



# Welcome

A few months ago the School launched the Centre for Exercise and Sports Science (C-ESS). C-ESS brings together researchers in sports science, occupational exercise science and clinical exercise science. The research aligns with the Federal Government commitments to most of the National Health Priority areas and also aligns with the Federal Government commitment to enhancing Australia's sport performance pathways from grass-roots to elite levels of participation. The work conducted by C-ESS will complement the research activities of the School's Centre for Physical Activity and Nutrition Research (C-PAN).



Alfred Deakin Professor  
David Crawford

In response to the continuing demand for our courses, the School of Exercise and Nutrition Sciences recently advertised 8 positions in nutrition, food science and exercise and sports science. These were in addition to the position of Professor of Human Nutrition. This is an exciting time for the School - these new staff will further strengthen our teaching and research, and help us cement our relations with our industry partners.

There are also exciting new opportunities emerging for our graduates. The state government will soon be launching a series of preventive health programs, to be rolled out in the local government areas. As part of this major new initiative local government will be seeking to appoint people with expertise in exercise and nutrition promotion. Deakin graduates will be well placed to compete for the positions and to play a role in improving the health and well being of Victorians.

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](http://www.deakin.edu.au/hmnbs/ens)

## October contents

	Page
Welcome	1
Exercise and Sport Science	2
Exercise & Sport Science/Commerce	4
Food Science and Nutrition	6
Dietetics	8
Postgraduate Human Nutrition	10
Honours	12
Research Degrees	13
Clinical Exercise Physiology	14
School Achievements and Events	17

## School of Exercise and Nutrition Sciences

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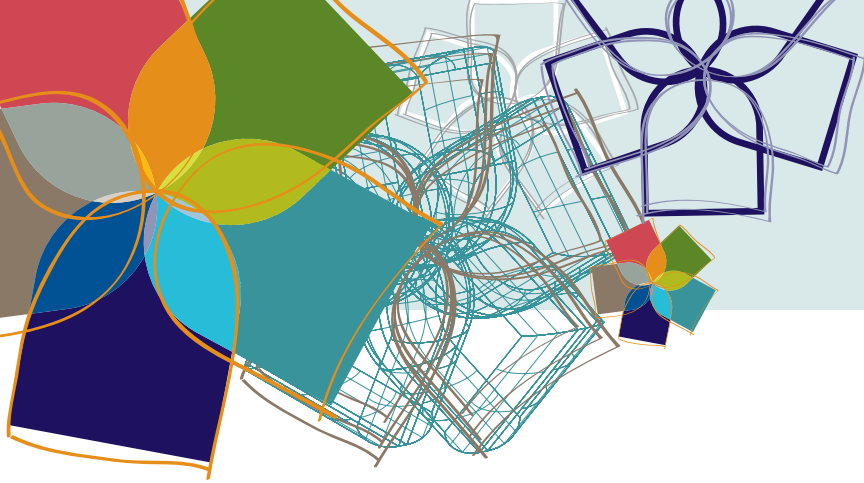
Professor Rod Snow

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Acting School Executive Officer  
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Administrative Officers (Teaching & Learning)  
Ms Lisa-Maree Fantulin  
Ms Georgina Power



## Staff Profile



**Glenn Wadley**

Glenn Wadley is a member of the exercise and sports science teaching team at Deakin University where he serves as both Course Director of the Schools Honours program and is Unit Chair of HBS400 Research Methods, HSE303 Exercise Metabolism and teaches HSE201 Exercise Physiology.

Prior to commencing his teaching position at Deakin, Glenn worked as a research fellow at the University of Melbourne. His research investigated the molecular mechanisms regulating skeletal muscle adaptations, particularly the regulation of mitochondrial synthesis following exercise. He also investigated the impact of being born small on muscle metabolism.

Since his appointment at Deakin in 2009, he has developed a research program with two major research streams centred on the impacts of physical activity and nutrition on adult health. The first stream is examining the impact of exercise interventions during early life on the long-term improvements in adult heart health. A second research stream is investigating exercise and antioxidant therapies for the treatment of type 2 diabetes.

Outside of work he is still playing Australian Rules football competitively; recently playing in his first premierships after 21 years of senior footy which highlights that persistence pays off.

## EXERCISE AND SPORT SCIENCE

Course Director - Dr Paul Gastin

Deputy Course Director - Dr Stuart Warmington

The Bachelor of Exercise and Sport Science continues to be a leading course in its field and 2011 provides many examples that demonstrate the hard work and forward planning of the course team to maintain this position.

This year sees our first group of students enrolled in the Exercise and Sports Science Australia (ESSA) accredited stream complete their degree. These students will automatically receive ESSA accreditation as a Level 1 Exercise Scientist and have come through a course structure that has been considerably enhanced to meet accreditation guidelines and industry expectations of exercise science graduates. Deakin's Bachelor of Exercise and Sport Science is the only ESSA accredited undergraduate program in Victoria and one of only 10 in Australia.

In October we will again host a student farewell information session and BBQ for our final year exercise and sports science students. This provides an ideal opportunity for students and staff to informally celebrate the completion of their degree and a chance to switch focus from being a student to being a graduate at the beginning of a career in exercise and sport science. The information session will include a career discussion forum with members of our Course Advisory Board. Other content will include a workshop session on how to apply for membership of ESSA and other fitness industry accrediting bodies (e.g. Fitness Australia, Kinect) as well as information on graduate destination surveys and Deakin Alumni.

The day will conclude with a Deakin hosted ESSA seminar series, featuring Prof Steve Selig, Dr Dawson Kidgell and a visiting research fellow from Finland, Dr Timo Rantalainen.

The course team is gearing up for the selection process over the coming months for 2012 entry, with next year providing the first intake of students into the degree on the Waurin Ponds campus in Geelong. This represents an exciting extension of our Exercise and Sports Science program at Burwood, with recruitment of a number of positions currently in progress to complement existing staff appointments in Geelong. We are expecting a smooth transition for our first intake of up to 100 students.

