

Programme

SESNZ Conference, 27th-29th November 2019, Massey University, Palmerston North.

Day One: Wednesday 27 th November (Wharerata)	
15:00-	Registration
17:00-18:00	Refreshments (<i>courtesy of Massey Brewery</i>)
18:00-18:15	Whakatau/Welcome
18:15-19:00	Opening Speaker: Professor Emeritus Gary Hermansson, Massey University.

Day Two: Thursday 28th November (Sir Geoffrey Peren)

7:30-8:30	Registration and refreshments		
8:30-9:00	Karakia Timatanga/Opening		
9:00-10:00	Keynote Speaker: David Howman , Chair of Athletics Integrity Unit (IAAF), Adjunct Professor, Auckland University of Technology		
10:00-10:30	Morning Tea		
Parallel Sessions	Auditorium (Biomechanics – Chairs: Mel Bussey & Ivana Hanzlíková)	1.02 (Physiology – Chairs: Jim Cotter & Lizzie Zheng)	1.04 (Coaching – Chair: Dennis Slade)
10:30	Do generalized hypermobility and knee hyperextension influence Landing Error Scoring System scores? <i>Ivana Hanzlíková</i>	How do menstrual phase and ambient temperature affect exercise-iron status in females? <i>Huixin (Lizzie) Zheng</i>	Being Part of The Team: A review of caregiver sideline behaviour interventions. <i>Patrick Lander</i>
10:45	The effect of a 16-week foot muscle specific intervention program on non-contact anterior cruciate ligament (ACL) and lateral ankle sprain (LAS) injury risk. <i>Carla van der Merwe</i>	The effectiveness of self- versus externally-controlled heat strain, and the heterogeneity of self-regulated heat strain, in active heat acclimation. <i>Jamie Prout</i>	It's not all about the numbers: How the Silver Ferns used performance analysis to develop their game during the 2019 NWC. <i>Hayden Croft</i>
11:00	Acute potentiating effects of a weighted club warm-up on golf driving performance and biomechanics. <i>George Wardell</i>	The effects of menstrual cycle phase on physical performance in female rugby athletes: A case series study. <i>Francesco Sella</i>	Introducing the Certified Footwear Analyst: A multi-sport applied research project. <i>Codi Ramsey</i>
11:15	A head-to-head comparison of scientific versus practical bike fitting methods. <i>Kim Hébert-Losier</i>	How complex is complex? RED-S research needs a transdisciplinary approach. <i>Katie Schofield</i>	Psychological need satisfaction: Athlete insights into the coaching impact within a high performance team. <i>Warrick Wood</i>
11:30-12:30	Lunch		
12:30-13:30	Keynote Speaker: Associate Professor Jason Lee , National University of Singapore.		

Day Two: Thursday 28th November (Sir Geoffrey Peren)

Parallel Sessions	Auditorium (Tactical Athlete – Chairs: Jason Lee & Edward Ashworth)	1.02 (Psychology – Chairs: Rich Masters & Amanpreet Sidhu)	1.04 (Physiology – Chairs: Carl Paton & Lauren Keaney)
13:30	Physical performance monitoring of infantry soldiers during a 24 hour tactical resilience exercise in the New Zealand Army. <i>David Edgar</i>	The Effect of Neurofeedback Training on Walking Performance Under a Constrained Induced Motor Impairment. <i>Amanpreet Sidhu</i>	The Effect of Swilling Carbohydrate, Menthol or a Combination on 40km Cycling Time Trial in the Heat. <i>Kerin McDonald</i>
13:45	Comparison of Post-Exercise Heat Acclimation Methods in a Military Context. <i>Edward Ashworth</i>	The effect of red and blue background on shot selection in an indoor football penalty-shooting task. <i>So Hyun Park</i>	Lifestyle factors as an alternative to immune predictors of upper respiratory tract symptom risk in elite rugby union players. <i>Lauren Keaney</i>
14:00	New Zealand Defence Force (NZDF) - SESNZ Discussion	The effects of working memory fatigue on verbal-analytical engagement in motor planning. <i>Merel Hoskens</i>	How hot do muscles get during resistance exercise? <i>Ben Smith</i>
14:15	<i>David Edgar, Peter Franken, Kasey Vissers.</i>	The role of anxiety on goal shooting performance in elite netball players. <i>Liis Uiga</i>	Characterising the thermal effects of aerobic exercise in skeletal muscle. <i>Thomas de Hamel</i>
14:30-15:00	Invited Speaker: Professor Narihiko Kondo , Kobe University		
15:00-15:30	Afternoon Tea		
Parallel Sessions	Auditorium (High Performance Sport – Chairs: Andy Kilding & Stephen Fenemor)	1.02 (Physical Activity & Health – Chairs: Nancy Rehrer & Philip Shambrook)	
15:30	The future of the HPSNZ Innovation Programme. <i>Stafford Murray</i>	Muscle-strengthening exercise for general population health: Is it the “forgotten guideline”? <i>Wendy O’Brien</i>	
15:45	Performance Technique Analysis delivery in the High Performance Environment: WHAT, HOW and WHY? <i>Justin Evans</i>	Health Behaviour Survey in a New Zealand Tertiary Institution with a focus on Physical Activity. <i>Richard Humphrey</i>	
16:00	Beating the heat in Tokyo - HPSNZ. <i>Lorenz Kissling</i>	High Intensity Interval Training compared with standard care before major abdominal surgery. <i>Kari Clifford</i>	

