



Welcome

The School of Exercise and Nutrition Sciences has had a busy but successful start to 2011. Demand for our courses continues to be very strong, highlighting the excellent employment opportunities in the health and sports sectors. We have enrolled our first cohort of students into the new Masters of Clinical Exercise Physiology. This course provides a good example of the emerging career options for exercise graduates. The School is also gearing up this year to offer its Bachelor of Exercise and Sport Science at the Geelong Waurin Ponds Campus from 2012.



Alfred Deakin Professor David Crawford

We recently appointed two senior academics to the School. Professor Tony Worsley has joined us as a Chair in Behavioural Nutrition and Professor Rob Daly has come on board as the Chair in Exercise and Ageing. Tony and Rob have extensive experience in their respective fields and are highly regarded internationally. These two senior appointments further strengthen our ability to contribute to the national preventative health agenda - both in terms of developing the workforce and creating research evidence upon which to base policy and programs.

As a result of the 'Excellence in Research Australia' audit conducted last year, which judges the quality of research, Human Movement and Sports Science at Deakin University was rated as being 'above world standard'. This is a particularly pleasing outcome and underscores the strong research culture that exists in the School. It is therefore not surprising that this year we have attracted another seven PhD students and over 30 honours students to collaborate with us on our research.

I wish you all well for the year ahead.

Alfred Deakin Professor David Crawford

Careers web site a hit!

The School launched a Careers web site in late 2010 where current and future students can find in depth information on career paths, development skills, finding employment and professional associations from their chosen field.

The web site is increasingly being utilised, with over 250 hits being recorded per month.

You can find it on the School web site: www.deakin.edu.au/hmnbs/ens

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School of Exercise and Nutrition Sciences

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Ms Georgina Power

Staff Profile



Liz Liberts

Liz is a new lecturer at Deakin University, teaching Human Physiology on the Waurn Ponds campus. Liz' comes to Deakin from a science background, with her study and work having taken her throughout Australia and overseas.

Completing a Bachelor of Science at the University of Melbourne, followed by honours and a PhD at the University of Adelaide within the School of Medicine, she rounded out her studies with a postdoctorate at the State University of New York.

Liz's research background is in cardiovascular physiology and pharmacology, in particular the role of nitric oxide and associated molecules in the cardiovascular system.

Her research led her to teaching nurses and paramedics about physiology, pharmacology and pathophysiology at Charles Sturt University in New South Wales. Working at Deakin has seen Liz come full circle, returning to her home town of Geelong after many years interstate and abroad.

Outside of work, Liz is a fitness and physical activity enthusiast, with a particular passion for swimming, netball and going to the gym. As a former competitive swimmer and water polo player, she now gives back to the sports, enjoying working with junior athletes and up and coming coaches and teachers.

EXERCISE AND SPORT SCIENCE

Course Director - Dr Paul Gastin

Deputy Course Director - Dr Stuart Warmington

The Bachelor of Exercise and Sport Science and the team that supports it continue to work at pace to deliver industry leading programs in exercise science. 2011 will see the first cohort of the Exercise and Sports Science Australia (ESSA) accredited stream, the only Victorian university to hold this status, enter their final year of study. These students will be well placed to enter the workforce and for some, continue on to complete the Masters in Clinical Exercise Physiology. Our practicum program in third year has become a strength and provides fantastic industry exposure for our students and important links for future employment as well as school partnership and research opportunities. Over 140 organisations have taken on exercise and sport science practicum students in the past two years, for which we are very grateful.

Another important link to industry is our Advisory Board. The faculty recently held a dinner to acknowledge the important contribution members make to our degree programs and I would personally like to thank past and present members for the role they play in ensuring our courses are relevant to the workforce and well grounded in their approach. Current members include senior representatives from Sports Medicine Australia, Kinect Australia, VicHealth, Athletics Australia, Victoria Institute of Sport, Netball Australia, Vic Sport, YMCA, Vic Rehabilitation Centre and ESSA, and provide expert advice from across the

diverse exercise and sport science profession.

In 2012 the Bachelor of Exercise and Sport Science will also be offered in Geelong at the Waurn Ponds campus. This represents an exciting offering for Geelong and regional Victoria with strong interest in the program already being expressed. Several staff have been appointed (Dr Liz Liberts, Dr Jason Bonacci, Gemma Houston) with other appointments to be made in the coming 12 months. Seven units are currently being offered in Geelong which will make the introduction of the degree in 2012 to our expected intake of 80 students a manageable one. The course structure will be the same while efforts to leverage teaching and research strengths on the campus in health, biomedicine, engineering and technology will be pursued over time.

Dr Paul Gastin

Course Director

ESSA Accreditation FAQ

What is ESSA?

Exercise and Sports Science Australia (ESSA) is a professional organisation for university trained exercise and sport science practitioners.

What units do I need to complete?

The ESSA Sequence is highly structured. Units to be completed can be found on the Deakin handbook or in the ESSA brochure at the School web site:

www.deakin.edu.au/hmnbs/ens

What does accreditation mean for me?

Students who complete the ESSA Sequence are eligible to apply for membership with ESSA as an Exercise Scientist (ES). This also enables students to be exempt from studying Certificate IV in Fitness for Kinect or Fitness Australia membership.

What is the difference between an ES and an AEP?

An ES specialises in exercise based services for apparently healthy populations. An AEP specialises in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic diseases and injuries.

Do I need ES membership to be an AEP?

Students generally need ES membership to be eligible for accreditation as an AEP.

Am I still eligible for ES membership if I have not completed the ESSA Sequence?

Students are NOT eligible for automatic ES membership. However students can still apply directly to ESSA once they have graduated (refer to www.essa.org.au)

Exercise and Sport Science Careers opportunities

Career outcomes in the sporting industry are exciting, diverse and are currently experiencing growth.

An Exercise and Sport Science degree opens up many different career opportunities. In addition to traditional roles in education and the fitness industry, graduates may pursue employment in sports administration,

coaching, facility management, community health and sport science.

The range of potential workplaces includes local and state government agencies, professional sporting bodies, hospitals and medical clinics, fitness and aquatic facilities, private health and recreation centres or large business organisations.

