

Presentations:

Dr Simon Sostaric

Simon Sostaric., Stephen R Bird., Olga Troynikov., Chris Watson., Marc Cohen
“Cold water ingestion ameliorates increase in core temperature and discomfort during simulated motor racing in a hot environment: a randomised trial”.
Sports Medicine Australia Conference, Gold Coast, Australia. Oct 16-19th, 2022.

* ASICS Best Paper in Sport & Exercise Science

Simon M Sostaric

“Taking control of your destiny – Implications of physical activity on health and ageing”.
National Institute of Integrative Medicine, Melbourne, Australia. June 13th, 2019.

Simon M Sostaric

“Athlete load management”.
National conference, Sport & Exercise Medicine Students Association. Melbourne, Australia. October 6th, 2018.

Simon M Sostaric

“Making your mark in the world of exercise and sport science”.
RMIT University, Melbourne, Australia. May 2nd, 2018.

Simon M Sostaric

“Physical Activity & Exercise Prescription – An integrated approach to physiological evaluation, monitoring, and prescribing exercise”.
Sport & Exercise Medicine Students Association. University of Melbourne, Australia. April 30th, 2018.

Simon M Sostaric

“Current trends and future perspectives in endurance performance applications”.
Noosa, Australia. March 22nd, 2017.

Simon M Sostaric

Prevention, management, & recovery from injury – lecture series.
“Recovery & injury prevention strategies: injury prevention vs. optimal performance”. 27th July 2016
“Immunological responses to exercise”. 8th Sept 2016
“Training & competition modification: managing injury & illness”. 22nd Sept 2016
“Patient care, ethical practices & associated organisations”. 13th Oct 2016
Victoria University, College of Sport & Exercise Science, Melbourne, VIC, Australia.

Simon M Sostaric

“Going the distance – science of running”.
Centennial Park Ultra-marathon seminar. Running Science, Sydney, Australia. April 29, 2016.

Simon M Sostaric

“Beyond Bone Mineral Density – body composition measurement for metabolic disease”.
Hologic radiology seminar. Melbourne, VIC, Australia. February 27, 2016.

Simon M Sostaric

"Embracing logical & evidence based science for triathlon performance".

Balance & UTS Triathlon Club. Running Science, Sydney, Australia. January 27, 2016.

Simon M Sostaric

"An eternal friendship with running science".

Sweat Sydney running seminar. Sydney, Australia. November 5, 2015.

Simon M Sostaric

Prevention, management, & recovery from injury – lecture series.

"Recovery & injury prevention strategies: injury prevention vs. optimal performance". 28th Aug 2015

"Immunological responses to exercise". 4th Sept 2015

"Training & competition modification: managing injury & illness". 11th Sept 2015

"Patient care, ethical practices & associated organisations". 18th Sept 2015

College of Sport & Exercise Science, Victoria University. Melbourne, VIC, Australia.

Simon M Sostaric., Margaret Mielczarek., Danielle Baxter.

"Contemporary Metabolic Disease and Chronic Pain Management".

Royal Australian College of General Practitioners, category 1 accredited professional development course. Australian Medical Association & Macedon Ranges and North Western Melbourne Medicare Local. Melbourne, VIC, Australia. June 27th 2015

Simon M Sostaric.,

"Clinical Management of Pain & Fatigue Related to Musculoskeletal Conditions".

Panellist. Inner North West Melbourne Medicare Local. Melbourne, VIC, Australia. June 2nd 2015

Simon M Sostaric., Mariana Arceri.

"Contemporary Evidence Based Metabolic Disease Management".

Royal Australian College of General Practitioners, category 1 accredited professional development course. Australian Medical Association & Great South Coast Medicare Local. Warrnambool, VIC, Australia. March 14th 2015

Simon M Sostaric

"Thermoregulatory demands, acclimation methods & performance monitoring in team sports".

Perform at St Georges Park, Needwood, Burton upon Trent, Staffordshire, UK. June 25th, 2014.

Simon M Sostaric

"Persisting with extended periods of fatigue & undiagnosed medical conditions in pursuit of exercise performance: a case report." (Finalist for University of South Australia Practitioner Award).

Exercise & Sport Science Australia, Research to Practice Conference: Adelaide, South Australia. April 10-12, 2014

Simon M Sostaric

"Physical activity management in a patient suffering co-existing brugada syndrome and type 2 diabetes: a case report." (Finalist for University of South Australia Practitioner Award).

Exercise & Sport Science Australia, Research to Practice Conference: Adelaide, South Australia. April 10-12, 2014

Catherine Polack; **Simon Sostaric**

"Vitamin D deficiency & increased risk for metabolic & cardiovascular disease among South Asian migrants in Australia: a case report"

Exercise & Sport Science Australia, Research to Practice Conference: Adelaide, South Australia. April 10-12, 2014

Simon Sostaric

"Endurance sport induced fatigue & performance – mechanisms, training adaptations, recovery, controversies & future directions".

