in this issue >>>

- *Words of Wisdom*
- *Postponement of Conference*
- *Spotlight on…….*
- *Benefits from Membership*
- *APP news*
- *Accreditation*
- *Regional news*
- *Events Calendar*
- *Building Bridges*
- *ACSEP*

Issue
ONE
2021

SASMA
SOUTH AFRICAN SPORTS MEDICINE ASSOCIATION

A Quarterly Insight

on the move…



current topics >>>

Words of Wisdom

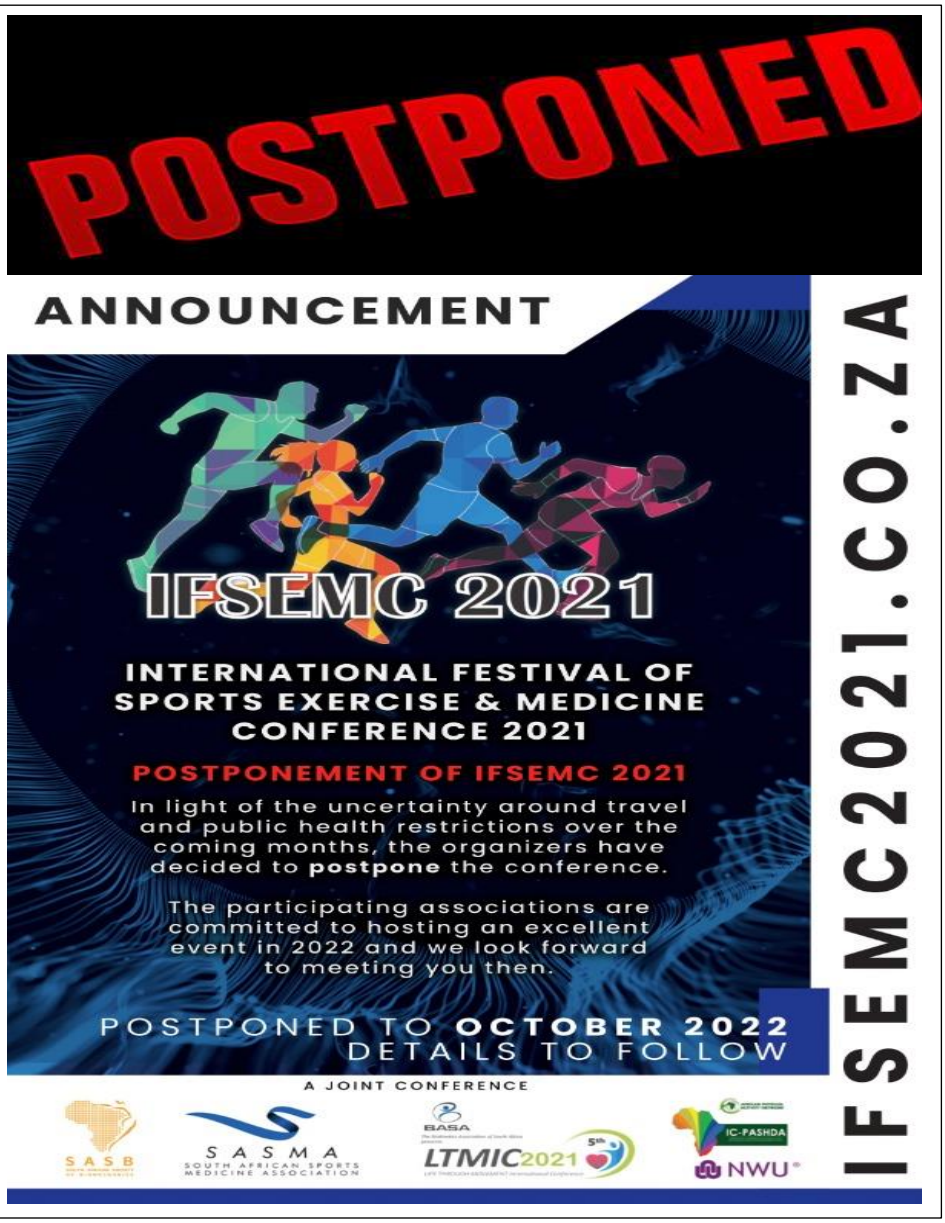
Welcome to this first edition for 2021.