Our very active student body DUSCC (Deakin University Sports Studies Club) recently hosted an industry networking dinner. Approximately 70 students and staff were in attendance along with 13 representatives from industry including 2 keynote speakers (Nello Marino, CEO of Sports Medicine Australia; Sharbil Webhe, Head Physiotherapist of Football Federation Victoria). The now annual event provided a fantastic opportunity for students to informally interact with successful individuals at various stages in their careers and to gain insight into how to go about positioning themselves to forge a career in exercise and sport.

Finally, the exercise and sport science team have their final course team meeting scheduled for November. The all day event provides an important opportunity to reflect on activities and successes throughout the year and plan for the year ahead. Interactive workshop topics will focus on cross-campus teaching, career development learning, vertical integration and enhancements to unit and course structure.

The highlight to the day, however, will be the eagerly awaited bocce tournament with senior statesmen Prof Rod Snow and Dr Andrew Dawson looking to defend their 2010 crown.

Dr Paul Gastin  
Course Director

## Exercise and Sport Science Student Farewell and BBQ

The School of Exercise and Nutrition Sciences is hosting the annual Exercise and Sport Science Student Farewell and BBQ on Friday 28 October at the Melbourne Burwood Campus.

Completing students in the Bachelor of Exercise and Sport Science and the Bachelor of Exercise and Sport Science/ Bachelor of Business (Sport Management) are invited to attend.

The event will include the following:

### **11.00 - 12.30pm (LT11 B1.12)**

• Farewell session - information regarding professional membership application, career development opportunities and completion of graduate surveys

• Industry Panel discussion with members of the ESS Advisory Board

### **12.30 - 1.30pm (Phoenix Courtyard)**

• Free BBQ lunch with friends, staff and ESS Advisory Board members

### **1.30 - 2.30pm (LT11 B1.12)**

• ESSA membership and application workshop

### **2.30 - 4.00pm (LT11 B1.12)**

• ESSA Victorian Research Series

### **Enquiries**

Contact - Georgina Power

Email: [ens-enquire@deakin.edu.au](mailto:ens-enquire@deakin.edu.au)

Telephone: 9244 5436

## Student Profile



**Carmen Marton**

Carmen is currently studying the Bachelor of Exercise and Sport Science, specialising in the ESSA (Exercise and Sport Science Australia) sequence. Carmen has thoroughly enjoyed the course, particularly the interactive hands-on component of it, forcing students to get out of their comfort zone. This experience has assisted in developing her sports science specific skills and enabled her to successfully secure a VIS Sports Science Traineeship.

Her success is not limited to her studies, with Carmen displaying prowess in the sport of Taekwondo. As a 2008 Beijing Olympian and with accolades including World Championship bronze, World Cup silver and Junior Asian Championships silver to her name, Carmen thinks it has been very beneficial learning the most current trends and research in sport and exercise to complement her sporting pursuits. Her training program has become more scientifically based as a result.

Upon completing her degree she aims to study the Master of Clinical Exercise Physiology to assist in further developing her skill set to achieve her future career ambition of working in rehabilitation for children. She would also like to build the sport science evidence base in Taekwondo within Australia as there is currently none in this area. To achieve this she plans to develop sport science specific testing to aid National Talent Identification programs as well as providing elite athletes with Taekwondo specific testing and training plans.

She will intermit her studies in 2012 to focus on the 2012 London Olympics and is hoping that her course will help give her that extra edge over her competitors in making the Australian team!

## Staff Profile



Michael Spittle

Dr Michael Spittle is the Course Director of the Bachelor of Exercise and Sport Science/ Bachelor of Business (Sport Management) and Unit Chair of HSE204 Motor Learning and Development. He brings to the role years of experience both within Australia and abroad with previous Motor Learning and Behaviour lecturer positions held at the University of Ballarat and the College of St Mark and St John in Plymouth UK.

With an academic background comprising an array of degrees including a PhD in Motor Learning, it is unsurprising that his research specialisation and interest is in the area of motor learning and skill acquisition. He is also a member of the Centre for Exercise and Sport Science (C-ESS) and together with Dawson Kidgell (C-PAN), he leads the Neuromuscular Control and Learning (NCL) group.

Author is another title that Dr Spittle adds to his name. His latest book was released in October 2011 entitled 'Developing Game Sense Through Tactical learning: A Resource for Teachers and Coaches' co-authored with Ray Breed from North Melbourne Football Club. He also currently has a book contract with Palgrave-MacMillan to write the first Australian undergraduate textbook on motor learning.

A further achievement for this high performing academic is the recent award of an AFL grant to investigate the AFL Junior Matchplay Policy in 2012 in collaboration with fellow Deakin colleagues Dr Pamm Kellett, Dr Paul Gastin and Dr Andrew Dawson.

## EXERCISE AND SPORT SCIENCE/ BUSINESS (SPORT MANAGEMENT)

Course Director - Dr Michael Spittle

Deputy Course Directors - Dr Dawson Kidgell

The Bachelor of Exercise and Sport Science / Bachelor of Business (Sport Management) continues to be the leading course of its type in Australia with strong demand for places and exceptional graduates. Students in this course study both sport management and exercise and sport science units to develop graduates with strong skills in both areas. The Bachelor of Exercise and Sport Science/Bachelor of Business (Sport Management) degree aims to prepare students for professional work in a variety of exercise and sports science fields combined with a broadly based business (sport management) degree aimed to equip students with the business skills required for employment in the sports industry.

With the end of the year approaching, and the end of the course for some of our students, it is timely to consider the career related aspects of our course. Careers from this combined course vary from traditional sport, exercise and coaching occupations to well-established sports administration, management, governance and development roles. Graduates are finding employment in a diverse range of occupations such as: sport administration, sport marketing, sport management, sport development, athlete management, facility management, and talent management growth areas in this sector are sports media, IT, event management, marketing, and international business. Other

