

2018 ASPAH CONFERENCE
BEFORE AND AFTER THE SPOTLIGHT: PERFORMANCE PREPARATION AND RECOVERY
December 1st-2nd 2018, Sydney, NSW
Keynote Speaker: Dr. Shona Halson (Australian Institute of Sport)

Saturday, December 1st				
Time	Activity	Details	Presentation Stream	Duration
8.15am	Registration			30 mins
8.45am	Official Opening			15 mins
9.00am	Keynote Lecture	Recovery and sleep for elite performance - Dr. Shona Halson		60 mins
10.00am	Paper Presentations	Injury management in full and part-time Australian dancers - Dr. Amy Vassallo	Dance	15 mins
		Saxophone fitness: Assessing an ergonomic aid in assisting postural control in saxophone playing - Dr. Matt Styles	Music	15 mins
10.30am	Morning Tea (<i>catered</i>)			30 mins
11.00am	Paper Presentations	Investigating career making and career transition through the lens of Australia's elite classical singers	Voice; Music; Research	15 mins

THIS SCHEDULE IS A DRAFT ONLY – SUBJECT TO CHANGE

		- Ms. Kathleen Connell		
		Patterns and prevalence of lower limb hypermobility in Australian professional and pre-professional dancers: is there a correlation with pain and instability? - Dr. Clifton Chan	Dance	15 mins
		Australian Professional Dancers experience of healthcare - Jillian Descouteaux (presented by Dr. Claire Hiller)	Dance	15 mins
		Integrating mental health & wellbeing into creating sustainable physical performance work: Some propositions from the field - Mrs. Kareena Hodgson	Theatre	15 mins
		Physical activity in elite adolescent dancers: A feasibility study - Ms. Bronwyn Trevor	Dance	15 mins
		Finding flow: The key to optimal performance - Janet Karin	Other; Performance	15 mins
12.30pm	Lunch (<i>catered</i>)			60 mins
12.50pm	ASPAH Annual General Meeting			60 mins
1.50pm	Keynote Workshop	Recovery and sleep for elite performance – Practicalities, examples and discussion - Dr. Shona Halson		90 mins
3.20pm	Afternoon Tea (<i>catered</i>)			30 mins

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3.50pm	Paper Presentations	The development of a wearable sensor system to quantify training volume in ballet - Ms. Danica Hendry (Career Development Award)	Dance	20 mins
		Pre-Performance Routines: Are they relevant to Performing Artists? - Ms. Sarah Marshall	Music	10 mins
		The potential relevance of altered muscle activity and fatigue in the development of performance-related musculoskeletal injuries in high string musicians - Mr. Dirk Möller	Music	10 mins
		Injury surveillance in professional orchestral musicians: a formative and process evaluation pilot study - Mr. Nathan Kelly	Music	10 mins
		Workplace hazards at a university music department in Malaysia: The need for effective management of occupational health and safety - Dr. Karen Lonsdale	Music	10 mins
		Violin to the player or player to the violin? - Perceptions on ideal violin ergonomics - Mr. Ju-Yang Chi	Music	10 mins
		Ultrasound evaluation in violinists suffering from chronic neck and shoulder pain	Music	10 mins

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		- Dr. Daniel Chiung Jui Su		
		Ephemeral AND embodied virtual education in the performing arts: Explorations in designing and facilitating online training for actor wellbeing - Dr. Mark Seton	Theatre	10 mins
5.20pm	Presentations end	Announcements		5 mins
7.00pm	Casual drinks at conference venue <i>(not catered)</i>			

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Sunday, December 2 nd				
Time	Activity	Details	Presentation Stream	Duration
7.00am	Causal breakfast meetup (<i>not catered</i>)			90 mins
8.30am	Registration			30 mins
9.00am	Workshop A	Mentally preparing the athlete and the artist for performance - Prof. Gene Moyle	Other	90 mins
	Workshop B	Assessing joint hypermobility in performing artists: changing your practice for tomorrow - A/Prof. Leslie Nicholson	Other	90 mins
10.30am	Morning Tea (<i>catered</i>)			30 mins
11.00am	Paper Stream A	Turnout as a spectrum of joint contributions from the hip, knee, ankle and foot - Dr. Luke Hopper	Dance	10 mins
		An exploration of pre-professional dancers' beliefs of the lumbar spine and lumbar spine functional movements - Ms. Danica Hendry	Dance	10 mins
		Enhancing recovery in dance: Benefits and challenges of recovery monitoring in vocational dance training - Mrs. Peta Blevins	Dance	10 mins

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11.00am	Paper Stream B	Health education for secondary school teachers and students: A scoping review - Dr. Alison Evans	Music; Research methods	10 mins
		Development and design of a health literacy self-assessment tool for student musicians - Dr. Suzanne Wijsman	Music; Research methods	10 mins
		Exploring the expedience of a growth mindset intervention for music performance exam candidates - Dr. Naomi Halls	Music; Research Methods	10 mins
11.30am	Workshop A	Negotiating pain and discomfort through resilience: Resilient Vulnerability© - Dr. Mark Seton	Theatre	50 mins
	Workshop B	Attending to the whole – Training better overall coordination - Greg Holdaway	Other	50 mins
12.20pm	Lunch (<i>catered</i>)			50 mins
1.10pm	Panel Discussion: Australia Psychological Society Special Interest Group			60 mins
2.10pm	Presentations & Acknowledgements: President’s Speech and ASPAH Conference 2019			20 mins
2.30pm	Afternoon tea (<i>catered</i>)			30 mins