



AUSTRALASIAN COLLEGE OF
SPORT AND EXERCISE PHYSICIANS

2025

ACSEP ANNUAL REPORT

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Our Organisation





Our Values

Integrity

Excellence

Professionalism

Teamwork

Leadership

The ACSEP acknowledges the Wurundjeri people as the Traditional Owners of the land on which our national office stands. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past and present.



AUSTRALASIAN COLLEGE OF **SPORT AND EXERCISE PHYSICIANS**

**TO SET AND MAINTAIN A STANDARD OF EXCELLENCE IN THE
PRACTICE OF SPORT AND EXERCISE MEDICINE**

The ACSEP is the pre-eminent professional body representing Sport and Exercise Physicians and Sport and Exercise Medicine in Australasia. The ACSEP is dedicated to providing a robust training experience for its Registrars whilst advancing the skills of its members through evidence based practice.

Sport and Exercise Physicians are committed to excellence in the practice of medicine as it applies to all aspects of physical activity. Safe and effective sporting performance at all levels is a major focus. Alongside this is the increasing recognition of the importance of exercise in the prevention and treatment of common and often serious medical conditions, such as arthritis, heart disease, diabetes and many cancers.

The goal of all Sport and Exercise Physicians should be to facilitate all members of the community to enjoy exercise safely to 100 years and beyond, knowing that physical activity provides them the 'best buy' to prevent chronic disease.

OUR MISSION

To provide and promote excellence in training and continuing professional development of Sport and Exercise Physicians in Australia and New Zealand.

OUR VISION

To provide world's best practice with regard to training, standards and research in the specialty of Sport and Exercise Medicine.

Chair Report



PHIL CALVERT

ACSEP Chair

The last year has been challenging but successful for the College.

One of the most important functions of any Board is to recruit the CEO of the organisation. In 2025, the College Board underwent an extensive search for its new CEO, and was thrilled to appoint Sudi Sekhar to the role. The search for a new CEO is time consuming and needs to be thorough. I am happy that the Board left no stone unturned in its search to recruit

the highest quality person possible to the role. Sincere thanks to John Biviano, who stepped away from the Board for 4 months to act in the role of CEO and to provide Sudi with a seamless handover.

During this period of transition, our National Office staff team have performed very well and have regularly displayed a willingness to go above and beyond to maintain our core functions. The executive team of Diana Quin, Isabelle Schroeder and Harriet Wynne have led our broader staff team with skill and commitment. A genuine thank you to our whole staff group.

With the appointment of our new CEO, the Board has re-commenced its work on the College's next strategic plan. A draft plan will come to the Fellowship for input and feedback in the coming months.

The Board continues to focus on key issues of risk, financial stability and compliance as it is required to do by law and through contemporary good-governance. My sincere thanks to Cristina Wolters who has chaired the College's Finance, Audit and Risk Management Committee. Cristina has been tireless in her work to position the College in the best place possible.

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ON BEHALF OF THE BOARD, MY VERY SINCERE THANKS TO EVERYONE WHO HAS SERVED AS COMMITTEE MEMBERS, COMMITTEE CHAIRS OR IN OTHER WAYS AROUND KEY ISSUES.



At the AGM in 2025, we saw the appointment of Dr Dan Exeter as President following the end of the term of Dr Corey Cunningham. Corey has served the College with amazing passion and commitment. Our collective thanks to Corey for his incredible service, and warm wishes to Dan on his upcoming term.

The role of Registrar Representative to the Board is one that is highly valued and provides unique insight. Dr Danielle Jolley was a highly engaged and active Board Member, who also brought significant legal expertise to the team. Thank you Danielle, and a warm welcome to Dr Emma Buckthorpe who commenced as the incoming Representative in November.

Dr Sharon Stay resigned from the Board at the AGM to pursue a career opportunity in medical defence. Sharon has been a highly engaged, active and important member of the Board, and we sincerely wish her well in her new career pathway.

Our College is reliant on our Fellows and Registrars actively contributing on College committees and working groups. Our success is absolutely dependent on the ability and willingness of these people to commit their time and expertise to help us achieve our goals. On behalf of the Board, my very sincere thanks to everyone who has served as committee members, committee chairs or in other ways around key issues. I extend this thanks to the conference convenors who oversaw a highly successful conference in the Gold Coast in November.

To the current Board of Dr Dan Exeter, Dr Corey Cunningham, Dr Rachel Harris, Dr Pip Inge, Dr Cristina Wolters and Mr John Biviano, my sincere thanks for all of your efforts in what has been an extremely busy 12 months.

President Report



DR COREY CUNNINGHAM

ACSEP President

Over the past two years it has been a privilege to serve as President of the College, and I would like to begin by thanking members for the opportunity to hold this role. It has been an important period for the organisation, with significant progress made across several areas that support both our members and the broader recognition of our specialty.

One of the most significant achievements during this time has been the progression of the MRAC work and the final approval of MBS item numbers for members in Australia. This represents a major milestone for the College and an important step in recognising the value and contribution of Sport and Exercise Physicians within the health system.

Throughout the year we have also continued to strengthen relationships with key bodies, including CPMC and CMC, which remain important partners in advancing the interests of our specialty. At the same time, the broader health policy environment has been very active, with numerous government reviews and consultations involving medical specialists. These developments bring increased compliance expectations, but they also provide opportunities for the College to continue advocating for our members and

demonstrating the value of our work.

Engagement with members has remained a priority. The Fellows Dinners held throughout the year have been very successful, providing an opportunity for the President and CEO to connect directly with members and discuss issues affecting the profession. In addition, regular updates have been shared via the ACSEP Rundown to ensure members remain informed about the work of the College.

The 2025 conference has also been a major highlight, attracting the highest number of delegates in the College's history, with more than 200 attendees. Looking ahead, we are excited about the opportunity to partner with Sports Medicine Australia for the conference in Brisbane next October.

I would like to acknowledge and thank the many people who contribute to the success of the College. In particular, I extend our sincere appreciation to our recent CEO, Kate, who has made an enormous contribution over nearly ten years of service. Thanks also to our dedicated staff and Board members. In the President role I have become very aware of the extensive unseen work they do to keep the College functioning and to support our members.

A warm welcome to Sudi, our new CEO, who has considerable experience in the medical / College environment across both Australia and New Zealand. We look forward to the benefits of his experience in advocacy and government engagement to further advance the College's priorities.

Finally, it is my pleasure to congratulate and welcome Dan Exeter as the incoming President. I have every confidence that the College will continue to grow and strengthen under his leadership. It has been an honour to serve the College, and I remain proud of the people who contribute to this organisation and the important work we do together.

CEO Report



SUDI SEKHAR
CEO

It is a privilege to have been appointed as Chief Executive Officer for the College in November 2025. I would like to thank the Board for placing their trust in me and look forward to leading the College through its next chapter.

My first three months have been focussed on understanding the College, and engaging with our members, staff and stakeholders across Australia and New Zealand. The College Conference in November provided a great opportunity to engage with many of our Fellows and Registrars and enabled me to understand the landscape we operate in. I was also to meet with our New Zealand members in Christchurch, Wellington and Auckland, and my conversations gave me a valuable overview of the healthcare landscape in New Zealand. Even in this short period, it has been clear that ACSEP occupies a unique and important place in the health landscape in Australia and New Zealand.

We have continued several important pieces of work during this period and remain actively engaged in discussions around the specialist medical workforce and training in both Australia and New Zealand. The College continues to engage with the Australian Medical Council on accreditation matters and

with the National Health Practitioner Ombudsman on regulatory issues affecting Medical Colleges. We have also made a budget submission seeking funding support for registrar training in Australia and will continue to engage with the Federal Government and Department of Health, Disability and Ageing.

In New Zealand, the College continues to work with the Medical Council of New Zealand and other key bodies to ensure that our Fellows and Registrars are supported within the health system. We are also engaging the with ACC to understand and manage the implications of the new contract in 2027.

We have commenced the development of our next strategic plan. This is a critical piece of work and will help the College focus on key priorities such as member value, quality education and training, improved advocacy and policy impact, and increased long-term financial sustainability. We will reach out to the membership in due course to get your valuable feedback and input before the strategic plan is finalised.

I would like to take this opportunity to thank my Executive Team and the National Office Staff team for their warm welcome and support in these initial months, as well as for their commitment in supporting our members and advancing the work of the College. Likewise, I am grateful to John Biviano for his support in enabling a smooth transition into my role.

While my time with the College has only begun, I am confident that we are well positioned to strengthen our influence and impact within the healthcare sector in Australia and New Zealand. There is significant opportunity for us over the coming years to ensure that Sport and Exercise Medicine is not only respected as a specialty but also recognised as a central part of health and wellbeing in Australia and New Zealand.

NZ Board Representative Report



DR DAN EXETER

NZ Board Representative

It was a privilege to represent New Zealand fellows in 2025. It has been an interesting year for our New Zealand fellows and registrars as we continue to see challenges for the country's wider health system.

ACC remains a key stakeholder for the majority of New Zealand Sport and Exercise Physicians and 2025 saw the state of ACC's fiscal position laid bare. ACC means that New Zealanders are afforded a standard and breadth of state-funded injury care that in many ways is the envy of the world. However this comes as a cost, and those costs have spiralled out of control. This has implications for our New Zealand workforce and there will be changes afoot in 2026 as we prepare for a new

contract in 2027. We watch this space with interest.

2025 also saw us farewell our CEO Kate Simkovic and welcome our new CEO Sudi Sekhar, after a short window when John Biviano kindly stepped into an interim CEO role. Throughout her 10 years as CEO Kate was a huge champion for all things New Zealand and this was widely appreciated by all on this side of the ditch. Sudi has continued in that vein, starting his term with a 'tiki tour' around some of the major centres and I know our Kiwi members are looking forward to having him on board.

2025 also saw us welcome two new NZ fellows, Drs Logan Poloai and Lincoln Wharetohunga and a highlight for all who are present is seeing new fellows recognised at the Gala Dinner. Whilst not an Olympic year, 2025 was still a big year in sport with our fellows involved in campaigns that helped create world champions, set against what was quite a turbulent 12 months in New Zealand elite sport. As we look forward, 2026 will see our fellows support our teams at the Commonwealth Games in Glasgow, the Winter Olympics in Milan Cortina and the Mens' Football World Cup in North America, as well as a host of other major events in other sports.

Finally, thank you to all at National Office and those New Zealand fellows and members who contribute to help further advance the causes of the ACSEP and sport and exercise medicine in general.

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IT HAS BEEN AN INTERESTING YEAR FOR OUR NEW ZEALAND FELLOWS AND REGISTRARS AS WE CONTINUE TO SEE CHALLENGES FOR THE COUNTRY'S WIDER HEALTH SYSTEM



ACSEP Board

The Board are responsible for the organisation's operations and strategy. They ensure that the various functions of the College have what they need to perform by upholding best-practice governance. Providing direction that enables the delivery of quality training and best care for members and their patients is core to the Board remit.



