

# SES<sub>in</sub>NZ: reconnecting Academics and Practitioners

## SESNZ Conference, 13<sup>th</sup>-14<sup>th</sup> October 2017, Avantidrome, Cambridge

Day One: Friday 13 <sup>th</sup> October (Level 2 Avanti Rooms)	
	Registration and refreshments
	Welcome
9:00-10:00	Keynote Speaker: <b>Associate Professor Nic Gill</b> : All Blacks Strengthening and Conditioning Coach and Assoc. Prof at Auckland University of Technology - The Integration of Sport Science into the Performance Jigsaw.
10:00-10:30	Oral Presentations 1. <b>Beaven CM</b> Biomechanics of successful versus unsuccessful place kicking in Rugby Union 2. <b>Pieters T</b> Using Global Positioning System Analysis to Quantify the Movement Characteristics of Sub Elite Rugby Union Players in Training and Match Performance
10:30-11:00	Morning Tea
11:00-12:00	Keynote Speaker: <b>Dr John Hellemans</b> : Sports Medicine Practitioner with High Performance Sport New Zealand and SportsMed Christchurch, Former National Triathlon Coach, The Netherlands will discuss the sports scientist and the coach: working together.
12:00- 13:00	Lunch and Poster Session I
13:00-14:00	Panel Discussion – Reconnecting academics and practitioners Chair: Dr Matt Driller Panel Associate Professor Nic Gill Dr John Hellemans Dan Plews HPSNZ Shaun Owen, CRFU
14:00-14.15	Walk and Stretch
14.15 – 15.45	Oral Presentations & Invited Speakers <b>Dr. Peter Lamb</b> , University of Otago, Visualising and Clustering Playing Styles in Elite Rugby and Netball Match Data and <b>Dr Brett Smith</b> , University of Waikato, Examination of the Validity and Efficacy of GPS Generated Metabolic Load Measures. 3. <b>Sims ST</b> Myths and Methodologies: Scientific design for sex difference studies 4. <b>Kissling L</b> Effects of Resistance Exercise on Peripheral Artery Blood Flow
15:30-16:00	Afternoon tea
16:00-17:30	AGM and Oral Presentations 5. <b>Best R</b> Menthol mouth rinsing evokes mixed responses in trained runners. 6. <b>Gaffney K</b> Whey Protein Supplementation Improves Insulin-Mediated Microcirculation After 10 Weeks in Exercising Men with T2D 7. <b>Goodhew C</b> Energy Drink Consumption Rates and Influences in Extreme Sport Enthusiasts 8. <b>O'Donnell S</b> Match-day napping on perceived energy and performance in elite female athletes 9. <b>Shambrook P</b> Does varying exercise intensity during the post-prandial period affect glucose regulation? 10. <b>Swanwick E</b> The effects of pre-exercise blood glucose on responses to short duration high intensity exercise
18:30-19:00	Time at leisure
19:00-onwards	Informal social function at Alpino Cucina & Vino, Cambridge

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Day Two: Saturday 14 <sup>th</sup> October (Level 2 Avanti Rooms)	
08:00-08:30	Refreshments
08.30-09:30	Keynote Speaker: <b>Associate Professor Rob Duffield</b> : Member of the Sport & Exercise Science Group at the University of Technology Sydney in Australia and will discuss optimisation of athlete recovery.
09:30-10:30	<p>Oral Presentations</p> <p>11. <b>van Duijn T</b> Enhancing psychomotor efficiency: Analogy instructions versus explicit instructions?</p> <p>12. <b>Hoskens MCJ</b> Fatiguing working memory to cause implicit motor learning: A pilot study</p> <p>13. <b>Omuro S</b> Learning without errors: An application of error-reducing paradigm in speech motor learning</p> <p>14. <b>Uiga L</b> Investigating cognitive processes underlying performance of a 12K running race</p>
10:30-11:00	Morning tea
11:00-12:00	<p>Oral Presentations</p> <p>15. <b>Beaven CM</b> Passive heat maintenance combined with pre-cooling improves repeated sprint ability</p> <p>16. <b>Murray L</b> Intra- and inter-rater reliability of overground running measures from 2D video analyses</p> <p>17. <b>Prout J</b> The Effects of a Self-Regulated Heat Acclimation Regimen</p> <p>18. <b>Ramsey C</b> Running related injuries, does footwear make a difference? A systematic review of methods for assessing running shoes</p>
12:00-13:00	Keynote Speaker: <b>Associate Professor Chris Button</b> : University of Otago, will discuss the impact of a survival-skills education program upon aquatic competency of children.
13:00-13.45	Lunch and Poster Session II
13.45-15:15	<p><b>Invited Symposium: Dopey Kiwi! Doping in Sport and Exercise.</b></p> <p><b>Symposium Speakers:</b> Toby Mündel (Chair, Massey University), Peter Burt (University of Otago), Dave Gerrard (University of Otago), Mike Hamlin (Lincoln University), Elaine Hargreaves (University of Otago), Alison Heather (University of Otago), Bridget Leonard (Drug Free Sport NZ).</p>
15:15-15:30	Walk and Stretch
15:30-17:00	<p>Oral Presentations and Prizes</p> <p>19. <b>Jenkins M</b> Assessing the effectiveness of a mindfulness-based PA intervention to increase psychological flexibility, autonomous extrinsic motivation, and physical activity using a single case design</p> <p>20. <b>Ng JL</b> Assessing General Movement Competence in Primary School Children</p> <p>21. <b>Pichardo A</b> The Relationship Between Maturation and Athletic Motor Skills in Youth Males</p> <p>22. <b>Raj T</b> The effects of an 8-week yoga intervention on hamstring flexibility and sprint performance of rugby players.</p> <p>23. <b>Viviani F</b> Persuasion with deceit elicits the “Trojan Horse Effect” in tennis players</p> <p>24. <b>O'Brien W</b> Replacing sedentary time with active behaviour differentially predicts improved health markers dependent on ethnicity in overweight/obese women</p>