Student Profile



Jennifer Theis

Jennifer's career dream of becoming a Clinical Exercise Physiologist or a Physiotherapist, and also fuelled by the desire to experience living in another country led her to move to Australia from the US with her sister to study the Bachelor of Exercise and Sport Science.

A second year student, Jennifer has a background in the US as a massage therapist and yoga instructor. Enjoying these fields of work prompted her to return to study in this area following her first degree as a mature age student in Photography.

Jennifer really enjoys the practicum component of her course, where she is working at Breathe Yoga and Pilates in the CBD. This involves her assisting with one-on-one rehabilitation sessions, individual pilates prescription and group pilates and yoga sessions.

She is also building upon her experience in the field through her volunteer work as a sports trainer for Football Federation Victoria with their Melbourne Victory Youth Teams.

Staff Profile



Luana Main

Moving to Melbourne from sunny Perth last year, Luana commenced as Unit Chair and lecturer for HSE101, HSE102 and lecturer for HSE311 and HSE314 in June 2010.

Prior to Deakin, Luana completed a Bachelor of Science with Honour, majoring in Exercise and Health Science. Following this, she completed a PhD entitled "Psychobiological monitoring of endurance athletes' health and performance".

Luana's passion for exercise and sport is highlighted by her previous work experiences. These include working as a swimming and triathlon coach from 2001-2010, consulting with the University of WA(UWA) Performance Psychology Group (2006-2010), teaching undergraduate functional and applied anatomy at UWA, Exercise Physiologist at the UWA centre of athletic testing and Sport Scientist Assistant at the West Coast Eagles during her undergraduate and honours years of study.

Outside of work Luana is working hard to return her fitness to pre-PhD levels. Last year she completed the Melbourne half marathon and most recently she returned to WA to compete in the Busselton 70.3 half ironman. It is apparent that her fitness is well and truly back on track!

EXERCISE AND SPORT SCIENCE/ BUSINESS (SPORT MANAGEMENT)

Course Director - Dr Michael Spittle

Deputy Course Directors - Dr Dawson Kidgell

The Bachelor Exercise and Sport Science/ Bachelor of Business (Sport Management) is designed for students who wish to gain expertise in both exercise science and sport management. Graduates from this combined course are expected to provide enhanced professional leadership in the field and make a marked impact on the continued strong development of the Australian health and sporting industries.

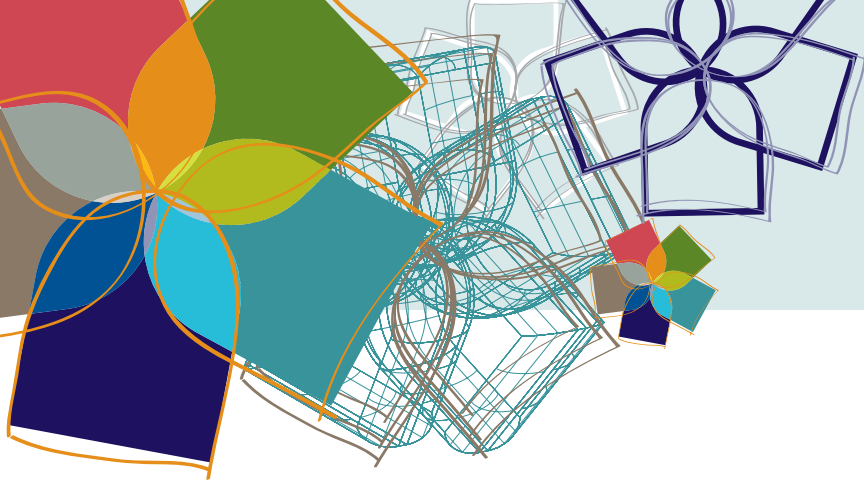
In this unique combined degree, the Exercise and Sport Science aspect of the course is designed to equip students with the necessary skills, understanding and attitudes to pursue professional careers in the exercise and sport fields. The Sport Management aspect of the course is designed to equip students with a solid foundation in business studies, and the unique knowledge and specialist skills identified within the industry required by sport managers in Australian and international organisations.

In 2011 the Bachelor of Exercise and Sport Science/ Bachelor of Commerce (Majoring in Sport Management) has become the Bachelor of Exercise and Sport Science / Bachelor of Business (Sport Management), with first year students enrolling this year in the new course. The name change reflects a shift towards a more sport management related feel to the course. The new course will feature a sport management-specific practicum unit in fourth year in addition to the sport and exercise science practicum unit that Exercise and Sport Science students complete. This will help to infuse more work integrated learning within the course and assist students in career development and planning.

The Bachelor of Exercise and Sport Science / Bachelor of Business (Sport Management) continues to be popular, with VTAC applications for 2011 at an all time high, representing a strong course demand. A large number of students also placed the course as a first preference in their VTAC applications. This highlights the competitive nature of getting into the Bachelor of Exercise and Sport Science/ Bachelor of Business (Sport Management) and the quality of the course and the students that are engaged in this course at Deakin University.

Dr Michael Spittle

Course Director



Deakin University Sports Studies Club

The Deakin University Sports Club, known as DUSC is in its fourth year as a club. Growing from its initial membership base of 92 members, it now boasts almost double that number with approximately 180 members. 2011 has been a busy year to date with seminars and social sport competitions. The next event on the agenda is a social function for all DUSC members to allow them to meet their committee and fellow members.

With the support of the Faculty of Health and the School of Exercise and Nutrition Sciences, DUSC is looking forward to expanding and improving its services for members.

Specifically, we aim to host more

frequent social events, expand our range of club apparel, host bigger and better seminars and host the annual Industry Networking Dinner.

DUSC has introduced new committee, sub-committee and general committee members in Trimester 1. These students will gain invaluable experience and develop their skills in running a club.

Having just entered the latter half of the year, DUSC is in good shape, ensuring that 2011 is yet another memorable year for its members and for the growth of the club.

Angus Gauld

DUSC President

Deakin Sport Alumni Chapter

The School of Exercise and Nutrition Sciences produces many outstanding students that progress to lead successful careers in a diverse range of professions.

