



NEWSLETTER – July 2011

Dear SASMA Members



Prof Timothy Noakes Honoured

Prof Tim Noakes has been awarded an honorary doctorate by the Vrije University in Amsterdam. He is the first sports scientist to ever be acknowledged in such a way and SASMA extends its congratulations to one of our mentors and founders for another outstanding achievement!

TransAct
SASMA Congress 2011

**Sandton Convention Centre,
Johannesburg, 18-20 October**

Abstract Submissions

Abstract submissions for SASMA 2011 have now closed. The scientific committee will work through them over the next 2 weeks but,

having seen most of the submissions I can reveal that there has been an excellent response in terms of number, all of the country's major universities will be represented, overseas submissions have been received from Canada, Australia, Brazil, Poland and Iran and the quality of the research looks excellent!

This week's featured congress overseas speaker is Prof John Hawley.



PROFESSOR JOHN ALAN HAWLEY

Ph.D., M.A., Cert. Ed., B.Sc. (Hons.), F.A.C.S.M.

John is currently Head of the Exercise Metabolism Research Group and Professor of Exercise Metabolism in the Health Innovations

Research Institute at RMIT University, Melbourne, Australia.

He has published over 180 peer-reviewed scientific manuscripts, written over eighty articles for technical journals and has authored numerous book chapters for exercise biochemistry and sports medicine texts. He currently sits on the Editorial Boards of many international journals including the *American Journal of Physiology (Endocrinology and Metabolism)*; *Applied Physiology, Nutrition & Metabolism (Canada)*; *Medicine & Science in Sports & Exercise (U.S.A.)*; *Sports Medicine (New Zealand)*, and *The International Journal of Sport Nutrition and Exercise Metabolism (U.S.A.)*. He is a regular invited speaker at numerous international conferences every year.

His laboratories current research interests include the cellular bases underlying exercise-induced improvements in insulin action; the interaction of exercise and diet on skeletal muscle metabolism; and the molecular bases of exercise training adaptation. He has career citations of over 4,600 and an 'H' index of 39.

Renew your SASMA membership

Now there are now more reasons than ever to be a SASMA member! Remember all the benefits and the **huge Congress discount** that is worth more than your annual membership fee, not to mention your chance to win a trip to the USA.



SASMA in association with the American College of Sports Medicine (ACSM), San Francisco Travel and TransAct are offering a fantastic prize **exclusive to SASMA members** attending this year's biennial congress. Simply by being a paid-up SASMA member for 2011, registering for the congress and being present at the draw you are in line to win the Grand Prize consisting of:

- A return economy class air ticket from Johannesburg to San Francisco, USA
- 4 night's accommodation at a 4 star San Francisco hotel
- Registration for the ACSM Annual Meeting in San Francisco 2012
- A 3-day "Go San Francisco" Card allowing access to over 50 city sites



No catches – pay your annual registration fee, register for the congress and your name goes into the hat! A SASMA membership form is attached to this mail.

In addition prizes will be awarded for the best young researcher's oral and poster presentations

SASMA Regional Events



South African Sports Medicine Association Western Cape meeting

Date : Saturday 27 August 2011

Time : 08:30 for 09:00 – 13:00

Venue : Sport Science Institute of South Africa
(SSISA), Boundary Road, Newlands

Catering : Tea, coffee and breakfast snacks will
be served!

CPD points : Accredited for 3 Level 1 CPD points

Cost : NO cost!

Theme : Case study presentations!



Dr Jannie Botha

Another interesting meeting was organised by
the **Gauteng Central** branch co-ordinator Dr
Rob Collins at Morningside Sports Medicine.
Sports Psychologist Dr Jannie Botha discussed

interesting case studies including those of golf's
Ryder Cup, tennis players and swimmers
participating in the current FINA World
Championships.

Prof Andrew Gregory in South Africa!

University, Nashville, USA Assistant Professor,
Orthopaedics and Rehabilitation and Paediatrics

Gauteng North

SASMA Northern Gauteng and the Section of Sports
Medicine, University of Pretoria

TOPIC: "Hot Topics in Sports Medicine"

SPEAKER: Prof Andrew Gregory, Vanderbilt

Date 16 August 2011

Time 18h30

Venue HPC Auditorium

Accredited 2 CPD Points

RSVP Brenda Weder brenda.weder@up.ac.za
before 10 August

Free State



PAEDIATRIC SPORT AND EXERCISE MEDICINE CONFERENCE 2011

KEYNOTE SPEAKERS

Dr. Andrew Gregory

Vanderbilt University

Nashville, TN, USA

and other National Authorities in the field of
Sport and Exercise Medicine

Dates: Thu 18 to Sat 20 Aug 2011

Venue: Main Campus, University of the Free
State, Bloemfontein

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SASMA Satire



Exercise Is Medicine

From the ACSM's EIM Group look at this interesting article: [“Review of the Role of Exercise in Improving Quality of Life in Healthy Individuals and in Those With Chronic Diseases”](#)

by going to this link in Current Sports Medicine Reports: http://journals.lww.com/acsm-csmr/Fulltext/2011/07000/Review_of_the_Role_of_Exercise_in_Improving.11.aspx

In conclusion

The “Supplement War” continues. Many of you may have noticed the full page advertorials inserted by USN in papers of The Independent Group on 14 July. This is in addition to contacting schools directly to offer free “Sports Nutrition Programs”. Quite clearly the message from clinicians at last month’s supplement seminar (at which they were present) fell on deaf ears. SASMA, together with SAIDS and ADSA has adopted a strategy aimed at better informing schools about receiving information and “guidance” from the company one of whose products was responsible for 2 national rugby players’ positive doping test. All major schools around the country have been contacted and sent a letter detailing our disapproval of this “program”.

Jon Patricios

JON PATRICIOS, SASMA PRESIDENT



Please email me at jpat@mweb.co.za with comments and suggestions.

