



# Museum of Human Disease

**"Up Close and Personal with Australian Health"**

Never Stand Still

Medicine

School of Medical Science

**How are your lifestyle choices affecting you?**

## **PDHPE Teacher's Professional Development Day April 6<sup>th</sup> 2016 Bookings now open**

Join our expert sessions with University researchers and academics, covering key curriculum topics in the PDHPE course. Lectures and workshops covering such things as; **Latest research statistics and epidemiology for and Exercise, Diets, Exercise Physiology Lifestyle laboratory experience and Full body scanning** and more. Full syllabus links in the program attached.

This day is approved for **6 hours of accreditation from BOSTES/Australian Teaching standards.**

The day is designed specifically to provide participants with current research on PDHPE related topics as well as hands on experience of **activities directly related to personal health, exercise and lifestyle choices.** We are also providing access to practitioners from a number of careers directly related to courses of study beyond year twelve, and especially those which allow students to maintain an interest and passion for sport and exercise while combining it with work options.

Full details at [www.diseasemuseum.unsw.edu.au](http://www.diseasemuseum.unsw.edu.au)

Fill in the registration form below and fax or email it to us. Payment to follow at your leisure.

Fax provider: Museum of Human Disease ABN: 57 195 873 179

To stop receiving fax communication from us, please fax your request to (02) 9385 1747 or email your fax number to [diseasemuseum@unsw.edu.au](mailto:diseasemuseum@unsw.edu.au) requesting to be unsubscribed

## Up Close and Personal with Australian Health

### How are your lifestyle choices affecting you?

Australia's top five health priorities are all life-style related – so how can we change our lifestyles to give us the best chance of survival? Furthermore, what does a healthy lifestyle actually look like? Come along and find out how you fare as you learn about the **latest research** relating to **fitness, diet and overcoming obstacles to achieving good health**. The impact of **epigenetics, psychology and sociocultural factors** will also be discussed.

8.00-8.45am	<p><b>Registrations Open (*Blood samples/Testing for Group 3)</b></p> <p>Tea and coffee will be served and delegates will have the opportunity to view the Museum of Human Disease.</p> <p><i>*Note: For those signed up for the Group 3 Health Study, please arrive at 8am for blood tests/lifestyle testing.</i></p>
<p>8.45-9am</p> <p><i>Syllabus links:</i></p> <p>8.1, 9.1</p>	<p><b>Official Welcome and Program Introduction</b></p> <p>Presented by <b>Derek Williamson</b>, Director of the Museum of Human Disease.</p> <p>An introduction to the leading causes of mortality and morbidity in Australia with current, up-to-date statistics relating to cancer, cardiovascular disease, mental health, diabetes and accidents and injuries.</p>
<p>9-9.45am</p> <p>4.8, 5.6, 5.8</p>	<p><b>Session 1: What's the deal with dieting?</b></p> <p>Presented by renowned <b>nutritionist Dr Rebecca Reynolds</b>, co-founder of <a href="http://www.therealbokchoy.com">www.therealbokchoy.com</a> and passionate about a balanced, ethical and evidence-based approach to living. Lecturer at the School of Public Health and Community Medicine (UNSW)</p> <p><i>How is our diet changing and is it impacting on the incidence of cancer, diabetes and cardiovascular disease? What does the research show when it comes to eating 'healthy'? Is it a balance of foods? Is it a matter of cutting out fats or carbohydrates? Is there any value to organic foods? Come and find out the latest research and findings on this topic.</i></p>
<p>9.45-10.30am</p> <p>4.9, 5.8, 8.5</p>	<p><b>Session 2: Survival of the 'fittest'</b></p> <p>Presented by <b>Dr Gail Trapp</b>, made famous by her book 'The 8-Second Secret' and an expert and lecturer in fitness and exercise physiology at UNSW.</p> <p><i>What does it mean to be fit? How are exercise habits changing and what does the current research say about effective ways of building up fitness in different age-groups and population? This talk will present a number of different approaches to exercise and fitness.</i></p>
10.30-11.00am	<p><b>Morning Tea</b></p> <p><i>Light refreshments will be served</i></p>