Our graduates play a key role in new developments within the exercise and sports sectors and the Sport Alumni Chapter is keen to stay in touch with you. The alumni provides the forum for strong interaction and ongoing engagement between the School, its current students and its graduates.

Since its inception, Alumni members have been very active in assisting our current students enter professional networks. This assistance is vital

because it is often difficult for new graduates to commence their careers.

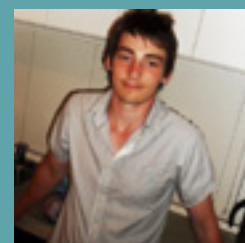
Membership of the Sport Alumni Chapter is open to all graduates of the Exercise and Sport Science, Health and Physical Education, Sport Management, Sport Development, Human Movement and Sport Coaching degrees.

To register online, visit <http://www.deakin.edu.au/alumni/register/index.php>

For further information, please contact Dr Andrew Dawson

andrew.dawson@deakin.edu.au

Student Profile



Angus Gauld

Angus is currently completing his final year in the combined Exercise and Sport Science/ Commerce (Sports Management) degree. Majoring in Sport Management, Angus has a strong interest in cricket, tennis and swimming and aims to work within one of these sporting codes upon completion of his degree.

During his time at Deakin, Angus has developed a keen interest in pursuing work within the sports industry. He is particularly passionate about working with sporting organisations in the future to develop pathways through sport to increase the participation rates of physical activity in the wide community.

In his final year of study, Angus is kept busy as the current President of the Deakin University Sports Club (DUSC) in addition to completing his student placement with Football Federation Victoria as the Team Manager of the Under 13 State Squad. He also volunteers with group personal training in his spare time.

His depth of volunteer experiences have provided a solid foundation for his progression into the sports industry upon completion of his degree.

Staff Profile



Dr Sara Cicerale

Dr Sara Cicerale completed her PhD in April 2010 and is a relatively new member of the Food Science and Nutrition team. Sarah's research involved the investigation of the anti-inflammatory phenolic compound in olive oil, olecanthal. In recognition of her work on olecanthal, Sara was awarded the Australian Institute of Food Science and Technology, Young Investigator Award in 2009.

Moving on from her PhD, Sarah commenced a lecturing position within the School of Exercise and Nutrition Sciences in November 2010. Sarah is involved in teaching a number of undergraduate students within the Bachelor of Food and Nutrition degree and her research interests include: the perception and preference of food; health benefits of a traditional Mediterranean diet; and non-nutritive food components. Sara is also an active member of the Nutrition Society of Australia and the Australian Institute of Food Science and Technology.

FOOD AND NUTRITION

Course Director - Dr Russell Keast

Deputy Course Directors - Dr Gie Liem and Dr Mark Kestin

The Food and Nutrition course team has welcomed 2011 with the first intake of students into the new Food and Nutrition course. While welcoming the new course and students, we are also well aware that 2011 is also the first year of transition, as we phase out the Food Science and Nutrition degree. During the next three years of transition, we will concurrently run the two courses, and while this places extra stress on resources, the end outcome will be worthwhile.

The introduction of the Food and Nutrition course will provide us with many new opportunities in the coming years. The food industry is an important employer, with many diverse areas under its umbrella. The new structure of the Food and Nutrition degree will allow students more flexibility in designing their degree, and more opportunities for the Food and Nutrition team to design combined degrees that reflect the diversity of the food industry sector. For example, an integral part of the of Food and Nutrition

degree was the development of a major in Food Science – students interested in food science and the many careers options available, can specialise their knowledge by taking the major sequence of units. We are actively engaged in discussion with our Advisory Board regarding opportunities for development of Food and Nutrition at Deakin.

Regarding the Advisory Board, we have recently added new members and a new Chair person: Dr Samuel Stephen (Chair) (Simplot), Susan Anderson (National Heart Foundation), Janine Lewis (FSANZ), Dr Victoria Inglis (Coles), Dr Lakshmi Iyer (Popina Foods), Margaret Miller (Child Health Promotion Research Centre), Sharon Natoli (Food and Nutrition Australia), Dr Penny Small (Nestle), Kathy Usic (George Weston Foods), Anne-Marie Mackintosh (Pepsico), Joanne Dixon (Kraft). We thank them for their ongoing support as we continue to grow.

Dr Russell Keast

Course Director

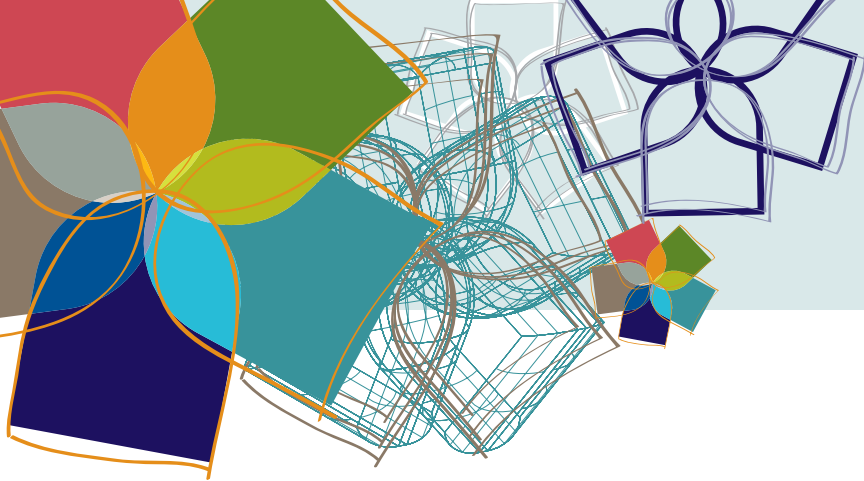
Food and Nutrition career opportunities

Graduates of the Bachelor of Food and Nutrition are equipped to work in a range of occupations where knowledge of the food industry, food composition, processing and nutrition is required. These areas include jobs in food processing industries; government food laboratories; food wholesale and retail industries; government

instrumentalities in health, nutrition and agribusiness, research institutes, product marketing and food quality assurance.

