



Sports Medicine Australia

2005-2006 annual report

Sports Medicine Australia
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Sports Medicine Australia Report for the Period 1 July 2005 to 30 June 2006. This Annual Report of Sports Medicine Australia (the Australian Sports Medicine Federation Ltd) includes the Directors' report to members, financial statements and auditor's report for the national level of the organisation. The report is authorised by the Australian Sports Medicine Federation Ltd National Board of Directors.

Sports Medicine Australia (Australian Sports Medicine Federation Ltd) ABN 54 002 794 998

national board 2005-2006

President, Dr Bruce Mitchell (Sports Physician)

Vice President, Dr Anita Green (Sports Doctor)

Financial Director (Acting), Mr Michael Kenihan (Physiotherapist)

Discipline Director, Ms. Marilyn Feenstra (Podiatrist)

ACT representative, Dr Rob Reid (Sports Physician)

NSW representative, Ms Rosemary Riley (Physiotherapist)

NT representative, Ms Karen Schneider (Physiotherapist)

QLD representative, Professor Kerry Mummery (Academic)

SA representative, Mr Duncan Haskard (Physiotherapist)

TAS representative, Mr Tim Pain (Podiatrist)

VIC representative, Mr Michael Kenihan (Physiotherapist)

WA representative, Ms Jocelyn Young (Physiotherapist)

Business Adviser Ms Judy Barnesby (ex officio)

Business Adviser Mr Derek Humphery-Smith (ex officio)

Business Adviser Dr Warren Mundy (ex officio)

council of disciplines

Australian College of Sports Physicians

Represented by Dr David Humphries

Australian Academy of Podiatric Sports Medicine

Represented by Mr Paul Fleet

Australian Psychology Society - College of Sports Psychology

Represented by Dr Stephanie Hanrahan

Australian Association for Exercise and Sports Science

Represented by Dr David Bishop

Sports Physiotherapy Australia

Represented by Mr Henry Wajswelner

Sports Dietitians Australia

Represented by Mr Anthony Meade

Sports Doctors Australia

Represented by Dr Neville Blomeley

asmf fellows executive

President Dr Shane Conway

Secretary Mr Simon Bartold

Treasurer Mr Peter Duras

Vice President Science Professor Warren Payne

Vice President Medicine Dr Bruce Mitchell

Vice President Physiotherapy Mr Rod Farr

Co-Censor Associate Professor Julie Steele

Co-Censor Associate Professor Stephanie Hanrahan

state presidents

Queensland Dr David Hayes

New South Wales Dr John Brotherhood

Victoria Mr Greg Gibson

Tasmania Mr Tim Pain

South Australia Dr Andrew Potter

West Australia Professor Peter Hamer

ACT Dr Rob Reid

NT Ms Karen Schneider

2005/2006 report

The 2004/2005 Annual Report gives the Federation a very healthy report card. Finances, member numbers, profile and community services have all seen unprecedented growth.

Financially, the year has finished with a healthy operating surplus of \$74,266. This is even more pleasing when it is factored against what was just a breakeven budget for the year. The surplus is mainly due to increased income in three areas: national conference, Safer Sport Program and sponsorship.

The National Conference – an alliance of the Australian Conference of Science and Medicine in Sport, the Fifth National Physical Activity Conference and the Fourth National Sports Injury Prevention Conference – had 1,115 attendees, 387 abstracts submitted, a 78 booth trade exhibition, 22 keynote and invited speakers and 24 workshop presenters. The abstracts were published as a supplement to the December 2005 Journal of Science and Medicine in Sport (JSAMS) and the main papers from the Physical Activity Conference will form the core of a special edition of JSAMS on the theme of “successful interventions promoting physical activity” in October 2006. The Conference also distributed \$26,500 in research awards across 17 different categories. The Conference received significant financial support from the Victorian Government (Departments of Tourism, Sport & Recreation and VicHealth) and the Commonwealth Department of Health & Ageing, as well as the usual substantial support provided by Asics for research awards. A key factor in the success of the conference has been the development of new partnerships with the National Heart Foundation and continuing partnership with the New South Wales Sporting Injuries Committee. SMA is indebted to the many members who served on the three organising committees for the three conferences and to Conference Chairs Dr Jill Cook, Professor Wendy Brown and Associate Professor Leonie Otago. Even more pleasing was the fact that the success of the conference has attracted support from the South Australian Government to take the event to Adelaide in 2007 (13-16 October).

