



# “Looking after Brain Health playing sport”

How should clubs address sports-related concussion

## A/Prof Alan Pearce

Dr Alan Pearce is an Associate Professor at in the Department of Rehabilitation, Nutrition and Sport at La Trobe University, and an Adjunct Senior Research Fellow in the Melbourne School of Health Sciences at The University of Melbourne.

Dr Alan Pearce has a keen interest in understanding the mechanisms of sports related concussion. His work has been featured both nationally and internationally, and is a regular media commentator on issues surrounding sports-related concussion with his work as well as in the recent International documentary movie 'Head Games'.

Concussion in sport is a matter that not only affects elite sporting athletes, but is something that happens at all levels of sport, irrespective of age, gender or type of sport. This presentation will discuss this important issue from the perspective of community sport. In particular Dr Alan Pearce will provide what is currently known about the short and long term

effects of concussion, and how to use this information for best practice; mitigating and managing the risks of further injury as well as discussing some ongoing topics/controversies surrounding concussion.

Dr Alan Pearce is a neurophysiologist and his primary research focus is on sports-related concussion. Specifically his research program, involves understanding the activity of the human brain and nervous system following concussion that underpins impairments in memory, attention and fine motor skills. Alan researches the response and recovery following acute concussion, but also the long-term changes in the brain in athletes with a history of concussions on the field.

Alan has over 20 years' experience in researching the activity of the brain to understand both positive and negative changes in the brain (plasticity) not only with concussion and brain injury, but also following muscular injury, balance disorders, as well as applied exercise science interventions and neuromuscular rehabilitation.



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## EVENT CONTACT DETAILS

Date: Thursday 19<sup>th</sup> October 2017

Time: 5:30pm -6:30pm

Venue:

The University of Melbourne  
Department of Rural Health  
49 Graham St  
Shepparton VIC 3630

Bookings are essential for this free public lecture.

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**Register online at:**

<https://www.trybooking.com/307321>

# BRAIN HEALTH

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PublicLecture