We are in a New Year but still face the challenges of the global pandemic. It is heart-warming that many of the health care workers have already been vaccinated and that there are more phases of roll-out planned. Let us all keep on doing the right thing – wearing masks/ washing our hands/ honouring social distancing – but also keep on with sterling service delivery to patients and pushing the boundaries with research activities.

Please take note of our planned roadshows and support us in making it a success. Take care & Stay safe!

Prof Christa Janse van Rensburg
President

For more information visit our website www.sasma.org.za or join us on Twitter @SASMA_ZA



SPOTLIGHT ON……

Dr Sharief Hendricks
President- Elect SASMA



We are proud to announce that our President-Elect was recently appointed as:

- **Associate Editor** of the Journal of Science and Medicine in Sport
- **Associate Editor** of BMJ Open Sport and Exercise Medicine
- **Chairperson** of Science, Technology and Research Commission, South African Confederation and Olympic Committee (SASCOC)

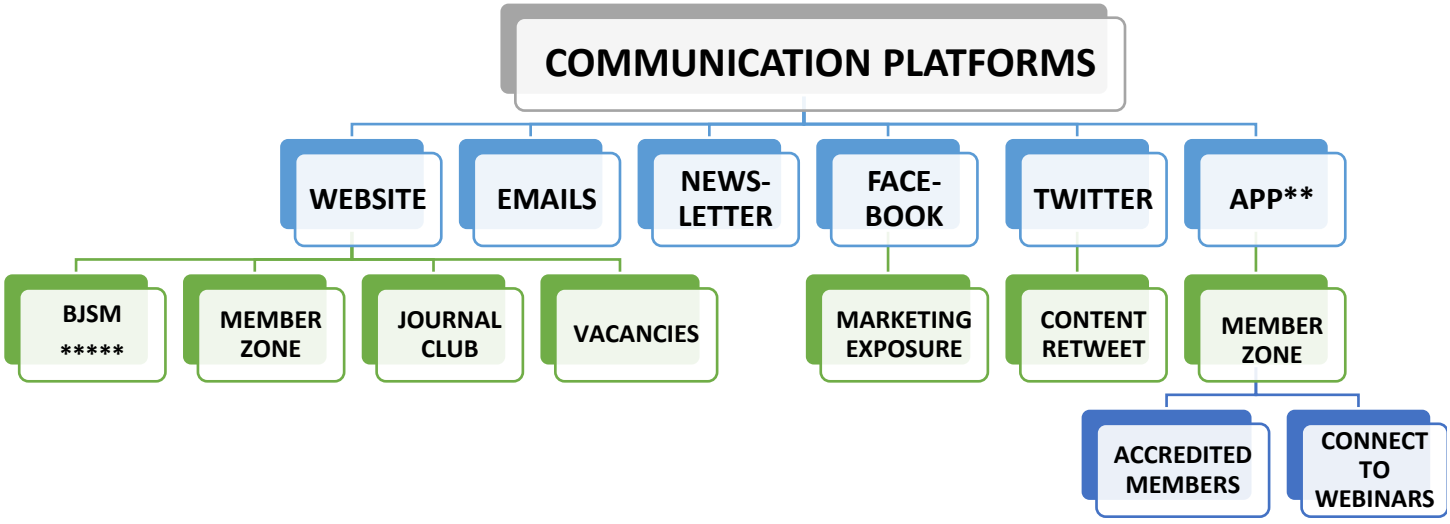
And he is a **Fellow** of:

- The Department of Higher Education, Science and Innovation Future Professors Programme Fellowship.
- UCT Next generation Professoriate

CONGRATULATIONS WE ARE PROUD OF YOU!!

Get going >>>

MEMBER EXCLUSIVE BENEFITS





DISCOUNTS

- SASMA congress*
- BJSM Open Sport & Exercise publication#
- IOC congress
- SEM Academy

ACCREDITATION ****

- CREDIBILITY

* SASMA biennial conference postponed to October 2022 due to COVID-19 pandemic. See flyer on page 1 and Events calendar.