The Safer Sport Program (SSP) has been SMA’s major contribution to community sport in Australia for more than two decades. Through the SSP, SMA members train community volunteers to provide emergency first aid and injury prevention in a wide range of sporting settings. In 2005-2006, the numbers trained in the SSP increased by 17%, an unprecedented level of growth. SMA has committed a considerable investment to the continual improvement of the SSP, upgrading the Sports Trainer Level One program over the last eighteen months. This will see a new curriculum, manual, workbook, presenter kits launched in October 2006 and the new program will have a significant component available on-line or through DVD.

Support from commercial sponsors continues to play a major part in underwriting SMA’s costs of operation and in the last twelve months existing sponsors Asics, Beiersdorf (Elastoplast Sport & Leuko), Novartis (Voltaren) and Mayne Consumer Products – now Symbion Consumer (Bio-Organics Glucosamine Sport) have been joined by Novartis (Sustagen) and Health Management Group (pedometers, heart rate monitors, x-vests and Power Breathe). Asics also provide substantial financial support for the national conference as the major funder of conference research prizes and in 2006, the naming sponsor for the national conference in Fiji – the Asics Conference of Science and Medicine in Sport.

After five years of gradual membership decline, the last twelve months saw positive growth in membership, both in full members and in members over-all. Interestingly, full membership is becoming more evenly spread amongst the disciplines with growth fastest among podiatrists, sports physicians and “other medical” specialisations and academics – especially physical activity researchers. The entry of osteopaths as full members has also helped this trend.

At the instigation of the Board and Council of Disciplines, a wider spread of discipline representation and linkages has also been developed that has contributed to increased profile for the Federation, with

stronger ties being forged with Fitness Australia and the Institute of Personal Trainers. Fitness Australia has accepted an SMA-appointed director onto their national board (Professor Kevin Norton) and both organisations are actively promoting a jointly badged SMA screening tool to their membership. After collaboration with the discipline groups, SMA is establishing a research foundation to help fund young and beginner researchers. While funds in the foundation and therefore grants made will initially be limited, it is hoped that with the support of members the project will grow in scale. In a move to make the representation at national board level more accessible to members, the board and state presidents recommended the constitution be amended to remove restrictive qualifications.

SMA's profile also received a boost during the year by the release of revised policies on screening before exercise and avoiding heat illness. Both revisions were the results of long collaborative processes involving committees of SMA members and consultation with other bodies, including state (SA) and federal governments. The release of "Choose Health: be active", SMA's physical activity guide for older Australians, by the Departments of Veterans' Affairs and Health & Ageing also helped lift recognition, with more than 400,000 booklets distributed during the year. These initiatives were complemented by the release of media statements and frequent comment to the media on a wide range of sports medicine, sports science, sports injury prevention and physical activity promotion matters by SMA's growing list of media spokespersons.

All SMA resources and all SMA program details are accessible through the national website www.sma.org.au and additional resources have been devoted to keeping website information current.

The other major change in 2006 has been to the Journal of Science and Medicine in Sport. JSAMS has a new look, a new publisher (Elsevier), a new on-line version and two additional editions each year. Fortunately, it still has the same editorial team working under the direction of editor Professor Caroline Finch. Since the change, JSAMS has experienced a massive increase in the number of submissions – 182 articles submitted as at 1 August compared to 120 submitted for the whole of 2005. Draw down of articles from the website has increased from 300 to 1300 a month. Impact factor increased substantially in 2005 and with these changes, should climb even higher.

SMA nationally has been served by dedicated national board members and invaluable business advisers Dr Warren Mundy, Ms Judy Barnesby and Mr Derek Humphrey-Smith. Their work is complemented by other members who serve on editorial boards, conference committees, policy review committees and as media spokespersons. Many just provide invaluable timely advice. We would like to thank them all for their support for the Federation in the last twelve months and also the staff of the national office (many of whom succumbed to the call of greener pastures outside of the ACT in the last twelve months!)

