

## in this issue >>>

- *Words of Wisdom*
- *SASMA APP*
- *Education @SASMA*
- *SAJSM*
- *SASMA Accreditation*
- *Events Calendar*
- *Regional Matters*
- *Competition*



A Quarterly Insight

# on the move...



## current topics >>>

### Words of Wisdom

*Well here we are - already 5 months into this year! A lot happened since the first issue of the newsletter. COVID-19 made an unprecedented impact on everyone, including athletes, health care workers, sport administrators and many more. Conferences and sports events worldwide were postponed or cancelled. Indeed, we entered a new era embracing digital technology. On that note, I am excited to highlight 4 developments:*

1. *The **SASMA APP***
2. ***ACSEP** online teaching at a massively reduced cost*
3. *Partnering with academic institutions countrywide for **educational webinars***
4. *Partnering with **LTMIC & PASHDA** for our **2021 conference***

*Please read the details in the newsletter.*

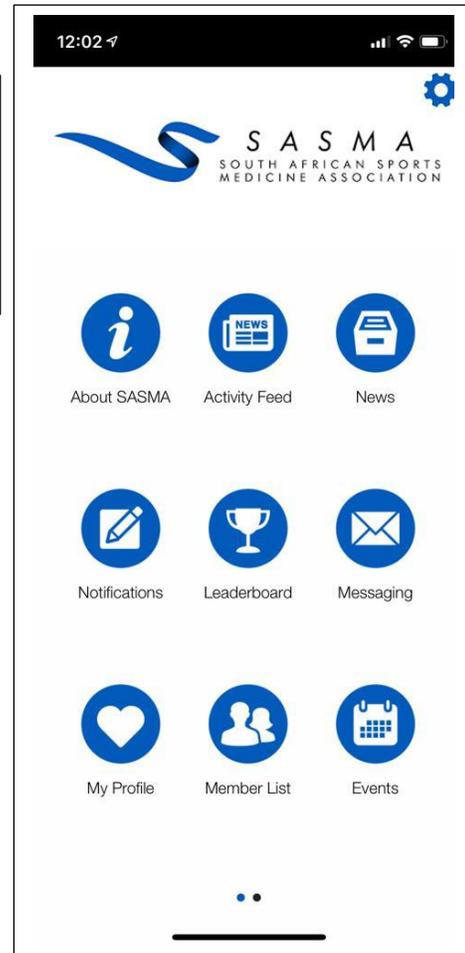
**STAY SAFE!**

## SASMA APP

*Technology wise*

**Our APP is on the verge of being launched.**

**Look out for announcements on social media.**



# Education @ SASMA

A main focus point of the President is to offer education to all.

### Editor's Choice



We are exploring to add CPD points to an article once a month – under the auspices of Prof Mike Lambert. Please watch our social media for announcements.

## OPPORTUNITIES



### The Australasian College of Sport and Exercise Physicians (ACSEP)

This esteemed college hosts an electronic platform that offers the best sport education modules in the world. Check out their website: <https://semacademy.org/>. Over 50 modules covering various disciplines.

The President managed to negotiate a special fee for an annual subscription for the SASMA members.

**The offer:** The current rate is \$49 per month. They are offering SASMA a special rate of \$22 (which is +/- R 402) per month. The conditions are that one signs up for 12 months.

Please let Linda know a.s.a.p. if you want to be part of this program. [admin@sasma.org.za](mailto:admin@sasma.org.za)

### Webinars\*

We are exploring collaboration with Academic Institutions on webinars. Please watch our social media for announcements regarding participation. **\*See next page for information.**



### Free access to podcasts and downloads

[https://sleep4performance.com.au/free\\_downloads/](https://sleep4performance.com.au/free_downloads/)

### Ongoing

BJSM – Podcasts and articles on the website [www.sasma.org.za](http://www.sasma.org.za)