PHIL CALVERT
Chair



DR COREY CUNNINGHAM
President



DR DAN EXETER
NZ Board Representative



DR PIP INGE
Director



DR RACHEL HARRIS
Director



DR SHARON STAY
Director



CRISTINA WOLTERS
Director



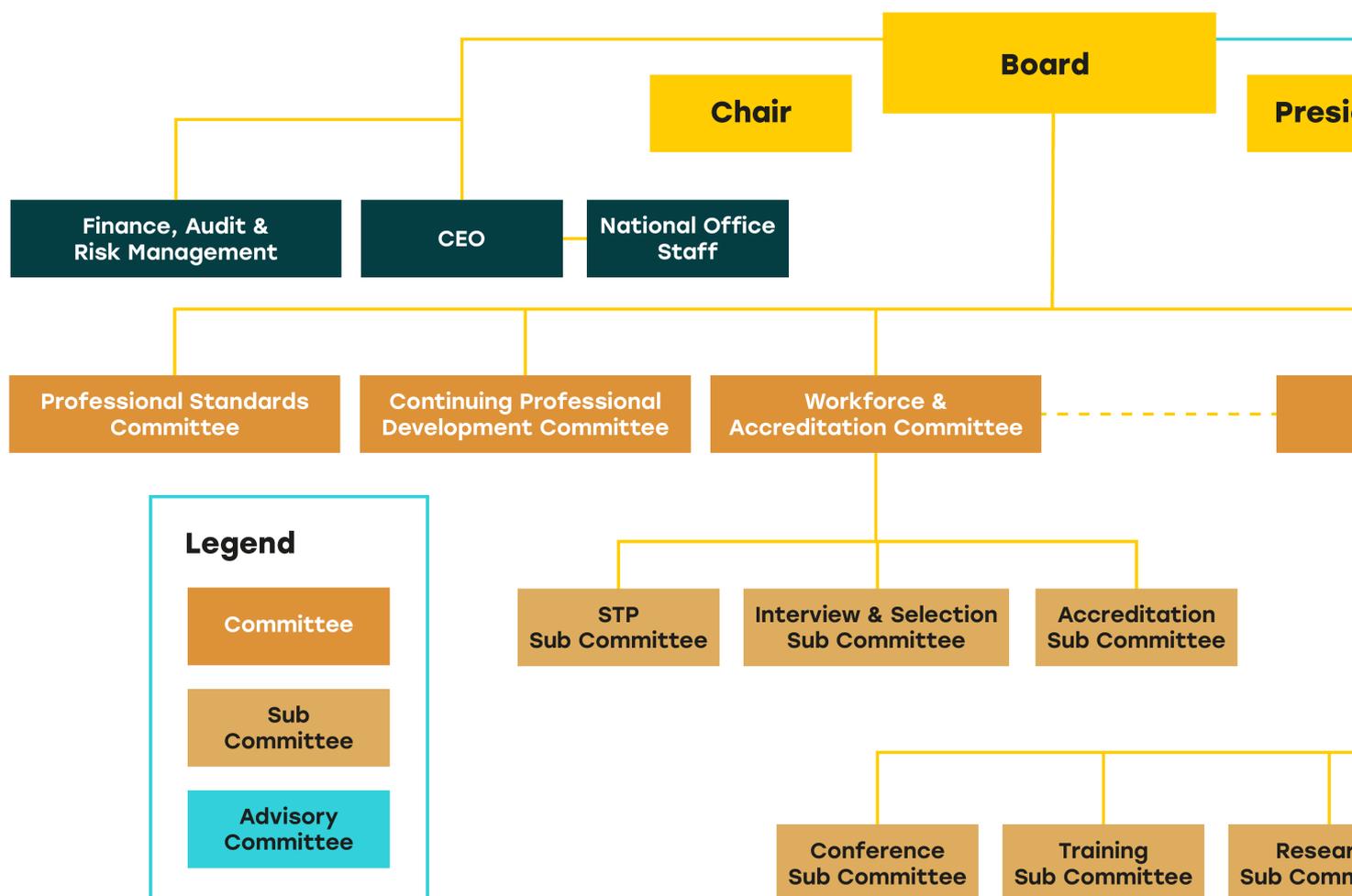
JOHN BIVIANO
Director



DR DANIELLE JOLLY
Registrar Representative

Governance Structure

The College is governed by the ACSEP Board of Directors, led by the Chair and President. As a small and growing College, the ACSEP membership provide invaluable and continued support to the growth and maturation of the College. Under the Board, key committees are chaired by ACSEP Fellows, providing the framework for continued excellence for ACSEP as the leading Australasian authority in Sport and Exercise Medicine. Alongside the ACSEP committees many working groups provide further support within several key areas.



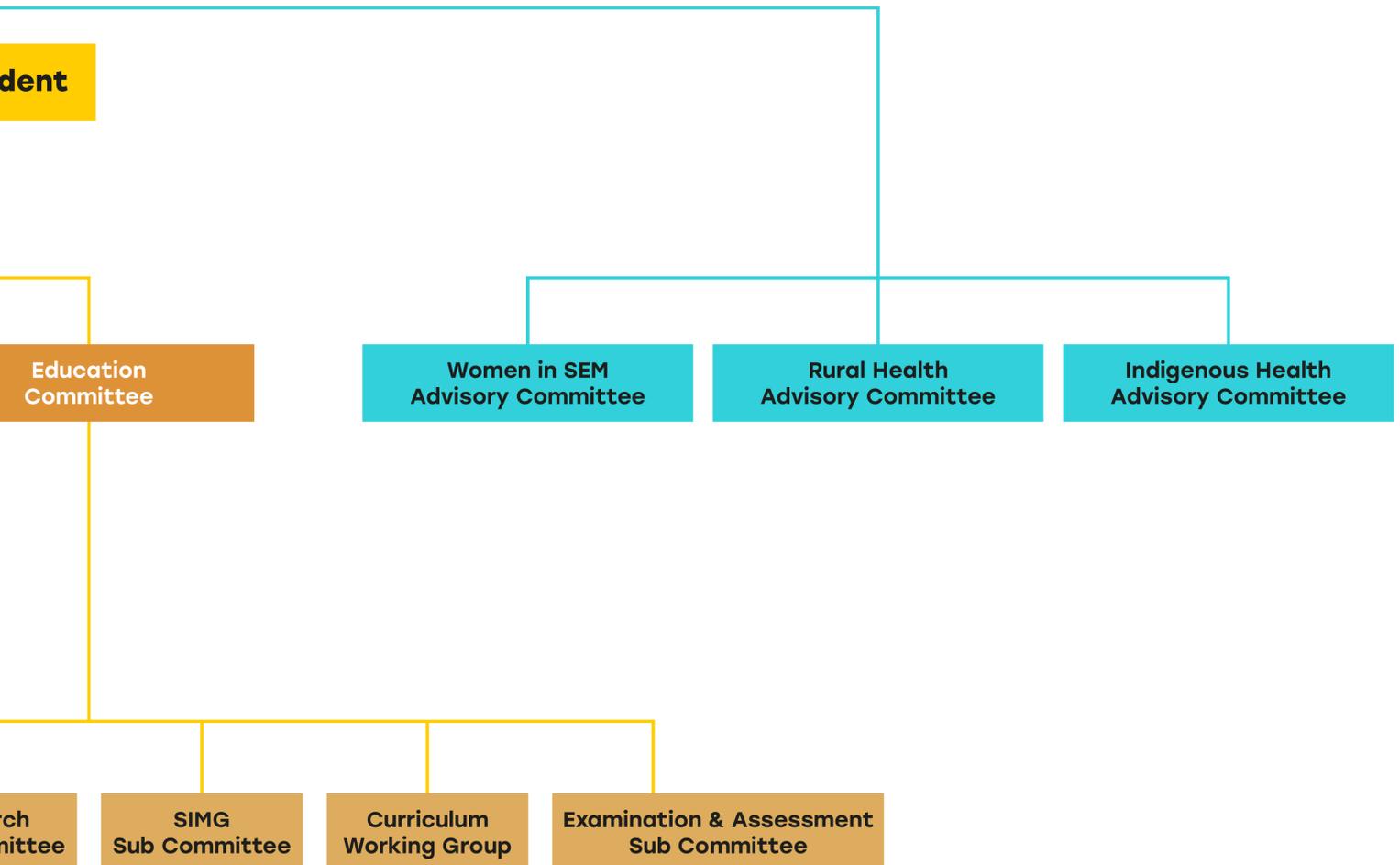


COLLEGE COMMITTEES, SUB COMMITTEES AND ADVISORY COMMITTEES

College Committees, Sub Committees and Advisory Committees support the Board and are composed of members and chaired by Fellows. They all connect the College to on-the-ground experts that offer knowledge and experience in reviewing and making recommendations on key functions of the College and relevant issues in sport and health.

NATIONAL OFFICE

The National Office staff ensure that the operational needs of the College are met. Staff work together with members to provide specific business expertise such as finance, administration, project management, training and accreditation, research and marketing.



Strategic Priorities

Our mission is to identify, set and maintain a standard of excellence in the practice of sport and exercise medicine which will drive best practise with regard to training, standards and research in the speciality.

The five strategic priorities are:

1 MEMBER EXPERIENCE AND ENGAGEMENT

Deliver highly valued services to our Fellows and Trainees that further encourages their active involvement in College initiatives and activities.

2 EDUCATION AND TRAINING EXCELLENCE

Advance the quality practice of Sport and Exercise Medicine through innovation, evidence-based education, training and accreditation.

3 ADVOCACY AND AWARENESS

Promote Sport and Exercise Medicine as a specialist practice, body of knowledge and career.

4 STAKEHOLDERS, PARTNERSHIPS AND ALLIANCES

Develop, sustain and enhance our stakeholder, partnership and alliance relationships.

5 ORGANISATIONAL RESILIENCE

Ensure effective governance, resourcing and investment in our people and processes.



ACSEP Membership

Australia

182 Fellows

64 Registrars

4 CPD Homes

3 Overseas Fellows

39 Associate Members

26 Student Members

30 Retired Fellows

New Zealand

45 Fellows

17 Registrars

New Fellows



EWEN BRADBERRY
3/02/2025



JOHN WARD
3/02/2025



MATTHEW MORGAN
24/03/2025



LOGAN POLOAI
3/10/2025



BONNIE MCRAE
3/10/2025



**LINCOLN
WHARETOHUNGA**
3/10/2025



VICTORIA NORBURY
13/10/2025



HUSAM KHALIL
13/10/2025



SONALI PANDE
21/10/2025 (SIMG)



KATHERINE GRELLMAN
15/05/2025



TANE EUNSON
13/10/2025



JAYATHI ANUPAMA
21/10/2025 (SIMG)





Our Work





ACSEP Committee Members

Committees

EDUCATION COMMITTEE

Chair: Dr Sharron Flahive

Members: Dr Corey Cunningham (President), Dr Bruce Hamilton, Dr Mark Fulcher, Dr Viran De Silva, Dr Simon Kim, Dr Andrew Jowett, Dr Bikram Karmakar, Dr Emma Buckthorpe (Registrar Representative)

WORKFORCE & ACCREDITATION COMMITTEE

Chair: Dr Andrew Jowett

Members: Dr Mark Fulcher, Dr Eloise Matthews, Dr Paul Bloomfield, Dr Viran De Silva, Dr Kira James, Dr Danielle Jolly (Registrar Representative), Dr Rachel Harris

PROFESSIONAL STANDARDS COMMITTEE

Chair: Dr Steve Reid

Members: Dr Michael Jamieson, Dr Kylie Shaw, Dr Tony Page, Dr Lesley Nicol, Dr Brandi Cole, Dr Tom Dixon (External)

