

EIM South Africa



Georgia Torres, Ph.D.

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, Ph.D.	<ul style="list-style-type: none"> • Activate Health, Medical Services Director • Senior Lecturer, Center for Exercise Science and Sports Medicine, University of the Witwatersrand
Maggie Turkovic	<ul style="list-style-type: none"> • Biokineticist • Representative, Biokinetics Association of South Africa
Demitri Constantinou, M.D.	<ul style="list-style-type: none"> • Director, Centre for Exercise Science and Sports Medicine, University of the Witwatersrand • Focus: EIM implementation in undergraduate medical education curriculum
Lee Archer	<ul style="list-style-type: none"> • Director, Director, FitPro Health Education • Focus: Education & promotion of EIM accreditation courses
Samantha Dunbar, M.Sc.	<ul style="list-style-type: none"> • Registered Physiotherapist & Company Owner • Representative, South Africa Physiotherapy Association
Kevin Payne	<ul style="list-style-type: none"> • Director, Penta Systems (Technogym South Africa) • Focus: EIM South Africa Corporate Ambassador
Natalia Neophytou	<ul style="list-style-type: none"> • Biokineticist, Center for Exercise Science and Sports Medicine, University of the Witwatersrand • Focus: EIM On Campus in South Africa

2023 Goals

- Increase 'household' awareness of EIM name within the health and wellness realm
 - Connecting sports medicine and exercise science specialists at top universities to share the EIM OC experience at Wits University and explain the ease of starting/registering an EIM OC program
 - Make EIM SA accreditation a desired and mandatory certification within health and fitness professional education
 - Create a registry of accredited exercise professionals that is available via a mobile phone application for physical activity referrals
 - Integrate an EIM curriculum as a core part of medical education and as a standard of care for primary health practitioners
 - Increasing the business footprint of EIM in South Africa
 - Increase the EIM training and accreditation of South African health & fitness professionals
 - Invite key policy and national association officials to serve on the EIM SA advisory board to enhance the national footprint of EIM SA
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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
 - Beginning in 2022, offered an online version of training program to 34 healthcare providers and 75 health and fitness professionals
 - Started a project with National Health Centres to implement physical activity assessment and referral into their clinical settings (2022)
 - Established 1st phase of integrating EIM into undergrad medical curriculum at Wits University (2018). Physical activity added to all years of undergraduate medical school (2019) with a resulting research study started in 2022
 - Working with Biokinetics Association of SA to get all of their biokineticists EIM certified (2021)
 - 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 resources (2020)
 - Trained community health workers to promote physical activity in all seven health regions in the city of Johannesburg (2019)
 - Implemented the EIM Solution in the Discovery med scheme headquarters gym (2018)
 - Hosted educational webinars every two months as part of young doctors strategy (2018)
 - Completed an EIM accreditation course at the Biokinetic South African conference
 - Launched personal training sessions via accredited personal trainers for the first time in May 2016
 - Conducted EIM accreditation courses 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 (2016)
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is Medicine[®]
South Africa**