



Health, Movement and Lifestyle: A Multi-Disciplinary Approach

Hosted by the

**SCHOOL OF PHYSICAL EDUCATION,
SPORT AND EXERCISE SCIENCES**
Te Kura Para-Whakawai

and the

SCHOOL OF PHYSIOTHERAPY
Te Kura Kōmiri Pai

Monday 21 November, Room 102, Physiotherapy

Tuesday 22 November, Room 213/214, Physical Education



Note from the organizing committee:

KIA ORA AND WELCOME to the 2016 Postgraduate Symposium hosted by the School of Physical Education, Sport, and Exercise Sciences and the School of Physiotherapy.

We decided to join forces this year to further our networking, challenge our minds, and broaden our interests. We have such a variety of speakers and topics for our multidisciplinary symposium, which goes beyond the walls of the PE and Physio Schools with speakers also from the Sciences, Nutrition, and Psychology! We hope this symposium will only enhance the passion we all have for our research in the “Health, Movement, and Lifestyle” areas and open our eyes to the incredible things going on behind the closed doors of our respective departments!

Our sessions will allow time for the audience to ask questions of each speaker. Please feel free to contribute your comments, questions, and thoughts during this time as these discussions are often what develops new ideas and ways of thinking about our topics that we may not have thought of before. The question sessions are here to help us all learn (speaker and audience included) and can be one of the most valuable experiences for us as students. So please get involved even if you are not familiar with the research area, just comment/question away!

Finally the round table discussion on day 2 is open to all who are interested. This is an informal discussion where a topic will be “placed on the table” and provide some thought provoking chatter. Even if you are not confident to actively participate, simply come and observe... you might be surprised what you learn!

We hope you enjoy the symposium, and see you all for Bowls on DAY ONE.

Much Thanks, Your Organizing Committee:

Amanda Calder
Donald Manlapaz
Zohreh Tangrood
Codi Ramsey
Kesava Sampath

Abdullah Alqarni
Adam Miles
Rebekah Wilson
Danielle Salmon
Andrew Reynolds

Can a pre-participation test of movement quality predict injury in sport and exercise? Systematic reviews of reliability and validity of the 'Functional Movement Screen'

Moran R.W.^{1,2}, Mason, J.¹, Schneiders, A.G.³, Major, K.⁴, Sullivan, S.J.²

¹Unitec Institute of Technology, Health Care (Osteopathy)

²University of Otago, Centre for Health, Activity, and Rehabilitation

³Central Queensland University, Discipline of Physiotherapy

⁴Private Practice, Osteopathy

Background: Sport and exercise is critical for healthy communities, but participation is inevitably associated with exposure to risk of musculoskeletal injury. Loss of participation due to injury not only threatens the health benefit of physical activity, but also impedes competitive success. Injuries are also associated with substantial economic cost and personal suffering. Poor movement quality is a factor theorised to increase risk of injury. The 'Functional Movement Screen' (FMS) is widely used by applied practitioners as a pre-participation screening tool to identify poor movement quality. The aim of this study was to critically appraise and synthesise studies investigating the reliability and predictive validity of the FMS.

Methods: Two systematic literature reviews were undertaken, the first focused on rater reliability, and the second on validity of injury prediction. Systematic literature search of bibliographic databases. Reliability studies were assessed for risk of bias using the QAREL appraisal tool, and validity studies assessed using the Q-Coh tool. Meta-analysis and a best evidence synthesis were undertaken.

Results: 12 reliability and 24 injury prediction studies were appraised. Overall, there was 'moderate' evidence in favor of 'acceptable' inter- and intra-rater reliability. However, the strength of association between FMS composite scores and injury was not sufficient to support the use of FMS as an injury prediction tool in a wide range of sporting codes.

Conclusions: Although practitioners can achieve acceptable reliability, the validity of FMS as a tool for injury prediction is poor. We discuss the practical implications of these findings for practitioners and indicate directions for further applied research.

Reflections on proving sport psychology support to professional athletes from a neophyte practitioner

Miles, A. J., Hodge, K.

University of Otago, School of Physical Education, Sport and Exercise Sciences

Background: Reflective practice has been forwarded as a useful and appropriate strategy for the professional training and development of applied sport psychology practitioners. Several sport psychology scholars have shown reflective practice to create opportunities to access, make sense of, and learn from their experiences in their daily work .

Aim: Based on these recommendations, I will provide a selection of narratives from my reflections on the development and delivery of a life skills programme to professional athletes in New Zealand. The narratives will highlight the structural, logistical, and collaborative challenges associated with the development and delivery of the life skills programme. Further, a selection of narratives will illuminate the ethical, professional and personal challenges I faced as a young sport psychology practitioner in a multidisciplinary context. Practical implications are offered for future and current sport-science practitioners working in professional sport.

Reliability of the footwear total mediolateral asymmetry score tool

Ramsey, C.¹, Ribeiro, D.C.¹, Lamb, P.², Sole, C.C.³, Sole, G.¹

¹University of Otago, School of Physiotherapy

²University of Otago, School of Physical Education, Sport and Exercise Science

³Sole Physiotherapy, Dunedin, New Zealand

Background: Footwear design and degradation contribute to mediolateral asymmetries in the inner, mid and outsoles. An objective clinical assessment tool has been developed to measure