CPD COMMITTEE

Chair: Dr Ian Murphy

Members: Dr Krishant Naidu, Dr Nat Anglem, Dr Yaso Kathiravel, Dr Katherine Rae, Dr Craig Panther, Dr Tanusha Cardoso, Dr Sanjeev Krishna (Registrar Representative)

Sub Committees

SPECIALIST TRAINING PROGRAM SUB COMMITTEE

Chair: Kate Simkovic, John Biviano, Sudi Sekhar

Members: Dr Mark Fulcher, Dr Sharron Flahive, Dr David Jefferies

INTERVIEW & SELECTION SUB COMMITTEE

Chair: Dr Eloise Matthews

Members: Dr Kevin Boundy, Dr Rachel Harris, Dr Greg Harris, Dr Yaso Kathiravel, Dr Jonathan King, Dr Donald Kuah, Dr Richard Saw, Dr Scott Janes (Registrar Representative)

ACCREDITATION SUB COMMITTEE

Chair: Dr Paul Bloomfield

Members: Dr Matt Chamberlain, Dr James Lawrence, Dr Leigh Golding, Dr Pip Inge, Dr Jane Taylor, Dr Peter Gilmore (Registrar Representative)

CONFERENCE SUB COMMITTEE

Members: Dr Tim Wood, Dr Neil Stevenson, Dr Luke Eggleston

TRAINING SUB COMMITTEE

Chair: Dr Viran De Silva

Members: Dr Rachel Taylor, Dr Tracy Peters, Dr Paul Annett, Dr Simon Jenkin, Dr Chris Hanna, Dr John Molloy, Dr Jonathon Charlesworth, Dr Andrew McDonald, Dr Samantha Pomroy, Dr Kevyn Hernandez, Dr Chris Hasenkam, Dr Martin Schutte (Registrar Representative)



Advisory Committees

RESEARCH SUB COMMITTEE

Chair: Dr Bruce Hamilton

Members: Dr John Orchard, Dr Mark Fulcher, Dr Justin Paoloni, Dr Jeni Saunders, Dr Kieran Fallon, Dr Ian Murphy, Dr Bikram Karmakar, Dr Mark Wilson, Dr Mark Young

SPECIALIST INTERNATIONAL MEDICAL GRADUATES (SIMG) SUB COMMITTEE

Chair: Dr Mark Fulcher

Members: Dr Ryan Kohler, Dr Tony Page, Dr Omer Gozubuyuk, Dr Matt Chamberlain, Dr Mona Shabghareh

EXAMINATION & ASSESSMENT SUB COMMITTEE

Chair: Dr Simon Kim

Members: Dr Matt Hislop, Dr Paul Blackman, Dr Leesa Huguenin, Dr Tracy Peters, Dr Stuart Armstrong, Dr Larissa Trease, Dr Jacob Jewson

INDIGENOUS HEALTH ADVISORY COMMITTEE

Members: Dr Nat Anglem (Co-Chair), Dr Anika Tiplady, Dr Leigh Golding, Dr Viran de Silva, Dr Sharron Flahive

RURAL HEALTH ADVISORY COMMITTEE

Chair: Dr Kira James

Members: A/Prof Jeni Saunders, Dr Jonathan King, Dr Greg Harris, Dr Adam Castricum, Dr Nathan Luies, Dr Dougal Middleton, Dr Andriy Boyko

WOMEN IN SEM ADVISORY COMMITTEE

Chair: Dr Masi Njawayaya

Members: Dr Brandi Cole, Dr Sharron Flahive, Dr Hilary Grover, Dr Carlee Van Dyk, Dr Katherine Rae, Dr Sarah Beable

Education Committee

The Education Committee is responsible for overseeing the education strategy for ACSEP and regulates and approves all education activities delegated by the Board.

In 2025 we actively implemented the new Organisational Committee structure and terms of reference. Within the new structure we welcomed, as an invitee, the Chair of the new Workforce and Accreditation Committee who provided updates on the development of the initiatives of that group.

The Committee continues to oversee the work being undertaken by the key education areas of the College, considering issues and providing expert advice to members and the Board. In 2025 the Committee remained focussed on the implementation of the updated curriculum, the development of Specialist International Medical Graduate (SIMG) opportunities and benchmarking, education policies and the ongoing work required for the Australian Medical Council accreditation and the National Health Practitioner Ombudsman (NHPO).

A few key areas of note:

- The introduction of an inaugural clinical lead role for the College to provide strategic oversight and guidance for ACSEP's key courses and clinical initiatives, ensuring they align with the needs of both College members and the wider Sport and Exercise Medicine community. The role will also identify and support other clinically relevant initiatives that arise and provide opportunities to advance the work of SEM. We welcome Bikram Karmakar to this role.
- Review of the College Monitoring and Evaluation Framework to assess current data collection, any missing requirements or developments that must be considered and the ongoing needs of the organisation.
- Ongoing assessment of the updated approaches to Registrar education and the stages of training approach,

providing advice on implementation and evaluation to the training Committee.

- Advice and Development of responses to key remaining recommendations of the AMC to ensure the College continues to meet accreditation requirements – these include ensuing robust approaches to the medical components of the training program curriculum and to provide supervisors with meaningful and regular feedback on their performance, including their use of workplace-based assessments and tutorial presentations.
- Oversight of the development of Specialist International Medical Graduate (SIMG) opportunities including increased support for individuals and implementing processes and structures that enable their successful integration into SEM practice.

Thank you as always to all the Fellows and registrar representatives who have taken the time to provide input into the work of the Education Committee. I look forward to assisting with the implementation of an updated College Strategic Direction in 2026 and the next period of Education development for ACSEP.

DR SHARRON FLAHIVE

Education Committee Chair





Workforce & Accreditation Committee

This committee was launched in 2025 to bring together a number of College committee representatives with a combined purpose to provide strategic leadership for the College in accreditation, workforce planning and registrar placements to support the development of the SEM specialty.

I refer to the aims as Quality (Training) and Quantity (Workforce).

It has representation from the SIMG sub committee, the Interview and Selection sub committee, the Accreditation Sub committee, the Rural Health Advisory Committee, the Training Sub Committee, Registrars and ACSEP Board and Executive.

We have held 2 meetings so far and are developing our role over this period, with a priority on generating the important data to guide our advice to the Board whilst supporting the vital work of the committees.

Many thanks to those who contributed to our survey of Fellows regarding training and the benefits and barriers. The results provided valuable feedback and direction for further improvements.

We hope you all support ongoing surveys we will implement through the College on an annual basis to give you a chance for direct College feedback.

At the same time important changes and policy developments have been made to accreditation and training policies.

Survey results indicate that funding for training remains a significant and inequitable issue for training in our specialty and that impacts our training positions. Despite this we have enormous support from Fellows and Training Practices who

believe in the development of the specialty. It was so edifying to hear the benefits supervisors gain from their experience with training even when provided for no financial benefit.

A special thanks to Isabelle Schroeder for her work organizing this committee and especially her work with government and regulator relationships which advocates for vital funding via STP and IRTP as well as special projects that have facilitated remote supervision in the regional/rural setting.

Finally if you truly believe in SEM as a specialty we encourage you to engage with training and workforce development for our future.

DR ANDREW JOWETT

Workforce and Accreditation Committee Chair



CPD Committee

2025 was another positive year for the ASCEP CPD programme. Fellows and other members can be confident that the ACSEP CPD home is performing well.

It was the final year of the first triennium under the CPD Homes framework as introduced by the MBA/MCNZ in 2023.

Reassuringly, almost all Fellows were compliant with the requirements during year two of the program, which represented a fantastic collective effort from the Fellowship and the team at National Office. By way of a brief reminder, reporting of non-compliance to the MBA/ MCNZ has become mandatory.

The College's CPD program was subject to follow-up review in 2025 following its audit in 2024, with all but two standards fully met (the others being substantially met). The program is always a work in progress and continues to evolve, subject to regulatory requirements.

The committee membership is stable, and I am grateful to all committee members for their contributions to our discussions. While a stable committee membership is hugely helpful, we are always keen to hear from Fellows who may be interested in joining the Committee. It's a great way to be involved in the inner workings of the College and you can collect some CPD credit for doing so! No prior experience is needed, just a willingness to participate.

Maintaining public trust and confidence in the members of the professional guides the committee's work. This is achieved through ensuring we maintain high standards in terms of the quality of care we provide to the public.

As we enter a new triennium in 2026, a reminder of the key elements -

Please utilise the annual conversation and Professional Development Plan (PDP) to guide your CPD needs for the year ahead. This ensures your skills, knowledge, and professional attributes are fit for purpose in your identified population.

Completing each of health inequities, professionalism and ethical practice activities also now becomes mandatory during the course of the triennium.

Specialist high-level requirements remain unchanged. Fellows are reminded that an Emergency Course relevant to your practice must be completed once in the triennium.

If there are any questions regarding any aspect of the CPD program, consult the manual in the first instance.

Finally, I'd like to thank the amazing staff at National Office (Fernanda Karama and Isabelle Schroeder) for the high-quality work they do and for their support of the Committee and the Fellowship in general.

IAN MURPHY

CPD Committee Chair





Interview & Selection Sub Committee

The Interview and Selection Sub Committee has successfully navigated a year of significant refinement, notably transitioning our referee process from verbal to written-based references. This, alongside policy and process updates, was achieved through the tireless effort of the committee and ACSEP staff, ensuring a fair and smooth selection process.

We were pleased to see consistently high applicant numbers for the 2025 program, reflecting the exceptionally high caliber of junior doctors now seeking our specialty. This success is a testament to the hard work of those who have made ACSEP such a desirable career path. However, this competitive environment presents a challenge in managing limited placement availability. In 2025 there were 12 applicants selected and placed for the 2026 clinical year.

Stepping into the Chair role this year has been a rewarding experience. It is a genuine pleasure to lead such a talented and hardworking group of colleagues. I would like to extend a special thanks to

the committee, fellows who volunteered their time and expertise to assist with our interviews, to Harriet and Millie for doing a fabulous job getting their heads around the process quickly and to Viran for his support this year.

ELOISE MATTHEWS

Interview & Selection Sub Committee Chair



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STEPPING INTO THE CHAIR ROLE THIS YEAR HAS BEEN A REWARDING EXPERIENCE. IT IS A GENUINE PLEASURE TO LEAD SUCH A TALENTED AND HARDWORKING GROUP OF COLLEAGUES.

Accreditation Sub Committee

ACSEP is dedicated to providing registrars with training in safe, supportive, and high-quality environments. To maintain these standards, training practices are required to complete an accreditation process verifying compliance with ACSEP accreditation criteria.

After joining the Accreditation Sub Committee in 2024, I took over the role as a chair of the committee from Pip Inge midway through 2025. We would all like to thank Pip for her fantastic contribution to the committee over the previous 2 years.

There are currently 52 accredited practices across Australia and New Zealand. In 2025 9 practices were re-accredited and 4 new practices were accredited.

The Sub Committee is currently being incorporated into the Workforce and Accreditation Committee but continues to remain responsible for assessing and monitoring ACSEP training sites against the ACSEP Accreditation Standards. The Sub Committee oversees accreditation of new training sites, reaccreditation of training sites, monitoring accredited training sites and policies and procedures relating to accreditation of training sites.