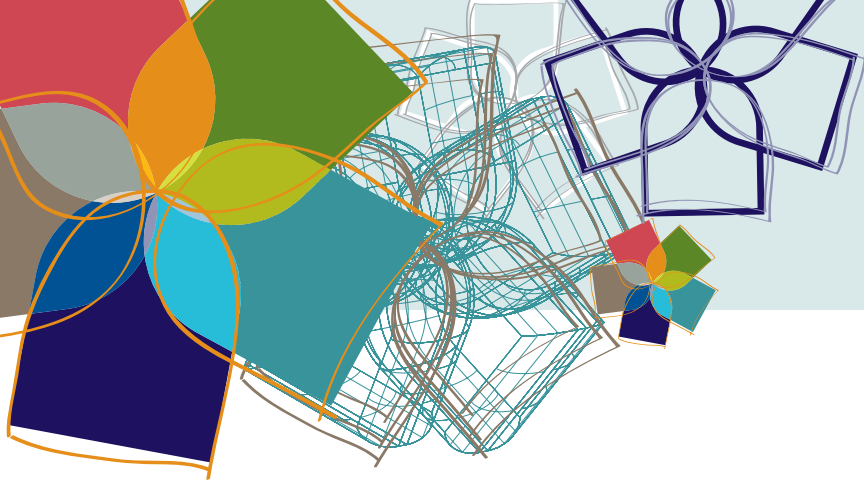
opportunities include sport science, sport equipment design, and marketing health and physical activity.

The practicum program in exercise and sport science has become a key component of our exercise and sport science courses and provides great opportunities for students to develop practical skills in the field and develop important links for future careers. In the new revised Bachelor of Exercise and Sport Science / Bachelor of Business (Sport Management) course, which had its first intake in 2011, students will also complete a sport management practicum experience to further develop their skills in sport management and help develop graduate outcomes leading to employment and career opportunities.

The School Careers web site is a useful resource where current and future students in exercise and sport science and sport management can find in depth information on career paths, development skills, finding employment and professional associations in exercise and sport science and sport management. You can find it on the School web site: [www.deakin.edu.au/hmnbs/ens](http://www.deakin.edu.au/hmnbs/ens)

Dr Michael Spittle

Course Director



## Deakin University Sports Studies Club (DUSSC)

On Monday 12th September the Deakin University Sport Studies Club (DUSSC) ran their 3rd Annual Industry Networking Dinner - a great opportunity for proactive students to mingle with the industry's finest representatives and the School staff. The dinner was an overwhelming success, with 60 members, 11 staff and 13 great mentors in attendance!

The keynote speakers were a particular highlight of the night. Those in attendance listened to the advice of Sports Medicine Australia CEO Nello Marino, who enlightened everyone on his journey - the importance of being on time and being accountable for every action. The Head Physiotherapist of Football Federation Victoria, Sharbil Webhe, was also a standout speaker, and he had a great story about the valuable industry connections that he had made along the way. His true passion for helping people through his occupation was evident through his experiences, and encouraging for

the practitioners of tomorrow!

The dominant themes for the evening included teamwork, good work ethic, making yourself known, and persistence. At each table, attendees enjoyed speaking to the industry representatives and staff over an enjoyable meal. Perhaps what stood out as the most important interaction was that between fellow students on the table, speaking to people they hadn't previously got the chance to - discussing placements, personal experience and prospective job opportunities, and coming away inspired.

Overall it was a memorable night, and an event which will be continued throughout the years to make Deakin students the most well-known, well-connected and job-ready candidates out there!

Jennifer Smallridge  
Vice-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 science 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 Schools, its current students and its graduates.

Since its inception, Alumni members have been very active in assisting our current students to 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.

**Alumni Registration**  
<http://www.deakin.edu.au/alumni/register/index.php>

**Further Information**  
Contact Andrew Dawson  
[andrew.dawson@deakin.edu.au](mailto:andrew.dawson@deakin.edu.au)

## Student Profile



Nicola Daniel

Nicola Daniel has just completed her final year in the Bachelor of Exercise and Sport Science/ Bachelor of Commerce - Sport Management.

As relief sets in having completed her final exams and assessment requirements, Nicola has now turned her attention towards her future career. She aspires to secure a role in teaching and/ or developing pathways for sport participation.

One of Nicola's highlights during her studies at Deakin was the practicum unit HSE312, whereby her placement at Wesley College led to her subsequent employment as a sports coach for primary to secondary level students. Nicola has also combined her studies with working at the Monash Medical Centre staff gym. If this hasn't kept her busy enough, Nicola also volunteered as Social Events Manager of DUSSC in 2011. Outside of Deakin Nicola is the Vice-Captain at Mercantile Rowing Club.

Nicola recently received the exciting news that she has been appointed Boarding Assistant at St Mary's, Cambridge in the UK for 2012. As a passionate Olympics supporter, she looks forward to being in London when they host the Olympics in 2012.

## Staff Profile



**Dr Stuart Smith**

Dr Stuart Smith commenced his career at Deakin University in 1998 in the School of Nutrition and Public Health which is now the School of Exercise and Nutrition Sciences. As a Senior Lecturer, his teaching focuses on food safety and biotechnology.

His research pursuits also keep Dr Smith busy. *"My research focuses on the fascinating area of gut bacteria which influences our physiology and health, nutritional intake, allergy and even biotransformation of functional foods. My research involves collaborations with staff at Box Hill and Royal Children's Hospital, British Antarctic Division, CNRS France, Phillip Island Nature Parks, University of Western Australia, Waikato University NZ and Victoria University."* He also supervises several students with their research projects, which currently includes 1 PhD and 3 Honours students.

One of Dr Smith's greatest achievements during his long tenure at Deakin has been the development of industry partnerships and the subsequent development of the work practicum unit, HSN311. Identifying a need to develop strong partnerships in 2003 prior to the Work Integrated Learning Program (WIL), the unit was implemented in 2007 with 14 placements and has grown significantly over the four year period to provide 40 placements in 2011. The unit provides the unique opportunity for students to develop their professional skills with a further benefit that many students have gained employment immediately following their placement.

## FOOD AND NUTRITION

Course Director - Dr Russell Keast

Deputy Course Directors - Dr Gie Liem and Dr Mark Kestin

This year we have welcomed the student cohort for the first year of the revised Food and Nutrition course. Getting to this stage has been a great deal of work for both the academic and administrative staff involved, but it has been fruitful and worthwhile. The next two years we will be juggling the now pipelined Food Science and Nutrition degree with the new Food and Nutrition degree. We are excited about our new emphasis on career developmental learning in Food and Nutrition, and will offer Interview Gold to our undergraduate students at different stages of the degree. Interview Gold is an online tool that will aid our students when preparing for employment post graduation. Overall the change to our teaching is positive and the extra flexibility in the Food and Nutrition degree will provide us and our students with more opportunities for growth over the next few years.