**The program will have 6 hours accreditation with BOSTES**

<p><b>11.00-12.30pm</b></p> <p>4.7, 4.6 (drug use), 5.6, 5.7</p> <p>4.10, 8.2</p> <p>9.2</p>	<p><b>Alternating Workshops</b></p> <ol style="list-style-type: none"> <li>1. <b>YOLO</b> – An interactive activity that utilises online tutorials and group work to solve the mystery of a celebrity death. It is an activity that can easily be used in the classroom in a variety of ways.</li> <li>2. <b>Exercise physiology labs</b> – a look at the relationship between physiology, movement potential and training approaches as well as other interventions to enhance performance and safety in physical activity.</li> <li>3. <b>Participation in a health study</b> that will give you the unique opportunity to find out about your own health in a comprehensive way. *</li> </ol>
<p><b>12.30-1.30pm</b></p>	<p><b>Lunch</b></p> <p>Lunch will be served and delegates will have the opportunity to liaise with lecturers and UNSW medical and research students</p>
<p><b>1.30-2.15pm</b></p> <p>4.6, 8.1, 9.2</p>	<p><b>Session 3: Epigenetics and disease</b></p> <p><b>Presenter: Dr Neil Youngson</b> is a researcher interested in non-genetic inheritance making discoveries in how epigenetic molecules can be inherited between generations to influence offspring. In particular, he is interested in understanding the role of epigenetic molecules in obesity which could open provide new avenues for therapeutic innovation.</p> <p><i>What is the real impact of genetics and environment on health? Do we really have any control over our health and how does this change with time? This session will present some of the latest findings around epigenetics in relation to lifestyle related diseases.</i></p>
<p><b>2.15-3.00pm</b></p> <p>4.6, 5.7, 8.1, 9.1, 9.7</p>	<p><b>Session 4: Sociocultural factors: kicking goals for health</b></p> <p>How much influence do our perceptions, attitudes and sociocultural factors have when it comes to maintaining good health, participating in physical activity and maintaining a good diet? Listen to two renowned speakers, present some novel strategies employed to engage Indigenous youth and refugees with regards to maintaining good mental and physical health.</p> <p><b>2:15-2:35 Dr Ann Bunde-Birouste</b> focuses on health and peace-building, community participation in health, participatory applied research and innovative health promotion approaches for disadvantaged groups. Of particular success is her innovative soccer program for refugees.</p> <p><b>2:35-3:00 Melissa Haswell-Enkins</b> works for the Muru Marri team who develop and implement novel methods of promoting Aboriginal and Torres Strait Islander health as well as informing health professionals on challenges in this field.</p>
<p><b>3.00-3.15pm</b></p>	<p><b>Museum of Human Disease talk and tour</b></p> <p>Introduction to ongoing and new museum programs and museum tour.</p>
<p><b>3.15pm onwards</b></p>	<p><b>Sun Downer</b></p> <p>Join fellow delegates and the days presenters in light refreshments and an opportunity to network</p>

# Teachers Professional Development Program 2016 (PDHPE, April 6)

*\*Please note: This study involves a lifestyle survey, 'fasted' finger prick sample (to test for oxidative stress) and measurements relating to body composition. The data will then be analysed throughout the day and the results presented and discussed during the 90 minute workshop with regards to how various elements produce degenerative changes that can result in the development of common 'lifestyle' related diseases.*

**Up Close and Personal with Australian Health  
Wednesday April 6<sup>th</sup> 2016**

<b>Registration Form</b>	<b>Tax Invoice</b> ABN: 57 195 873 179	<b>\$160 (inc GST)</b> With parking \$180 (inc GST)
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**School:** \_\_\_\_\_

**School Address:** \_\_\_\_\_

**Suburb:** \_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

Staff Attending	Staff 1	Staff 2
<b>Name:</b>		
<b>NSWIT No.:</b>		
<b>Email:</b>		
<b>Will you attend the sundowner?(Free)</b>		
<b>Please specify any dietary requirements:</b>		
<b>WORKSHOP (please number in order of preference)</b>		
<b>1. YOLO</b>		
<b>2. Ex Phys Lab</b>		
<b>3. Health Study*</b>		
<b>Attendance Fee</b>	<b>\$160</b>	<b>\$160</b>
<b>Do you require parking? (\$20)</b>		
<b>Total</b>		

**Return this Page by Fax or email with payment to follow.**

**Cheques marked to 'The University of New South Wales':**

Museum Director  
Museum of Human Disease  
Ground Floor Samuels Building  
UNSW NSW 2052

EFT:  
BSB No.: 012-390  
AccNo.: 837312364  
Acc. Name: University of NSW  
Reference: MuseumPDTD



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**Enquiries T: 02 9385 1522 E: [diseasemuseum@unsw.edu.au](mailto:diseasemuseum@unsw.edu.au)  
F: 02 9385 1747**