The Accreditation Sub Committee continues to evolve its practices to fulfil the recommendations and requirements being imposed across all medical colleges by the Australian Medical Council (AMC). This process is progressing well with the college meeting requirements outlined in the roadmap for the new accreditation standards and procedures and will be ready to progress through final committee approvals in early 2026 in preparation for the new standards to go live from July 2026. There will be communication to all practices and specific transition planning to support

the practices that will be impacted by the changes in 2026.

I would like to thank the hard work of the ACSEP college staff in managing this process and also the Sub Committee members, and fellows and registrars at the practices being accredited for their efforts and time to ensure this important process takes place smoothly.

PAUL BLOOMFIELD

Accreditation Sub Committee Chair



“
THERE ARE
CURRENTLY 52
ACCREDITED
PRACTICES
ACROSS
AUSTRALIA
AND NEW
ZEALAND.



Training Sub Committee

2025 has been the first full year of the revised Curriculum, with all registrars either transitioning or commencing on the new stage-based system. Registrars will complete a portfolio of work which includes work based assessments, modules and event coverage with completion of each stage's requirements allowing progression to the next stage. Importantly we have uncoupled the fellowship exams with the written exam being a stage 2 requirement and the clinical exam being in stage 3. Over 2025 9 registrars transitioned from stage 1 to 2, whilst 11 registrars transitioned into stage 3.

2025 also saw ongoing work and updates in a few major policies including Managing Registrar Performance and Dismissal of Registrars from the Training Program. I want to thank the Training Sub Committee and Education Committee for their ongoing work in this space. These policies will be finalised in 2026.

On behalf of the Training Sub Committee, I would like to congratulate all who attained their Fellowship in 2025 and wish them luck in their next journey as Fellows of the ACSEP. In 2026 we will welcome 12 new trainees, 3 of whom will be in NZ. Excitingly for the first time we will have

a registrar start their training in the Northern Territory, with the rest of the trainees spread out across Australia.

Finally, I want to thank National Office staff, in particular Harriet Wynne and Millie Yusnadi- O'Donnell who provide the Training Sub Committee and all the registrars with significant administrative support, including assistance with Stage progression, training plans, form submission and importantly coordination of the Tutorial Program.

DR VIRAN DE SILVA

Training Sub Committee Chair



“

I WOULD LIKE TO CONGRATULATE ALL WHO ATTAINED THEIR FELLOWSHIP IN 2025 AND WISH THEM LUCK IN THEIR NEXT JOURNEY AS FELLOWS OF THE ACSEP.”

Research Sub Committee

Research activity by Registrars and Fellows of the College remains an essential component of an effective and sustainable sport and exercise medicine specialty. In 2025 the Research Sub Committee has continued to guide and support Registrars through the research requirements of their training. We continue to be impressed by the scope, quality and volume of research that Registrars produce during their ACSEP training, and this reflects positively on both the individuals and the College as a whole.

The Sub Committee is party to many of the challenges the Registrars face in trying to complete their research, as part of an extensive training programme and while working busy clinical roles. I'd like to thank the members of the Research Sub Committee for their continued efforts to support Registrars navigate the requirements and also thank the Registrars for their patience!

In 2025, with the support of the Board, the Sub Committee has led the development of the ACSEP Research Scholarship. This scholarship has the potential to remove some of the fiscal barriers to research that many Registrars encounter, and I hope that in 2026 we see its inaugural allocation.

Over the last year, the Sub Committee reviewed and updated the College approach to the development of Position Statements on key Sports Medicine topics. This action has enhanced and streamlined the process of Position Statement development, but this remains an active topic for the Sub Committee and the College. Why, how and when the College produces Position Statements remains an interesting conversation, and one in which the Research Sub Committee will continue to engage in 2026.

The Research Sub Committee has been ably supported by Tracy Firth, who has continued to refine internal processes within the National Office and across the research process. Ultimately, these administrative developments have enhanced the Subcommittee's support of Registrars.

The Sub Committee would like to extend our thanks to Dr Brandi Cole, who after several years of support has exited the team. In 2025, we welcomed Fellows Dr Bikram Karmakar, Dr Ian Murphy, and Dr Mark Wilson to the Sub Committee, and Dr Mark Young is joining the team in early 2026.

As we look ahead to 2026, the Sub Committee looks forward to supporting College Registrars through their Research requirements, refining and enhancing our processes, and ensuring that the College leads the world in Sports Medicine training.

DR BRUCE HAMILTON

Research Sub Committee Chair





SIMG Sub Committee

This year the Specialist International Medical Graduate (SIMG) Sub Committee reviewed three new applications and continued to support eight SIMG trainees progressing toward Fellowship. Our core work remains the careful evaluation of each applicant's training, experience, and qualifications to advise the Medical Boards of Australia and New Zealand on comparability with ACSEP standards. This work is detailed, often involving close mapping of international training programmes and assessment frameworks. For those deemed comparable, supervised practice and targeted requirements help ensure readiness for independent practice and eventual Fellowship.

A major development in the broader SIMG environment has been Ahpra's Expedited Specialist Pathway, introduced in late 2024. More than 600 applicants have already applied across the eligible specialties. The pathway aims to streamline registration for overseas-trained doctors with recognised qualifications, requiring six months of supervised practice, cultural safety training, and orientation to the Australian health system. Importantly, this pathway does not always lead to Fellowship of the associated medical college. This presents both risks and opportunities for the ACSEP given that we are a small college. On the one hand there may be an opportunity to add more high-quality fellows, on the other there is a risk that this could create some division. A key challenge for our committee in 2026 will be to define what our expedited pathway might look like. Over the coming year we will benchmark our training and assessment standards to identify substantially comparable programmes and create a transparent and supportive pathway for eligible applicants who wish to pursue ACSEP Fellowship.

There have also been changes to the guidance from the Medical Boards in both New Zealand and Australia relating to how we interpret of equivalence. This has enabled a more nuanced assessment of US-trained Sport and Exercise Medicine physicians, recognising their primary specialty training, fellowship experience, and substantial post-training practice. While this may increase the pool of suitable applicants, all must still complete defined supervised practice and formal assessment before Fellowship can be awarded.

A highlight of 2025 was welcoming two new Fellows via the SIMG pathway, the first since 2023. We congratulate them and look forward to their contributions to the College and our specialty.

DR MARK FULCHER

SIMG Sub Committee Chair



Examination & Assessment Sub Committee

The Examination and Assessment Committee (EAC) oversees the preparation, conduct, marking and determination of competence standards for both the ACSEP Entrance Exam and the Fellowship Exams.

ENTRANCE EXAM

The Entrance exam, held twice a year, assesses knowledge in Anatomy, Physiology, Exercise Physiology and Pathology, using a secure online MCQ format which allows candidates to sit the exam in their home city. Candidates may sit the exam multiple times and retain credit for components previously passed.

A total of 49 candidates sat the Entrance Exam in 2025, a similar number to last year. Of these, 51% successfully completed all components of the exam and were eligible to apply for entry into the Training Program.

ENTRANCE EXAM RESULTS

49

Candidates sat the Entrance Exam in 2025

51%

Pass rate

“

THE EAC ACKNOWLEDGES A GREAT COLLABORATIVE EFFORT FROM COLLEGE FELLOWS AND OUR NATIONAL OFFICE STAFF TO MAKE THE EXAM PROCESS WORK.



FELLOWSHIP EXAM

Candidates who have completed a minimum of 12 months of full-time training in stage 2, and relevant training requirements are eligible to sit the annual Fellowship exam. This comprises a written component (MCQ and SAQ papers) and a clinical exam featuring a complex long case presentation, Viva and a series of short case examinations.

In 2025, 21 candidates sat the MCQ/SAQ papers remotely via a secure weblink, using their own devices, in their home cities. Of these candidates, 94% passed the MCQ and 79% passed the SAQ component.

For the 2025 Clinical Fellowship exam, 23 examiners, 19 candidates and 13 patients assembled in Sydney in September for an extensive day of Exams. The EAC acknowledges a great collaborative effort from College Fellows and our National Office staff to make the exam process work. 100% of candidates passed the Long case and Viva, and 84% passed the Short cases.

Overall, 16 registrars successfully passed all components of the exam in 2025.

Dr. Thomas McWilliams awarded the College Medal for overall excellence across all components of the exam.

21 registrars sat the Fellowship Exams.

16 became new fellows.

Dr. Lari Trease and Dr. Jacob Jewson have joined the experienced and dedicated group of committee members that includes Stu Armstrong, Tracy Peters, Leesa Huguenin, Matt Hislop and Paul Blackman.

DR SIMON KIM

Examination and Assessment Sub Committee Chair

FELLOWSHIP EXAM RESULTS

100%

Passed Long Case

100%

Passed Viva

84%

Passed Short Case

94%

Passed MCQ

79%

Passed SAQ



Rural Health Advisory Committee

The creation of the Rural Health Advisory Committee (RHAC) as part of the ACESP College Committees, marks an important achievement for 2025 and a step forward in the recognition of the great work done by Rural and Regional ACSEP Doctors.

Rural and regional training, in both Australia and New Zealand, is not without its challenges. We may only have a 10-minute drive from home to work, but live and work hundreds or thousands of kilometres from our nearest colleagues. Our priority for 2025 was to assist with the current FATES project on how ACSEP could develop a Rural Training Pathway, alongside our current training. A 2023 Medical Training Survey showed that 78% of trainees working in a rural area are interested in a future in rural practice. It is a work in progress but will encourage more junior doctors to embark on a career in SEM outside of metro/capital cities. This has been an important step reflected as a huge increase in Dr Geoff Thompson Rural Scholarship Applicants in 2025, more than doubling in only 3 years!

DR GEOFF THOMPSON RURAL SCHOLARSHIP APPLICATIONS

2023 = 31

2024 = 30

2025 = 68

14

Fellows working
in MM2-7

7

Registrars working
in MM2-7

RHAC also commissioned a webpage link within ACSEP's homepage highlighting where our known current Rural/regional members work, as well as relevant resources to assist those interested in this area. Visibility is important as many 'assume' SEM is only in metropolitan areas. Our current numbers may be small, and include those who also FIFO regionally, but we are excited to see (and hear) of more ACSEP doctors interested in pursuing the lifestyle of the Regions. We are hopeful next year shows further growth in this area.

I'd personally like to thank the passionate members of RHAC, based all around Australia & New Zealand, for putting their hands up to help give a voice to their Regions.

DR KIRA JAMES

Rural Health Advisory Committee Chair





Women in SEM Advisory Committee

Concluding my term, I reflect on a year where the Women in SEM (WSEM) Advisory Committee delivered practical support and built awareness for change—from the individual to the system level. Our core focus was visibility, workforce sustainability, and professional connection, ensuring our clinicians thrive throughout their careers.

Our annual conference networking event hosted a panel featuring mentor (Lee Brentzell) and mentee (Harriet Brown) from the Minerva Network. Dr Sharron Flahive and I explored how this structured, supportive relationship can mitigate isolation, overcome challenges, and successfully navigate career transitions. We are deeply grateful for LifeHealthcare's continued sponsorship of this event and the WSEM Leadership Scholarship, being awarded in 2026.

