**Presentations:**

**Dr Simon Sostaric**

**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”.

**Simon M Sostaric**

“Current trends and future perspectives in endurance performance applications”.

**Simon M Sostaric**

Prevention, management, & recovery from injury – lecture series.
“Immunological responses to exercise”. 8th 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”.

**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”.

**Simon M Sostaric**

“An eternal friendship with running science”.

**Simon M Sostaric**

Prevention, management, & recovery from injury – lecture series.
“Immunological responses to exercise”. 4th Sept 2015
“Patient care, ethical practices & associated organisations”. 18th Sept 2015
College of Sport & Exercise Science, Victoria University. Melbourne, VIC, Australia.


**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** “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


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”.

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”.

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”.

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”.

“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.”

Pearce AJ, Sostaric S, Wood T, and Hargreaves M.
“Core temperature and hydration status in professional tennis players measured in live tournament conditions.”
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”.

Sostaric, S.
“Abnormal Electrocardiogram in athletes”

Sostaric, S.
“Biochemical markers of muscle fatigue and damage in the Australian Football League”

MJ McKenna, A Bjorksten, MJ Brown, JA Leppik, I Medved and S Sostaric.
“Intravenous antioxidant infusion effects on exercise performance”

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”.
SF Fraser, JL Li, XN Wang, SE Selig, T Sangkabutra, S Sostaric, K Kjeldsen and MJ McKenna.
*ACSM Conference, Baltimore, USA. May 2001.*

**Sostaric, S.**
“Residual fatigue and muscle damage – an Australian Football League player profile”

**Sostaric, S.**
“Physiological responses to exercise in the heat”

Medved I, McKenna MJ, Brown MJ, Bjorksten A, Leppik JA and **Sostaric S.**
“Intravenous anti-oxidant infusion effects on exercise performance”

**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".

**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*

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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”.}

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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.”

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“Relationship between arterial potassium concentration and ventilation during small and large muscle mass exercise.”
Australian Physiological and Pharmacological Society Annual Conference, Sydney, September 1995.