



Georgia Torres, PhD

National Center Director
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Affiliation

Medical Services Director, Activate Health & Honorary Lecturer, Wits University, Center for Exercise Science and Sports Medicine

Host Institution – South African Sports Medicine Association



The South African Sports Medicine Association (SASMA) is a non-political, non-profit, multidisciplinary professional and scientific society dedicated to the motivation, responses, adaptation and health of people involved in sport and exercise. The objective of SASMA is to promote sport science and sport medicine to benefit the South African community through: arranging local, regional and national meetings of medical professionals, allied health professionals, scientists and educators, implementing educational programs for members and the general public, publication of educational materials, developing informed public statements in areas of concern to SASMA members and the general public, protecting the interests of its members, and encourage research in related fields.

National Center Advisory Board

Affiliation

Georgia Torres, PhD

- Activate Health, Medical Services Director
- Lecturer, Wits University, Center for Exercise Science and Sports Medicine

Christa Janse Van Rensburg, MD, PhD

- Professor, University of Pretoria
- SASMA President and representative to EIMSA

Estelle Watson, PhD

- Senior Lecturer, University of Witwatersrand
- EIMSA Community Health Worker Strategy

Demitri Constantinou, MD

- Director, Center for Exercise Science and Sports Medicine, University of the Witwatersrand
- EIM Academic Curriculum Integration & Accreditation

Lee Archer

- Director, Institute of Fitness Professionals
- EIMSA Health & Fitness Professional Strategy

Leon Lategan, PhD

- Professor, University of Johannesburg
- EIMSA Academic Representative

Sule Burger, MD

- Medical Doctor , Management Consultant for Health Care Practitioners
- EIM Young Doctor Strategy

Samantha Dunbar, MSc	<ul style="list-style-type: none"> Registered Physiotherapist & Company Owner South Africa Physiotherapy Association board representative to EIMSA
Kevin Payne	<ul style="list-style-type: none"> Director, Technogym South Africa EIM SA Corporate Ambassador

2019 Goals

- Increase brand awareness of EIM with South African medical schools and young doctors
 - Introduce EIM accreditation in undergraduate medical education curriculums and incorporate EIM accreditation into all post-graduate Sports Medicine degrees
 - Increase EIM accreditation and training of South African health & fitness professionals
 - Increase brand awareness and implement an EIM solution within corporate wellness programs
 - Implement the EIM solution in a special population within a Vitality Gym
 - Increase the # of South Africa EIM On Campus programs
 - Establish a partnership with the South Africa Physician Association
 - Advocate for Discovery (national health insurance) to reimburse for exercise interventions
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Accomplishments to Date

- Officially joined the EIM Global Health Network in March 2009
 - In 2018, hosted 5 workshops that trained 91 health care providers. To date, have trained 135 health care providers in South Africa
 - In 2018, hosted 4 workshops that trained 16 exercise professionals. To date, have trained 45 exercise professionals in South Africa
 - Implemented the EIM Solution in the Discovery med scheme headquarters gym (2018)
 - EIM-OC at Wits University Discovery Medical Scheme Pilot study started to implement EIM solution within a med scheme
 - Hosted educational webinars every 2 months as part of young doctors strategy (2018)
 - Established and marketed first phase of integration of EIM accreditation into undergrad medical curriculum at Wits University (2018)
 - Completed an EIM accreditation course at the Biokinetic South African conference
 - Launched personal training sessions via accredited person trainers for the first time in May 2016 BASA and Physiotherapy Society joining EIM as professional bodies (2015)
 - EIM pre-conference symposium at the PASHDA conference in Mozambique (April 2014)
 - Completed an EIM accreditation course at the SASMA Congress (2013 & 2015) and the Biokinetic South African Conference (2016)
 - Launched EIM (SA) online accreditation course for Health Care Providers (2016)
 - Launched personal training sessions via accredited Personal Trainers in May 2016
 - BASA and South African Society of Physiotherapy (SASP) joined EIM (2015)
 - EIM pre-conference symposium at the PASHDA conference in Mozambique (April 2014)
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