

VARIO vario
health
institute



2007 VARIO ANNUAL REPORT



FACULTY OF COMPUTING, HEALTH AND SCIENCE
EDITH COWAN UNIVERSITY

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About the Vario Health Institute

The Vario Health Institute is an initiative that builds collaboration between researchers, educators, industry and government to optimise health and improve quality of life for people of all ages, within differing social, cultural, political and environmental contexts. It is located in the Health & Wellness building of the Faculty of Computing, Health and Science at Edith Cowan University's Joondalup Campus (ECU). The Vario Health Institute brings together a significant group of research centres, internationally recognised investigators and local industry partners with recognised strengths in areas related to:

- biochemistry
- computer imaging
- communications and information technology
- environmental management
- exercise science
- health promotion
- human biology
- nursing and palliative care
- nutrition
- occupational therapy
- psychology
- public health

to promote a holistic approach to understanding health and lifestyle issues.

Research into interventions aimed at primary prevention and lifestyle management of chronic disease can not only improve quality of life, but it can also greatly reduce the social and economic burden of illness.

The Vario Health Institute represents a top-level commitment to embed health and wellbeing within the University, through efforts to generate and apply a broad base of collaborative research to improve knowledge and understanding of the interrelated factors that facilitate and impede health and wellness.

OUR VISION

To optimise collaborative health research, and enhance synergies between different research disciplines, industries and government bodies, with the aim of strengthening knowledge and understanding of how to improve health and well-being across the lifespan, and within differing social, cultural, political and environmental contexts.

PURPOSE

By using three key steps to promote interdisciplinary health research, develop practical on key health issues, the Vario Health Institute's goal is to strengthen our understanding of the increasingly complex interrelations between individual, community, and global factors affecting health, in an effort to improve quality of life.

RESEARCH FOCUS

The Vario Health Institute resolves to undertake a proactive approach to health research, by:

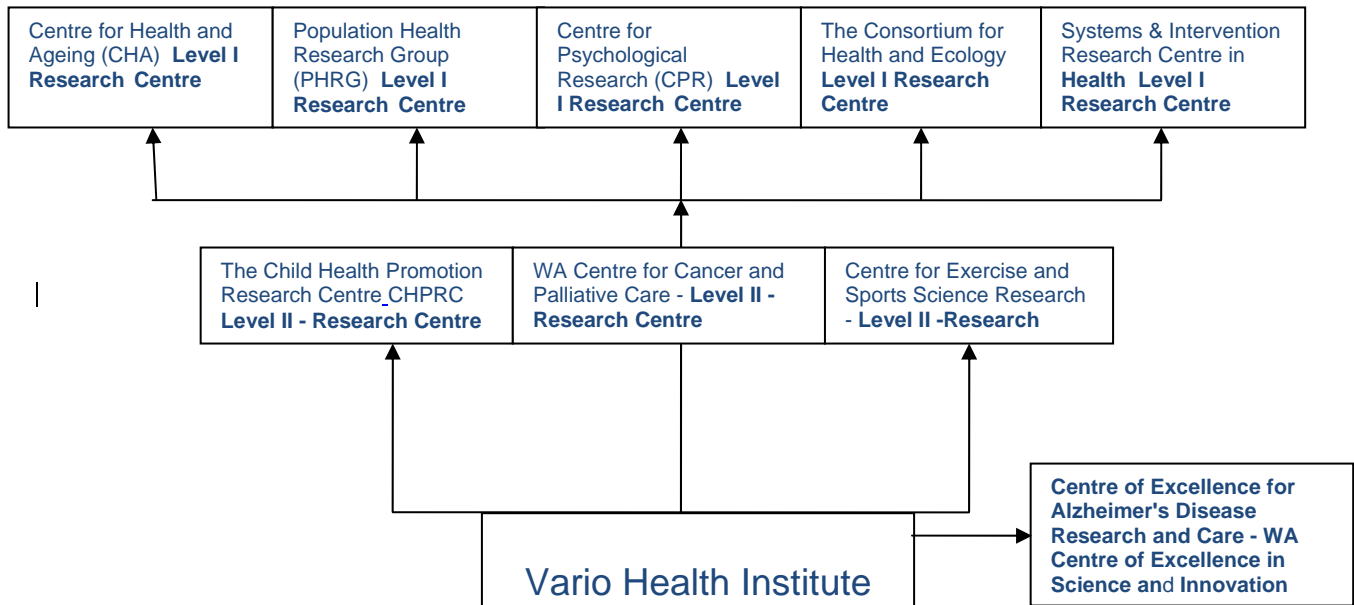
Prioritising research challenges and existing gaps in research knowledge for the prevention, early diagnosis and management of significant modern chronic diseases to improve, maintain, and/or enhance health and quality of life.