For further career information, visit the SENS careers webpage:

<http://www.deakin.edu.au/hmnbs/ens/careers/food-nutrition/index.php>



Food and Nutrition Students (FANS)

The Food and Nutrition Students club (FANS) is a growing student society that aims to increase active engagement of students studying food science and nutrition units and to connect these students with alumni now working in the field.

In 2010 FANS had 69 members and we have now grown to over 100 members, with both on and off-campus students constantly joining. The large increase is partly attributed to our presence at Orientation Week, where many first year students were introduced to the club in their welcome session and subsequently signed up at the FANS stall.

In week 3 of Trimester 1, FANS, DUSSC and the Faculty of Health held a lunch

for first year students and mentors. FANS provided salad and juice for the event which had an attendance of 134 people.

In week 5, FANS held a breakfast for students with products donated from Sanitarium.

FANS most recently held an end of exams party on 19 June, where students had the opportunity to unwind, socialise and network in a non-university environment. The event was a success and we are all very much looking forward to the next one!

Stefanie Lekkas
FANS President on behalf of the FANS

AIFST Student Presentation

On Thursday 12 May, Deakin University hosted the 2nd Annual AIFST Student Presentation. The nominated topic for this year was "How can we make foods available in the Australian food supply more nutritious and attractive to school aged children?" and the invitation was distributed to Deakin, Ballarat and RMIT Universities.

The prize included flights, accommodation and student registration to attend the 2011 Annual AIFST Convention in Sydney from the 10 - 13 July.

Sophie Nolan (Deakin Food and Nutrition student) won the competition presenting an excellent description of the problems (both physical and ultimately economic) associated with childhood obesity. She described the factors affecting food choices in parents and children

and finally proposed an excellent potential solution using the concept of flavour-flavour learning.

The event was attended by industry and university representatives as well as members of Deakin FANS.



Deakin University students Tracy Thompson and Sophie Nolan with award presenters at the AIFST Student Presentation

Student Profile



Stefanie Lekkas

Stefanie is a second year student studying a Bachelor of Food Science and Nutrition. In her first year of study Stefanie has excelled academically. This has been recognised through being awarded the Head of School Prize for her studies in 2010 at the School of Exercise and Nutrition Sciences Awards and Prizes Evening held in May 2011.

The life of a university student is hectic, even more so for Stefanie that also takes on the role of President of the Food and Nutrition Students Club (FANS). She thrives on the challenging, yet enjoyable role which provides her with invaluable experience to assist in preparing her for her future career aspirations.

Stefanie is yet to decide exactly what path she will take once she has completed her degree, however she is very passionate about nutrition and its importance in growing children in addition to the prevention and management of major diseases.

Staff Profile



Claire Margerison

Claire Margerison is a member of the dietetics teaching team at Deakin University where she serves as both Co-Deputy Course Director of the Master of Dietetics and is Unit Chair of HSN747 Clinical Dietetics Practice and teaches HSN744 Principles of Dietetics.

Claire has been teaching within the dietetics program for over 6 years with a couple of (three to be exact) maternity breaks during that time.

Prior to commencing her teaching position at Deakin, Claire worked as a research fellow for Deakin University and the University of Melbourne. Her Deakin University research investigated the effect of diet blood pressure, while her University of Melbourne research examined bone mineral density in female twins. She has also worked in clinical and community dietetics in both Australia and the United Kingdom.

If her current work load isn't enough, Claire also commenced her PhD on a part-time basis several years ago! She hopes to "finish it sometime in this century!"

DIETETICS

Course Director - Dr Tim Crowe

Deputy Course Directors - Adam Walsh and Claire Margerison

The Master of Dietetics is travelling well in 2011 with a fully embedded course now offered following the phasing out of the Bachelor program. Solid partnership relationships with our Clinical Schools and other placement partners have been formed, and a dedicated teaching team are responding to the changing workforce environment of dietetics. Demand for the course remains exceedingly strong with four applications received for every place that was available for course commencement this year.

An exciting development is that we have just received university approval to commence offering a Master of Dietetics (Honours) in Trimester 2 this year. The course will build on the existing Master of Dietetics and consist of an additional 4 credit points where students will complete a research project and thesis under the guidance of a supervisor. The research component of the course will occur in Trimester 2 of the final

year after students have completed all of the coursework related to DAA accreditation for the Master of Dietetics program. Eligibility for entry into the program will be based on academic merit.

Students who complete the Master of Dietetics (Honours) will graduate with an additional honours degree, which will be viewed favourably by organisations employing new graduate dietitians. The honours degree will also enable students to pursue a future career in research by applying for PhD scholarships. Entry into the Master of Dietetics (Honours) is open to currently enrolled students and past graduates from the Master of Dietetics. Consideration for entry into the course will also be given to graduates from other DAA-accredited post-graduate dietetics programs.

Associate Professor Tim Crowe
Dietetics Course Director

Dietetics career opportunities

Master of Dietetics graduates have a myriad of professional opportunities available to them upon completion of their degree.

Dietetics is a career rich in opportunity. Graduates can work in a diverse range of settings including clinical (hospital) dietetics, community nutrition, private practice, food industry, public health, sports nutrition, dietetic education and

research, food service, PR, marketing, communications, media, health promotion and policy development.

For further career information, visit the SENS careers webpage:

<http://www.deakin.edu.au/hmnbs/ens/careers/index.php>

Master of Dietetics Entry FAQ

What pre-requisite units do I need?

To be considered for a place in the course, students must have completed the following pre-requisites:

- One unit of physiology (HBS109)
- One year of biochemistry (SLE212 & SLE222)
- Four units of nutrition and food science (HSN201, HSN202, HSN203 or HSN104, HSNXXX)

Note: First year chemistry (SLE131 & SLE152) are pre-requisites for biochemistry.

Why are there so many pre-requisites?

In order for the Master of Dietetics to be offered over a short time frame of 16 months and still be eligible for accreditation by the DAA, significant nutrition knowledge must be shown before entry into the course is possible.

If I have not completed a Food Science and Nutrition degree am I still eligible?

Students who have completed a degree in a Health or Science related field are eligible as long as they meet the stated pre-requisites (e.g. Exercise and Sport Science or Health Science students).

