



**SMA-ACT 2011 SOUTH EAST REGIONAL CONFERENCE
OR SCIENCE & MEDICINE IN SPORT
30 – 31 JANUARY 2011 – KANGAROO VALLEY**

**KEYNOTE PRESENTATION - PROFESSOR DICK TELFORD
*INACTIVITY & OBESITY – WEIGHTING UP THE RISKS***



Dick completed his BSc (Hons), MSc and PhD in physiology in the Faculty of Medicine at the University of Melbourne. His personal professional sporting career in cricket and AFL football was followed by participation in veteran athletics. Since then he has concentrated on distance running coaching, having coached medallists at the Olympics and Commonwealth Games. His sports science and preventative medical research has featured an applied and interdisciplinary focus combining metabolic and environmental physiology, immunology, cardiology, haematology and anthropometry in athletes, non-athletes and children.

Current Positions:

- Research Director, Lifestyle of our Kids (LOOK) project
- Adjunct Professor, Faculty of Medicine, Australian National University
- Coach and Physiologist to Australian athletes and Teams

Former Positions:

- Inaugural Sports Scientist, Australian Institute of Sport 1981-2002
- AIS Distance Running Coach 1996-2004

Personal Sporting background:

- Liston Trophy winner, Victorian Football Association, (now VFL) 1968
- Coaching coordinator/manager, Victorian Sheffield Shield Team 1978-81
- Australian and World Masters Championships medallist in 40+ age group (1500m (3min 57 sec); and a veteran marathon time of 2 hr 27 min.

Academic Achievements & Awards:

- Officer of the Order of Australia (AM) for contribution to sport/sports science.
- Published more than 80 research articles in peer reviewed international journals
- Foundation Fellow of SMA and Fellow of American College of Sports Medicine.