- Jenny Donaldson Membership Officer (replacing Joyce McClune)
- Beverley Dunster Administration Assistant (replacing Anne Byrne)
- Dean Dudley National SSP Director/Level One review
- Nathan Kruger National Programs Manager
- Dominic Nagle Publications Manager
- Davina Sanders Conference & Membership Manager (replacing Angela Cox)
- Emma Sullivan SSP Coordinator (replacing Dominic Feenan)
- Peta Whittaker Bookkeeper



Bruce Mitchell
President



Gary Moorhead
CEO

membership details 2005/2006

Members by Profession and State as at 30/06/2006

PROFESSION	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	O/S	Total
Administration	1	12	1	5	4	0	9	3	1	36
Ambulance	0	0	0	0	0	0	0	0	0	0
Biomechanist	0	1	0	1	0	0	0	1	0	3
Chiropractors	1	4	0	3	1	1	4	2	0	16
Club	2	5	0	2	0	0	1	1	0	11
Coaching	1	2	0	6	1	1	1	0	0	11
Corporate	1	6	0	1	3	0	3	1	1	16
Dentists	0	3	0	2	2	0	2	1	0	10
Ex. Physiologist	3	7	1	8	4	0	17	10	3	53
Doctors	14	65	2	60	47	12	73	42	10	325
Gym Instructor	0	1	0	0	0	0	0	0	0	1
Health	1	6	0	4	0	0	4	5	0	20
Massage	6	29	3	26	6	1	39	19	1	130
Nurse	1	9	1	4	1	1	1	19	0	37
Nutritionist/Dietitian	2	8	0	11	3	0	7	3	4	38
Occ. Therapist	0	0	1	0	1	0	2	2	0	6
Other Medical	0	12	0	7	3	1	7	2	0	32
Optometrist	1	0	0	0	1	0	0	0	0	2
Orthopaedic Surgeon	1	12	0	12	18	1	15	21	1	81
Osteopath	1	2	0	2	0	3	11	0	0	19
Podiatrist	13	41	0	38	24	8	41	21	2	188
Physical Education	2	7	1	5	2	0	7	2	0	26
Public Health	0	0	0	0	0	0	0	2	0	2
Pharmacist	0	1	0	4	1	0	2	2	0	10
Physiotherapist	30	129	7	131	89	21	135	84	10	636
Psychologist	1	5	0	2	3	0	3	1	2	17
Radiologist	1	1	0	3	5	1	0	5	0	16
Specialist	0	1	0	0	0	0	1	1	0	3
Sports Physician	6	21	1	7	3	2	22	9	5	76
Sports Scientist	0	10	0	7	3	0	5	10	4	39
Sports Trainer	72	256	20	368	91	13	187	119	1	1127
Student	6	23	1	40	45	1	36	107	4	263
Teacher	3	5	0	15	0	0	4	3	0	30
Tertiary Lecturers	1	15	0	11	1	0	11	10	5	54
Unspecified	1	4	0	11	2	0	1	1	2	22
TOTAL	172	703	39	796	364	67	651	509	56	3356

NEW MEMBERS JOINED 01/07/2005 to 30/06/2006

	AC T	NSW	NT	QLD	SA	TAS	VIC	WA	O/S	Total
Full	9	37	4	27	12	12	41	28	15	185
Associate	0	7	0	2	2	0	3	10	1	25
Student	4	9	1	17	39	1	23	64	1	159
S/Trainers	10	38	1	110	13	3	40	24	0	239
Corporate	0	3	0	0	1	0	1	0	1	6
Club	1	2	0	0	0	0	0	0	0	3
TOTALS	24	96	6	156	67	16	108	126	18	617

MEMBERS BY DISCIPLINE GROUP – AS AT 17/07/2006

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	O/S	Total
AAESS	2	18	0	16	3	0	14	15	2	70
SDA	2	5	0	9	4	0	6	2	4	32
SDrA	6	35	0	19	10	4	30	10	7	121
SPA	27	99	2	104	66	16	115	57	5	491
AAPSM	6	23	0	8	13	2	21	8	0	81
ACSP	7	32	1	11	10	2	34	10	3	110
APS-CSP	0	3	0	3	2	0	3	1	1	13
TOTALS	50	215	3	170	108	24	223	103	22	918

FINANCIAL MEMBERS BY CATEGORY AS AT 17/07/2006

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	O/S	Total
Full	65	283	13	265	186	40	295	205	35	1387
Fellow	9	24	0	15	11	2	34	15	2	112
Life	7	25	1	29	6	5	19	13	5	110
SDrA	6	30	0	19	9	2	25	8	7	106
Assoc.	8	57	2	87	15	4	58	46	1	278
Student	6	19	1	33	44	1	35	98	4	241
S/Trainer	68	254	22	346	90	13	181	123	1	1098
Club/Corp	3	11	0	2	3	0	4	2	1	26
TOTALS	172	703	39	796	364	67	651	510	56	3358

SPORTS TRAINER MEMBERS AS AT 17/07/2006

ACT	NSW	NT	QLD	SA	TAS	VIC	WA	O'SEAS	TOTALS
68	254	22	346	90	13	181	123	1	1098