Next year (2012) brings about the departure of Dr Mark Kestin, Mark only joined us two years ago, but he has helped the Food and Nutrition team

greatly during his all-too-brief stay. Mark's departure along with natural growth in the Food and Nutrition program has meant we will have a number of new staff joining the Food and Nutrition team in 2012. Over the past two months positions have been advertised and interviews conducted. We hope to publically announce new appointments to the Food and Nutrition team later this year. It is an exciting time for us as we look forward to 2012 and beyond.

Finally, the course team would like to thank the students, alumni, advisory board and industry who supported us over the past year. We continue to welcome your input, encouragement and comments and wish everyone a prosperous 2012.

Associate Professor Russell Keast

Course Director

## Follow us on Twitter

In the past few weeks we have been experimenting with Twitter.

The sensory research group have established an account and comment on current and topical issues related to health and flavour.

Follow them: Twitter @Deakinsensory



## Food and Nutrition Students (FANS)

In 2011 FANS has evolved into an independent, well organised student society. With 500 Facebook followers and almost 100 paid members, FANS is one of the largest and most active student societies within the Faculty of Health.

FANS enhance student engagement through the provision of careers and social events. In 2011 several events were held including a careers night in September, which was attended by over 100 students. Another notable event on the annual calendar were the FANS end of trimester parties which were also strongly attended.

The volume of FANS facebook messages highlights that FANS is able to engage

students and assist them in finding the right balance between study, work and social time. FANS facebook also acts as a communication medium between academic staff and Food and Nutrition students, with many events and job opportunities posted on the FANS page. The FANS Executive Committee worked independently and extremely hard in 2011 to fulfil a clear need for students. In return the executive team gained skills in leadership and team work. The 2012 FANS executive has been appointed in early October 2011 and is ready to continue the success of FANS.

Gie Lim - Deputy Course Director

## Nutrition Australia Student Membership

Nutrition Australia is a non-profit, non-government, community health education organisation, passionate about inspiring healthy eating and physical activity within the community.

Students are invited to become members of Nutrition Australia. The membership body is represented by both the general public and experts in the fields of nutrition and health.

As a nutrition and health focused organisation, Nutrition Australia offers opportunities for student placements as well as volunteer roles. Working with Nutrition Australia will give you the opportunity to develop skills in a wide range of areas and will give you valuable insight into the operation of a non-government, non-profit community health organisation. Many students use the experience and skills gained at Nutrition Australia to further their career opportunities and to improve their chances of gaining entry into higher-level tertiary studies.

For off-campus students, undertaking a placement or volunteer role with Nutrition Australia gives you the opportunity to meet and network with individuals in the nutrition industry.

[www.deakin.edu.au](http://www.deakin.edu.au)

Student members of Nutrition Australia experience a number of additional benefits including:

- Access to the Nutrition Australia Members Only Online Forum
- Access to eNewsletters, seminar presentations and National Nutrition Week Kits
- Access to 'Healthy, Tasty and Wise' radio podcasts
- Information about events and discounted entry into events
- Discounts on Nutrition Australia publications
- Networking opportunities

### Membership applications

Student membership can be purchased at a tax deductible cost of \$38.50 per annum via the Nutrition Australia website:

<http://www.nutritionaustralia.org/national/catalog/membership>

### Membership queries

Contact Amy Rossignoli

T: 9650 5165

E: [rossignoli@nutritionaustralia.org](mailto:rossignoli@nutritionaustralia.org)

## Student Profile



Sharon Luu

An interest in nutrition and the strong reputation of the Nutrition and Health related courses at Deakin led Sharon to embark studying the Bachelor of Food and Nutrition. Following the completion of her course shortly, she intends to apply for the Master of Dietetics at Deakin.

Sharon has found the course an eye opening experience to the different aspects of food science and nutrition. *"It's not just about learning the main principles of nutrition and the different amounts of nutrients we need throughout our lives. We are exposed to different fields of food like sensory evaluation, food microbiology, food analysis and food regulation/policy. Exposure to subjects like these opened up more possible job opportunities which I would have never thought of."*

A particularly memorable part of her course has been the practicum in third year, which provided her with a good opportunity to gain exposure to the industry and practical experience in a particular food company or health organisation.

Sharon has also immersed herself in other aspects of Deakin life. As a committee member of the student society of Food and Nutrition Students (FANS), her role as Marketing Coordinator has involved promoting FANS events to its members, including the career's night, morning teas and end of exam parties.

## Staff Profile



**Adam Walsh**

Adam Walsh is a member of the dietetics teaching team at Deakin University where he serves as Co-Deputy Course Director of the Master of Dietetics, Unit Chair of HSN744 Principles of Dietetics and HSN705 Population Food and Health Issues and coordinates clinical placements within HSN747 Clinical Dietetic Practice. Adam has been teaching into the dietetics program for almost 5 years.

Prior to commencing his role at Deakin University, Adam worked as a clinical dietitian for seven years at the Royal Children's Hospital in Melbourne in a variety of areas including ICU and disordered eating. He also operated a private practice during this time specialising in adolescent eating disorders.

Adam has recently commenced his PhD on a part-time basis investigating the influence of fathers on the dietary and physical activity habits of children under five years of age.

## DIETETICS

Course Director - Dr Tim Crowe

Deputy Course Directors - Adam Walsh and Claire Margerison

The Master of Dietetics continues to be a high demand course for both domestic and international students. The 50 students in the first year of the program are busy on either community or clinical placement while the 45 students who graduated mid year are out and starting their careers as dietitians.

Next year looks like being another busy year for teaching staff with the introduction of some new and exciting initiatives including IDNT (International Dietetics and Nutrition Terminology) which will be embedded throughout the entire course and also the introduction of a module on Management and Organisation Skills to name but two. The team is also preparing for another maternity leave from one of the key staff members, Dr Sharleen O'Reilly, who will be on leave from October, but who promises to return in 2012 (isn't that right Sharleen?). Lisa Barker, a clinical educator from Royal Melbourne Hospital and current PhD student in our School will be joining us to help cover some of Sharleen's teaching.