A highlight of the ACSEP Conference was the interactive session, "Keeping Talent in the Game: Designing SEM Clinics for Flexibility and Equity" presented by Axis Sports Medicine, addressing common challenges—from parenting to eldercare—through real-world case studies. Practice owners and clinicians gained a practical toolkit to build supportive, future-fit environments that benefit the entire workforce.

This year, we launched our dedicated WSEM webpage, sharing member achievements to inspire and showcase the specialty's flexibility and breadth. Our group remains an active voice in College governance, providing feedback on policy to support members during prolonged leave. Current and past members serve across various committees and the Board, ensuring women's perspectives well represented in leadership.

It has been a privilege to serve. I extend my deepest gratitude to all our members for their dedication, and especially to Dr Masi Njawaya for her partnership as Co-Chair in 2025.

As Masi takes the lead, she brings an energetic, innovative vision to the next phase of WSEM. Her focus on improved communication, visibility, and targeted strategy will be a tremendous asset. I encourage all Fellows and Registrars to share your feedback and consider joining a committee to ensure a diverse range of voices continues to shape our future.

DR NICOLE SLY
Women in SEM Co-Chair



“

**I EXTEND
MY DEEPEST
GRATITUDE
TO ALL OUR
MEMBERS
FOR THEIR
DEDICATION**



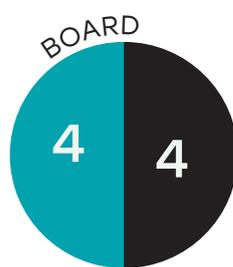
In 2026, we'll build on the momentum of our mentoring event by delivering practical tools and resources that meet your needs head-on. In the 2025 WSEM Survey, you asked for more support with work-life balance, career progression, and navigating male-dominated spaces. Your top priorities included mentorship, sponsorship, leadership development, and local events.

We hear you, and can't wait to show you what's coming!

On behalf of the Advisory Committee, thank you to Nicole and to everyone who champions our WSEM community. Onward and upward!

DR MASI NJAWAYA

Women in SEM Co-Chair



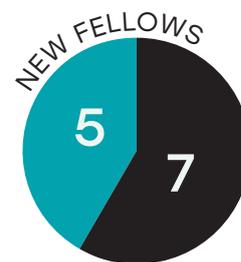
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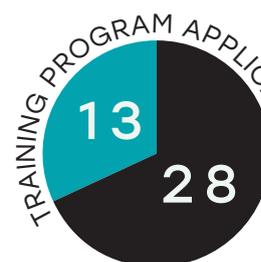
35%



80%



33%



32%

● FEMALE ● MALE

*Includes co-Chair



Learning Modules

OUR WORK



A/PROF DIANA ROBINSON
AM

It is a pleasure to continue to work with the National Office and White Leaf Solutions to create, develop and refresh the online modules for the SEM Academy. This year we have been updating the Nutrition and Sports Pharmacology Academic modules. We aim for the Nutrition Module to be launched in early February and Sports Pharmacology later that month. Content has been updated and rebuilt, to ensure a modern, fresh and interactive experience.

Earlier in 2025, three new short modules, the Menopause module, with content expert Dr Louise Tulloh, the Combat Sports Module, content expert Dr Nic Charalambos and Ultrasound Guided Injections module from Dr David Humphries AOM, were launched. Four updated and modernised Clinical Training Supervisor education modules were also published. These encompass the information a CTS requires regarding the competency-based training program, with tips to improve teaching skills, perform work-based assessments and deal with sticky situations when undertaking training in the clinic.



SEM ACADEMY

EDUCATION

Finally, over the last few years I have been working with the education team from BASEM and am pleased to report that in the next few months we will be launching two modules with content from leading British specialists. The MRI module (Dr James Hamilton, Radiologist) is nearing completion as is the Microbiome and Gut Health (Dr Raj Amarnani, Rheumatologist), which is a fascinating deep dive into how the athletes diet affects their gut microbiome, and explores evidence on how the microbiome influences inflammatory arthritis, bone metabolism, and injury risk.

In 2026 we plan to refresh the Biomechanics and Sports Psychology Academic Modules.

Thank you to the content experts, National Office staff, especially Issy and Sharni, and Kymberleigh Bray and her team at White Leaf Solutions for their support, expertise and teamwork over the past year and look forward to another successful year.



RELEASES 2025

Clinical Training Supervisor
modules x 4
(full review and update)

Combat Sports

Menopause

Ultrasound Guided Injections

NEW IN 2026

Nutrition for Sport and
Exercise Medicine -
live Feb '26
(full review and update)

Sports Pharmacology -
live Feb '26
(full review and update)

Upcoming

The Gut Microbiome & Joint
Health (BASEM)

MRI (BASEM)

Teaching in the Clinical Setting
(BASEM)

Biomechanics for Sports
Medicine
(full review and update)

Sports Psychology
(full review and update)



academy
BY ACSEP

Outside of our SEM Academy module development, 'Preparing for the ACSEP Fellowship Examination' was released during 2025, written by Dr Louise Tulloh in conjunction with Luke Major and Tracy Firth.

TOP MEMBER LOCATIONS

Australia

UK

NZ

South Africa

Ireland

Canada

USA

Our Events





2025 ACSEP ANNUAL SCIENTIFIC CONFERENCE

Conference Convenors



LUKE EGGLESTON



NEIL STEVENSON



TIM WOOD



The 2025 Annual Scientific Conference of the Australasian College of Sport and Exercise Physicians was held at the Langham Hotel on the Gold Coast, with the main scientific programme from 13th to 15th November.

Earlier in the week, the registrars had gathered for their one-day conference, and workshops including a MOST course and musculoskeletal ultrasound had taken place.

This year, the conference theme was the future of sport and exercise medicine with an emphasis on artificial intelligence and how this would impact our clinical practices. The scientific committee put together a programme that was designed to engage, stimulate and educate the audience. We also utilised Mentimeter for the first time allowing greater audience participation and immediate feedback to questions posed by the speakers.

The annual conference is a critically important event each year bringing together sport and exercise physicians from around Australia and New Zealand and an opportunity for younger members of the college to meet and mix with the older Fellows and vice versa.

After a memorable welcome to country listening to the unique Australian sounds through a didgeridoo, the Vince Higgins lecture was delivered by Dr Tom Kelly, co-founder of Heidi Health, one of the medical AI scribes available in Australia. He charted the journey of the genesis of this company whilst he was a vascular surgical registrar through to its launch in 2021. He gave us invaluable insight into the future of AI with the aim of freeing up more time for the doctor and enhancing the patient experience and clinical outcome.

Tracey Plunkett from Avant, then in her own words became the 'party pooper', discussing the potential pitfalls of using AI





in medical practice. Overall, both these sessions provided a greater understanding into how AI will shape our practices in the years to come as well as currently.

David Humphries then gave us a comprehensive overview of the science and evidence behind peptides which are frequently brought up by patients in many consultations around Australia and New Zealand. Some of the statistics were quite disturbing, in particular that 25% of the peptides tested had no peptides in them at all. Everyone went away feeling much better equipped to handle questions from their patients.

Dr Christina Yang, a local endocrinologist, gave us an overview of the current guidelines and treatment of osteoporosis, followed by Paul Mason providing his concerns around weight loss drugs.

After lunch, Dr Sarah Warby, a shoulder physiotherapist from Melbourne and Andrew McBride, a Gold Coast orthopaedic surgeon, along with Greg Hoy, gave their insights into posterior shoulder instability, which continues to be misunderstood, misdiagnosed, and mistreated. The academic programme was rounded out by an overview of where stem cells are currently at in the management of osteoarthritis. Disappointingly little progress seems to have been made over the last ten years. The college AGM closed the day before we enjoyed gathering for the women in sport and exercise medicine and welcome functions.

Friday opened with Dr Tom Hill and Alex Kountouris providing a summary of the current management of lumbar pars stress fractures which continue to provide challenges for many practitioners in the audience.

Axis Sports Medicine and the Women in Sport Exercise committee put together a thought provoking session on providing an optimal workplace where clinicians can thrive through all stages of their career.



We were delighted that Dr Ross Walker was able to entertain us with his overview of integrated medicine with a focus on his speciality, cardiology. Many members of the audience had not been exposed to integrative medicine, and this session received a lot of positive feedback.

Dr Anthony Klarica presented a workshop on the performance mindset for sports medicine professionals. Anthony has written a book on this topic after a long and illustrious career in sports psychology dealing with a number of elite athletes and teams.

Friday afternoon's programme was composed of Tom Cross discussing his ACL bracing protocol and a number of free papers including the registrar presentations which were of exceptional quality and content.

The final day kicked off with Dr Robinson discussing her work on the climate change health college working group, followed by three highly informative talks by Matt Chamberlain, Dan Bates and Jason Lam on the challenges and complexities of managing patients with Ehlers-Danlos and hypermobility syndromes.

The five-minute five slide session was entertaining as usual, followed by a high quality free paper from Wesley Plange, a final year medical student, looking at creatine and its possible role in concussion management.

Dr John Best and his colleagues ran an engaging workshop discussing providing an optimal clinical consultation by understanding the art of medical care and the nuances that underpin it.

In the final session before lunch Hugh Seward discussed possible alternative career options that sport and exercise physicians can consider using videos and

in-person interviews with a number of Fellows across many arenas. At the end of the session delegates voted on their preferred conference format with 8% preferring stand-alone every year, 24% with SMA/SMNZ every 2nd year and the majority preferring every 4th year – 68%.

The conference finished in the afternoon with the delegates rotating between three workshops looking at genicular nerve ablation therapy (Luke Eggleston), exercise-induced leg pain (Matt Hislop) and management of lower limb tendinopathies from Ebony Rio. All were very positively received.

The black tie gala dinner on the Saturday night is always a memorable event. Sharron Flahive did an excellent job as MC. We celebrated the thirteen registrars who were inducted into their Fellowship, with a special tribute to outgoing CEO Kate Simkovic as well as retiring Fellow Grace Bryant.

On behalf of the scientific committee, I would like to thank all the speakers who so generously gave up their time to share their knowledge. Many delegates commented that it had been the best conference they had attended in many years and the official conference feedback questionnaire reflected this as well.

I would like to acknowledge and thank Sharni Failla for her invaluable support and the National Office and Greg Vickers for organising such a successful conference with record numbers attending contributing to a substantial profit for the college.

We look forward to gathering in Brisbane in late October 2026.





OUR PEOPLE



2025 College Awards & Scholarships

A huge congratulations to all of our 2025 College Award winners.

Tom McWilliams

COLLEGE MEDAL

Kylie Shaw

TRAINING SUPERVISOR AWARD

Bronwyn Anderson

REGISTRAR PRESENTATION AWARD

Will Stockley

DR GEOFF THOMPSON AM RURAL SCHOLARSHIP

Osita Isichei

PASIFIKA SCHOLARSHIP

Cooper Page

ABORIGINAL AND TORRES STRAIT ISLAND SCHOLARSHIP

Bailey Lacey-Rameka

MĀORI SCHOLARSHIP

MOST Course

The ACSEP's Management of Sports Trauma (MOST) Course continued to strengthen its impact in 2025, delivering high-quality, hands-on training across five major Australian cities: Adelaide, Brisbane, Sydney, Melbourne and the Gold Coast. With over 100 attendees throughout the year, the course again proved to be an essential component of Sport and Exercise Medicine education, equipping clinicians with the confidence and capability to manage traumatic injuries in sporting environments.

