

**Presentations:** *Dr Simon Sostaric*

**Simon M Sostaric**

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

**Simon M Sostaric**

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

“Recovery & injury prevention strategies: injury prevention vs. optimal performance”. 27<sup>th</sup> July 2016

“Immunological responses to exercise”. 8<sup>th</sup> Sept 2016

“Training & competition modification: managing injury & illness”. 22<sup>nd</sup> Sept 2016

“Patient care, ethical practices & associated organisations”. 13<sup>th</sup> Oct 2016

College of Sport & Exercise Science, Victoria University. 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”. 28<sup>th</sup> Aug 2015

“Immunological responses to exercise”. 4<sup>th</sup> Sept 2015

“Training & competition modification: managing injury & illness”. 11<sup>th</sup> Sept 2015

“Patient care, ethical practices & associated organisations”. 18<sup>th</sup> 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 27<sup>th</sup> 2015

**Simon M Sostaric.,**

“Clinical Management of Pain & Fatigue Related to Musculoskeletal Conditions”.

Panellist. Inner North West Melbourne Medicare Local. Melbourne, VIC, Australia. June 2<sup>nd</sup> 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 14<sup>th</sup> 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 25<sup>th</sup>, 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<sup>+</sup> 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<sup>+</sup>,K<sup>+</sup>-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<sup>+</sup> dynamics during exercise”.

*The Na<sup>+</sup>, K<sup>+</sup>, Cl<sup>-</sup> homeostasis and Na<sup>+</sup>, K<sup>+</sup>-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<sup>+</sup>,K<sup>+</sup>-ATPase activity and plasma K<sup>+</sup> regulation, and delays fatigue during prolonged submaximal exercise in well-trained individuals”.

- (a) *The Na<sup>+</sup>, K<sup>+</sup>, Cl<sup>-</sup> homeostasis and Na<sup>+</sup>K<sup>+</sup>-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<sup>+</sup> fluxes and muscle Na<sup>+</sup>,K<sup>+</sup> ATPase activity in healthy young adults”.

- (a) *The Na<sup>+</sup>, K<sup>+</sup>, Cl<sup>-</sup> homeostasis and Na<sup>+</sup>K<sup>+</sup>-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<sup>+</sup>,K<sup>+</sup>-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”.

*21<sup>st</sup> Symposium of the European Group Paediatric Work Physiology, Corsendonk, Belgium September 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<sup>+</sup>, K<sup>+</sup>-ATPase activity and content, and plasma [K<sup>+</sup>] 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.

“NaHCO<sub>3</sub> ingestion does not attenuate K<sup>+</sup> efflux during intense forearm exercise”.

*Proceedings of the 2<sup>nd</sup> 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 NaHCO<sub>3</sub> ingestion on arterio-venous K<sup>+</sup> differences during intense forearm exercise”.

*Proceedings of the 10<sup>th</sup> 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 10<sup>th</sup> 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<sup>+</sup>,K<sup>+</sup>-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*