A very exciting development involving one of our recently graduated students Marguerite Conley, was Deakin winning the National Health Fusion Team Challenge held in August. This was the first time Deakin had entered the competition so it's a pretty good strike rate so far! The interprofessional team included students from dietetics, medicine, nursing, social work, occupational therapy and psychology. Well done to Margie.

On a social note, we had a really fantastic Dietetics Partnership Night back in June which was enjoyed by many of our wonderful placement site supervisors and placement site managers as well as several students and supervisors who received awards for their hard work.

Claire Margerison

Deputy 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



**Mariee Grima**

Mariee completed a Bachelor of Nutritional Sciences degree at Latrobe University in 2006. Following the completion of her degree, she spent one year working as a Nutrition Assistant at Cabrini Hospital and then commenced working at the Baker IDI Heart & Diabetes Institute where she has been working for the last 5 years as a Research Assistant and Clinical Trials Co-ordinator within the Cardiovascular Neurosciences Division.

Mariee's clinical experience, interest in diet-disease links and passion for patient-focused care led her to enrol in the Master of Dietetics degree in 2011 at Deakin University. After completing Trimester 1 studies, she is currently undertaking her clinical placement block and is loving every minute of it! She is enjoying working as part of a multi-disciplinary team in both the acute and sub-acute settings, especially the hands-on experience and opportunities provided for continuous learning and professional development.

Upon completion of her Masters, Mariee is excited and passionate about pursuing a career in clinical nutrition and dietetics, which encompasses a research component. In the meantime, she looks forward to undertaking her community nutrition and professional dietetic placements in 2012 and embarking on the challenges and learning experiences the course has to offer.

## Staff Profile



Susan Torres

Dr Torres joined the School of Exercise and Nutrition Sciences as a lecturer in October 2008. Dr Torres chairs HSN708 Nutrition promotion. *"I have a passion for nutrition and enjoy my teaching role in postgraduate human nutrition. I do enjoy the contact with students, which can be a challenge when teaching a wholly online unit. I look forward to my fortnightly elive sessions where I can chat with my students."*

Dr Torres is an active researcher in the Centre for Physical Activity and Nutrition Research. Dr Torres' research assesses the relationship between indicators of mental health and dietary intake. She has conducted intervention studies assessing the impact of dietary modifications and weight loss on mood, anxiety and blood pressure responses to stress.

Recently, Dr Torres has been investigating the relationship between anxiety and fat taste, and how stress response differs in lean versus obese individuals.

Her future research in the School will address how lifestyle interventions such as diet and weight loss can influence mood and physiological responses to stress, as well as investigating how chronic stress, using a model of chronic work stress, may be detrimental to health by promoting poor dietary choices. *"I really enjoy my dual role of educator and researcher all addressing my passion- food and nutrition!"*

## POSTGRADUATE HUMAN NUTRITION

Course Director - Dr Sharleen O'Reilly

Deputy Course Director - Dr Susan Torres

### Course Directors

Dr Sharleen O'Reilly was a recipient of a 2011 Deakin University Award for Teaching Excellence earlier this trimester and was very pleased at the recognition of her commitment to helping improve students learning experience in on- and off-campus environments. Dr's Susan Torres, Lynn Riddell and Sharleen O'Reilly were also the recipients of a Faculty Award for Excellence for the development of the careers website. Students enrolled in our postgraduate human nutrition courses will be pleased to know the idea for a School wide careers website initiated from these courses. Sharleen commenced maternity leave mid-October and Dr Susan Torres has stepped up into the course director position while she is on leave.

### Careers Event

The PG Human Nutrition course hosted a very successful careers event for students on the 20th September at DeakinPrime in Melbourne's CBD. The focus of the evening was raising awareness of what employers look for when employing nutritionists and how voluntary registration with a professional body like the Nutrition Society of Australia can help students keep their professional development up to date. The speakers were from a variety of career paths within the nutrition profession, including:

Dr Malcolm Riley, representative from the Nutrition Society of Australia discussed the benefits of membership with the society and the steps required to become an associate nutritionist.

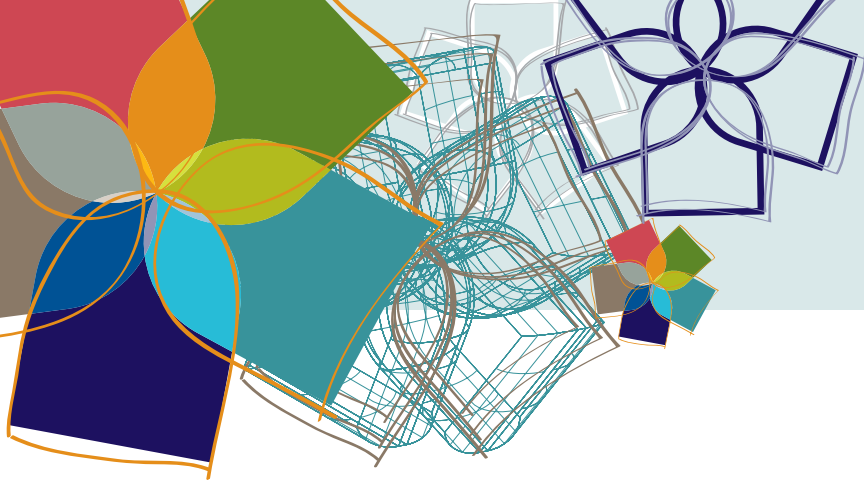
Dr Eithne Cahill from Dairy Australia discussed opportunities for working as a nutritionist in the food industry. Emma Stirling, Director Scoop Nutrition (<http://www.scoopnutrition.com/>) outlined how to develop a career as a nutritionist in private consulting. Julie Wood from VicHealth gave her perspective as a nutritionist working in the area of public health nutrition.

The event has been digitally video recorded and this will be made available to all off campus students once edited.

### New DSO

Students enrolled in HSN720 Nutritional Issues in Diabetes have had a 'sneak peek' this trimester of the new learning management system aka Deakin Studies Online. The new system will go live for all units from Trimester 3 onwards and while with any new experience there will be teething problems as we all come to terms with how it works, the experience from HSN720 has been positive on the whole and the system is well suited to improving your learning experience off campus.

