advice on future career prospects or selection of particular electives, then please contact Julie on the number or email below.

Enjoy the rest of Trimester 2.

Dr Julie Woods - Course Director
Ph: 03 9251 7272
email: j.woods@deakin.edu.au



STUDENT PROFILE

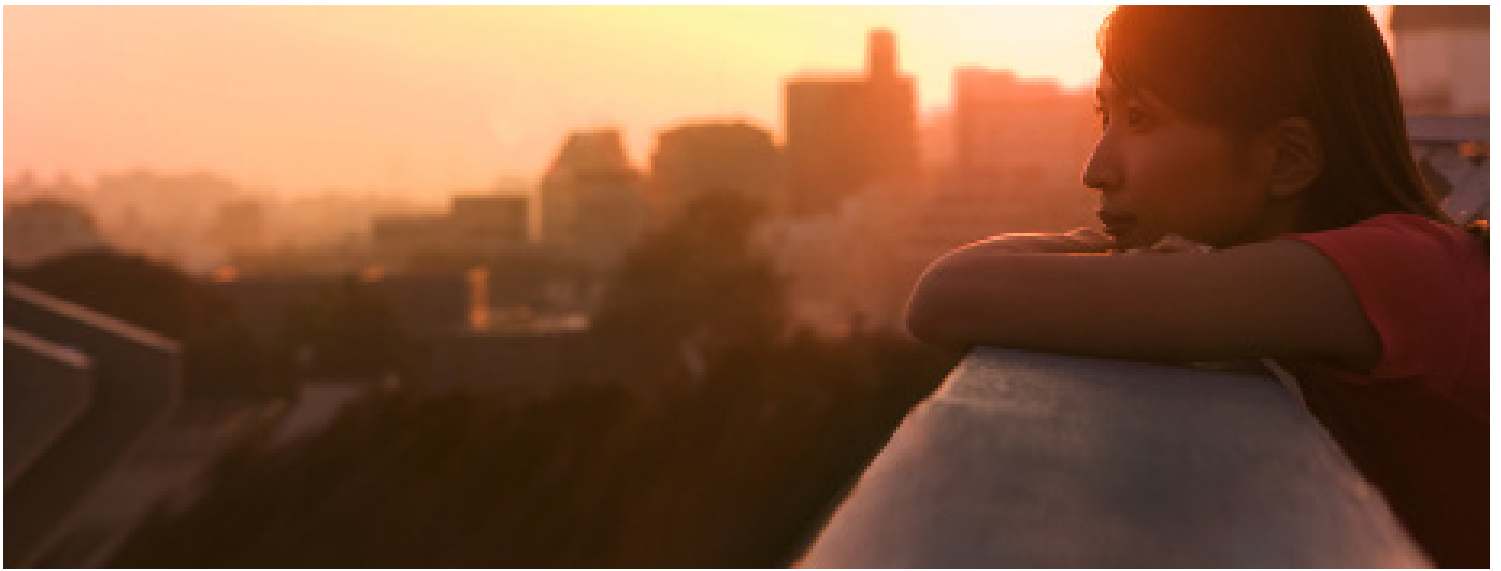
Marika Heblinski

Marika is currently studying the Master of Human Nutrition and her career goal is to combine her passion and knowledge for diet-related disease prevention with previously acquired skills in scientific research. She aspires to work as health promotion officer for a governmental or non-for-profit organisation or as a researcher in public health nutrition.

Currently part of the broad volunteer network at Nutrition Australia, Marika recently volunteered at a cooking demonstration which took place at a large healthcare company.

In some ways Marika believes that she fits the profile of a typical nutritionist, if there is such a thing. She loves to cook and makes her own fermented foods and drinks, and even writes a blog (<http://drbikini.blogspot.com.au/>). What most people don't know about Marika is that she almost enrolled into Cert. III + IV to become a personal trainer instead of a nutritionist. She is now glad that she didn't but is still crazy about sports and exercise. There is hardly a sport that Marika hasn't tried. At the moment she is passionately playing beach volleyball at Manly beach in Sydney. It is a very sociable sport, where you can meet new people easily. Anyone can join the fun, and you will definitely not be forced to wear a bikini.





