

INSTITUTE OF SPORT, EXERCISE AND ACTIVE LIVING (ISEAL)



VICTORIA UNIVERSITY
Melbourne, Australia



ISEAL Leadership

Director:

Professor Michael McKenna

Research Foci Leaders:

Enhancing Sport Performance
Building Sport Capability
Sport for Inclusive Communities
Movement for Healthy Communities
Movement for Chronic Disease

Professor Damian Farrow
Professor Elisabeth Wilson-Evered
Professor Ramon Spaaij
Dr Melinda Craike
Professor Glenn McConell

Postdoctoral Fellow Representative:

Dr Cedric Lamboley

PhD Student Representative:

Mr James Brandner

College Sport & Exercise Science

Director of Research
Director of Research Training:

Associate Professor Robert Aughey
Associate Professor Nigel Stepto

Administrative Team:

Executive Assistant to Director
Administration Officer

Ms Amanda Rea
Ms Emma Macintosh

Director's Welcome

I am delighted to welcome you to the **Institute of Sport, Exercise and Active Living (ISEAL)** at Victoria University, Melbourne, Australia. Victoria University is in the top 2 percent of universities worldwide, ranked 301-350 in the Times Higher Education 2017/2018 World University Rankings and is ranked 56 in the world's top universities aged under 50 in the Times Higher Education Young University Rankings.

ISEAL's Vision is to transform people's lives, community and industry through **Sport** and **Moving for Health** research. Our **Mission** is to conduct world-leading research that advances the performance, societal impact and the business of sport, and through physical movement enhances the health and well-being of individuals and communities.

ISEAL underpins Victoria University's multidisciplinary research theme of Sport, Health and Active Living.

ISEAL was established in 2010 and has since grown rapidly to include a large critical mass of researchers, comprising more than 140 research-only and academic staff, and 110 higher degree by research students.

ISEAL is supported by world-class research infrastructure. Research facilities include the \$68.5 million Sport and Exercise Science building at the Footscray Park Campus, unparalleled nationally and internationally significant; as well as the \$52 million clinical research and teaching facility at the Western Centre for Health Research and Education, Sunshine Hospital and applied sport facility at Victoria University Whitten Oval.

We would be delighted to discuss any collaborative opportunities.



Professor Michael McKenna
Director
Institute of Sport, Exercise and Active Living (ISEAL)



ISEAL Grand Challenges and Research Foci

ISEAL currently has two Grand Challenges, which encompasses five Research Foci.

1. Sport that Inspires: How can we advance the performance, societal impact and business of sport?

This grand challenge encompasses three ISEAL priority research areas:

- Enhancing Sport Performance
- Building Sport Capability
- Sport for Inclusive Communities

2. Moving for Health: How can we enhance health and well-being in individuals and communities through physical activity?

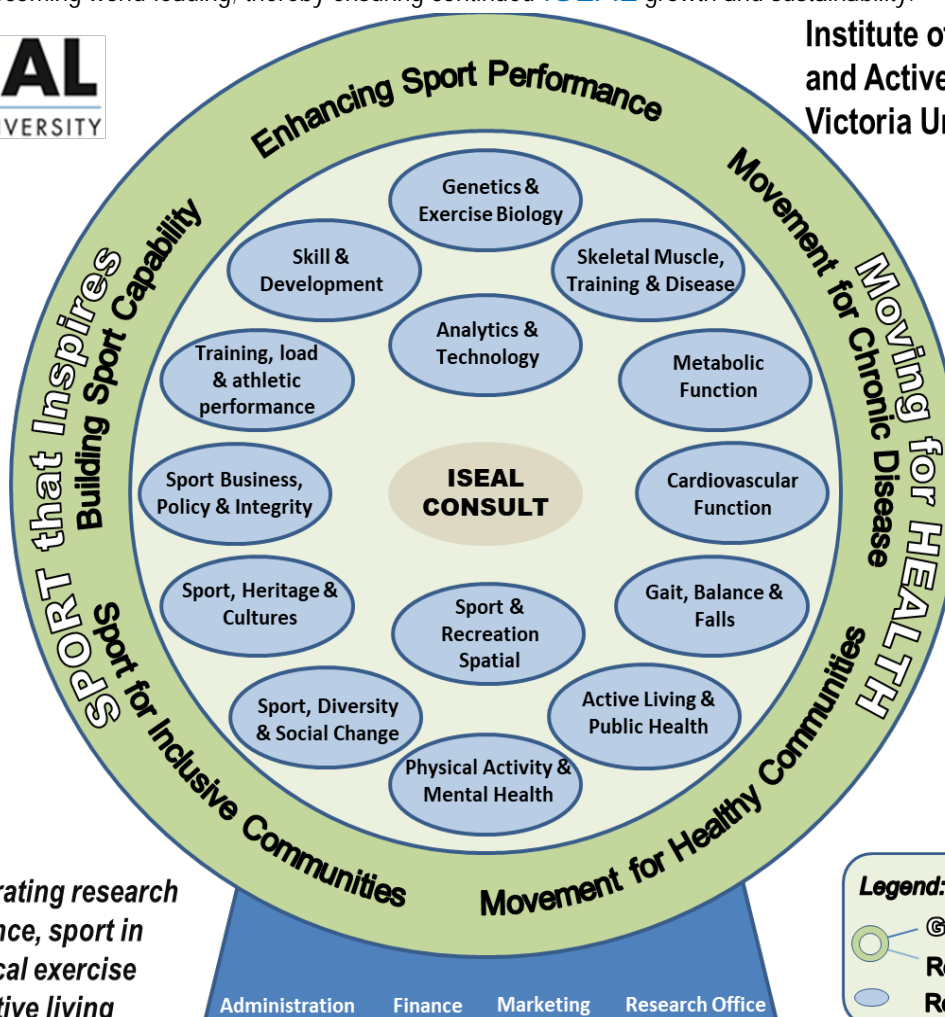
This grand challenge encompasses two ISEAL priority research areas:

- Movement for Healthy Communities
- Movement for People with Chronic Disease

ISEAL addresses these Grand Challenges through the Research Foci, with the Research Groups as the nucleus and powerhouse. This transformational approach ensures that ISEAL is future- and outward-focussed; addresses global, real-world problems; increases the potential for greater external funding, especially through philanthropic, government and industry sources; facilitates multi- and trans-disciplinary research by reducing silo's; accelerates the timeframe of ISEAL becoming world-leading; thereby ensuring continued ISEAL growth and sustainability.



Institute of Sport, Exercise
and Active Living
Victoria University



ISEAL: integrating research
in sport science, sport in
society, clinical exercise
science & active living

Administration Finance Marketing Research Office

Legend:

- Grand Challenges
- Research Foci
- Research Groups



ISEAL Research Foci



Enhancing Sport Performance

Foci Research Leader Professor Damian Farrow

Enhancing Sport Performance is focused on contributing to a deeper understanding of underpinning preparation and performance issues within both the high performance and community sport settings. We seek to enhance the performance of children and adults, players, coaches or parents be it in the playground or at the Olympics. Whether basic or applied research, quality science that seeks to boost sports performance on or off the field underpins the work completed in this priority area.





Building Sport Capability

Foci Research Leader Professor Elisabeth Wilson-Evered

Building Sport Capability is concerned with improving the ethical performance and integrity of individuals, practices and systems in sport organisations of all sizes and levels. Capability in this context relates to the effective management of resources, such as employees, players, participants, and volunteers to achieve sustainability and success in meeting goals. Such goals may include those of achieving competitive advantage in the sector. Sports organisational capabilities focus on the ability to effectively meet stakeholder requirements including those of participants, customers, consumers, partners and public.

Organisational Capability Building comprises; Organisational Leadership; Change Management; Strategic Human Resources Management and Development including Diversity Management, Strategic Planning; Stakeholder Engagement; Corporate Governance; Environment and Climate Change Protection, Project Management including Event Management; Risk Management, Financial Performance, Brand Management, Technology Adoption and Innovation Management.





Sport for Inclusive Communities

Foci Research Leader Associate Professor Ramon Spaaij

Sport for Inclusive Communities brings together staff and postgraduate students whose research examines the role of sport and active living in the promotion of inclusive, humane and resilient communities in order to harness positive community participation and wellbeing outcomes, and to reduce and transform systemic social inequities. Our mission is to produce new knowledge to better understand how inclusive and resilient communities can be created and sustained, and how inequities and power relations that threaten social inclusion can be addressed. Team members use interdisciplinary and applied research approaches when exploring questions of diversity, equity and social inclusion in sport settings. Key areas of interest include:

- Accessible and equitable 'sport for all'
- Structural and cultural factors and processes that shape social inclusion/exclusion in community and professional sport
- Migration, cultural diversity and community belonging
- Gender equality and social change
- The influence of race, ethnicity, gender, sexuality, (dis)ability and socioeconomic status on social inclusion in sport settings
- Community building and civic engagement in and via sport and active living

Our research provides the critical understanding essential to building inclusive, humane and equitable sporting environments across diverse populations and contexts, from Australia to the Pacific, Asia, Europe, Africa and the Americas.





Movement for Health Communities

Foci Research Leader Dr Melinda Craike

Movement for Healthy Communities focuses on enhancing health and well-being in individuals and communities through active living. Our research examines the complex interplay between individual, social, environmental and policy factors that influence active living at the population level. We work with a range of population groups to understand physical activity participation and develop and evaluate interventions in community, health care and workplace settings to increase physical activity. We have a strong focus on research translation and partner with government, health care, industry and community sectors to improve population health outcomes.