15% discount on publication fees

** APP news - see information on page 4.

*** Roadshows – see Events calendar for date. Keep on watching our communication platforms for more information.

**** Accreditation – see article page 5 & page 4 APP news.

***** BJSM – SASMA's is in partnership with BJSM for over 10 years. Significantly, one of the benefits of SASMA membership is **FREE** electronic access to BJSM (www.bjsm.com). Remarkably, this benefit in itself is **worth R 3 800** per year for annual access. Electronic access to BJSM allows members to listen to regular podcasts featuring key opinion leaders. The discount code is available by request from admin@sasma.org.za (http://feeds.bmj.com/bjsm/podcasts). These benefits make a SASMA membership R1 100 annually- the cheapest way to access this premier SEM journal.

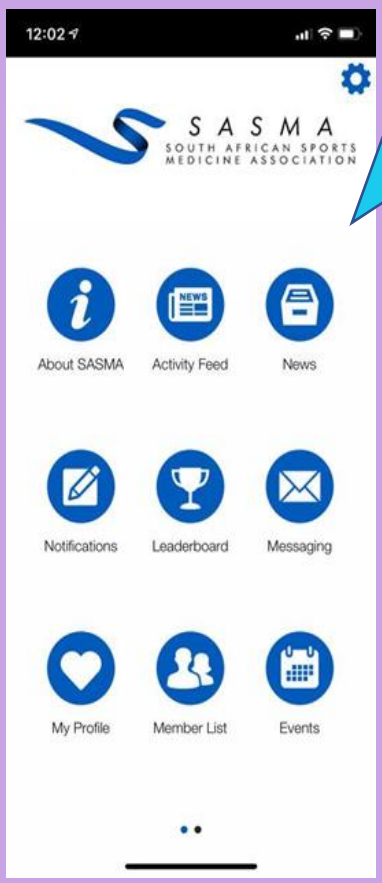
******SEM Academy – see article page 9.

join in >>>

APP news

GET VISIBLE…
GET ACCREDITED
These members practice details will be made available to all users!

Information hub for non-members/ patients



The APP will be opened up to non-members and the public to drive more traffic towards the APP. Members will have their own Member Zone for access to privileged information.





SASMA ACCREDITATION

SASMA accreditation is deliberately **exclusive** but not restrictive and aims to recognize 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, therapists, biokineticists, scientists, dieticians and other allieds, should be ideally suited to provide comprehensive medical care for athletes, sports teams, or active individuals who are simply looking 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 want to receive the accreditation certificate and/or plaque are required to apply for accreditation.

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



Example of plaque



Regional Matters



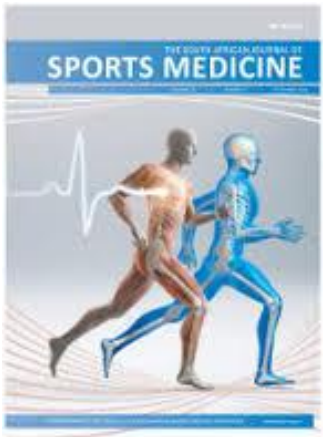
South African Journal of Sports Medicine

South African Sports Medicine Association members are reminded there is a publication alert system they can subscribe to. Once an article is published in the journal, an email is sent to all subscribers, informing them of the new publication.

If you are not receiving these emails and you would like to, please inform us and we will happily add you to the mailing list. Alternatively, you can subscribe manually to the journal's emails by following this link:

http://eepurl.com/gMJKC5

Members can also follow South African Journal of Sports Medicine on Twitter @SAJsportmed where new publications in the journal are acknowledged.





Letter from Dr Jason Fyfer
President Chirosport South Africa
Africa representative: International Sporting Federations Commission, FICS

On 12 February 2020, Chirosport South Africa released our new mobile application to our membership.