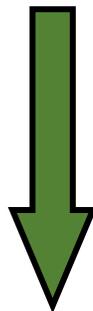
join in >>>

# \*Webinars

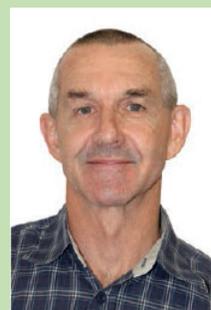
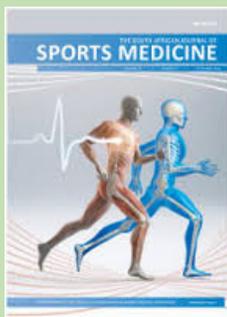
(Current partnerships. All Academic Institutions are invited to participate)



## SASMA in partnership with Academic Institutions



AND many more to come...do not miss out on these exciting webinars!!  
Keep watching our **social media** for announcements:  
Twitter, Website and Facebook  
(and shortly our own APP!)



Prof Mike Lambert

## SAJSM

The year 2020 provides an opportunity to reflect on 2019 to determine how the South African Journal of Sports Medicine developed. This should be aligned to the journal's goal to promote research associated with sport and exercise medicine, in particular, research which addresses questions relevant to sport, exercise, nutrition and health in South Africa.

In 2019, the journal published eight original research papers, two commentaries, one invited review, one case study, two reports and two conference proceedings. Although the number of outputs is relatively low, on closer inspection, the majority of outputs have direct relevance to the journal's target audience in South Africa.

A journal has to continually find the balance between outputs which are relevant to the target audience and ensuring that these papers are of a high standard. This is a difficult balance to achieve because most authors with high quality work, even with a local relevance, will try and get their work published in high impact international journals. While the South African Journal of Sports Medicine could publish lower quality research papers to keep the number of outputs high, we believe this is not the correct decision. Instead, our strategic decision is to maintain the quality of the outputs at the expense of quantity. Less than 50% of the papers submitted for review are accepted. This means that the journal's growth, defined by the quantity of outputs, will be slower than desired. Growth defined by output quality is more likely to place the South African Journal of Sports Medicine on the trajectory that will result in it getting International Scientific Indexing (ISI) accreditation sooner.

This is the desired long-term goal which will enable the journal to become more dominant in this subject field, thereby attracting a greater number of good quality papers. The South African Journal of Sports Medicine is already accredited by South Africa's Department of Higher Education and Training which enables researchers at South African institutions to get a research subsidy following publication in the journal. The papers published in the journal are also listed by several electronic databases, a full listing of which can be found on our website. The quality of any journal depends on the quality of the reviewers. In most cases, the reviewers have done their job well and provided good quality, thoughtful reviews. This not only assists the authors of the paper to improve their publications, but also raises the standard of the journal. The work by the reviewers is done anonymously and without pay. For this they are thanked in writing by the journal. We have to compete with other journals for reviewers.

A mid- to high-tier quality scientist may receive several requests a week to review papers from other journals, so we appreciate the reviewers who agree to assist us. We are **planning to have a training workshop** during the year to train aspiring reviewers and sharpen the skills of those reviewers who already have some experience.

**Mike Lambert**  
Editor-in-chief

set the stage >>>

# SASMA Accreditation

SASMA accreditation is deliberately exclusive but not restrictive and aims to recognise individuals and practices that are significantly involved in the practice and advancement of sports medicine as opposed to those who are “just interested”. By nature of their training and experience, these clinicians should be ideally suited to provide comprehensive medical care for athletes, sports teams, or active individuals who simply want to maintain a healthy lifestyle. Those who fall short of the accreditation criteria are encouraged to participate in SASMA and other sports medicine educational meetings to develop greater experience and a stronger involvement in sports medicine.

Professionals who wish to be acknowledged for their experience and work in the field of sports medicine and receive the appropriate certification and/or plaque are required to apply for accreditation.



