



The University of Sydney

Physical Activity and Public Health Training Course

Where: Medical Foundation Building Auditorium, University of Sydney

When: Saturday 26th – Sunday 27th July 2008 with the option to attend an additional international training day on Monday 28th July 2008.

Cost: \$500 (an additional \$250 if attending the extra day) including all course materials and lunches. Accommodation is not included in the registration fee.

Physical inactivity is a key risk factor for non communicable diseases (NCDs) and therefore an important issue for public health. This Physical Activity and Public Health Training Course is relevant for health promotion workers, health professionals, other agencies and sectors as well as non-governmental organizations who need to develop skills in population-based strategies for the promotion of physical activity. This will require skills development and expertise around physical activity and public health; understanding prevalence and monitoring/surveillance, developing policies, and implementing effective programs and guidelines.

The Centre for Physical Activity and Health (CPAH) at the University of Sydney has previously conducted these training courses in New South Wales in 1999 and in other states in 2000 – 2003. This is an updated training course on Physical Activity and Public Health, aiming to foster expertise and skills in physical activity policy, programs, research, evaluation, and surveillance, and to understand physical activity in the context of non-communicable disease prevention and control.

The course program will feature sessions on the following topics:

- Principles of health promotion and interventions;
- Epidemiological evidence of the health benefits of physical activity;
- Economic and social benefits of physical activity;
- Current physical activity recommendations and physical activity guidelines;
- Environmental and policy interventions to encourage physical activity;
- A framework for assessing effectiveness of/best practice in physical activity interventions;
- Principles of evaluation of physical activity programs;
- Effectiveness of individual-oriented behaviour change interventions;
- Measurement and surveillance of physical activity;
- Intersectoral collaboration to promote physical activity;
- Policy and advocacy for physical activity;
- Dissemination of effective programs.



The additional international day on Monday 28th July will feature sessions on the following topics:

- Epidemiological evidence of the health benefits of physical activity in developing countries;
- International physical activity recommendations and guidelines;
- International Physical Activity Questionnaire (IPAQ) and Global Physical Activity Questionnaire (GPAQ);
- Examples of best practice in physical activity interventions in developing countries;
- Physical activity advocacy and networks in developing countries.

The course will include case studies from presenters, group work and discussion time. It is targeted to practitioners, researchers, academics as well as policy and decision makers who see physical activity as part of their role, such as:

- Health promotion and public health professionals;
- Physical activity promoters in the settings of community, school, workplace, health service;
- Researchers with an interest in physical activity and public health;
- Policy and decision makers in departments of health, Sport and/or recreation, education, transport, urban planning;
- Others interested in improving physical activity at the population level.

The course will also have some Public Health Masters students attending, as the first part of their Masters Degree training in the topic area of physical activity and public health and International participants from countries in the Asia-Pacific region.

Teaching Faculty:

Dr Tim Armstrong, World Health Organization/Headquarters, Geneva, Switzerland
Prof. Adrian Bauman, Centre for Physical Activity and Health (CPAH)/University of Sydney
Dr Heather Bowles, Centre for Physical Activity and Health (CPAH)/University of Sydney, Australia
Prof. Wendy Brown, School of Human Movement Studies, University of Queensland, Australia
Prof. Fiona Bull, School of Sport & Exercise Sciences, Loughborough University, United Kingdom
Dr Louise Hardy, Centre for Overweight and Obesity (COO)/University of Sydney, Australia
Prof. Jay Maddock, School of Public Health, University of Hawaii, United States of America
Ms Rona Macniven, Centre for Physical Activity and Health (CPAH)/University of Sydney, Australia
Dr Dafna Merom, Centre for Physical Activity and Health (CPAH)/University of Sydney, Australia
Prof. Neville Owen, School of Population Health, University of Queensland, Australia
Dr Philayrath Phongsavan, Centre for Physical Activity and Health (CPAH)/University of Sydney
Dr Hidde van der Ploeg, Centre for Physical Activity and Health (CPAH)/University of Sydney
Mr Trevor Shilton, National Heart Foundation of Australia

There are a limited number of places available on the course and the closing date for registrations is Friday 27th June 2008. Please contact Rona Macniven on (02) 9036 3192 or email ronam@health.usyd.edu.au



Accommodation:

The following accommodation is close to the venue:

Rydges Hotel, Camperdown - tel: +61 2 9516 1522 www.rydges.com

Quest, Camperdown – tel: +61 (0)2 9557 6100 www.questcamperdown.com.au

Alternatively, contact Tourism NSW on +61 2 9931 1111 or visit www.visitnsw.com

Getting to the venue:

Directions from Domestic Airport Sydney and Sydney International Airport

Train Route: Airport and East Hills Line to Central Station

Directions from Central Station

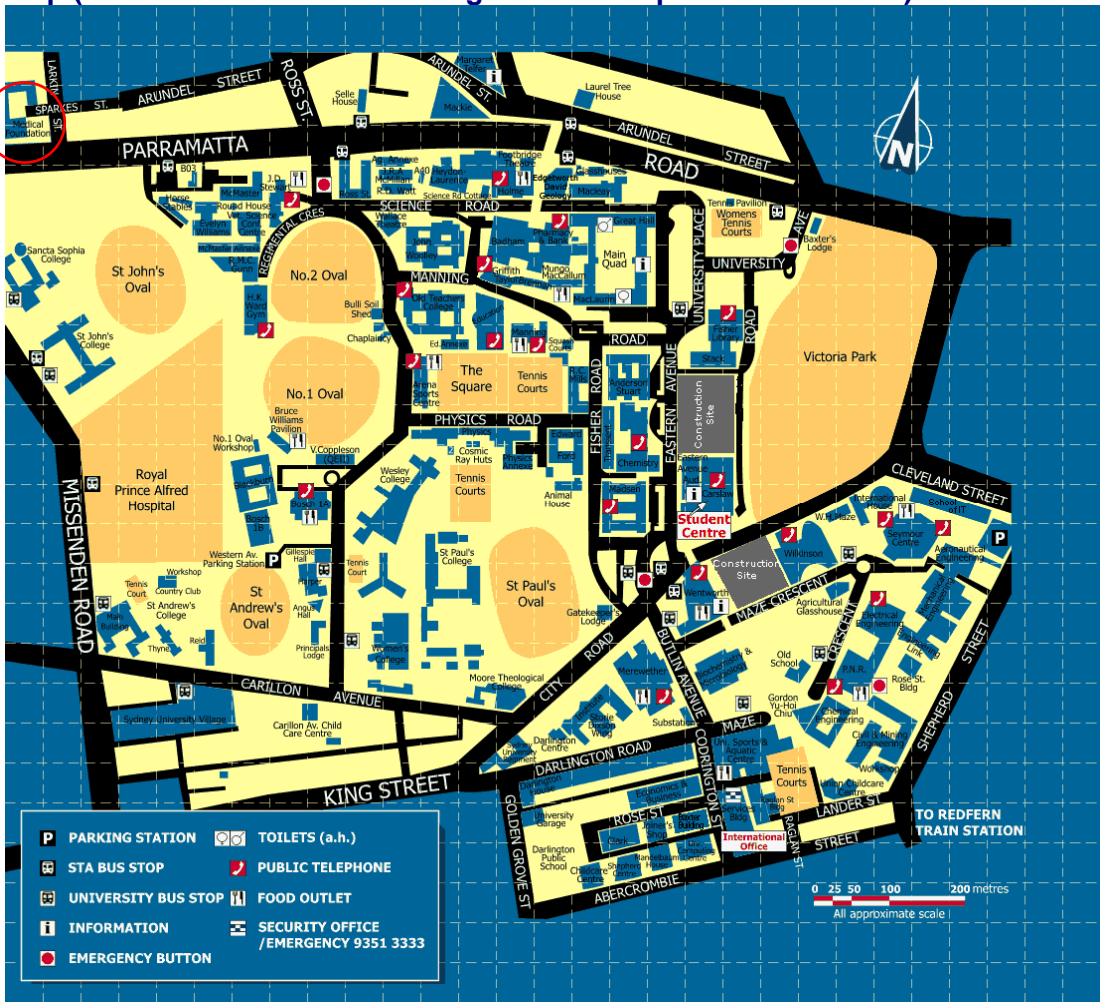
Walk to Railway Square D, George Street.

Bus Route: 413, 437, 438, 480, 440, 461, 436

Set down at the corner of Missenden and Parramatta Road, Camperdown

Limited parking is available on the residential streets close to the venue. Parking is available in Camperdown and Darlington campuses at a daily flat rate of \$24.

Map (Medical Foundation Building circled in top left hand corner):





International Physical Activity and Public Health Training Course

Registration

Tax Invoice (*This document becomes a Tax Invoice for GST purposes upon completion of payment. Please retain a copy for your records.*)

Name:

Organisation:

Position:

Postal Address:

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Tel: Fax:

Email:

Registration fee:

- \$500 Full registration for 2 day course Saturday 26th – Sunday 27th July 2008 (incl. GST)
- \$750 Full registration for 3 day course Saturday 26th – Monday 28th July 2008 (incl. GST)

Registration fee payment options:

- Cheque/Money order (payable to University of Sydney)
- Credit card Visa Mastercard American Express

Name on card:

Card number:

Expiry date:

Signature: Date: / /

Please mail/fax this form with payment to:

Ms Cathie Kiernan

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Australia

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