Facilitating the organisation of collaborative work teams around key topics with the aim of building linkages between existing sets of data in an effort to redefine hypotheses and promote a more effective research agenda focusing on the development of supportive environments at the individual, community and population levels.

Enhancing the quantity and quality of priority-driven, evidence-based research that looks at the social, cultural, behavioural, biological and genetic interactions associated with the prevention of complex, interrelated causes of modern chronic diseases.

- Investigating the determinants of healthy living unique to Australia
- Testing the generalisability of overseas research findings
- Developing and trialling practical solutions that incorporate research into community settings
- Promoting a stimulating research environment that retains talented Australians and attracts international health researchers
- Informing research and policy agenda to improve the effectiveness and efficiency of our health practices and services
- Identifying new health issues and ensuring quick response
- Building leadership among future health researchers.

Vario Health Institute Governance Structure



Management Board and Executive Committee

Management Board

| Internal Members | External Members | Executive Committee |
|-------------------------------|-------------------|-----------------------|
| Professor Tony Watson (Chair) | Dr Mal Washer | Professor Tony Watson |
| Professor Barry Gibson | Mr Ron Alexander | Professor Donna Cross |
| Professor Donna Cross | Professor Stephen | Professor Rob Newton |
| Professor Rob Newton | | |
| Professor Cobie Rudd | | |
| Professor Ralph Martins | | |
| Professor Alison Garton | | |

Finances 2007

| Income | Expenditure | Details |
|-----------------|---------------------|----------------------|
| \$111,347.00 | \$77,492.00 | Salaries |
| | \$24,471.00 | Consultants Deloitte |
| | \$6,765.00 | Marketing/Promotions |
| | \$3,000.00 | Consumables |
| Subtotal | \$111,728.00 | |
| TOTAL | -\$381.00 | Shortfall |

Move to Health & Wellness Building

The Vario Health Institute moved into the new Health & Wellness building in August 2007. This was a busy period for the Institute, not only because of the move, but because of the opening of the Vario Wellness Clinic in August 2007. The Institute was also preparing for the launch of the Parkinson's Centre, which will be officially opened in March 2008.

Vario Wellness Clinic

The Vario Wellness Clinic opened in November 2007, taking over from the Joondalup Rehabilitation Clinic. There was a smooth transition from the Rehabilitation Clinic to the Wellness Clinic with little or no disruption to the existing clients. The Clinic offers leading edge, evidence-based wellness programs, integrated consulting and assessment services across the disciplines of exercise physiology, dietetics, occupational therapy, psychology and physiotherapy.

Highly qualified, experienced practitioners and associated specialists work with chronic disease sufferers and key 'at risk' groups, such as diabetes and cancer patients, overweight and obese children and adults, seniors and those with work or motor vehicle accident related injuries. The clinic is a not for profit organisation with a primary objective *to achieve positive outcomes for our patients*. 2007 saw the launch of the Weigh To Go Kids Program, the Diabetes Wellness Program and the Cancer Survivor Program.