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16:15	Characterisation of core temperature response to an international rugby sevens tournament played in hot and humid conditions. <i>Stephen Fenemor</i>	Accumulated or continuous exercise for cardiometabolic health. <i>Philip Shambrook</i>
16:30-17:30	POSTER PRESENTATIONS	
17:30-onwards	Social function at Distinction Coachman Hotel	

Day Three: Friday 29 th November (Sir Geoffrey Peren)		
8:00-8:30	Refreshments	
8.30-9:30	Keynote Speaker: Distinguished Professor Aaron Coutts , University of Technology Sydney.	
Parallel Sessions	Auditorium (Physiology – Chairs: Michael Mann & Steven Finlayson)	1.02 (Strength & Conditioning – Chairs: Mark Drury & Koen Wintershoven)
9:30	Running economy and performance in three different running shoes. <i>Steven Finlayson</i>	The reality of small-sided games in rugby union. <i>Koen Wintershoven</i>
9:45	Functional threshold power is an estimate of critical power. <i>Charles Pugh</i>	The effect of upper limbs Thera-Band training on the tennis service speed of adolescent tennis players. <i>Sellathurai Jeganenthiran</i>
10:00	The athlete's vein: Venous adaptations of the lower limb in endurance athletes. <i>Holly Campbell</i>	The Strength and Conditioning Coach: Breaking Free From Signature Pedagogies. <i>Phil Handcock</i>
10:15	The potassium-carbohydrate interaction as a potential mechanism of skeletal muscle fatigue during high-intensity exercise. <i>Simeon Cairns</i>	Working Conditions of Strength and Conditioning Coaches in New Zealand and the Pacific Islands. <i>Bennett Jones</i>
10:30-11:00	Morning Tea	

Day Three: Friday 29th November (Sir Geoffrey Peren)

Parallel Sessions	Auditorium (Nutrition & Metabolism – Chairs: Andy Foskett & Mathew Mildenhall)	1.02 (Sports Medicine and Rehabilitation – Chairs: Lynette Hodges & Jennifer Treacy)
11:00	Exercise and the Microbiota: An Update. <i>Nancy Rehrer</i>	The Effect of Altitude on Concussion in University (American) Football Players. <i>Jennifer Treacy</i>
11:15	The effect of bicarbonate supplementation on plasma acidosis and peak power during a simulated 4000-m individual pursuit on a bicycle ergometer in elite athletes. <i>Mathew Mildenhall</i>	OUCH: responses to a new model of contusion injury. <i>Matthew Barnes</i>
11:30	Comparison of the effects of different forms of caffeine supplementation on 5-km running performance. <i>Carl Paton</i>	Application of the new Samsung S-Patch Electrocardiography Device in an Exercise Based Rehabilitation. <i>Ellie Rickman</i>
11:45	Menthol mouth rinsing does not improve strength or power performance. <i>Russ Best</i>	A crossover comparison of four cardiopulmonary exercise testing modalities in severe lower-limb osteoarthritis patients. <i>B.H. Roxburgh</i>
12:00-13:00	Lunch (AGM)	
13:00-14:00	Keynote Speaker: Dr Andy Cooke, Bangor University.	
14:00-14:15	Poroaki/Closing	
14:15	Cerebral blood flow regulation in severe heat stress: Effect of the heat source. <i>Travis Gibbons</i>	
14:30	Using inertial measurement units to determine the potential efficacy of a motor analogy for improving landing from self-initiated falls. <i>Sana Oladi</i>	
14:45	Float tanks for improving athletic recovery: FAD or feasible? <i>Matthew Driller</i>	
15:00-15:15	Awards	

