

ANNUAL REPORT 2020



**Australasian Society for
Physical Activity Ltd**
A.C.N. 635 761 527



Our vision is to advance knowledge and integration of physical activity into health, education, sport and recreation, urban planning and transport practice and policies across all levels of government and non-government organisations in the Australasian region in order to benefit the health and wellbeing of all communities across Australia, New Zealand, and South-East Asia

Our mission is to provide a forum for researchers, practitioners & policy makers to advocate, network, build capacity, and share expertise and experiences and hear about the latest research and practice in physical activity in Australasia

Table of Contents

	Page
President's report	4
Treasurer's report	5
Membership Committee report	6
Early Career Professionals Committee report	7
SE Asia Committee report	8
Communications Committee report	9
Advocacy Committee report	10
Scientific Committee report	11
Special Interest Group Committee report	12
Active Healthy Kids Australia (AHKA) Committee report	13
Appendix	14



President's report: Jo Salmon



The Australasian Society for Physical Activity (ASPA) registered as a not-for-profit organisation on October 22 2019. This was possible thanks to funding from the Institute for Physical Activity and Nutrition, Deakin University. In just over 12 months, ASPA has attracted 130 members, and run several well-attended online events. We developed our website and established an email account, a Youtube channel, and our social media presence on Twitter, LinkedIn and Instagram. ASPA has already attracted over 1200 followers on Twitter. A summary of our activities is provided below and each of our committees has provided more detail in this report.

Summary of activities in the last 12 months

In spite of being registered just prior to the COVID-19 pandemic, ASPA achieved a lot in the first 12 months including:

- Established committee structures
- Development and soft launch of our website 1st June 2021 (<https://aspactivity.org/>)
- Applied to host the International Society for Physical Activity and Health 2024 conference
- Held six online presentations
- Established two Special Interest Groups
- Engaged in advocacy and social media activities
- Signed two MOUs with other organisations

We are looking forward to the next 12 months with many new initiatives planned or already underway. We will host our first annual meeting in November 2021, which will be a hybrid online/in-person event across three sites (Auckland, Melbourne and Newcastle). ASPA will continue to grow and establish itself as an important professional society for physical activity in our region.

Alfred Deakin Professor Jo Salmon
Founding President, ASPA



Treasurer's report: Nicky Ridgers



Income

- ASPA received a \$40k payment from IPAN, Deakin University, to establish the society.
- Since the launch of ASPA in May 2020, ASPA has received ~\$22k in membership fees. This includes 1, 2 and 3 year memberships.

Expenses

- The majority of the running costs have been for website development and maintenance fees, ASIC fees, administration costs, and Active Healthy Kids Australia registration with Global Matrix 4.0.

Summary

- The income and expenses for this year have enabled ASPA to establish an initial model of income and expenses.
- The annual conference and additional member events (e.g. webinars) will provide additional income to ASPA, and the running of these events in 2021 will assist with future budgeting.
- ASPA has signed up to Xero (Starter Account). We are currently linking the ASPA website to the Xero account to assist with our bookkeeping. The transition to using Xero will be reflected in subsequent Treasurer Reports.
- ASPA is in the process of engaging a not-for-profit specialist accounting firm to assist with the accounting needs. This support has been agreed by the Executive Committee.
- The integration of AliPay into the ASPA website as an additional payment system (important for members in Asia) has been discussed. Bendigo Bank is not currently affiliated with AliPay.

PROFIT AND LOSS STATEMENT

Income	
Donation	\$40,000
Memberships	\$22,193.92
Bank interest	\$15.04
TOTAL INCOME	\$62,208.96
Expenses	
Accounting and bookkeeping	\$25
Administration fees	\$2,131.26
AHKA membership	\$2,541.58
Bank fees	\$76.25
Governance and compliance	\$723
Web and domain costs	\$17,458.38
TOTAL EXPENSES	\$22,955.47
INCOME FOR REPORTING PERIOD	\$39,253.49





Membership Committee Report: Verity Cleland

Purpose

The ASPA Membership Committee works to support the ASPA executive in its activities related to increasing and retaining members.