HONOURS

Course Director - Dr Glenn Wadley
Deputy Course Director - Associate Professor Karen Campbell

This year 28 students began their Honours year in the School of Exercise and Nutrition Sciences. Students have completed their course work and are well into collecting data and writing up their theses. After submitting their thesis in mid October, the students will present the findings to the School, peers and family the following week. Students who are interested in undertaking an honours year in 2016 are welcome to attend this event which will be held on Friday 16 October 2015. The event provides prospective students with an opportunity to gain a better understanding of what the year is about.

Recruiting for 2016 has started, with an honours information session to be held in mid-September and we are hoping for another enthusiastic cohort of budding researchers. For students interested in attending either event, please contact Dr Glenn Wadley glenn.wadley@deakin.edu.au for more details

Dr Glenn Wadley
Course Director

HONOURS FAQS

What is honours?

Honours builds upon the foundations of an undergraduate three year degree and provides students with the necessary knowledge and skills in research to enable them to undertake research degrees and advance their professional training.

What happens in the honours year?

The year is short and intense, beginning in February with orientation and ending in October with completion of an oral presentation. The course is 50% research and 50% coursework. The coursework provides the necessary skills and training to complete the research, whilst the research project includes data collection and analysis and a written thesis. Students need to be able to commit 35 hours per week.

Why do honours?

Students can extend their knowledge, challenge themselves in a course very different from their undergraduate degree, specialise in an area of interest and learn time management and independent study skills. By undertaking honours students mark themselves as a top student, qualify for entry into research degrees and enhance their employment opportunities.

What are the admission requirements?

Students must have completed a Bachelor degree, have a mid credit average (WAM of 65) and have completed a major in the discipline involved.

Additional information on honours and this year's projects can be found at:

www.deakin.edu.au/health/ens



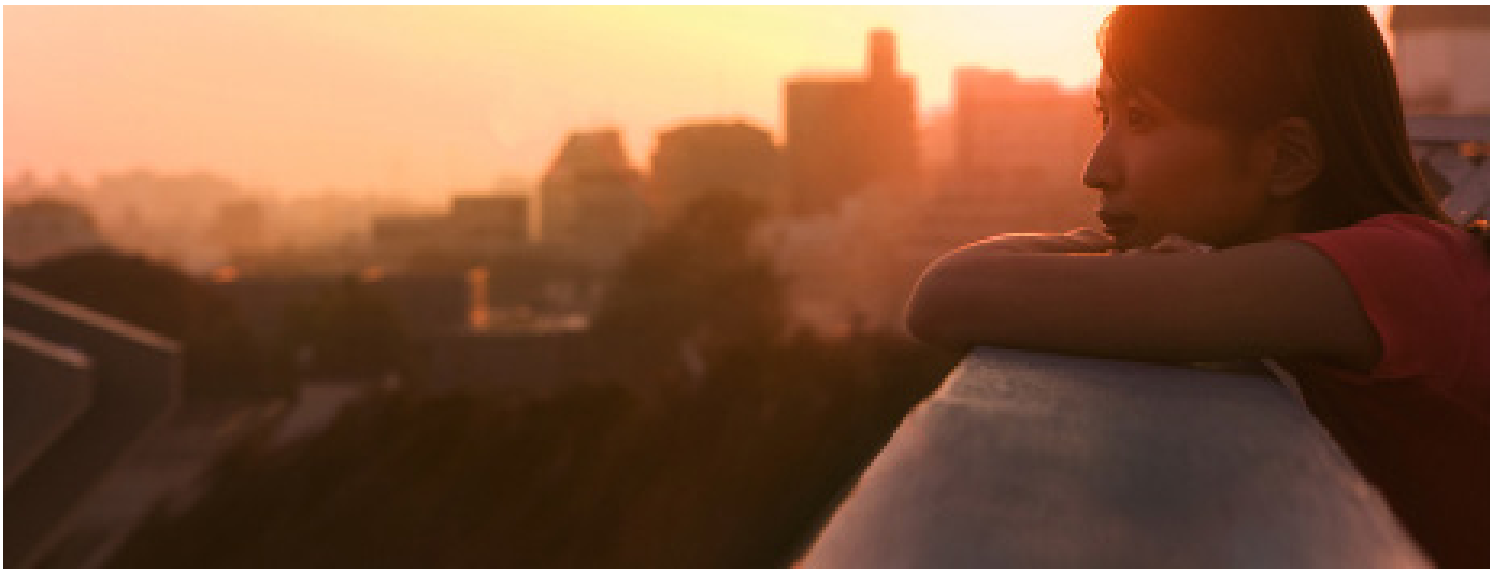
STUDENT PROFILE

Jasmine Mikovic

Jasmine is enrolled in the Bachelor of Food Science and Nutrition (Honours) and is currently investigating the question: Can an exercise intervention up-regulate mitochondrial content markers and reduce intramuscular fat in offspring born to junk food fed mother?

Jasmine lists her short term goals to work as a research assistant in the physiology, metabolism and molecular biology field with the aim to release publications. Her long terms goal is to complete her PhD and release more publications as a researcher. She also has an interest in working as a lecturer in the nutrition and exercise science field.

Areas of interest for Jasmine outside of study involve playing hockey and reading. She is currently looking forward to achieving her goal for 2015 (other than completing her honours year), which is to run her first half marathon in the Melbourne Marathon Festival.



RESEARCH DEGREES

Associate Head of School (Research) - Professor Aaron Russell

We currently have 80 Higher Degree by Research (HDR) students enrolled in the School of Exercise and Nutrition Sciences. This year, we welcomed 11 commencing students. SENS HDR students and staff have had a successful period since the last newsletter. Here is a summary of the highlights:

Recent PhD completions and submissions

Congratulations to Ashlee Hendy, Shaun Mason, Helen Brown, Lisa Barker, Jenni Raines, Jill Hnatiuk and Sisitha Jayasinghe who recently completed their PhDs. Congratulations also to Lisa Parkinsen, Jacquie Tran, Brianna Larsen, Rebecca York, Daniel Wundersitz, Sarah-Jane Robinson, Paige van der Pligt and Grace Vincent who recently submitted their theses.

Conference presentations

Many SENS HDR students have presented their research at national conferences in exercise and sports science, food and nutrition in late 2014-early 2015. A few have also presented on the international stage during this period, namely Grace Vincent and Brianna Larsen delivered oral presentations at the XX World Congress on Safety and Health at Work in Germany in August 2014. More recently Sirinya Phulkerd and Quynh Pham presented at the Asian Congress of Nutrition in Japan where Sirinya was awarded a poster presentation prize. The number of students presenting at international conferences in 2015 will increase significantly over the coming months with many students heading to major international conferences during the Northern Hemisphere summer months.

Publications

Our HDR students are also publishing their research, many in the top ranked international journals in their fields. Congratulations to

Jane Winter, Shaun Mason, and Aaron Fox who received the SENS Award for the Best PhD Paper for 2014.

- Winter JE, Maclnnis RJ, Wattanapenpaiboon N, Nowson CA. BMI and all-cause mortality in older adults: a meta-analysis. *American Journal of Clinical Nutrition*. 2014; 99(4):875-90
- Mason SA, Baptista R, Della Gatta PA, Yousif A, Russell AP, Wadley GD. High-dose vitamin C supplementation increases skeletal muscle vitamin C concentration and SVCT2 transporter expression but does not alter redox status in healthy males. *Free Radical Biology and Medicine*. 2014; 77:130-8
- Fox AS, Bonacci J, McLean SG, Spittle M, Saunders N. What is normal? Female lower limb kinematic profiles during athletic tasks used to examine anterior cruciate ligament injury risk: a systematic review. *Sports Med*. 2014; 44(6):815-32

Other activities

Students from SENS will again compete in the Three Minute Thesis completion. This year we have 22 students competing in the SENS heat to be held on June 12. First and second place will go through to compete in the Faculty of Health semi-final on 22 July, with a chance to represent the Faculty in the University final in August. Finally, in 2015 SENS will host the 11th Research Degree Symposium to showcase the diversity of research being conducted by our PhD and Masters by Research students. This years symposium will be held in September – stay tuned for more details.