The goal was to create a single channel through which we can communicate to our membership. This will allow us to disseminate newsletters, etc. to the membership, however it will come into its own when we start doing more field side work as we can create an event and be able to organize and manage the event from the practitioner's side through the app. All our continuing education and seminars will also be updated and run through the app and this will include the webinars run through SASMA, WISH and JOSI.
We have added features allowing our members to log their CPD points as well as sports experience so that when an event is registered, we can immediately run them through our Tiering structures allowing us to select a team based on merit for the specific events. This is crucial for the work our practitioners do when volunteering through our mother body FICS when it comes to international events including the Summer Olympics and the World Games next year.

get involved >>> set

Events Calendar

SASMA
Countrywide Roadshows
4 Sept 2021
Hybrid – Virtual & Face-to-Face
Include Ethical points

Event	Link	Dates
***SASMA Roadshows	www.sasma.org.za	4 Sept 2021
*SASMA conference in collaboration with LTMIC, PASHDA and SASB	www.sasma.org.za https://www.biokineticssa.org.za/professionals/events https://biomechsa.wordpress.com/	POSTPONED to October 2022 CSIR
IOC Prevention Conference, Monaco	https://ioc-preventionconference.org	25- 27 Nov 2021

Building Bridges….

BASA invited Presidents/Chairpersons and other role players from different Societies to liaise and connect in a more personal manner. The event took place on 24 February 2021 at their Head office in Jean Avenue, Centurion.







The aim was to establish collaboration between and awareness of the scope of practice of the different Societies.

Information for representatives of different associations who attended the event.

Name	**Association**	**E-mail address**
Dr Kendra Da Silva	Chiropractic Association of SA	dkendrah@gmail.com
Dr Angelique Coetzee	SA Medical Association	dr.coetzee@worldonline.co.za
Helen Bayne	SA Society of Biomechanics	helen.bayne@up.ac.za
Nadia Dembskey	Podiatry Association of SA	pasa@podiatrist.co.za
Erin Dayaram	Podiatry Association of SA	erinpodiatrist@gmail.com
Lucas Breedt	Podiatry Association of SA	lucas.podiatry@gmail.com
Justin Jeffrey	SA Neurological Rehab Association	justbiokinetics@gmail.com
Bradley Beckerleg	SA Orthotic & Prosthetic Association	bradley@bradleybeckerleg.co.za
Riaan Fourie	SA Orthotic & Prosthetic Association	fourie.riaan@gmail.com
Prof Christa Janse van Rensburg	SA Sport Medicine Association	christa.jansevanrensburg@up.ac.za
Retha Harmse	Association for Dietetics SA	adsapublicrelations@gmail.com
Bertie Herbst	Biokinetics Association of SA	basa-president@biokineticssa.org.za
Natasha Deley	Biokinetics Association of SA	basa-vp@biokineticssa.org.za
Chagnè Pohl	Biokinetics Association of SA	Basa-admin@biokineticssa.org.za

The Australasian College of Sport and Exercise Physicians (ACSEP)
******SEM Academy

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. They also now have their own Twitter page: https://twitter.com/thesemacademy.
The President once again managed to negotiate a special fee for an annual subscription for the SASMA members.

THE OFFER
- **At least 30 members to subscribe**
- **The current rate is $32 per month. SASMA's special rate=$22 (which is ± R319.88) per month**
- **Members must sign-up for at least 12 months**

Members will gain:
- Instant access to full suite of resources (excluding premium modules) and any new modules added each month.
- CPD points attributed to all modules.
- Completion certification.
- Bespoke user dashboard for each user.
- Access to monthly Q & A discussion forums with SEM experts.

What's new?
The SEM Academy continue to expand on their module library with the creation of a brand-new module, Strength and Conditioning for Rehabilitation. Written by Dr Brandi Cole and Dr Donald Kuah. This module is highly visual and case study-focused to provide you with real-world applications of the topic. Keep an eye out for this new module in the coming months!

Catch up on everything anti-doping related from the February feature topic including the feature module, talk to the expert discussion forum, case study and selected resources. Click here to follow link: https://semacademy.org/pages/discussion-forum-anti-doping?mc_cid=4ed95cb43d&mc_eid=df203aa9ce

The Australasian College of Sport and Exercise Physician's one-day conference, Moving Through COVID, is coming up on 13 March and will feature a range of speakers exploring the implications of COVID on Sport and Exercise Medicine.
Register here: https://consol.eventsair.com/acsep-virtual/beyond-covid-implications-for-sport-and-exercise-medicine-registration/Site/Register

final thoughts...

Great things never come from comfort zones!
Keep dreaming and work towards it!



Forthcoming attractions >>>

Next issue: JUN 2021
Festival of SEM Conferences: POSTPONED
TO October 2022, CSIR, Pretoria

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