How competitive is the course?

The Master of Dietetics is very competitive and there is a high demand for the course with over 170 applicants in 2010 and only 45 places available.

How are applicants selected?

Selection is mostly based on academic merit, with research degrees such as Honours, Masters by research or a PhD looked upon favourably. Significant work or volunteer experience in a health or nutrition related field is also considered.

Accreditation for Dietitians

Accredited Practising Dietitians (APD's) are the experts in food and nutrition advice. To be an APD you must:

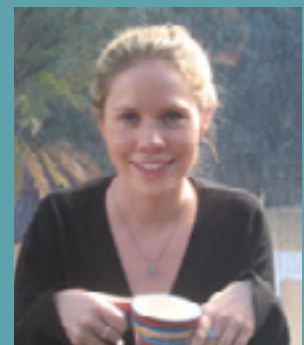
* be a graduate of a Dietetics Association of Australia (DAA) accredited course in nutrition and dietetics at an Australian university, or, if you qualified as a Dietitian overseas, you must be eligible for and pass the DAA examinations; and

* commit to a program of continuing professional development and to the DAA Code of Professional Conduct and Statement of Ethical Practice

To qualify for this credential you need to be a member of the DAA and to participate in their continuing education program to achieve ADP status. To be maintained, this status must be reviewed and renewed annually.

For further information on DAA, visit their website at <http://www.daa.asn.au/>

Student Profile



Kara McIlvrade

Kara's lifelong love of food and the subsequent interest in its link to health led her to completing a Bachelor of Health Sciences (majoring in Nutrition and Food Science) in 2007. Kara then started work as a Nutrition Assistant in a hospital, while returning to Deakin University part-time to complete the pre-requisites required for the Master of Dietetics.

Kara commenced the Master of Dietetics in 2010 and as the course progressed, enjoyed the hands-on components, especially the clinical placement block and the range of opportunities available for continuous learning and development of skills.

Previous work experience in the hospital environment developed Kara's passion for engaging with patients, and this skill proved to be beneficial in all aspects of patient contact throughout the Dietetics course.

Upon completion of her Masters, Kara is excited about her career options and feels well prepared to enter a range of settings including community dietetics, private practice and the acute healthcare environment.

Staff Profile



Professor Rob Daly

Professor Robin Daly previously worked at Deakin University for many years and recently returned after spending 3 years as the Director of Research and Principal Scientist within the Department of Medicine at the University of Melbourne, Western Health.

Professor Daly's expertise is in the area of exercise and nutrition for optimising musculoskeletal health and preventing common chronic diseases such as osteoporosis, type 2 diabetes and sarcopenia. He conducts large randomised controlled trials and health promotion interventions aimed at translating clinical research outcomes to practice.

One example is the community-based osteoporosis prevention program called 'Osteo-cise: Strong bones for life' that he developed and is currently being implemented in the Western suburbs of Melbourne.

Professor Daly's other main research focus is on using state-of-the-art non-invasive methods (MRI and QCT) for assessing body composition, bone strength and aortic calcification; and assessing health issues related to vitamin D deficiency, low grade systemic inflammation and dietary protein in the elderly. He currently has strong collaborative links with colleagues in Finland, Sweden and Canada, with the goal to develop an international research study in this area.

Professor Daly commenced as Unit Chair of HSN719 Population Nutrition and Physical Activity Assessment this year.

POSTGRADUATE HUMAN NUTRITION

Course Director - Dr Sharleen O'Reilly

Deputy Course Director - Dr Susan Torres

Nutrition Core Competencies

We recently completed Trimester 1 2011 and the course team have been working hard to ensure our new initiative around the core competencies for nutritionists has been initiated. All postgraduate Human Nutrition course units will now clearly highlight which core competencies are being covered by each unit – the aim of this is to help students identify how the units they are studying align with the career path they want to pursue and how it will aid them to develop skills that make them work ready for the nutrition workforce. You will now find reference to the nutrition core competencies in all your unit guides in the section on the assessment tasks. Each assessment task (eg written assignment, online MCQ's, exam) will indicate what nutrition core competencies will be addressed.

New Staff

Already this year we have welcomed two new members of teaching staff (Prof Robin Daly and Assoc Prof Cate Burns. Robin is profiled within this edition of the School newsletter) and more to join later in the year. Prof Robin Daly will be chairing HSN719 Population Nutrition and Physical Activity Assessment.

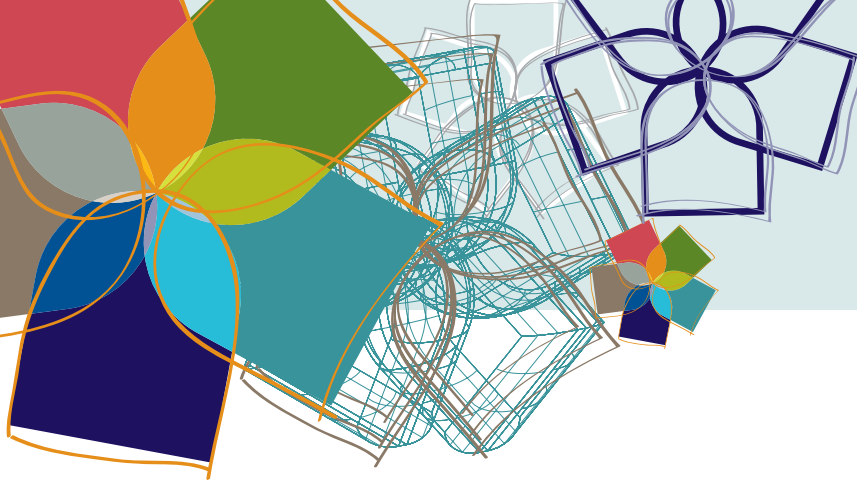
School Staff Author Key Nutrition Text

Starting this year, the core unit HSN701 Principles of Nutrition has adopted a new required textbook - Understanding Nutrition: Australian and New Zealand edition. The

exciting point of relevance about this newly adopted text is that it was co-authored by three of our academic staff members in the School – A/Prof. Tim Crowe, A/Prof. David Cameron-Smith and Adam Walsh – who all teach in the post-graduate nutrition program. The textbook has been fully adapted by the authors to incorporate current nutrition recommendations, dietary guidelines, nutrition reference values, units of measure, terminology, and public health nutrition issues relevant to those studying and working in nutrition in Australia. The book is a direct response to strong student demand in the course for an Australian-centric text that can be used across many units. Feedback from the publisher has shown the textbook has now been adopted by almost every nutrition course in Australia and New Zealand which is testament to the need for this type of textbook in our course.