Noosa Triathlon & Multi-Sport Festival: Noosa, QLD, Australia. November 2, 2012.

Simon Sostaric

"Performance monitoring in Formula One GP motor racing".

Health & Exercise Science Technologists Association Conference: Melbourne, Victoria, Australia. December 1-3, 2010.

S. Sostaric, C Goodman, X Gong, J Aw, J Leppik, CH Steward, SF Fraser, H Krum, RJ Snow, MJ Brown & MJ McKenna.

"Digoxin reduces glycolytic metabolic demands during short term intense muscle contractions in healthy humans".

Exercise & Sport Science Australia Conference: Gold Coast, Queensland, Australia. April 8-11, 2010.

Simon Sostaric

"Exercise induced muscle damage, fatigue and recovery".

Australasian College of Sports Physicians Registrar Conference: Canberra, ACT. February 5-8, 2009

Simon Sostaric; Alan Pearce; Bradley Gatt; Michael J McKenna; Christos Stathis and Craig Goodman
"Effects of mild electro-stimulation treatment on healthy humans following exercise induced muscle damage".

American College of Sports Medicine: Indianapolis, Indiana, USA. May 2008. Supp: Vol 40, 5, p s76, Med Sc Sp Ex, 2008.

Simon Sostaric; Alan Pearce; Bradley Gatt; Michael J McKenna; Christos Stathis and Craig Goodman
"Mild electro-stimulation treatment accelerates recovery in healthy humans following exercise induced muscle damage".

Sports Medicine Australia: Hamilton Island, Queensland, Australia. Oct 2008. Supp: Vol 11, 6, p23, J Sc Med Sp, December 2008.

S. Sostaric, C Goodman, X Gong, J Aw, J Leppik, CH Steward, SF Fraser, H Krum, RJ Snow, MJ Brown & MJ McKenna.

"Effects of digoxin therapy on K⁺ release and fatigue during small muscle mass exercise in healthy humans".

Sports Medicine Australia: Hamilton Island, Queensland, Australia. Oct 2008. Supp: Vol 11, 6, p27, Journal of Science, Medicine & Sport, December 2008.

Petersen A.C., Gong X., **Sostaric S.**, Goodman C., Cameron-Smith D., Snow R.J., Murphy K.T., Aw J., Krum H., and M.J. McKenna.

"Digoxin administration, exercise and skeletal muscle Na^+ , K^+ -ATPase content and activity in healthy humans".

Potassium, sodium and the function of heart and skeletal muscle. International interest research group. Lake Louise, Alberta, Canada, June 2007.

S.Sostaric

"Severe muscle damage response to consecutive days of high intensity training in a world class middle distance runner."

Chicago Marathon 2006 World Congress: Science and medicine of the marathon. Chicago, USA. October 2006.

Pearce AJ, **Sostaric S.**, Wood T, and Hargreaves M.

"Core temperature and hydration status in professional tennis players measured in live tournament conditions."

Culture Ciencia Deporte 2: Suppl 4: 65-66; 2006

S. Sostaric, C Goodman, X Gong, J Aw, J Leppik, CH Steward, SF Fraser, H Krum, RJ Snow, MJ Brown & MJ McKenna.

"Contracting muscle mass and inactive muscle effects on K^+ dynamics during exercise".

The Na^+ , K^+ , Cl^- homeostasis and Na^+ , K^+ -pumps of muscle and heart in exercise and disease; International symposium, Sandbjerg, Denmark, June 2005.

Craig Goodman, I Medved, M J Brown, A R Bjorksten, KT Murphy, AC Petersen, **S Sostaric**, X Gong & MJ McKenna.

"N-acetylcysteine infusion enhances skeletal muscle Na^+ , K^+ -ATPase activity and plasma K^+ regulation, and delays fatigue during prolonged submaximal exercise in well-trained individuals".

(a) *The Na^+ , K^+ , Cl^- homeostasis and Na^+ , K^+ -pumps of muscle and heart in exercise and disease; International symposium, Sandbjerg, Denmark, June 2005.*

(b) *Australian Physiological Society, Canberra, September 2005.*

Michael McKenna, **S Sostaric**, MJ Brown, C Goodman, X Gong, AC Petersen, J Aw, J Leppik, CH Steward, SF Fraser, RJ Snow & H Krum

"Digoxin effects on muscle strength, fatigue, K^+ fluxes and muscle Na^+ , K^+ ATPase activity in healthy young adults".

(a) *The Na^+ , K^+ , Cl^- homeostasis and Na^+ , K^+ -pumps of muscle and heart in exercise and disease; International symposium, Sandbjerg, Denmark, June 2005.*

(b) *Australian Physiological Society, Canberra, September 2005.*

X Gong, AC Petersen, **S Sostaric**, C Goodman, D Cameron-Smith, RJ Snow, K Murphy, K Carey, J Aw, H Krum and MJ McKenna.

"Digoxin and exercise effects on Na^+ , K^+ -pump activity, content, isoform gene and protein expression in human skeletal muscle".