Activities to date

- Established a Membership Committee with representatives from Australia (Verity Cleland, Elaine Marshall), New Zealand (Nigel Harris) and South East Asia (Hashi Peiris), including representatives from academia (Verity, Nigel, Hashi), policy/practice (Elaine), and a student member (Hashi)
- Developed Membership Committee Terms of Reference, Membership Policy, and Membership Procedures
- Developed a Scoping Paper for the Executive to consider Organisational and Role-Based Memberships
- Established Terms and Conditions for student memberships; for subcommittee member benefits to acknowledge time and contribution (conference registration discount); and for membership transfers
- Finalised Privacy Policy
- Generated monthly membership reports
- Generated lists of current members for e-newsletters
- Responded to member queries and passed on member suggestions to the Executive
- Provided the Executive Committee with suggestions and advice around strategies to recruit and retain members

Future plans and activities

- Continue to support the ASPA executive to support recruitment and retention of members
- Continue to work with the Special Interest Group, Conference, Communications, Early Career Professional, and South East Asia Committees to support recruitment and retention of members
- Continue to respond to member queries and feed member suggestions to the Executive
- Continue to generate reports and recommendations in relation to member issues and feedback



Early Career Professionals Committee Report: Shariful Islam



Purpose

The purpose of the ECP committee is to facilitate:

- **Networking:** Create and facilitate networking opportunities for students (i.e., individuals in undergraduate or graduate degree programs up to 12 months after the date of their doctoral degree) and early career researchers, practitioners and policy makers (Early Career Professionals (ECPs); i.e., individuals who have completed their doctoral/terminal degree within last 10 years full time equivalent) with ASPA to grow the current member-base.
- **Mentoring:** Offer mentoring opportunities for students, practitioners and early career professionals.
- **Capacity Building:** Provide learning opportunities with a focus on nurturing professional development skills for students, practitioners and ECPs (e.g. communication, advocacy, research, leadership, project management, time management skills, etc.) and disseminate evidence-based/informed, physical activity promotion material and resources to ASPA members in an accessible and appropriate way.

Activities to date

- **Recruitment of committee members:**
Chair: Shariful Islam; Vice-Chair: Anum Urooj; Members: Louisa Peralta, Sarah Martine Edney, Matthew (Tepi) McLaughlin, Bridget Foley (BF), Jessica Seymour.
- **Terms of Reference (TOR):** Discussed and finalised the TOR document which was approved by the ASPA Executive Council.
- **Online physical activity debate:** Planned an online physical activity debate

Future plans and activities

Physical Activity Debate on May 27, 2021. The debate topic is: “A 15% reduction in physical inactivity will be achieved in Australasia by 2030”

The topic refers to the global target in the World Health Organisation’s Global Action Plan on Physical Activity 2018-2030.



South East Asia Committee Report: Yanping Duan



Purpose

- To promote the influence and engagement of ASPA in countries and regions of SE Asia.
- To facilitate the diversity of research culture within ASPA and provide opportunities for researchers, practitioners, and policy-maker from SE Asia to share expertise and experiences at the ASPA.

Activities to date

- Establishment of the SE Asia committee (6 members, Terms of Reference, regular committee meetings)
- Interview of Prof. CHUNG Pak-Kwong (Chairman of Physical Fitness Association of Hong Kong) on maintaining physical activities during the COVID-19 outbreak in Hong Kong in August 2020.
- Signing of the MOU between ASPA and Japanese Association of Exercise Epidemiology (JAEE) in March 2021.

Future plans and activities

- To sign the MOU between ASPA and Physical Fitness Association of Hong Kong.
- To enlarge the number of ASPA members from SE Asia through the collaboration with Membership Committee.
- To organise an ASPA Promotion Forum within Asian counties and regions in May 2021.
- To promote more researchers, practitioners and policy-makers from SE Asia to attend the ASPA Annual Conference in November 2021.



Communications Committee Report:

Sam Cassar



Purpose

- Increase the awareness and impact of ASPA through targeted messaging and communications
- Promote key ASPA information, activities (e.g. annual meetings, webinars, training opportunities) and achievements
- Spread ASPA advocacy messages for physical activity in the Australasian region
- Advertise and highlight ASPA members' work where appropriate

Activities to date

Chair and Deputy Chair: Sam Cassar and Natasha Schranz

We have formed a committee which meets regularly with members from Australia, New Zealand, and Hong Kong.

- Launched the ASPA website at aspactivity.org
- Launched a social media presence on Twitter and LinkedIn
- Provided regular news updates to the website
- Organised and published a 6-part COVID-19 video series to our website and YouTube channel
- Coordinated an ASPA response to the Australian Consultation Paper for the National Preventive Health Strategy

Future plans and activities

- Further engagement with members from across the region to highlight and promote their policy, practice and research efforts
- Continue to increase the awareness and impact of ASPA activities to members and non-members (e.g. society advocacy efforts, webinars and events)
- Work closely with relevant ASPA committees to profile, share and amplify relevant activities for members





Advocacy Committee Report: Peter McCue

Purpose

The purpose of the ASPA Advocacy Committee is to promote and lobby to increase physical activity across Australasia.

Activities to date

The focus of 2020 was the establishment of the Committee (Chair and Deputy Chair: Peter McCue and Lindsey Reece).