Dr Brad Aisbett and Associate Professor Sarah McNaughton – HDR Co-Ordinators



STUDENT PROFILE

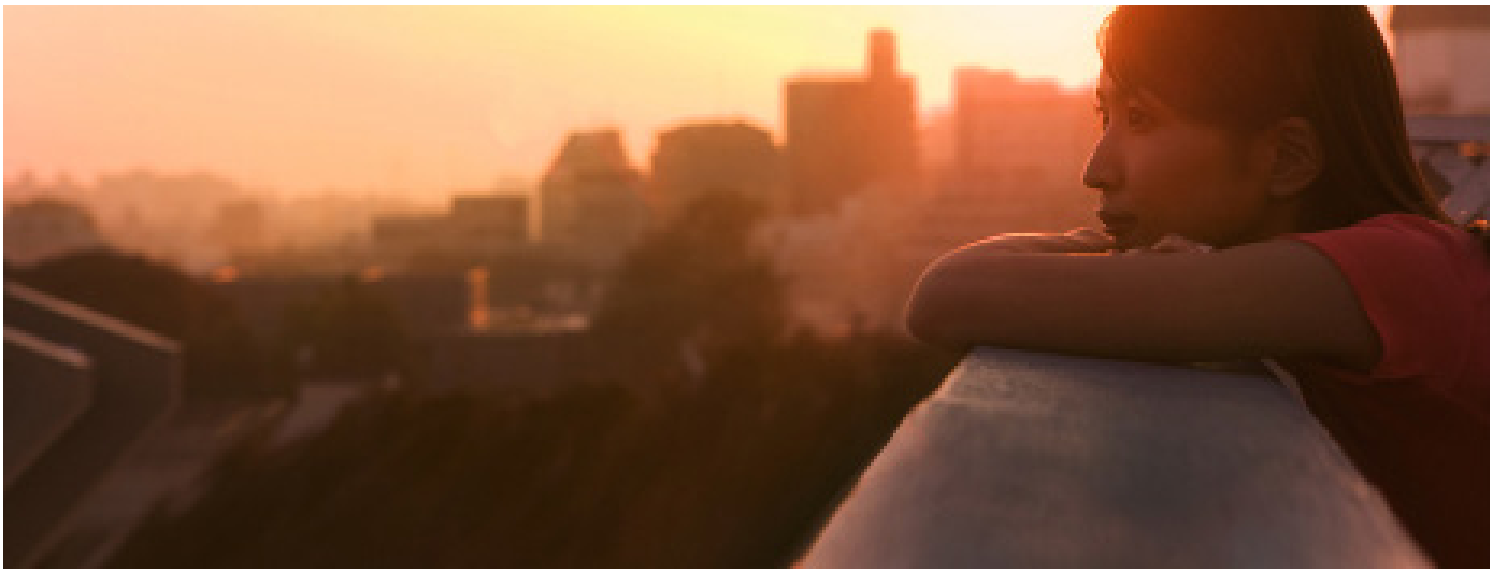
Daniel Wundersitz

Daniel Wundersitz has recently submitted his PhD thesis focussed on the validity and utility of wearable tracking devices in team sports. These devices are common place across the breadth of professional football codes, with more than 500 sporting teams worldwide using these devices.

Throughout his candidature Daniel has played an active role as a sessional demonstrator in the Biomechanics and Applied Sports Science units. He has recently commenced a short-term contract as a lecturer in our school, leading (along with Dr Jason Bonacci on the Waurn Ponds campus) our Biomechanics units at second and third year level.