A course-wide site is in the pipeline and once ready, it will be a key location for finding out careers information and news at a course level plus students will be able to communicate with any student enrolled in the postgraduate courses.



### **Graduate Certificate of Public Health Nutrition**

We recently launched the 4 credit point Graduate Certificate of Public Health Nutrition. Public health nutrition is concerned with the nutritional health of populations, by examining how cultural, political, social and economic factors affect the adequacy and sustainability of food systems, people's food behaviour and their health and ecological consequences.

If you are currently enrolled in the Graduate Certificate, Graduate Diploma or Master of Human Nutrition and have a keen interest in public health nutrition, you may consider enrolling into the Graduate Certificate of Public Health Nutrition. Students would need to complete the 2 credit point core unit HSN727 Advanced Public Health Nutrition. Units completed in the Graduate Certificate, Graduate Diploma or Master of Human Nutrition can go towards credit for prior learning for the remaining 2 credit points.

## **Food and Nutrition Alumni Chapter**

Food and Nutrition, Human Nutrition and Public Health Nutrition graduates are invited to become members of the Food and Nutrition Alumni Chapter.

The Food and Nutrition Alumni Chapter is arranged into two separate Chapters, one for food and nutrition graduates and the other for dietetics graduates. This format allows for the special interests and networks of these two distinct groups.

Our graduates are playing key roles in new developments in the food and nutrition sectors and the School is keen to maintain contact.

[www.deakin.edu.au](http://www.deakin.edu.au)

Please contact [ens-enquire@deakin.edu.au](mailto:ens-enquire@deakin.edu.au) if you have any queries about the Graduate Certificate of Public Health Nutrition.

That's about it from us here at the course team but feel free to keep us up to date with any questions you have about the course or developing a career in nutrition.

Best of luck with the remainder of your studies this year,

Dr Sharleen O'Reilly and Dr Susan Torres

Course and Deputy Course Directors

The Alumni provides the opportunity for former students to network and maintain links within the Deakin community. Members are also very active in assisting our current students enter professional networks.

To join the Food and Nutrition Alumni Chapter, visit the Deakin University Alumni website to register your interest.

### **Alumni Registration**

<http://www.deakin.edu.au/alumni/register/index.php>

## **Student Profile**



**Jennifer McCann**

Jennifer McCann is currently completing her final units within the Master of Human Nutrition in addition to completing her Graduate Certificate in Public Health. Originally from Northern Canada, she relocated to Melbourne in 2008 after living for 6 years in Dubai. Jennifer initially graduated with a Graduate Diploma in Medical Laboratory Science and worked in the field for 4 years before continuing to further her education by completing her Science degree by correspondence whilst in Dubai. Upon moving to Melbourne she realised her passion for health and nutrition and in 2010 commenced the Master of Human Nutrition.

*"I have always been interested in health and nutrition, so the Masters of Human Nutrition was the perfect program for me."*

In addition to her studies, Jennifer is simultaneously working part time as a Research Assistant in the Centre for Physical Activity and Nutrition Research (C-PAN) at Deakin University.

*"My teachers have been amazing. Helpful, supportive and constructively critical; all of which have helped me to become more confident in my abilities in the area of nutrition and health. I feel like I have a wealth of knowledge at my fingertips now, which I can thank both myself and the teaching staff at Deakin for."*

## Student Profile



Jane Wilcox

*"My Honours year has been tremendously rewarding, but also challenging as I've immersed myself back into a research and academic environment, after a number of years in Dietetics and Public Health. The program has provided inspiration and learning's from supervisors, research experts and mentors; it has cemented my aspiration to undertake a research career."*

Jane's honours project involves investigating Midwives views, attitudes and practices around gestational weight gain in a variety of hospital antenatal settings. The study aims to inform the development of practical, time efficient and cost effective ways of supporting health professionals, including Midwives, to promote healthy gestational weight gain with the potential to maximise best outcomes for pregnant women in their communities.

Jane is currently investigating the prospects for a PhD at SENS in the area of new technologies to promote healthy weight gain during pregnancy. In addition, she works within her public health consultancy gill+willcox.

[www.deakin.edu.au](http://www.deakin.edu.au)

## HONOURS

Course Director - Dr Glenn Wadley

Deputy Course Director - Associate Professor Tim Crowe

We currently have 32 students completing their Honours year in the School of Exercise and Nutrition Sciences (SENS). Students have completed their course work, finalised their data and written up their thesis, which were submitted on October 17.

After submitting their thesis, students presented their findings to the School, peers and family. Students who were interested in undertaking an honours year in 2012 were welcomed to attend the event which was held on Friday 21 October 2011. The event provided prospective students with an opportunity to gain a better understanding of what the year is about. For more details, visit our SENS website listed below.

Recruiting for 2012 has started, with a successful honours information session recently held for an enthusiastic cohort of budding researchers. Our honours information book, which includes all the details about applying for honours and the projects for 2012, is now available on our website:

<http://www.deakin.edu.au/hmnbs/ens/prospectivestudents/What-is-honours.php>

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 and ending in October. The course is 50% research project and 50% coursework. All students are required to present their thesis at the Honours Final Presentations in October.

## RESEARCH DEGREES

SENS HDR students are actively disseminating their research internationally. Recent and upcoming presentations by SENS research students include:

- Meagan Dewar - Life in Extreme Environments Conference, Ireland
- Carley Grimes - American Dietetic Association Conference, San Diego
- Lisa Newman - Pangborn Sensory Symposium in Toronto

A number of students will also present later this year at the New Zealand Nutrition Society and Nutrition Society of Australia Joint Annual Scientific Meeting in Queenstown and the Public Health Association Food Futures Conference and we wish them well.

Congratulations to:

- Lauren Arundell and Carley Grimes who represented the Faculty of Health in the Deakin University 3 Minute Thesis Competition in July;
- Karen Lim and Rivkeh Haryono who won Deakin University Postgraduate

Research Scholarship in the mid-year round;

- Jill Whelan who won the Patricia Guthrie Memorial Award for undergraduate studies at RMIT.

Congratulations also to Dhounsiri Sayompark, Fatemeh Miremadi and Greg Cox who have recently submitted their thesis for examination.