Services – Overview

Diagnostics and Assessments

There is state of the art equipment for diagnostic and assessment purposes to perform a diverse battery of tests for the purpose of pre/post program assessment and research to provide participants with important feedback. Testing capabilities include:

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Cardiovascular Testing
- ECG stress Testing
- VO2 Max Test
- BMI
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

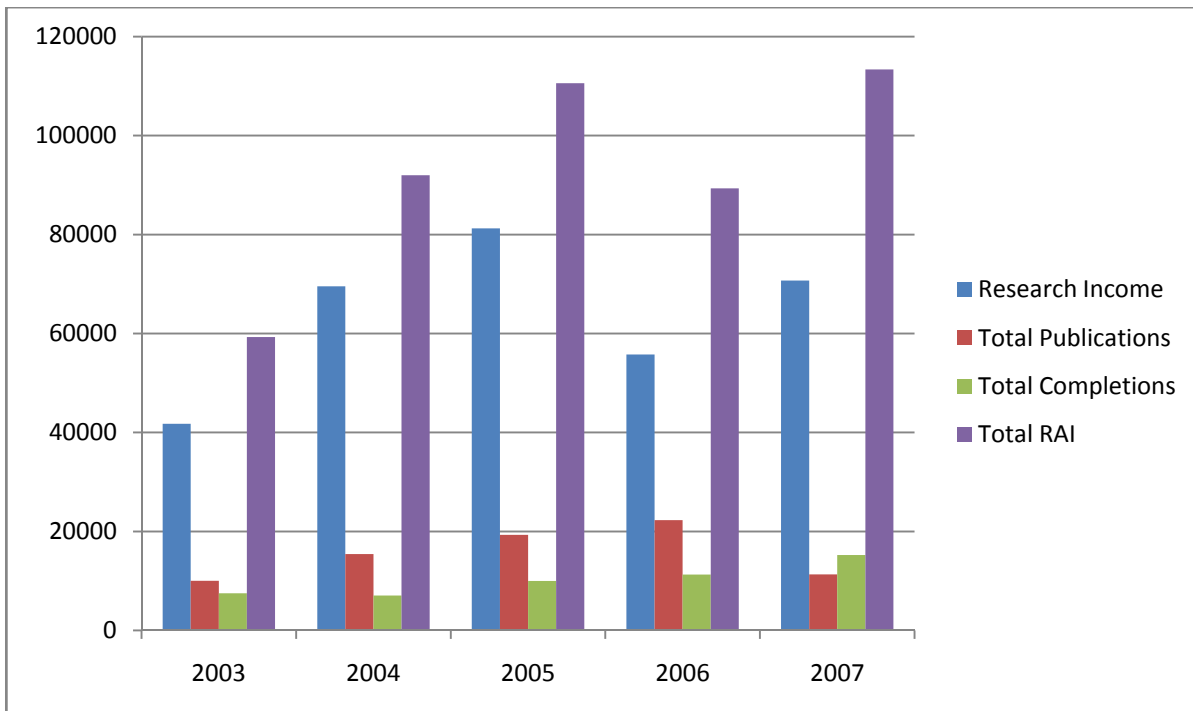
Consultations

Specialist consultants are available for a range of allied health areas. All consultants are highly qualified and accredited and consultations are offered on an individual service basis or as part of a tailored program. The Vario Wellness Clinic offers a holistic approach to wellness by providing multidisciplinary consultation.

Services include:

- Exercise physiology
- Dietetics
- Psychology
- Physiotherapy
- Occupational Therapy