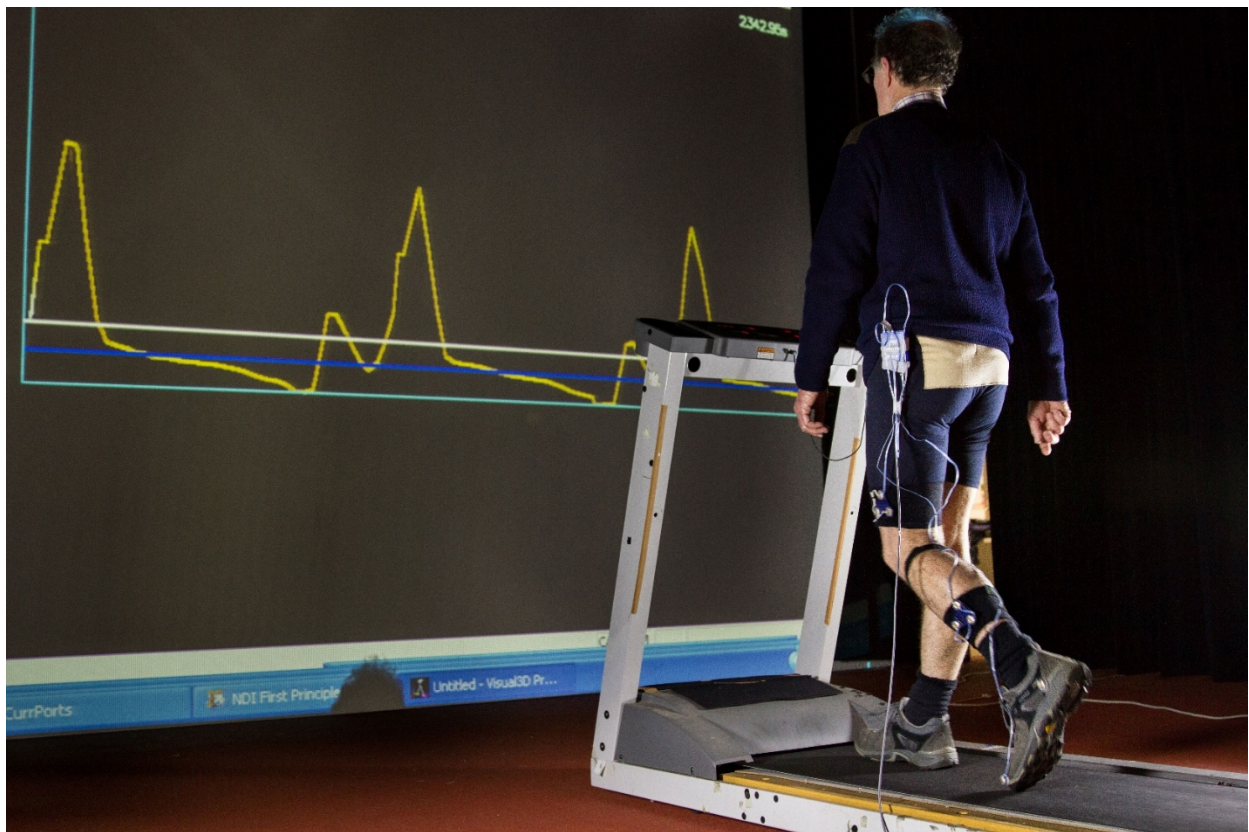
Movement for Chronic Disease

Foci Research Leader Professor Glenn McConell

Movement for Chronic Disease research focus area is underpinned by the concept that “movement is medicine” and will engage in multidisciplinary research across the spectrum of benchtop investigations to translation and implementation to deliver innovative and sustainable solutions to improve disease prevention, management and treatment for patients with non-communicable diseases and associated co-morbidities.

This focus area aims to bring together a number of stakeholders to drive a collaborative research process by engaging:

- 1) Basic scientists with skills to understand disease aetiology and impact of exercise therapy
- 2) Clinicians and mental health experts
- 3) Implementation scientists
- 4) Business, education and IT specialists
- 5) Other internal and external stakeholders (patient groups, government bodies, professional organisations)





Global Research Partnerships and Collaborations

Strategic Partners

Our Australian strategic research partnerships include with the Australian Sports Commission / Australian Institute of Sport, Tennis Australia and Western Bulldogs Football Club; our international partnerships include with Auckland University of Technology; Beijing Sport University; Central University of Finance and Economics; German Sport University; Government of Kerala, India; Guangzhou Sport University; Punjab Institute of Sport and Western University of Canada.



Research Collaborations

ISEAL research occurs with an extensive network of collaborators and funders, which include the National Health and Medical Research Council (NHMRC); Australian Research Council (ARC); Australian Paralympic Committee; Department of Defence, Science and Technology; Australian Institute for Musculoskeletal Science; Western Health; VicHealth; Australian National Sport Organisations - Swimming, Gymnastics, Netball, Hockey and Cycling; Netball Victoria; VicSport; Australian Football League (AFL); Maribyrnong Sports Academy; Melbourne Storm; Melbourne Rebels; Melbourne Victory; Melbourne Vixens; Football Federation of Victoria; International Federation of Association Football (FIFA); Victorian Institute of Sport; Sport and Recreation Victoria; Murdoch Children's Research Institute; Florey Neuroscience Institute; Peter MacCallum; Menzies Research Institute and Baker IDI.