As part of SENS Research Week, the school hosted a research breakfast for the top performing undergraduate students in second and third year to promote research careers to students in the area of nutrition and exercise science. Over 90 undergraduate students attended the breakfast and met current Honours and HDR students and staff within the school allowing for networking and discussion of potential research interests and careers opportunities in research.

Dr Sarah McNaughton

Associate Professor Aaron Russell

Research Degree Co-ordinators

## 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 of this year's symposium is "Promoting health: Innovation in food, nutrition, exercise and sport research" and the keynote address will be presented by 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.

**VENUE:** Amora Hotel Riverwalk Richmond, Melbourne

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

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

**REGISTRATION:** There are no registration fees but places are limited!

Check the website for details:  
[www.deakin.edu.au/hmnbs/ens](http://www.deakin.edu.au/hmnbs/ens)

## Student Profile



Carley Grimes

Carley is currently completing a Doctor of Philosophy (Nutrition and Exercise), having previously completed a Bachelor of Nutrition and Dietetics with 1st Class Honours. With a strong focus in the media on childhood nutrition, Carley's research project on Dietary salt intake in Australian children is an important area of study that will contribute to the growing evidence base within the field of childhood nutrition.

As part of her study she is using data from the 2007 Children's Nutrition and Physical Activity Survey to examine the association between dietary salt and sugar-sweetened beverage consumption and obesity risk within a representative sample of Australian children.

Her specialist knowledge in the area of childhood nutrition was enhanced recently through completing a six week study internship at the US National Institutes of Health in Bethesda, MD. During this time she was based within the Epidemiology Division at the National Heart, Lung and Blood Institute. Her study examined the association between dietary salt intake, sugar-sweetened beverage consumption and obesity risk in US children aged 2-18 years.

Carley aspires to complete a post doctoral position abroad following the completion of her studies at Deakin and secure a stimulating research position working in the area of children's dietary intake and health outcomes.

## Staff Profile



**Niamh Mundell**

Niamh is an Associate Lecturer within the Master of Clinical Exercise Physiology that was introduced to the Deakin curriculum in 2011. An Accredited Exercise Physiologist (AEP), Niamh has previously worked in the private practice setting and at the Epworth Rehabilitation Centre in Camberwell. Earlier in her career she built the foundations of her research and teaching skills through her roles as a Research Fellow, Tutor and Demonstrator at Deakin University and as a Sessional Lecturer for the Exercise Science School of Medical Science at RMIT University.

Niamh's area of specialisation within the Exercise Physiology realm includes healthy ageing, chronic disease management, chronic pain management and exercise for lifestyle intervention. The most rewarding aspect of her job is seeing clients progress in their health and lifestyle management goals. Niamh also enjoys work alongside intelligent, well respected and enthusiastic colleagues at Deakin and seeing that passion being passed onto students.

Her expertise also extends beyond the classroom in her role as Director and State Secretary for Exercise and Sport Science Association Victoria (ESSA). A mother of two, Niamh is a positive role model for her clients through maintaining an active lifestyle as a running enthusiast.

## 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 was purpose built to produce graduates to work in clinical exercise science and practice. Practitioners are known as Accredited Exercise Physiologists and are accredited by Exercise & Sports Science Australia (ESSA). AEPs are the only clinical exercise practitioners in the world to be licensed to provide services under a universal taxpayer funded healthcare system (Medicare Australia) and are the only registered allied health practitioners in exercise and sports science. Apart from Medicare, AEPs are licensed to provide compensable clinical exercise services under WorkSafe, TAC, Veterans Affairs, Comcare, many private health insurers and other schemes.

The course team has now delivered its first and second trimesters. Student evaluations of teaching and study units (SETU) in Trimester 1 revealed that MCEP outperformed the school in 8 of the 10 questions in the SETUs and outperformed the university and the faculty in all 10 questions. The course team is determined to deliver a world class course not only in 5 years time, but for the first cohort of students in 2011- 2012.

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 the Clinical Exercise Learning Centre (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. As for T1, a feature of the course in T2 was that clients with actual medical conditions or injuries volunteered for some study units; this provided unparalleled situational and content validity and prepared students for clinical practice.

The course team has almost completed preparing the application for National University Course Accreditation Program (NUCAP) accreditation of the Master of Clinical Exercise Physiology (H743). The application will be submitted no later than 1 December 2011. We already have preliminary accreditation for the course. External accreditation is made all the more important in that from 1 January 2014, it will be only graduates from accredited AEP courses who will be eligible for AEP accreditation and access to Medicare Provider Numbers. Currently, there are 7 Australian universities who have achieved full accreditation, including Victoria University, with about another 7 currently under various stages of applying for accreditation, including Deakin University.

The Clinical Exercise Advisory Board, comprising the course team, senior staff from the school and strong industry representation, has met twice to date in 2011 and is providing robust and frank advice to the course team. The CEAB has agreed to provide internal peer review of the NUCAP application later in the year.

The Clinical Exercise Learning Centre (CELC) which opened in March 2011 has been an outstanding success. The clinical academic staff (those with AEP accreditation) have been practising in CELC whilst providing important clinical education for MCEP students. The model is for AEP academics to practise no more than the equivalent of ½ day per week, except for the Associate Lecturer in Clinical Exercise Practice, Ms Karen Salter. Two students have been assigned for eight week blocks to CELC as part of their clinical practicum and have been exposed to a wide range of pathologies and practice approaches. The feedback from students and clients so far has

been extremely positive. The planned caseload for CELC for 2011 has already been exceeded and we have commenced one mixed pathology group and another group with diabetes. Ms Unna Goldsworthy (AEP) was recently appointed to CELC to provide in-house clinical supervision and build the caseload further. She has now contacted all of the GPs in the region through the Divisions of General Practice.

In summary, MCEP is being developed and delivered to the standards that we aspired to at the outset. The course team is determined that MCEP will be the best course of its kind in Australia, with very high student demand and delivering exceptional graduate attributes and outcomes.