SUMMARY OF RESEARCH ACTIVITY



GRANTS AWARDED

15 grants and \$554,480 in total

1. Australian Rotary Health Research Fund. The Rotary Waist Disposal Challenge: Implementation and Evaluation of program. Principal Investigator: Samar Aoun, Co-Investigators: Jenny McDonnell, Robert Newton, Marilyn Barton, Jacque Heron. \$40,000
2. Cancer Council of Western Australia. Resistance and aerobic exercise for reducing treatment side-effects in men receiving ADT for prostate cancer. Principal Investigator: Daniel Galvão Co-Investigator: Robert Newton. \$24,600
3. Disability and the Arts; Disadvantaged and the Arts (DADA). The Lost Generation. (Community Collaborator). Investigators S. Flavell, S. Fox, E. Rose, and K. Cormack.
4. Edith Cowan University, Faculty of Computing and Health Science Small Grant. Games for Health – Motivating exercise through the use of computer games. Investigators Masek, M. P. Hingston, P.B. Laursen, K. Nosaka. \$4,954.
5. Edith Cowan University, Faculty of Computing and Health Science Small Grant. Do proinflammatory cytokines augment skeletal muscle damage in humans?. Investigators G. Watson, K. Nosaka, P.B. Laursen. \$5,000.
6. Edith Cowan University – Industry Collaboration Grant – The Rotary Waist Disposal Challenge: Implementation and evaluation of a lifestyle coaching program. Investigators S. Aoun, R. Newton, M. Newton. \$55,000
7. NHMRC Standard Equipment Grant. Telemeter Data Collection System for Electromyography, Goniometry and Accelerometer. Investigators Cronin, J.B. P.B. Laursen, R.U. Newton \$15,656.
8. NSCA Doctoral Student Graduate Research Grant. The Influence of Strength Level on the Ability to Adapt to Power Training. Chief investigators: Prue Cormie, Robert U. Newton, Michael McGuigan. \$6,250.
9. PATH Physical Activity Time for Health Professional: Community collaborator Investigators: I. Puddey, L. Beilin, K. Cox, and E. Rose.

10. Prostate Cancer Foundation of Australia. A randomized controlled trial of exercise to reduce co-morbidity in men receiving therapy for prostate cancer. Chief Investigators: Robert U. Newton, Dennis Taaffe, Nigel Spry and Daniel Galvão. \$244,328
11. Sport and Recreation NZ. Design and assessment of a child-friendly community based resistance training programme for the treatment of obesity. Investigators A. Kilding, J. Cronin, G. Schofield and M. McGuigan. \$23,417.
12. The Cancer Council of Queensland. A randomized controlled trial of exercise to reduce treatment side-effects in men receiving therapy for prostate cancer. Chief Investigators: Robert U. Newton, Dennis Taaffe, Nigel Spry and Daniel Galvão. \$41,247.
13. The Cancer Council of Western Australia. A randomized controlled trial of exercise to reduce treatment side-effects in men receiving therapy for prostate cancer. Chief Investigators: Robert U. Newton, Dennis Taaffe, Nigel Spry and Daniel Galvão. \$70,000.
14. VibraQ Corporation Limited, WA. Effects of dynamic transdermal stimulation on delayed-onset muscle soreness (DOMS) and symptoms associated with eccentric exercise-induced muscle damage. Investigator Ken Nosaka. \$12,523.
15. West Coast Eagles Football Club. Monitoring of training in elite Australian Rules Football Players. Investigators: Michael McGuigan and Robert U. Newton. \$11,505.