Specific activities included:

- Two quarterly meetings (inaugural meeting 11.08.20)
- Establishment activities including; recruitment of members, development of Terms of Reference, stakeholder mapping and development of future priorities.
- Two video interviews posted on the ASPA website including;
 - Trevor Shilton interviewed by Lindsey Reece regarding Advocacy
 - Dr Matthew Burke interviewed by Peter McCue regarding Active Transport
- ASAP response to Australian Preventative Health Strategy Consultation Paper

Future plans and activities

- Broaden membership of the Committee. Extend membership with international representation and increased diversity.
- Build capacity via advocacy skills-based training. Host advocacy related webinar and workshop in the second half of 2021.
- Help establish and capitalise on partnerships with likeminded advocacy organisations.
- Confirmation and communication of priority messaging.



Scientific Program Committee: Erica Hinckson & David Lubans



Purpose

The Scientific Program Committee provides advice to, oversees and leads the ASPA Executive Committee (EC) activities related to:

- Organisation of the program for the annual ASPA conference (includes, for example, number of parallel streams, different types of presentations, total number of presentations, grouping of presentations in sessions according to different themes)
- Call for Abstracts and Symposia
- Review and acceptance/rejection of abstracts
- Identifying, contacting and confirming of keynotes and panels
- Confirmation of oral / poster selection and final program
- Provide on going input into the development and operation of the abstracts review system
- Manage the awards related to conference activity

Activities to date

- Committee co-chairs: Erica Hinckson and David Lubans
- Committee members: Corneel Vandelanotte, Lisa Mackay, Kylie Hesketh, and Jordan Smith
- 9 committee meetings in 2020 and 2021

Future plans: Inaugural Conference

- Inaugural ASPA meeting in preparation: 19th November 2021
- Hybrid virtual and in-person conference (3 venues)
- Auckland, Newcastle (NSW), Melbourne (VIC) and virtual
- Each conference location will host keynote speakers, mid-career researchers and policy makers to present expertise, experiences and advancements in three areas:
- **Physical activity and the built environment**— hosted by Auckland University of Technology
- **Physical activity and mental health**—hosted by The University of Newcastle
- **Physical activity implementation science**—hosted by Deakin University
- Keynotes to be determined in the next couple of weeks
- Electronic poster presentations will be accepted
- Potential sponsors to be contacted in next couple of weeks
- No conference presentation awards in 2021
- ASPA membership awards to be decided by membership committee
- Conference costs to be determined at next meeting



Special Interest Groups Committee Report:

Scott Duncan



Purpose

The SIG Committee provides advice to, oversees, and leads the ASPA Executive Committee (EC) activities related to:

- The formation and administration of ASPA SIGs
- Individual SIG Reporting
- Administration of SIG funds

The SIG Committee will develop an annual work plan and implement strategies endorsed by the ASPA EC to achieve this purpose.

Activities to date

- The SIG Committee was assembled in September 2020
- Two ASPA EC members were nominated as Chair (Scott Duncan) and Co-Chair (Corneel Vandelanotte)
- Four SIG Officers were nominated from the first two ASPA SIGs
 - Harriet Koorts and Karen Lee (Scalability and Uptake SIG)
 - Lisa Barnett and Pierre Comis (Physical Literacy SIG)
- Communication with ASPA members who expressed an interest in establishing additional SIGs
- Development of Terms of Reference for the SIG Committee and individual SIGs
- Review and establishment of the SUPA and PL SIGs

Future plans and activities

- Formal launch of SUPA and PL SIGs
- Release a call for expressions of interest for new SIGs
- Host a public webinar (April 2021) to explain the purpose of SIGs and invite questions
- Develop a SIG page(s) on the ASPA website to assist with communications
- Review SIG applications with a goal of 3-4 SIGs by the end of 2021
- Review SIG 12-month plans (including leadership structure)
- Assign SIG funding for 2021



Active Healthy Kids Australia Committee Report:

Kylie Hesketh



Purpose

To represent Australia on the Global Alliance, produce the Australian Physical Activity Report Card, connect report card groups across Asia and Oceania.

Activities to date

Memorandum of Understanding has been executed between Global Alliance and ASPA in regard to the Australian Physical Activity Report Card.

Australian Physical activity Report Card working group has been established, timelines for the 2022 report card have been set and indicators agreed upon. Eligible data are currently being identified and data agreements being established to access required data from custodians.

Future plans and activities

Work for the 2022 Report Card will be undertaken throughout 2021 and early 2022 in line with the launch of the Global Matrix in mid-2022 (date TBD).

To collaborate with other member countries to produce a matrix of grades for our region – Asia and Oceania.



Appendix: ASPA Organisational Structure

ASPA Organisational Structure



