

2018 CONFERENCE - BEFORE AND AFTER THE SPOTLIGHT: PERFORMANCE PREPARATION AND RECOVERY

Keynote Speaker: Dr. Shona Halson

December 1st-2nd 2018

Sofitel Wentworth, 61-101 Phillip Street

Sydney, NSW, 2000

SATURDAY, DECEMBER 1 ST					
Time	Activity	Room	Details	Stream	Duration
8.15am	Registration	Brisbane Foyer			30 mins
8.45am	Official Opening	Brisbane Room			15 mins
9.00am	Keynote Lecture <i>Chair: Luke Hopper</i>	Brisbane Room	Recovery and sleep for elite performance - Dr. Shona Halson	Performance	60 mins
10.00am	Paper Presentations <i>Chair: Luke Hopper</i>	Brisbane Room	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>)	Brisbane Foyer			30 mins
11.00am	Paper Presentations <i>Chair: Amy Naumann</i>	Brisbane Room	Investigating career making and career transition through the lens of Australia's elite classical singers - Kathleen Connell	Voice; Music; Research	15 mins
			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 - Kareena Hodgson	Theatre	15 mins
			Physical activity in elite adolescent dancers: A feasibility study - Bronwyn Trevor	Dance	15 mins
			Finding flow: The key to optimal performance - Janet Karin	Performance	15 mins
12.30pm	Lunch (<i>catered</i>)	Brisbane Foyer			60 mins
12.50pm	ASPAH AGM	Brisbane Room			60 mins

1.50pm	Keynote Workshop <i>Chair: Clifton Chan</i>	Brisbane Room	Recovery and sleep for elite performance – Practicalities, examples and discussion - Dr. Shona Halson	Performance	90 mins
3.20pm	Afternoon Tea (<i>catered</i>)	Brisbane Foyer			30 mins
3.50pm	Paper Presentations <i>Chair: Clifton Chan</i>	Brisbane Room	The development of a wearable sensor system to quantify training volume in ballet - Danica Hendry (Career Development Award)	Dance	20 mins
			Pre-performance routines: Are they relevant to Performing Artists? - 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 - Dirk Möller	Music	10 mins
			Injury surveillance in professional orchestral musicians: A formative and process evaluation pilot study - 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 - Ju-Yang Chi	Music	10 mins	
			Ultrasound evaluation in violinists suffering from chronic neck and shoulder pain - Dr. Daniel Chiung Jui Su	Music	10 mins	
			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	Announcements	Brisbane Room				5 mins
7.00pm	Casual drinks at conference venue (<i>not catered</i>)					

SUNDAY, DECEMBER 2 ND					
Time	Activity	Room	Details	Stream	Duration
7.00am	Casual breakfast meetup (<i>not catered</i>)				90 mins
8.30am	Registration	Brisbane Foyer			30 mins
9.00am	Workshop A <i>Chair: Peta Blevins</i>	Brisbane Room	Mentally preparing the athlete and the artist for performance - Prof. Gene Moyle	Performance	90 mins
	Workshop B <i>Chair: Clifton Chan</i>	Hobart Room	Assessing joint hypermobility in performing artists: Changing your practice for tomorrow - A/Prof. Leslie Nicholson	Performance	90 mins
10.30am		Morning Tea (<i>catered</i>)			30 mins
11.00am	Paper Stream A <i>Chair: Claire Hiller</i>	Brisbane Room	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 - Danica Hendry	Dance	10 mins
			Enhancing recovery in dance: Benefits and challenges of recovery monitoring in vocational dance training - Peta Blevins	Dance	10 mins

11.00am	Paper Stream B <i>Chair: Mark Seton</i>	Hobart Room	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 <i>Chair: Paul Duff</i>	Brisbane Room	Negotiating pain and discomfort through resilience: Resilient Vulnerability© - Dr. Mark Seton	Theatre	50 mins
	Workshop B <i>Chair: Luke Hopper</i>	Hobart Room	Attending to the whole – Training better overall coordination - Greg Holdaway	Other	50 mins
12.20pm	Lunch (<i>catered</i>)	Brisbane Foyer			50 mins
1.10pm	Panel Discussion <i>Chair: Mark Seton</i>	Brisbane Room	Australia Psychological Society Special Interest Group		60 mins
2.10pm	Wrap-Up <i>Chair: Luke Hopper</i>	Brisbane Room	Presentations & Acknowledgements: President's Speech and ASPAH Conference 2019		20 mins
2.30pm	Afternoon tea (<i>catered</i>)	Brisbane Foyer			30 mins