Professor Steve Selig and Dr Steve Fraser

Course and Deputy Course Directors



## Student Profile



**Jack Hickey**

Jack is part of the first cohort of students to study the Master of Clinical Exercise Physiology that was introduced to the School of Exercise and Nutrition Sciences in 2011. Jack's chosen career path in Exercise Physiology is fuelled by his passion for exercise and studying how the human body works. Jack aspires to work as an Accredited Exercise Physiologist (AEP) specialising in musculoskeletal and neurological rehabilitation upon completion of his degree in Trimester 2, 2012.

Jack is also currently gaining valuable experience in the industry through his work as an Exercise Specialist at PACE Exercise Physiology in Malvern, prescribing exercise to a wide range of clients.

While studying full-time combined with working in the industry keeps him busy, Jack still manages to balance his time to enjoy his other passions of surfing, kayaking, playing guitar and listening to music.

## Student Profile



**Jennifer Smallridge**

Jennifer has just completed the Bachelor of Exercise and Sport Science, specialising in the ESSA stream and will use this knowledge to pursue a career as an Accredited Exercise Physiologist specialising in neurological conditions and helping people return to their highest level of function. She has not put the books to rest permanently, citing intentions to return to study in the future in the area of exercise physiology research.

Jennifer gained invaluable experience within the industry during the final year of her degree working as an Exercise Specialist and Health Promotion Officer at PACE Health Management following the completion of her work placement there as part of unit HSE312. She also realised a long-term aspiration this year through working as a pilates instructor.

She immersed herself in student life at Deakin taking on the role of Vice-President of DUSSC. Her work experiences have clearly paid off, with Jennifer successfully securing a position as a Grade 2 Allied Health Assistant at Caulfield Rehabilitation Hospital.

Outside of her busy study and work schedule, Jennifer also makes time to keep herself active, enjoying dancing since she was four years old, including jazz, tap, cheerleading and ballet. This early introduction to dance sparked her interest in how the body moves. She also plays netball, practices yoga and spends time with friends to ensure she maintains a healthy work life balance.

## CLINICAL EXERCISE LEARNING CENTRE

Deakin University's School of Exercise and Nutrition Science has recently opened its new facility for clinical exercise physiology services - Clinical Exercise Learning Centre. This centre is staffed by academics who are Accredited Exercise Physiologist (AEPs). The centre specialises in providing exercise services for people living with, or at risk of, chronic medical illnesses, injuries or disabilities.

This new centre was developed to complement a new Masters program in Clinical Exercise Physiology at Deakin University, and provides opportunities to students enrolled in that course to work with AEPs and the patients they service. This provides students with a valuable opportunity for learning and application of clinical knowledge, but also provides an added benefit for the patients they work with.

The Clinical Exercise Learning Centre provides services to clients in a one-to-one or group environment. Two groups that have recently commenced are the Cardio Club, specifically designed for individuals suffering from cardio respiratory related disease, and Sugar Beat, for patients with Type 2 Diabetes or pre-diabetes. These group programs offer individualised exercise in a friendly and fun environment.

The Clinical Exercise Learning Centre affords opportunities for referrals of patients with health concerns in the key pathology areas: cardiorespiratory, metabolic, musculoskeletal, neurological, mental health and cancers.

Referrals are welcome through Medicare, WorkSafe, TAC, Department of Veteran Affairs, and private clients.

Fees are modest with many services being provided under bulk billing or similar. This service is open to both staff and those external to the University.

Professor Steve Selig, an Accredited Exercise Physiologist, says: "we use exercise therapy to improve clients' clinical status, function, fitness and quality of life. Our staff believe better outcomes can be achieved by educating and motivating clients to participate in exercise in the planning of their lifestyle programs, and by enabling them to connect exercise with healthy lifestyle."

The clinical academic staff at Deakin University Clinical Exercise Learning Centre would like to invite staff, as well as family and friends of staff, who are currently living with, or at risk of, chronic medical illnesses, injuries or disabilities to contact us if they are interested in this service.

### Contact Details

Deakin University Clinical Exercise Learning Centre

221 Burwood Highway

Burwood, VIC 3125

Telephone: 9244 5442

Fax: 9244 5551

Email: [celc@deakin.edu.au](mailto:celc@deakin.edu.au)

## School Research Success

### • Centre for Exercise and Sports Science (C-ESS)

Awarded almost \$80,000 by the AFL Research Board to review the AFL Junior Match Policy. The submission was a joint effort between Associate Professor Pamm Kellett from the Faculty of Business and Law and three members of the C-ESS team - Michael Spittle, Andrew Dawson and Paul Gastin.

This is an important award for the C-ESS team and further strengthens their relationship with the AFL and ongoing collaborative links with Sport Management.

### • Dr Adrian Cameron

Finalist for the Scopus Young Research Award 2011 in the Medicine and Medical Sciences category. There was one winner and two finalists announced for this award which is an outstanding achievement.

### • Dr Kylie Hesketh

Awarded the Vice-Chancellor's Award for Outstanding Contribution to Research: Early Career Researcher. She was also recently awarded the oral presentation prize in the theme area of 'Epidemiology and Policy' at the World Congress of Epidemiology.

### • Brianna Larsen and Grace Vincent

Awarded PhD scholarships through the Bushfire Co-Operative Research Centre. These scholarships will support Brianna and Grace to work in occupational exercise science with Dr Brad Aisbett and his team in C-ESS, further building their capacity.

## Calendar of Events

### October:

- 21 Honours Final Presentations
- 26 Research Degree Symposium
- 28 Exercise and Sport Science Student Farewell and BBQ

### November:

- 3 Nutrition Australia Healthy Food, Healthy Planet Seminar
- 11 Research Day

## PhD Scholarship Opportunities

The Alzheimer's Australia Research (AAR) PhD Scholarships round is currently open. Postgraduate scholarship opportunities include:

- 3 AAR Postgraduate Research Scholarships in Dementia (\$30 000 per year for 3 years)
- 1 Resthaven Inc. Postgraduate Scholarship - Quality in Dementia Care (\$30 000 per year for 3 years with the possibility of 6 months extension)
- 1 Viertal Foundation Postgraduate Scholarship in Dementia (\$30 000 per year for 3 years)

Applications close Monday 31 October 2011.

For further information or to apply, visit the AAR website:

<http://alzheimers.smartygrants.com.au/>