His long-term goals are to obtain ongoing academic employment in higher education or an elite sporting environment (workload monitoring) and to develop an international reputation in the field of biomechanics.

When not pursuing his research he passionately follows his beloved Melbourne Demons Football Club, staunchly supporting their endeavours to rise up the ladder!



CLINICAL EXERCISE PHYSIOLOGY

Course Director - Dr Steve Fraser
Deputy Course Director - Dr Natalie Saunders

The Master of Clinical Exercise Physiology (MCEP) took in its fifth cohort of 49 enthusiastic students in March, 2015, our largest ever. SENS' MCEP has quickly established itself as the leading EP course in Victoria with strong student satisfaction and excellent employment outcomes. These students are completing their Trimester 1 assessments before embarking on their clinical placements.

A number of students will complete their clinical placement in the Clinical Exercise Learning Centre on level 1 of Building J, Burwood campus. Students will see a wide range of clients including individuals with cardiovascular disease, type 2 diabetes, stroke, cancer, acquired brain injury and those with chronic pain, osteoporosis, multiple trauma or musculoskeletal injuries. Deakin also offers clinical practicum at the BakerIDI Heart and Diabetes Institute where we offer clinical exercise services 3 days per week. Students are supervised by award winning supervisors at both sites. Ms Alana Wallis received the ESSA Supervisor of the year award for 2014 and Ismini Dandanis received the ESSA graduate of the year for 2014.



Ismini Dandanis with Professor Steve Selig at the 2015 ESSA Business Forum where Ismini received her ESSA graduate of the year award

In staffing news, Professor Steve Selig officially retired from his full time academic role, but Steve remains linked to the program with a casual teaching role. To honour our foundation Professor's contribution to the establishment of the course, the School of Exercise and Nutrition Sciences created an Annual Professor Selig Prize to the most outstanding graduate from the MCEP degree. The 2015 winner, Sidney Cubash received her award at the recent SENS awards night. Sidney is currently employed by Deakin in the CPAN research group.

We also farewelled Dr Dawson Kidgell and Dr Andrew Dawson from the MCEP teaching team, however we will soon be welcoming back Dr Natalie Saunders from maternity leave for Trimester 2.



Alana Wallis (background) supervising students in CELC

The MCEP course was reaccredited for another 5 years in late 2015. The feedback from the ESSA reviewers was extremely complimentary, highlighting the excellent teaching team, assessment practices, clinical practicum opportunities and facilities in the MCEP program. MCEP is undertaking a major course review and course enhancement process in 2015.



STAFF PROFILE

Ms Niamh Mundell

Niamh is Associate Lecturer and Clinical Educator for the Masters of Clinical Exercise Physiology teaching into HSE702, HSE703, HSE709, HSE711 and HSE712. Her area of research specialisation and interest is persistent pain and fatigue syndromes and cancer recovery.

She says the most rewarding part of her job is that she is privileged to work alongside colleagues who are considered experts in the clinical exercise physiology field, and teach motivated and high achieving students. These things inspire her a great deal, however the highlight of her job is always the satisfaction of seeing individual clients and patients achieving their health related goals.

Niamh is an ex-pat kiwi, artist, vegetarian and want – to – be distance runner with a penchant for dad-jokes.



CLINICAL EXERCISE PHYSIOLOGY

Course Director - Dr Steve Fraser
Deputy Course Director - Dr Natalie Saunders

MCEP hosted its first alumni gathering in late 2014 with over 40 alumni catching up and networking at Sage restaurant. It was great to see our alumni and see how their careers have progressed.

MCEP also hosted a wonderful Careers Networking evening attended by over 50 guests in May 2015. This event enabled our graduating students the opportunity to network with potential employers and allow them to share their career advice. An MCEP clinical supervisor forum was also held on the night.



MCEP Alumni event 2014.