In 2025, the College again partnered with the Queensland Rugby League (QRL), enabling delivery of the MOST Course to QRL doctors and further supporting excellence in medical care across rugby league settings. This collaboration exemplified the course's adaptability and its growing alignment with the needs of sporting organisations nationwide.

Delivered in 2025 by a dedicated group of nine ACSEP Fellows and two Emergency Care Paramedics, the program provided 135 hours of learning, connection and upskilling. Through immersive, scenario-based training, participants refined their skills in acute on-field emergency management, deepened their understanding of treatment rationales, and strengthened their ability to provide safe, effective care across diverse sporting contexts.

The MOST Course also maintained its strong accreditation standing in 2025, recognised by key medical colleges for its high educational value. The program is accredited with the Royal Australian College of General Practitioners (RACGP), the Australasian College for Emergency Medicine (ACEM) and the Australian College of Rural and Remote Medicine (ACRRM), ensuring participants receive endorsed, profession-relevant continuing education. This accreditation underscores the course's rigorous standards and its

importance in upskilling clinicians across primary care, emergency medicine and rural and remote practice.

The MOST Course remains a cornerstone of the ACSEP's educational offerings -fostering capability, confidence and excellence in sports trauma management across Australia, New Zealand, and beyond. Looking ahead to 2026, updates to the MOST Manual are already underway to ensure the program remains the most up-to-date and relevant sports trauma course available, reflecting current best practice and emerging evidence in the field.

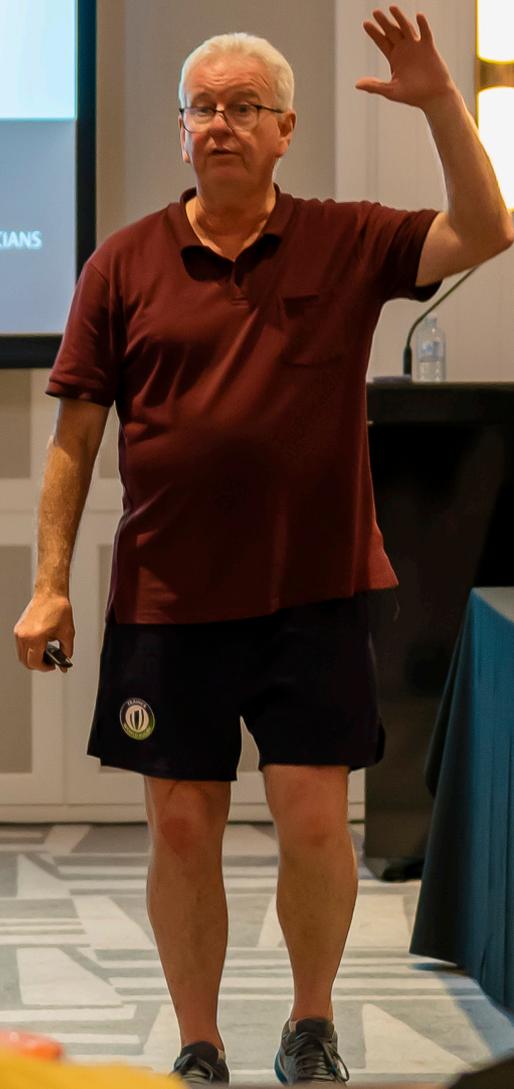




MOST Course: Drugs in Sport



AUSTRALASIAN COLLEGE OF
SPORT AND EXERCISE PHYSICIANS



OUR EVENTS





MSK Ultrasound Workshop

The ACSEP's Musculoskeletal (MSK) Ultrasound Workshop continued delivering a highly successful series of standalone workshops in 2025 that further cemented its status as a premier training opportunity for clinicians seeking to advance their diagnostic and interventional skills.

This year, the workshop expanded across Melbourne, Auckland and the Gold Coast, making education around MSK Ultrasound techniques more accessible than ever. Proudly supported by FujiFilm Sonosite, each workshop offered an exceptional hands-on learning environment enhanced by industry-leading technology.

More than 50 participants from diverse medical and allied health backgrounds took part, all eager to strengthen their capabilities in MSK imaging. The curriculum focused on practical, clinically relevant skills, including:

- Mastery of fundamental MSK ultrasound scanning techniques.
- Practical training in MSK injection techniques, on joints particular to common sport and exercise-related injuries.
- Increased confidence in performing ultrasound-guided injection procedures.
- A deeper understanding of the role of ultrasound in musculoskeletal patient care.

The strong demand and outstanding feedback received throughout 2025 highlight the ongoing importance of advanced MSK ultrasound training. This year's success sets a powerful foundation for continued growth of the course in 2026 and beyond.

Back Pain Workshops

The 2025 Back Pain Workshops, led by Associate Professor Jeni Saunders, were a standout pre-conference event. Delivered over one full day, the program featured two sessions designed to enhance clinical skills in managing back pain.

The Introductory Workshop – Sorting Out Back Pain: Everything You Have Been Afraid of Explained focused on recognising, diagnosing, and treating low back pain. Participants explored lumbar spine, sacroiliac joint, and hip pain—all of which can present as low back, buttock, or leg pain. Attendees left with greater diagnostic confidence and practical strategies for everyday clinical practice.

The Advanced Workshop – Masterclass in Sacroiliac Joint Mechanical Injury, Its Consequences and Co-Existent Pathologies built on this foundation, delving into complex SIJ, lumbar, and hip mechanics, nerve impingements, tendinopathies, and altered muscle function. Participants also examined movement pattern correction and approaches for patients who have failed previous treatments.

Across both sessions, Jeni's expertise offered evidence-based insights and hands-on learning, equipping clinicians with practical tools to confidently assess, diagnose, and manage back pain in a range of patients.

External Events in 2025

In 2025, ACSEP actively participated in key external events, including the National Sports Convention in Melbourne and the AIDA Conference in Sydney.

These forums provided valuable opportunities for the College to engage with a broad spectrum of professionals across sport and exercise medicine, sports science, and related fields. Attendance enabled ACSEP to showcase its leadership and commitment to advancing the discipline, while also gaining fresh insights into emerging trends, innovations, and best practices shaping the industry. Engaging with fellow practitioners, researchers, and stakeholders fostered meaningful networking, strengthened professional relationships, and enhanced collaboration opportunities for the College. These events also offered a platform to raise awareness of ACSEP's programs, advocacy work, and educational initiatives. Overall, participating in these conferences reinforced the College's presence within the national sports and health community, ensuring ACSEP remains at the forefront of developments that impact both the profession and the health outcomes of athletes and the broader community.



OUR EVENTS





Fellows Dinners 2025

The 2025 ACSEP Fellows Dinners offered a memorable opportunity for Fellows to come together across ANZ, celebrating and acknowledging the contributions of the college's leadership. Outgoing CEO Kate Simkovic and outgoing President Corey Cunningham were warmly farewelled, with Fellows expressing gratitude for their longstanding dedication and service.

Over 150 Fellows attended intimate, private dining experiences held in Auckland, Christchurch, Melbourne, Adelaide, Perth, Gold Coast, Brisbane, Sydney, and Canberra. These gatherings provided a special setting for collegial connection, reflection, and appreciation, allowing Fellows to personally thank Kate and Corey for their leadership and commitment to advancing Sport and Exercise Medicine throughout Australia and New Zealand. The dinners highlighted the strength and camaraderie of the ACSEP community.



Our People



Retiring Fellows



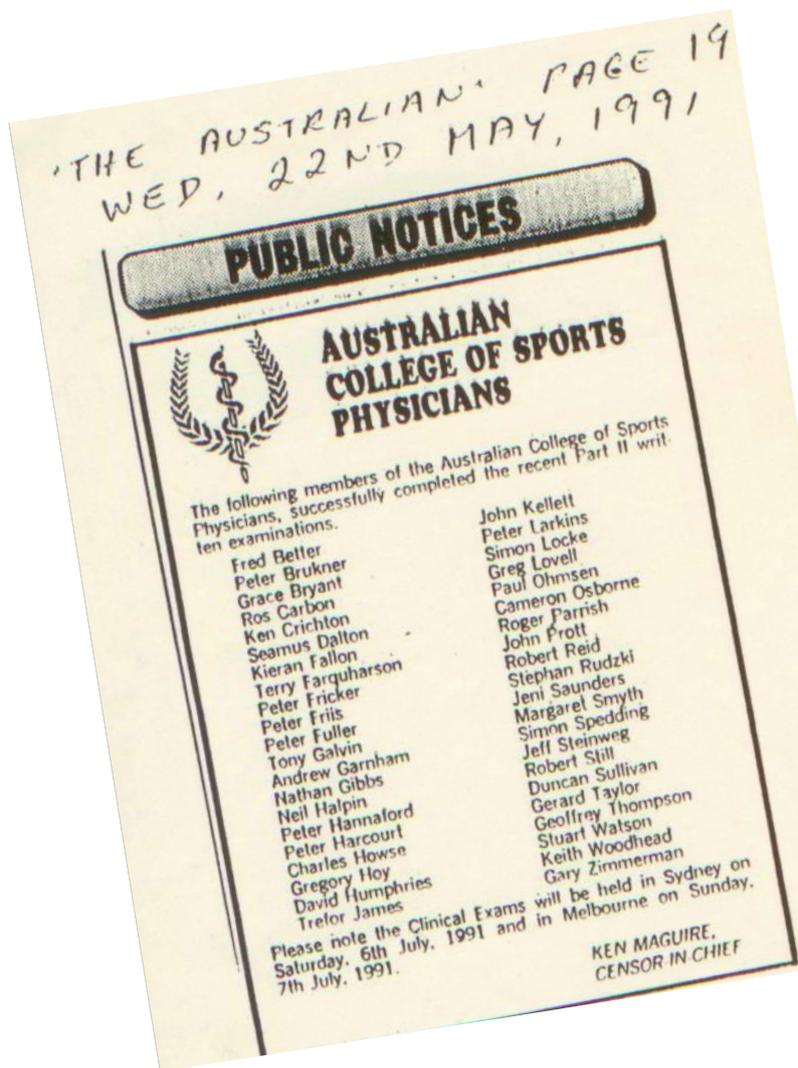
DR GRACE BRYANT OAM
MBBS, Grad Dip Sports Science, FASMF, FACSP
1991-2025

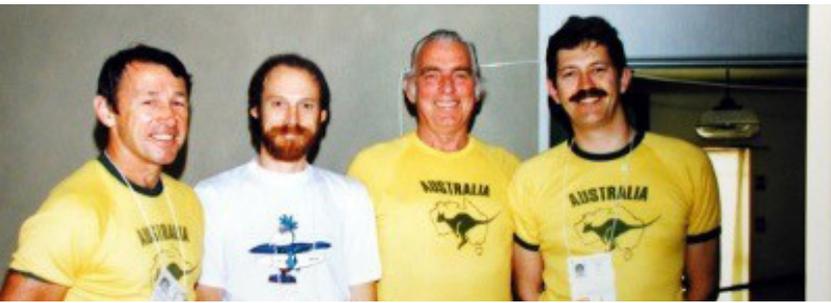


DR PETER FRICKER
FACSEP
1991-2025



DR JOHN LENNARD
M.B.B.S. (Syd), Dip R.A.C.O.G., F.R.A.C.G.P.,
F.A.C.S.E.P., F.F.S.E.M (UK)
-2025





Member Spotlight

BRUCE HAMILTON
FACSEP

OUT WALKING THE
GENES IN SUPPORT
OF HUNTINGTON'S
DISEASE RESEARCH

On October 26, 2024, ACSEP Fellow and Research Sub Committee Chair - Dr Bruce Hamilton, commenced walking the 3000km Te Araroa Trail in New Zealand from Cape Reinga.