Searching the Nutrition Literature

Throughout your studies you will be doing your own self-directed study and completing assessment tasks such as assignments and exams. A critical skill required for these activities is being able to effectively search the nutrition literature and finding the articles you need to research your topic fully. Upon graduation, you will quickly realise keeping up to date with your nutrition knowledge is an essential professional attribute so your skills in literature searching remain important throughout your career as a nutritionist.



Rachel West, the Faculty of Health liason librarian, has been working with the course team to develop a resource for postgraduate Human Nutrition students on how to search the literature. This resource has been developed in the form of a recorded eLive session where Rachel will guide you through searching the databases that are available on the library and find the peer reviewed papers in nutrition. This resource will be made available to all students via a link to an eLive recording in the middle of the year.

Critical Analysis

A key skill that students learn within our courses is how to critically evaluate the nutrition literature and it is often a component of your assessment tasks. You have probably also seen this mentioned in your unit guides when we refer to the graduate attributes that you will have upon completion of your course here at Deakin University.

However, for many students the term "critical analysis" remains one that is shrouded in mystery the term is defined as "... the process of analysing, evaluating and synthesizing information in order to increase our

understanding and knowledge of reality. It requires the capacity to critically analyse and evaluate the claims of others as well as the capacity to justify our own claims using sound reason and logic." (Source: Student Learning Centre, Flinders University).

While this is definition of critical analysis can be useful to some, the area remains a challenging one for most students to demonstrate within their written work. Dr Mark Kestin and the course directors will be working together to develop a resource in the form of a narrated powerpoint to assist students with understanding what critical analysis entails in the area of nutrition. One of the nutrition core competencies is "identify and critically evaluate nutrition literature", so when you finish your studies and embark on a career as a nutritionist, the time you invest in developing critical analysis skills will be well spent and is highly valued by your future employers.

That's all from us at the moment and we hope you find the rest of your studies this year rewarding!

Dr Sharleen O'Reilly
Course Director

AIFT applauds student success in Food, Science and Technology

In July 2011 many of Australia's top food science and nutrition students were recognised at the Australian Institute of Food Science & Technology Incorporated Convention.

Deakin University students were among the winners, with the Student Product Development competition won by Jessica Florence and Afrizal with their cheekily titled 'So Chicky' soy-chickpea based crackers.

Fellow student Jessica Stewart

www.deakin.edu.au

claimed the Malcolm Bird Young members Award for her study and presentation on 'Fat Sensitivity: influences on ingestive behaviour and body weights in humans'. The prestigious award acknowledges young members who demonstrate academic achievement, leadership and integrity in their profession.

The School of Exercise and Nutrition Sciences congratulates Jessica, Afrizal and Jessica on their recent accolades.

Student Profile



Mim Biem

With a Bachelor of Economics from Sydney University and a career start as an auditor for a multinational accounting firm, Mim left to study Naturopathy and has now been practicing as a Naturopath for nearly 25 years. During this time she has been busy writing 8 books on natural medicine and regularly contributing to newspapers and magazines to impart her knowledge to others.

A desire to consolidate her interest in nutrition, as well as become informed with the cutting edge research in this field, Mim enrolled in the Master of Human Nutrition.

In her first trimester after many years away from study, Mim has been surprised how enjoyable it is to be a student again. She finds the online delivery of the course extremely convenient.

On completion of her Masters, with possible further study also within her sights, Mim's career goal is to improve awareness in the community of the potential for an effective synergy between combining mainstream and complimentary medicine.

Student Profile



Bethany Howard

"So far the honours year has been a very rewarding and challenging experience. I have been lucky enough to have the opportunity to work in a collaborative team with Deakin University SENS and the Baker International Heart and Diabetes Institute. This has enabled me to gain widespread exposure to research and create a more expansive network."

Beth's honours project is investigating the cardiovascular benefits of interrupting prolonged sitting time with intermittent activity. The aim of her research is to elucidate the physiological mechanisms that influence the adverse health outcomes of prolonged sitting and identify strategies to minimise these and therefore lower cardiovascular risk.

To date, Beth has been involved in organising on-campus academic events such as an honours and post graduate information evening, to inform others of the benefit of research.

Beth is currently investigating the prospects of future study (PhD) or careers in the field of health and has been conducting tutorials within the School of Exercise and Nutrition Sciences this year.

HONOURS

Course Director - Dr Glenn Wadley

Deputy Course Director - Associate Professor Tim Crowe

In 2011 we have had 34 students commence their honours year in the School of Exercise and Nutrition Sciences (SENS). Students have completed their course work and are well onto collecting data and writing up their theses, which will be submitted mid October.

Recruiting for 2012 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 the event, please contact Dr Glenn Wadley for further details.

Email:

glenn.wadley@deakin.edu.au

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 comprises 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 can be viewed at:
www.deakin.edu.au/hmnbs/ens

RESEARCH DEGREES

We have had 17 new Research Degree students commence in 2011, taking the total to 64. Congratulations to Paul Della Gatta, Petra Gran, Trina Hinkley, Matt Phillips, Megan Teychenne and Rani Watts who have recently submitted their thesis for examination.

A number of SENS students presented at research conferences in June. The following students presented at the annual meeting of the International Society of Behavioural Nutrition and Physical Activity recently held in Melbourne in June: Lauren Arundell, Marian Cornett, Carley Grimes, Julie Saunders, Alison Spence, Lena Stephens, Claudia Strugnell and Megan Teychenne.

SENS will also be represented by Erin Brown at the Australian Society for Medical Research Victoria Student Research Symposium as part of Medical Research Week. We wish them well for their presentations.