Example of plaque

To apply for accreditation, follow these steps:

1. Download the Accreditation form from the website and complete as instructed.
2. Pay the appropriate Accreditation Fee.
3. Ensure that you are a registered SASMA Member.
4. Submit completed form and proof of payment to Linda: [admin@sasma.org.za](mailto:admin@sasma.org.za)



ACCREDITATION

[www.sasma.org.za](http://www.sasma.org.za)



get involved >>>

# Events Calendar



Event	Link	Dates
*SASMA conference in collaboration with LTMIC and PASHDA	<a href="http://www.sasma.org.za">www.sasma.org.za</a> <a href="https://www.biokineticssa.org.za/professionals/events">https://www.biokineticssa.org.za/professionals/events</a>	21 – 24 October 2021 CSIR
IOC Monaco	<a href="https://ioc-preventionconference.org/">https://ioc-preventionconference.org/</a>	11 -13 Feb 2021
IOC ATPC Budapest	<a href="https://ioc-preventionconference.org/">https://ioc-preventionconference.org/</a>	19-21 April 2021
XXXVI World Congress of Sports Medicine (FIMS)	<a href="http://www.fims2021.com">www.fims2021.com</a>	23-26 Sep 2021
Isokinetic Conference: Football Medicine -The Player's voices	<a href="http://www.footballmedicinestrategies.com">www.footballmedicinestrategies.com</a>	17-19 April 2021 Lyon France

## Regional Matters

### SASMA Boland Region

Dr J Kirby

A survey indicated preference of 2-4-hour workshops or CPD sessions on either a Saturday morning or Monday evening (depending on COVID-19 lockdown regulations) presented by field experts rather than specialists, twice a year on sports med related topics. Access to existing Stellenbosch University CPD program. Please look on

<http://www.sun.ac.za/english/CampusHealth/default>

It is a grey box on the right "events". During lockdown virtual meetings will take place.

Once lockdown is over a 1-hour Ethics CPD and 3-hour Groin workshop will be arranged in the second



### SASMA Central Gauteng

Dr B Getz

Sport Medicine courses programme

<http://josi.co.za/#courses>

Date	Topic	Speakers
1 Jul 2020	The "cricket" foot and ankle	Prof N Saragas Dr H Eshraghi Dr P Ferrao L Brown
5 Aug 2020	The Cricketer's spine	Prof S Magobotha
9 Sep 2020	Hit on the head and wants to keep batting. What are the new recommendations?	Dr L Pillay Prof J Patricios
7 Oct 2020	The mechanics of throwing SLAP tears – approach & management Ulna collateral ligament of elbow	Dr N Cable Dr D Kastanos  Dr A Barrow
4 Nov 2020	ACL injuries in children	Dr M Barrow Dr M Street Dr B Gelbart



# COMPETITION



## The heat is on....

Due to the current lockdown situation in our country it is difficult to arrange contact activities. That is why we are **changing** our competition. A question from our Editor's Choice articles will be posted on our website and Twitter account once a month.

1. Look out for these questions over the period of June – August 2020.
2. Write the answers to the questions on the competition entry form and send it to [admin@rumadox.co.za](mailto:admin@rumadox.co.za) by **4 September 2020**.
3. All correct entries will be entered into the lucky draw.
4. The President will do the draw on 7 September and the winners will be announced via social media.

CLOSING DATE: **Extended** to 30 August 2020 (due to COVID-19)



# PRIZES:

- FIRST:**  
BSN Hamper worth R 5 270
- SECOND:**  
FREE SASMA membership for a year worth R 1 100
- THIRD:**  
Book voucher R 500

### ENTRY FORM

Name & Surname \_\_\_\_\_ Region: \_\_\_\_\_

Contact email: \_\_\_\_\_ Contact number

Answer 1: \_\_\_\_\_

Answer 2: \_\_\_\_\_

Answer 3: \_\_\_\_\_

Signature: \_\_\_\_\_

Terms and conditions apply

# *final thoughts...*

*Never give up on a dream just because of the time it  
will take to accomplish it!  
Time will pass anyway!*



**Forthcoming attractions >>>**

*The Next Issue:  
September 2020*

## Contact us

 012 3353734/  
0725639197

**Website:** [www.sasma.org.za](http://www.sasma.org.za)

 [admin@sasma.org.za](mailto:admin@sasma.org.za)



[@SASMA\\_ZA](https://twitter.com/SASMA_ZA)

Address:  
668 Corelli Avenue  
LES MARAIS  
Pretoria  
0084