The goal of Dr Hamilton's adventure was to raise awareness and money for the Huntington's Disease Association in New Zealand, a Charity that supports research and translation of research for those affected by this disease.

"Sadly and way too young, my father was diagnosed with Huntington's Disease - a tragic condition that insidiously stole his adult life," said Dr Hamilton. Like all those whose parents have Huntington's, I lived with the knowledge that I had a 50% chance of carrying the gene. Getting genetically tested was an emotional

rollercoaster, with lots of false starts, before eventually having the blood drawn and having the coin toss go my way. One of my siblings wasn't so lucky.





A challenging journey both physically and mentally, Bruce was forced to pause his trek after 93 days due to injury (fractured base of the 5th metatarsal for those interested!), but not before completing the entire North Island, heading into the South Island, and taking many opportunities to connect with local communities to spread awareness of Huntington's disease. A mighty effort.

"When I look back, I'm reasonably content, I had an amazing 93 days," Bruce told his social media audience in March 2025.

"The people I've met, the experiences and challenges that I've faced. The beauty in this country that I've seen in the last 3 and half months, it's been incredible. Special shout out to ACSEP Fellows Ben Speedy and Kevin Bell and their families for hosting a smelly traveller along the way!"

"It's been amazing for me to come out and start talking about Huntington's disease. For 40 years I've shared this with very few people and never spoken publicly so I was initially very nervous, but I've been unbelievably flattered by the response from people."

"I ultimately really enjoyed the opportunity to talk to people on and off the trail and to be supported by the Huntington's disease association. This horrid disease affects so many people and their families across generations in New Zealand and I'm very grateful and thankful to all the people who have made amazing contributions. I'm sure it will make a difference to hopefully the translation of research and the support of families."

Along with raising awareness, Bruce has raised over \$17,600 for Huntington's Disease Association (Auckland) Inc and continues to look for ways to assist those impacted.



Member Spotlight

MARK JONES

FACSEP

In July 2025, Dr. Mark Jones received an Asian Football Confederation (AFC) Distinguished Service Award at the AFC Medical Awards in Kuala Lumpur for his dedication and exceptional contribution.

Mark received 'Gold' distinction for 25 years of service across the Men's National Teams and has also been the Socceroos Team Doctor since 2006.



Congratulations on the award you received from the Asian Football Confederation for Distinguished Service – what did that experience mean to you?

It was an honour but also humbling to receive the award.

The AFC have been exemplary in recognising the significant contribution made by medical practitioners to professional athletes and their sporting teams. And I was truly overwhelmed by the large public response to the Football Australia social media post announcing my award, and by the numerous personal messages of congratulations and support that I received.

What influenced you to become a Sports and Exercise Physician?

I had a strong background participating in and watching sport.

My awareness of Sports Medicine was first raised whilst a medical student and watching a Wallabies match live on the television with my Dad and suddenly seeing my surgical tutor appear on the sideline to treat one of the Wallabies players.

As a resident doctor in the mid-eighties, I was introduced to the Balmain Rugby League Team Doctor who allowed me to shadow him on the sideline and in the dressing room for a Season. It was an amazing early learning experience and set me on the path towards a career in Sports Medicine.

I subsequently combined study overseas on the Diploma of Sports Medicine at London Hospital with my love of travel, and from there, amazing opportunities fell into my lap.

What do you enjoy most about what you currently do?

I greatly value the diversity within my role as a Sport and Exercise Physician. I believe our expertise significantly overlaps a wide area of medicine, health and well-being.

Providing medical coverage at the elite team level offers exposure to innovative and cutting-edge sports medicine and performance science, and access to leaders in their respective fields which I find intellectually stimulating. The challenges of working in overseas



environments and high-performance settings adds a dynamic and exciting dimension to my work.

I remind myself every Socceroos match that to stand on the sideline as part of the National Team and sing the National Anthem is an incredibly special privilege and honour bestowed to a lucky few. It always evokes special emotions.

In addition, as a Sport and Exercise Physician, I have the opportunity to help a diversity of patients: recreationally active individuals, weekend warriors, those injured at work, inactive or elderly patients affected by significant musculoskeletal conditions, patients afflicted with chronic illness. Supporting patients in treating their symptoms, restoring function, and ultimately improving their quality of life is deeply satisfying.

Have there been any learnings or challenges that have stood out for you at this stage in your career?

I believe a career in Medicine can be whatever you want to make of it.

Sport and Exercise Medicine encompasses a broad variety of areas beyond the traditional medical role, and I tell medical students and young doctors that your career in Medicine is limited only by your imagination.



Whether we are working for an elite team or sport, or consulting in our medical practices, we must give 100% effort every moment.

And most importantly, your wife and family remain your priority. There is not much point in winning a World Cup but coming home to find an empty house because you neglected your spouse and children. It is important to make our journey in life their journey as well, and ensure we are always “fully present” when we are at home with our loved ones.

What advancements do you expect to see in the future for Sport and Exercise Medicine?

I am not overly technical but would agree with the overwhelming sentiment presently that AI will impact significantly on all occupations and everyone’s life.

Also, there currently appears to be a shift and greater awareness of chronic inflammation as being implicated in the aetiology of many of our diseases. Our College encompasses diverse skills and I believe could play a key role in advocating a holistic approach to practising medicine, advocating lifestyle factors, and enhancing longevity and quality of life.

If you weren’t a doctor, what would you have done?

When young I loved playing guitar and writing and did flirt with the concept of these as potential careers.

But in hindsight, I could not imagine having worked in any occupation other than Sport and Exercise Medicine and wholeheartedly agree when people tell me I have the best job in the world.

On a weekend you can be found...

Spending time with my wife and boys.

Member Spotlight



NATHAN LUIES

FACSEP

What influenced you to become a Sports and Exercise Physician?

I originally trained and worked as a physiotherapist, which sparked my interest in musculoskeletal medicine and injury management.

At the same time, I realised how powerful sport and exercise can be as a vehicle for health, particularly within Aboriginal and Torres Strait Islander communities. Sport often creates connection, identity and engagement with health in ways traditional health systems sometimes struggle to achieve.

Sports and Exercise Medicine sits right at that intersection. It allows me to combine musculoskeletal medicine with the broader role movement and physical activity play in improving health outcomes, whether that's helping an elite athlete return to competition or using sport and exercise as practical tools to improve health in the

community. Being the only Aboriginal Sport and Exercise Physician in Australia has reinforced how important it is to continue opening pathways for others into the specialty.

What do you enjoy most about what you currently do?

The diversity of the work is probably what I enjoy most. I practise in Broome in far north Western Australia and juggle a number of roles; running a private Sports and Exercise Medicine practice at Kimberley Medical Group and a Sports and Exercise Medicine service within the Aboriginal Community Controlled Health sector at Broome Regional Aboriginal Medical Service, in addition to my academic role as Sub-Dean for Indigenous Students at the Rural Clinical School of Western Australia and ongoing involvement in elite sport.

Delivering specialist care in such a geographically isolated area can be challenging but incredibly rewarding, particularly when caring for communities with limited access to specialist services. The remoteness means you often need to think on your feet and develop practical management strategies with the resources available.

At the same time, I still really enjoy being involved in elite and high-performance sport, working across AFL and the rugby codes. Moving between community medicine in the Kimberley and elite sport settings means the job rarely looks the same from one week to the next.

Have there been any learnings or challenges that have stood out for you at this stage in your career?

Running a Sports and Exercise Medicine service in remote Western Australia has



certainly provided plenty of learning opportunities. Practising in Broome often means running clinics largely solo, without the immediate network of specialist colleagues you might find in metropolitan centres.

Working within the Aboriginal Community Controlled Health sector and remote communities is also not a traditional setting for many SEM physicians, but it highlights the important role the specialty can play in rural and Indigenous health.

My training pathway also included being the first Aboriginal trainee within a relatively small specialist college, which came with some unique challenges. It reinforced the importance of mentorship, supportive training environments and continuing to develop clearer pathways for trainees from diverse backgrounds entering specialist medicine.

What advancements do you expect to see in the future for Sport and Exercise Medicine?

The “exercise medicine” side of the specialty is becoming increasingly important. There is growing recognition

that physical activity is one of the most powerful interventions we have for preventing and managing chronic disease.

As this evidence continues to grow, I expect SEM physicians will play a larger role within the broader healthcare system, including greater integration into hospital and public health settings. Helping people move more and stay active may ultimately be one of the most important contributions our specialty makes to the future of healthcare.

If you weren't a doctor, what would you have done?

Before studying medicine I trained and worked as a physiotherapist, so there's a good chance I would have stayed in that world, probably working in sport or musculoskeletal practice. I'm also deeply passionate about Indigenous health, so I suspect my work would still have taken me into that space in some form.

Outside of healthcare I have a strong interest in food, cooking and wine. In another life I could easily see myself working as a chef or making wine – ideally somewhere with a vineyard, a wood-fired oven and a very relaxed approach to long lunches.

On a weekend you can be found...

Because I live in a very remote part of Australia but still work in elite and high-performance sport environments, I travel regularly to maintain those roles and keep those skills current. Broome is a long way from everywhere in Australia, so there are plenty of kilometres and airport lounges involved.

In many ways it ends up being a bit like FIFO life as a sports physician. Weekends are usually a chance to get back outdoors, cook something decent and spend time on Country; which is a pretty good reset after a week of various clinics, travel and airports.



Member Spotlight



EMMA BUCKTHORPE

ACSEP Registrar

What influenced you to enter Sports and Exercise Medicine training?

Many things. Similar to many, I loved the idea of being a part of a sports team - having had no sporting talent of my own growing up it's amazing to be able to be a part of that environment. I really loved the flexibility and variety that I could see in SEM which was so unique compared to hospital medicine. Not to mention I am inherently really passionate about keeping fit and active myself and I love the practical approach we get to take to keep patients moving and active.

What do you enjoy most about what you currently do?

My favourite work by far is working with young athletes. I have been fortunate to work in talent/junior pathways in AFL, Rowing Australia and Tennis Australia and I find it incredibly rewarding.

Have there been any learnings or challenges that have stood out for you at this stage in your career?

My biggest challenges have definitely been from overseas travel. The skills which are required there are so far away from any hospital medical training which means the learning curve is super steep. Learning to think on your feet, make practical decisions with limited resources and communicate to all invested parties is something I'm still developing. That said, it is such a privileged part of our job so I look forward to getting better as I do (hopefully) a lot more team travel.

What advancements do you expect to see in the future for Sport and Exercise Medicine?

I expect to see it be a field which is more recognised and appreciated by our medical colleagues. I see how much work the board and college is doing to make this happen and I would love to see more referrals from our hospital colleagues. I also am fascinated by the work Kira James is doing in a public hospital setting and would love to see this become more widespread.

If you weren't a doctor, what would you have done?