In research news, a number of clinical exercise studies are under way looking to add to the evidence base that underpins the EP profession. Studies include:

IMPACT: Musculoskeletal and cognitive effects of exercise and nutrition interventions for prostate cancer.

EMPOWER: Exercise training during energy restriction in clinically severe obesity

Dialysis and Exercise study: exercise for renal failure patients whilst on dialysis.

MCEP graduates have been employed as research assistants on a number of exercise

studies in CPAN and the School of Exercise and Nutrition Sciences.

Finally, a Deakin Clinical Exercise team won the mixed team corporate triathlon series held in March 2015 at Elwood. An injured Steve Selig was replaced by his daughter Emily who joined Clint Miller and Steve Fraser in the winning team.



The victorious team.



The new Physical Activity and Nutrition Research Facility.



STUDENT PROFILE

Sean Drummond

Sean's career aspiration is to assist people in helping themselves improve their physical and physiological function, fitness, mental health, and decrease their risk factors for developing chronic disease.

He has a specific interest in musculoskeletal and neurological pathologies and rehabilitation from the sub-acute stages into the long-term.

Sean currently works as an Allied Health Assistant in a Day Therapy Centre providing exercise and physical activity programs to community dwellers over the age of 60. He encounters clients with a range of conditions including Parkinson Disease, various cardiovascular and respiratory conditions, joint replacements, and people at risk of falls.

In his spare time Sean loves keeping active, seeing live music, working out at the gym, going for a jog or a hike, practicing yoga and snowboarding!

SCHOOL OF EXERCISE AND NUTRITION SCIENCES ACHIEVEMENTS

Student Awards and Prizes Ceremony Award Recipients - 5 May 2015

Faculty of Health Awards

Heart Foundation Award for Excellence in Healthy Lifestyles - Carrie Service

Parks Victoria Healthy Parks Healthy People Award - Ella Ridgway

Head of School Awards

Award for the outstanding student in first year - Nicole Biggs

Award for the outstanding student in second year - Brenton Watson

Award for the outstanding student in third year - Lauren Quanchi

School Awards

AFL David Parkin Award for Coach Development - Rachel Bullard, Peter Wroblewski and Nathan Dance

Cengage Learning Australia Prize for HSN201 - Lauren Quanchi

Cengage Learning Australia Prize for HSN202 - Melanie Vucko

CHR HANSEN Functional Foods and Biotechnology Prize - Elisabeth Maunas

Crick Victoria Hokes Scholes Coaching Award - Andrew Christie

Dairy Health and Nutrition Consortium Prize - Annie Curtis

Exercise and Sport Science Australia Award - Amy Mitchell, Clare Ryan and Jessica Batton

Exercise and Sport Science Student Engagement Award - Kate McIntosh

Food and Nutrition Student Engagement Award - Sophie Jamieson

Food Fundamentals School Prize - Shu Wei Ho

Food Microbiology and HACCP School Prize - Lauren Quanchi

Nestle Health Science Nutrition Prize in Clinical Dietetics - Adelaide Giddens

Nu-Mega Ingredients Prize - Natalie Taylor and Isabella Hartley

Physical Activity Australia Prize - Jessica Batton

Postgraduate Human Nutrition Awards - Brianna Seeto and Kara Cohen

Professor's Prize in Dietetics - Brooke Dillon

Professor Selig Prize - Sidney Cubasch

School of Exercise and Nutrition Sciences Award for the Best PhD Paper - Jane Enid Winter, Aaron Samuel Fox and Shaun Mason

School Prize for Academic Distinction in Anatomy and Physiology - Zoe Hunter, Carmen Ng, Bree Lucas, Julie Hobby, Taryn Richards and Phillippa Warber

School Prize - Jacob Stubbings

Simplot Sensory Evaluation Award - Chia Chin Lee

Sports Medicine Australia Award - Amy Mitchell

Victorian Chapter of ESSA Student Award - Kate McIntosh



2015 School of Exercise and Nutrition Sciences award recipients and sponsors