Research Degree Symposium

The 8th Annual Research Degree Symposium will be held on Wednesday 26 October 2011 at the Amora Hotel in Richmond. The theme for this year's symposium is 'Promoting Health: Innovation in food, nutrition, exercise and sport research'.

The symposium is an exciting opportunity to hear first-hand about the recent research findings from our next generation of scientists studying in the fields of exercise and nutrition. It also provides ample opportunities to network with research students and attending delegates.

Research students across Australia in the fields of nutrition and exercise science are invited to submit abstracts and participate in this free event.

www.deakin.edu.au

Deakin University is again participating in the Three Minute Thesis Competition in which research students have three minutes to present on their thesis topic and its significance. Students are judged on their ability to engage the audience and communicate their research into language appropriate to an intelligent but non-specialist audience.

Lauren Arundell and Carly Grimes claimed 1st and 2nd prize respectively in the SENS final and followed this up with the same placings in the Faculty of Health final.

Lauren and Carly will now represent the Faculty in the Deakin University final. We wish them both the best of luck!

Dr Aaron Russell
Dr Sarah McNaughton

Research Degree Directors

VENUE: Amora Hotel Riverwalk
Richmond, Melbourne

TIME: 9:00am - 5:00pm (lunch provided)

A cocktail function will be held on conclusion of the event.

KEYNOTE SPEAKER:
Professor Robin Daly, Chair of Exercise and Ageing, Centre for Physical Activity and Nutrition Research (C-PAN), School of Exercise and Nutrition Sciences, Deakin University

REGISTRATION:
There are no registration fees but places are limited so register early!

Register online:
<http://www.deakin.edu.au/hmnbs/ens/symposium/registration/index.php>

Student Profile



Sarah Bagley

"As our society becomes increasingly sedentary, understanding the impact of this behaviour is a key factor in reducing cardiovascular disease in future generations"

This year Sarah was successful in securing the 2011 Heart Foundation Postgraduate Scholarship to research into finding out more about sedentary behaviour, particularly among children.

In her research, Sarah will investigate how much time children are sedentary and what activities they are undertaking during this time. She will look for relationships between these behaviours and cardiovascular risk factors including being overweight and having high blood pressure or cholesterol.

As our society becomes increasingly sedentary, understanding the impact of this behaviour is a key factor to reducing cardiovascular disease in future generations. Sarah hopes that the findings from her research could help inform guidelines and policy recommendations for parents and schools to help reduce sedentary time among children.

Staff Profile



Dr Steve Fraser

Steve Fraser joined Deakin University in 2008 as a Senior Lecturer in Exercise Physiology. Following his PhD at Victoria University, he spent 11 years at RMIT University in which he served as Human Movement Course Coordinator and lectured in Exercise Physiology. He is an Accredited Exercise Physiologist and is a State board member of ESSA.

His research aims to identify appropriate exercise interventions that improve the quality of patient care so that their health is optimised. He is well published in the exercise physiology area, and has extensive clinical research experience with a number of diseases including cancer, diabetes, obesity, as well as lung, kidney and cardiovascular disease.

He currently teaches Clinical Exercise Physiology in the undergraduate ESS degree, as well as unit chair (HSE704, HSE 709) in the new Master of Clinical Exercise Physiology.

Away from Deakin, Steve enjoys time with his wife and three young children, occasionally running marathons or landscaping his garden. Steve holds a black belt in karate but is still scared of his colleague Dawson Kidgell!

CLINICAL EXERCISE PHYSIOLOGY

Course Director - Professor Steve Selig

Deputy Course Director - Dr Steve Fraser

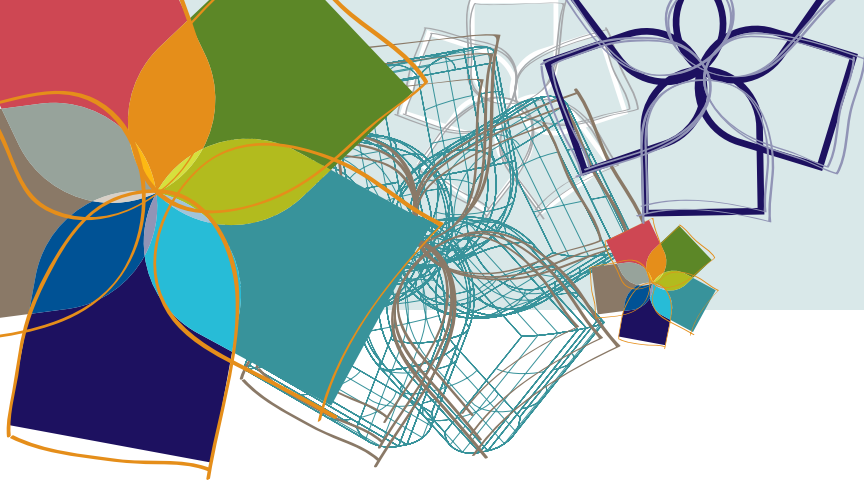
The Master of Clinical Exercise Physiology (MCEP) commenced in T1 2011 and is purpose built to produce graduates in clinical exercise physiology. Practitioners are known as Accredited Exercise Physiologists and AEPs are licensed to provide compensable clinical exercise services under Medicare Australia, WorkSafe, TAC, Veterans Affairs, Comcare and other schemes. AEPs are the only licensed health professionals in exercise and sports science. The course architects including Prof Rod Snow, Dr Steve Fraser, Dr Dawson Kidgell, Dr Andrew Dawson, Dr Kevin Netto, and Dr Stuart Warmington have done an exceptional job in constructing a program that is current and likely to produce highly sought after graduates. The administrative staff led by Ms Elissa Turnbull and the technical team led by Mr Andrew Howarth have provided excellent support and the course now has its own Clinical Exercise Learning Centre (CELC). Following the course approval stage, the course team comprising Prof Steve Selig, Dr Steve Fraser, Dr Dawson Kidgell, Dr Andrew Dawson, Dr Natalie Saunders and Ms Karen Salter have been producing an extensive range of course materials.

