



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

Maggie Da Silva

- Biokineticist
- Focus: Represents Biokinetics Association of South Africa

Demitri Constantinou, MD

- Director, Centre for Exercise Science and Sports Medicine, University of the Witwatersrand
- Focus: EIM implementation in undergraduate medical education curriculum

Lee Archer

- Director, Director, FitPro Health Education
- Focus: Promotion of EIM accreditation courses

Samantha Dunbar, MSc

- Registered Physiotherapist & Company Owner
- Focus: South Africa Physiotherapy Association board representative to EIMSA

Kevin Payne

- Director, Penta Systems (Technogym South Africa)
- Focus: EIM South Africa Corporate Ambassador

Natalia Neophytou

- Bioneticist, Wits University
- Focus: Growth of EIM On Campus in South Africa

2021 Goals

- Increasing brand awareness of EIM with South African medical schools and young doctors
 - Introducing EIM into further undergraduate medical education curriculums
 - Incorporating EIM accreditation into all post-graduate Sports Medicine degrees
 - Increasing the EIM training and accreditation of South African health & fitness professionals
 - Increasing brand awareness of EIM as a part of corporate wellness programs
 - Forming a partnership with South African government to increase the use of community health workers to promote physical activity
 - 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
 - Since 2018, hosted 11 workshops training 185+ healthcare providers and 7 workshops training 57 exercise professionals
 - Now developing an online version of training programs (2020)
 - Implemented the EIM Solution in the Discovery med scheme headquarters gym (2018)
 - Integrated physical activity referral into Wits University campus health flow (2020)
 - Started a collaborative project with Healthworks (a medical practice chain) to implement the PAVS and referral to physical activity (2020)
 - Working with the City of Johannesburg to train community health workers to promote physical activity across all seven health regions with long-term goal of developing a standardized training programme (2019)
 - 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), with physical activity being added to all years of undergraduate medical school in 2019
 - 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) On-line accreditation course for Health Care Providers (2016)
 - Launched personal training sessions via accredited Personal Trainers (May 2016)
 - Coordinated an EIM pre-conference symposium at the PASHDA conference in Mozambique (April 2014)
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