Australian Physiological Society, Canberra, September 2005.

Sostaric, S.

"Effective monitoring of professional Australian Football player endurance adaptations".
Football Australasia Conference, Melbourne, September 2003.

Sostaric, S.

"Abnormal Electrocardiogram in athletes"
National Elite Sports Council: athlete's services conference, Sydney, November 2001.

Sostaric, S.

"Biochemical markers of muscle fatigue and damage in the Australian Football League"
Australian Football League medical association symposium, Melbourne, September 2001.

MJ McKenna, A Bjorksten, MJ Brown, JA Leppik, I Medved and **S Sostaric.**

"Intravenous antioxidant infusion effects on exercise performance"
International Union of Physiological Sciences Conference, Auckland NZ. Aug 2001.

Carlson J, Naughton G, **Sostaric S.** Parkin J and Snow RJ.

"The effects of intermittent and continuous exercise on thermoregulatory responses in well trained adolescents under varying environmental conditions".
21st Symposium of the European Group Paediatric Work Physiology, Corsendonk, Belgium Sept 2001.

SF Fraser, JL Li, XN Wang, SE Selig, T Sangkabutra, **S Sostaric.** K Kjeldsen and MJ McKenna.

"Effect of endurance training and resistance training on skeletal muscle Na⁺, - K⁺-ATPase activity and content, and plasma [K⁺] during exercise in humans."
ACSM Conference, Baltimore, USA. May 2001.

Sostaric, S.

"Residual fatigue and muscle damage – an Australian Football League player profile"
Australian Applied Physiology Conference, Darwin, December 2000.

Sostaric, S.

"Physiological responses to exercise in the heat"
Australian Institute of Occupational Hygienists – Thermal Stress Symposium. Melbourne, November 2000.

Medved I, McKenna MJ, Brown MJ, Bjorksten A, Leppik JA and **Sostaric S.**

"Intravenous anti-oxidant infusion effects on exercise performance"
Proceedings of the International Congress on Sports Science, Sports Medicine & PE. Brisbane, September 2000.

Sostaric S. McKenna MJ, Skinner SL, Brown MJ, Sangkabutra T, Selig SE, Medley T and Medved I.

"NaHCO₃ ingestion does not attenuate K⁺ efflux during intense forearm exercise".
Proceedings of the 2nd International Conference on Exercise Science, Gold Coast, July 1998.

Sostaric, S. McKenna MJ, Skinner SL, Brown MJ, Sangkabutra T, Selig SE, Medley T and Medved I.

"Effects of NaHCO₃ ingestion on arterio-venous K⁺ differences during intense forearm exercise".
Proceedings of the 10th International Conference, Biochemistry of Exercise, Sydney, July 1997.

Sostaric S, McKenna MJ, Fairweather I, Rutar D, Skinner SL and Brown MJ.
“Development of an ergometer for integrative dynamic forearm exercise studies”.
Proceedings of the 10th International Conference, Biochemistry of Exercise, Sydney, July 1997.

Sostaric S, McKenna MJ, Selig S and Skinner SL.
“Effect of bicarbonate ingestion on muscle potassium release and fatigability during exercise in humans.”
7th Annual Victorian Conference on Student Research (Deakin University) October 1997

Fraser SF, McKenna MJ, Li JL, Wang XN, Selig SE, Sangkabutra T, **Sostaric S**.
“Role of Skeletal Muscle Na⁺,K⁺-ATPase Activity in Potassium Regulation During Exercise In Humans.”
First International Conference on Exercise Science, Griffith University - Gold Coast, July 1996.

Sangkabutra T, McKenna MJ, McMahon LP, Schneider C, Mason K, **Sostaric S**, Skinner SL and Crankshaw DP.
“Impaired potassium regulation and altered ventilatory responsiveness during exercise in chronic renal failure patients.”
Australian Physiological and Pharmacological Society Conference, Perth, January 1996.

Chu Ba Binh, Selig S, McKenna MJ, Kemp J, Sangkabutra T, **Sostaric S**, and Lawson DL
“The effects of creatine supplementation on performance of high intensity intermittent exercise”.
First International Conference on Exercise Science, Griffith University - Gold Coast 1996; 7th Annual Victorian Conference on Student Research (Deakin University) October 1995; and Victoria University of Technology Faculty of Human Development Research Conference, October 1995.

Sangkabutra T, McKenna MJ, Schneider C, Fraser SF, **Sostaric S**, Wang XN, Skinner SL and Crankshaw DP.
“Relationship between arterial potassium concentration and ventilation during small and large muscle mass exercise.”
Proceedings of the Australian Physiological and Pharmacological Society. Perth, September 1995.

Sangkabutra T, McKenna MJ, Schneider C, Fraser SF, **Sostaric S**, Wang XN, Skinner SL and Crankshaw DP.
“Relationship between arterial potassium concentration and ventilation during small and large muscle mass exercise.”
Australian Physiological and Pharmacological Society Annual Conference, Sydney, September 1995