The goal of the course team is to deliver the best program of its type in Australia in 2011. The course comprises five units in physiology and pathophysiology with staff who have expertise and knowledge in the key practice areas of cardiopulmonary, musculoskeletal, neurological, metabolic and other disease states, as well as two pre-clinical units, three clinical practice units, the faculty

interprofessional collaboration unit and one unit in health coaching. Students enrolled in MCEP have been challenged by the breadth and depth of the content and have undergone a very rapid transition from undergraduate to postgraduate learning. Modes of learning have been broad, including learning based on application of knowledge, problem solving, evidence (research nexus), teamwork, inter-disciplinary learning, case work, health communication and health coaching.

The clinical practice model is based on a fully integrated program of formal learning, mentored practice in CELC, and a range of practice experiences in external institutions that provide clinical exercise services. Practice that is essential for graduates is integrated right from the outset with the acquisition of knowledge, competencies and skills. A feature of the course in T1 is that clients with actual medical conditions or injuries volunteer for some classes; this provides unparalleled situational and content validity and prepares students for practice that has already commenced in the first trimester of the course.

Assessment tasks are also progressive with both individual and group assessments, and tasks that are aligned to the learning outcomes and graduate attributes. For example, the final assessment for HSE705 Exercise



Physiology for Cardiopulmonary Disease is for students to provide an abbreviated clinical exercise service based on a real case and comprising case-specific exercise testing, communication in health and lay syntax, knowledge, skill and competency testing, and the design of a case-specific exercise plan. Other assessments include case reports, literature reviews, weekly quizzes, peer presentations and a range of practical and knowledge examinations.

The course team is currently preparing an application for external course accreditation through the National

University Course Accreditation Program (NUCAP). Preliminary accreditation has already been achieved. Full accreditation is essential as beyond January 2014, only graduates from accredited courses will be eligible for AEP accreditation.

Steve Selig
Course Director

Accredited Exercised Physiologist (AEP)

Since 2006 AEPs have been formally recognised by the Federal Department of Health and Ageing into allied health to deliver Medicare-compensable exercise services for those with chronic conditions or complex care needs. This has resulted in increased career opportunities for those with an AEP recognised qualification.

Graduates of the Master of Clinical Exercise Physiology can gain employment in a variety of settings including hospital/ clinical rehabilitation, occupational, community or sports rehabilitation, or in case management through compensable schemes such as Medicare, WorkSafe or the TAC.

School hosts 10th Annual ISBNPA conference

The School of Exercise and Nutrition Sciences recently hosted the 2011 ISBNPA conference in Melbourne from the 15-18 June. The International Society for Behavioural Nutrition and Physical Activity (ISBNPA) is concerned with promoting healthy eating and physical activity.

The theme of the 2011 conference was 'Promoting healthy eating

and physical activity: the latest international research'. The conference included 6 keynote speakers, a keynote debate, 25 symposia, 210 oral papers and 350 posters.

The conference was attended by over 500 delegates from throughout Australia and abroad, with valuable information shared among employees working within the industry.

Staff Profile



David Li

Originally from Mauritius with Chinese heritage, David moved to Melbourne in 2007 and commenced as technical officer within the laboratory team in 2010.

Having spent 12 years in multimedia design prior to completing his degree in Exercise and Sport Science at Deakin University in 2009, David's pursuance of a career change stemmed from his passion for karate.

As a former World Champion in karate in 2001, his sporting prowess led him to explore the world representing Mauritius, taking him to many countries including Japan, France, England, Greece, South Africa, Madagascar, Malaysia, Singapore and Seychelles.

As a full-time technical officer at Deakin, David demonstrates excellent time management skills, also operating two karate clubs and studying part-time for a Master of Exercise Science degree from Edith Cowan University. David is also kept busy in his role as a father, welcoming the youngest addition to his family 13 weeks ago with a brother Kane for his daughter Kyra.

Student Awards and Prizes 2011

The School of Exercise and Nutrition Sciences held their annual Student Award and Prizes evening on 5 May to celebrate the academic achievements of our students in 2010. Congratulations to the award recipients below:

- **Stefanie Lekkas**
(Head of School Award for the outstanding student in first year)
- **Yihan Ning**
(Head of School Award for the outstanding second year student)
- **Siew Ying Teh**
(Head of School Award for the outstanding student in third year)
- **Jenna Yeo**
(Professor's Prize in Dietetics)
- **Kylie Russell**
(School Prize for the most outstanding first year undergraduate student in HSE102)
- **Michelle Burke & Jamie Tait**
(AFL David Parkin Award for Coaching Development)
- **Anthony Canagasabey**
(Agilent Technologies Award)
- **Mark Atkinson**
(Cricket Victoria Hookey Scholes Coaching Award)
- **Shannon Hankin**
(Exercise and Sport Science Australia Award)
- **Siew Ying Teh & Helen Hong**
(Freedom Foods Prize)

- **Emily Orchard**
(Immuron Limited Prize)
- **Maria Van Es, Calida Howarth & Scneur Raskin**
(Melbourne Burwood Campus)
- **Nathan Clinton**
(Geelong Waurnd Ponds Campus)
- **Jenine Dawson**
(Warrnambool Campus)
- **Alice Sutton - Off Campus**
- **Laura Alsop - Off Campus IKE**
- **Amanda Goulding - All Campuses**
(Pearson Australia Award for Academic Distinction in Anatomy and Physiology)
- **Chelsea Maddock**
(Kinect Australia Award)
- **Jamie Tait**
(Sports Medicine Australia Award)
- **Emma Towsin**
(Heart Foundation Award for Excellence in Cardiovascular Health Advancement)
- **Siew Ying Teh & Helen Hong**
(Kraft Foods ANZ Prize)
- **Marquerite Conley**
(Nestle Healthcare Nutrition Prize in Clinical Dietetics)
- **Jasmine Everist**
(Nu-Mega Ingredients Prize)

Calendar of Events

August:

- 1-5 Research Week
- 3 2011 Postgraduate Conference
- 21 Deakin Open Day, Geelong Campuses
- 28 Deakin Open Day, Melbourne Burwood Campus

September:

- 12 Honours Information Session

October:

- 18 Postgraduate Information Session
- 21 Honours Final Presentations
- 26 Research Degree Symposium

