

“ALL THE WORLD’S A STAGE, AND ALL THE MEN AND WOMEN MERELY PLAYERS”

‘As you like it’ – William Shakespeare

DR Megan Gibbons

How we “play” can be seen in the research presented in this edition of *Scope* (Health & Wellness) Activity. The starting point was 2 days of symposia in 2016; the first on High Performance Sport and the second on Health and Wellness. Both of the symposia were designed to engage our local community with world class applied research.

Often, we are looking internationally for the evidence that we mould and shape to fit our local needs. In this edition of *Scope* we guide you through research that is in the main based on population groups in New Zealand. The range of physical activity is on a continuum, which at one end has elite sport and the needs of this group of athletes, at the other end; we have the general public trying to be active. In addition, we have the specific cultural, geographic, social, economic and environmental conditions to consider. The researchers presented in this journal have considered all of these conditions in the application of what they have found and have built a picture of physical activity for their population.

In the world of sport, we examine the development of players from junior level through to elite. Richard Young introduces us to learned personal excellence and how this manifests at the Olympics. Matt Blair discusses how the skills needed to achieve at the elite level come from understanding the physical metrics of players, and the training needs for specific sports. We can also video sport and provide specific feedback to athletes on their performance, the performance of the team and the performance of the other team, Hayden Croft guides us through how this creates integrated learning on the field by using sports analytics. In contrast Simon Middlemas suggests we need to consider the thoughts and feelings of the athletes who are being filmed, particularly when they are young, vulnerable and impressionable.

There are specific needs for our Māori population and a specific stream within the 2nd day of the symposium provided an opportunity for Terina Raureti and colleagues to highlight the role of integrating Te Reo with physical activity and the importance of use of tikaka for Māori. Samantha Jackson and Anne-Marie Jackson examine Māori physical education and health in the tertiary context, and Gary Barclay and colleagues look at the intersection of medical treatment and Māori cultural values in a serious head injury.

The communities we play in can have an impact based on geographical location, for example Vitamin D deficiency increases the further south you go and Stacey Poutasi and Will Payne examine this in Southland office workers. In comparison, Helen Jeffrey examines the role of the Occupational Therapist in Adventure Therapy and how the location and activity can create risk for the therapist if not well trained in Adventure.

This edition of *Scope* is all about the connection of play and how we can provide the opportunities for people to play at a level that suits their needs, and allows them to achieve at the highest level they wish to.

So, as you step onto the stage, take the time to consider the needs of the players.

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