I would have been a lawyer and I think I would be a much more stressed person!

On a weekend you can be found...

Currently studying! But after exams I look forward to getting back to my favourite local Run Club, taking weekend trips away and spending time by the footy field without rushing off back to my textbooks!



Member Spotlight



PETER HARCOURT
FACSEP

What influenced you to become a Sports and Exercise Physician?

Love of sport and an opportunity presented by SMA to learn about sports medicine when I was setting up a general practice. Quickly the general practice got overrun by the need for greater time devoted to sports medicine.

What do you enjoy most about what you currently do?

Working with people and sporting organisations to make sport safer for athletes. Working with other healthcare practitioners in the industry.

Have there been any learnings or challenges that have stood out for you at this stage in your career?

Sports medicine is a constant challenge because you are always dealing with an evolving area and new insights and

knowledge. The key is to have an open mind and embrace change and the challenge of what can appear to be insurmountable problems.

What advancements do you expect to see in the future for Sport and Exercise Medicine?

A greater focus on prevention and the management of mild brain injury.

If you weren't a doctor, what would you have done?

Artist!

On a weekend you can be found...

Working on my garden.





Our Influence



Online Community

We continued to build momentum in 2025 across our key online communication channels, utilising our presence across key social media channels to amplify awareness of our College, our specialty, our people and our impact.

We saw strong year on year growth on the two social media channels we leaned most heavily into - LinkedIn (19% growth YoY) (181k impressions in 2025) as well as Instagram (+16.5% growth YoY) (58.7k views in 2025).

Both LinkedIn and Instagram have given us a great opportunity to re-share and bring a broader audience to content created by our members and partners, with the aim of building community and member engagement.

Significant effort was taken to optimise the ASCEP Annual Scientific Conference lead-up and event content leading to a record-breaking month for social media awareness overall, with more than 50 unique pieces of content created and shared. The content reach and awareness for November 2025 was more than 60k combined views across our social media channels.

STATS



X Followers:
2.8k



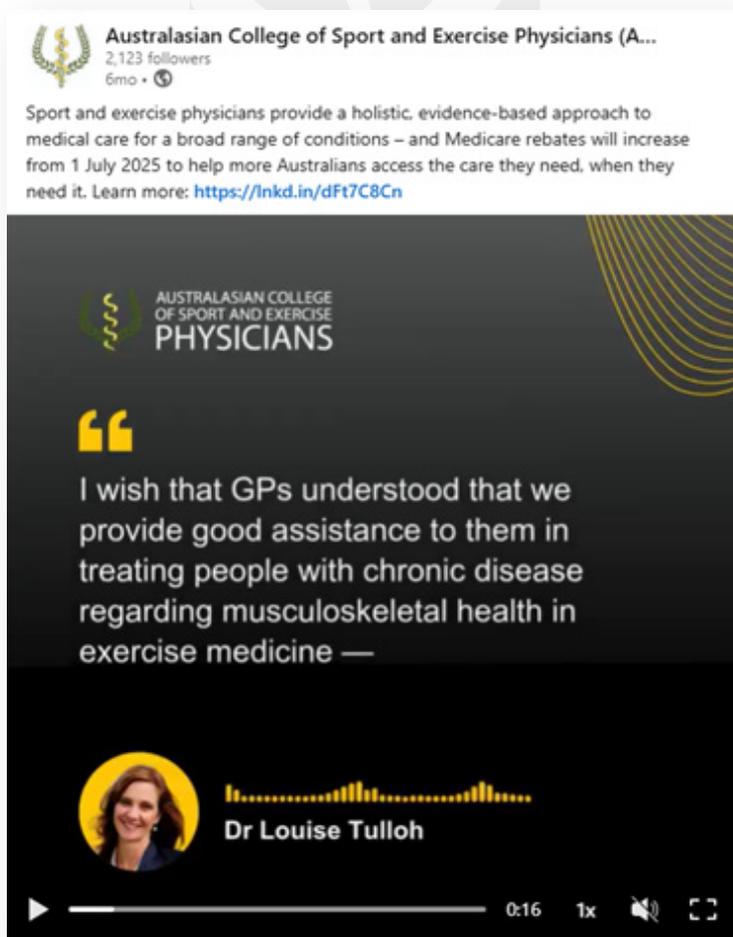
Facebook Followers:
2k



LinkedIn Followers:
2.1k



Instagram Followers:
834





Australasian College of Sport and Exercise Physicians (A...

2,123 followers
1mo • 🌐

Congratulations to those who were officially welcomed as new Fellows at the 2025 ACSEP Gala Dinner!

It was a wonderful evening and opportunity to recognise and celebrate their hard work, dedication and achievements through training.

The outstanding calibre of our new Fellows strengthens the College in many ways and ensures a bright future for ACSEP.



👍❤️ Sudi Sekhar MBA, GAICD and 131 others

16 comments • 3 reposts



Australasian College of Sport and Exercise Physicians (A...

2,123 followers
11mo • 🌐

Congratulations to Dr. Peter Brukner, our 2025 VIC Senior Australian of the Year! Dr. Brukner recently attended the National Awards Ceremony in Canberra—a four-day extravaganza filled with inspiring moments, meaningful connections, and a true celebration of Australia's spirit.

Swipe through these photos to see some highlights from each day, and to dive into the full story behind these moments from Dr. Brukner, click here

👉 <https://lnkd.in/gwEgFr2i>

Join us in celebrating his outstanding achievement! 🎉



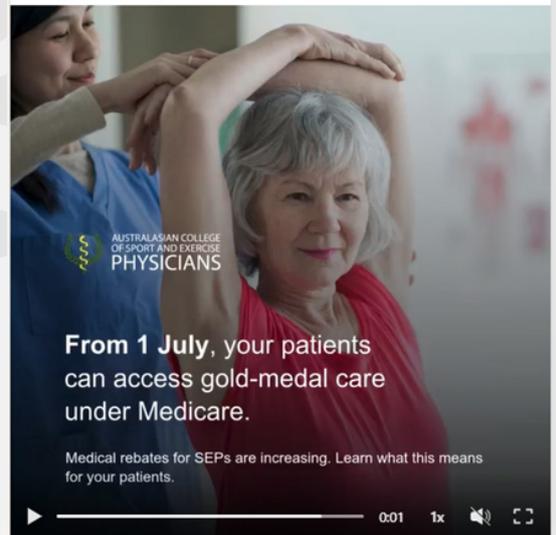
Australasian College of Sport and Exercise Physicians (A...

2,123 followers
7mo • 🌐

From 1 July 2025, your patients can access gold-medal care with higher Medicare rebates. Sport and exercise physicians (SEPs) provide expert, evidence-based care for a wide range of conditions – from chronic pain and musculoskeletal issues to mental health, menopause, cancer recovery, and more.

Thanks to ACSEP's advocacy, Medicare rebates for SEP consultations are increasing, helping reduce financial barriers and making this care more accessible to those who need it.

Learn more: <https://lnkd.in/d/f7C8Cn>



From 1 July, your patients can access gold-medal care under Medicare.

Medical rebates for SEPs are increasing. Learn what this means for your patients.



acsep_

acsep_ A wonderful evening last night at our Women in SEM Conference event, supported by LifeHealthcare.

This year's theme was 'Igniting Potential: Mentorship in Practice' and saw Dr Sharron Flahive and Dr Nicole Sly interviewing a Mentor, Lee Brentzell and Mentee, Harriet Brown from the Minerva Network. It was a great opportunity to connect, network and celebrate.

📸: A snapshot of all the action captured by @onebyone.media

👤 carleevandyk Thanks to everyone who laughed at my jokes (me) 🙄

👤 4 likes Reply

— View replies (1)

View insights

Boost post



👍 Liked by onebyone.media and 25 others
November 14, 2025

🗨️ Add a comment...

Post



Our Financials



Australasian College of Sport and Exercise Physicians

ABN 40 003 200 584

Statement of Profit or Loss and Other Comprehensive Income

For the Year Ended 30 June 2025

	Note	2025 \$	2024 \$
Revenue	4	3,547,786	3,395,665
Other income	4	72,496	82,657
Employee benefits expense		(1,095,819)	(1,006,936)
Depreciation and amortisation expense		(86,161)	(87,931)
Administrative Expenses		(207,420)	(229,075)
Association expenses		(70,863)	(68,098)
Program Delivery		(1,779,174)	(1,914,102)
Other expenses		(312,023)	(236,996)
Interest expense related to lease liabilities		(4,034)	(6,991)
Deficit before income tax		64,788	(71,807)
Income tax expense		-	-
Profit from continuing operations		64,788	(71,807)
Deficit for the year		64,788	(71,807)
Other comprehensive income			
Revaluation of financial instruments at FVOCI		12,948	(3,889)
Other comprehensive income for the year, net of tax		12,948	(3,889)
Total comprehensive income for the year		77,736	(75,696)

The accompanying notes form part of these financial statements.



Australasian College of Sport and Exercise Physicians

ABN 40 003 200 584

Statement of Financial Position

As At 30 June 2025

	Note	2025 \$	2024 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	5	1,129,049	621,699
Trade and other receivables	6	37,765	48,374
Other financial assets	7	619,656	582,847
Other assets	10	127,742	110,051
TOTAL CURRENT ASSETS		1,914,212	1,362,971
NON-CURRENT ASSETS			
Trade and other receivables	6	4,640	4,640
Other financial assets	7	508,685	517,745
Plant and equipment	8	16,503	15,123
Intangible assets	9	13,040	40,650
Right-of-use assets	11	31,813	79,533
TOTAL NON-CURRENT ASSETS		574,681	657,691
TOTAL ASSETS		2,488,893	2,020,662
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	12	187,984	212,570
Contract liabilities	13	1,481,713	985,011
Lease liabilities	11	35,968	49,462
Employee benefits	14	81,560	84,125
TOTAL CURRENT LIABILITIES		1,787,225	1,331,168
NON-CURRENT LIABILITIES			
Lease liabilities	11	-	35,968
Employee benefits	14	8,463	16,050
TOTAL NON-CURRENT LIABILITIES		8,463	52,018
TOTAL LIABILITIES		1,795,688	1,383,186
NET ASSETS		693,205	637,476
EQUITY			
Retained earnings		714,203	649,415
Reserves		(20,998)	(11,939)
TOTAL EQUITY		693,205	637,476

The accompanying notes form part of these financial statements.

Australasian College of Sport and Exercise Physicians

ABN 40 003 200 584

Statement of Changes in Equity

For the Year Ended 30 June 2025

2025

	Retained Surpluses	Financial Asset Reserve	Total
	\$	\$	\$
Balance at 1 July 2024	649,415	(11,939)	637,476
Profit for the year	64,788	-	64,788
Total other comprehensive income for the year	-	(9,059)	(9,059)
Balance at 30 June 2025	714,203	(20,998)	693,205

2024

	Retained Surpluses	Financial Asset Reserve	Total
	\$	\$	\$
Balance at 1 July 2023	721,222	(8,050)	713,172
Deficit for the year	(71,807)	-	(71,807)
Total other comprehensive income for the year	-	(3,889)	(3,889)
Balance at 30 June 2024	649,415	(11,939)	637,476

The accompanying notes form part of these financial statements.





AUSTRALASIAN COLLEGE OF
SPORT AND EXERCISE PHYSICIANS

ACSEP Annual Report

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