PUBLICATIONS

47 journal publications in total

1. Abbiss, C.R. and P.B. Laursen. Is part of the mystery surrounding fatigue complicated by context? *J. Sci. Med. Sport.* 10(5):277-9, 2007.
2. Abbiss, C.R., G. Levin, M.R. McGuigan and P.B. Laursen. Reliability of power output during dynamic cycling. *Int. J Sports Med.* Nov 30 [Epub ahead of print], 2007.
3. Abbiss, C.R., J.J. Peiffer, K.J. Netto and P.B. Laursen. Reliability of surface EMG measurements of the quadriceps during maximal isometric contractions following water immersion. *J Musculoskeletal Res.* 10(4), 197-203, 2007.
4. Abbiss, C.R., K. Nosaka, and P.B. Laursen. Hyperthermic-induced hyperventilation and associated respiratory alkalosis in humans. *Eur. J. Appl. Physiol.* 100(1):63-9, 2007.
5. Aziz, A.R., Newton, M.J., Kinugasa, T., and The, K.C. Relationship between aerobic fitness and league positional ranking of clubs in a professional soccer league over three competitive seasons. *Football Science*, 4: 9-18.
6. Baker, D. and R.U. Newton. Change in Power Output Across a High-Repetition Set of Bench Throws and Jump Squats in Highly Trained Athletes, *Journal of Strength and Conditioning Research*, 21(4): 1007-1011, 2007.
7. Bentley, D.J., G.R. Cox, D Green, and P.B. Laursen. Maximising performance in triathlon: Applied physiological and nutritional aspects of elite and non-elite competitions. *J Sci Med Sport.* Sep 12; [Epub ahead of print] 2007.
8. Bressel, E., Reeve, T., Parker, D. and Cronin, J. Influence of bicycle seat pressure on compression of the perineum: A MRI analysis. *Journal of Biomechanics*, 40, 198-202. 2007.
9. Brughelli, M. and Cronin, J. Altering the length-tension relationship with eccentric exercise: implications for performance and injury. *Sports Medicine*, 37(9), 807-826. 2007.
10. Buchheit M, P.B. Laursen, S. Ahmaidi. Parasympathetic reactivation after repeated sprint exercise. *Am. J. Physiol. Heart Circ. Physiol.* 293(1):H133-41, 2007.
11. Buchheit, M., P.B. Laursen, G.P. Millet, F. Pactat and S. Ahmaïdi. Predicting Intermittent Running Performance: Critical Velocity vs. Endurance Index. *Int. J. Sports Med.*, Sep 18; [Epub ahead of print], 2007.
12. Buchheit, M., Y. Papelier, P.B. Laursen and S. Ahmaidi. Noninvasive assessment of cardiac parasympathetic function: post-exercise heart rate recovery or heart rate variability? *Am J Physiol Heart Circ Physiol.* 293(1):H8-H10, 2007.
13. Burnett, A., Green, J., Netto, K. and Rodrigues, J. Examination of EMG normalisation methods for the study of the posterior and posterolateral neck muscles in healthy controls. *Journal of Electromyography and Kinesiology.* 17, 635-641. 2007.

14. Chapman, D., J. Peiffer, C.R. Abbiss, P.B. Laursen. A descriptive physical profile of Western Australian male paramedics. *J. Emergency Primary Health Care*. 5(1) Article Number: 990218, 2007.
15. Chen, T.C., and Nosaka, K. Intensity of initial eccentric exercise and the magnitude of repeated bout effect. *Journal of Applied Physiology* 102: 992-999, 2007.
16. Chen, T.C., Nosaka, K., and Tu, J.H. Changes in running economy following downhill running. *Journal of Sports Sciences* 25: 55-63, 2007.
17. Cronin, J., Jones, J. and Frost, D. The relationship between dry-land power measures and tumble turn velocity in elite swimmers. *The Journal of Swimming Research*. 17, 17-23. 2007.
18. Cronin, J., Jones, J. and Hagstrom, J. Kinematics and kinetics of the seated row and implications for conditioning. *Journal of Strength and Conditioning Research*, 21(4), 1265-1270. 2007.
19. Cronin, J., Nash, M. & Whatman, C. The effect of four different vibratory stimuli on dynamic range of motion of hamstrings. *Physical Therapy in Sport*, 8(1), 30-36. 2007.
20. Cronin, J., Ogden, T., Lawton, T. and Brughelli, M. Does increasing maximal strength improve sprint running performance? *Strength and Conditioning Journal*, 29(3), 86-95. 2007.
21. Cronin, J.B, Green, J.P., Levin, G.T., Brughelli, M.E. and Frost, D.M. The effect of starting stance on initial sprint performance. *Journal of Strength and Conditioning Research*, 21(3), 990-992. 2007.
22. Doan, B.K., R.U. Newton, W.J. Kraemer, Y-H. Kwon, and T.P. Scheet. Salivary cortisol, testosterone, and T/C ratio responses during a 36-hole golf competition. *International Journal of Sports Medicine*, 28: 28: 470-479, 2007.
23. Galvão D.A., Taaffe D.R., Spry N., Newton R.U. Exercise can prevent and even reverse adverse effects of androgen suppression treatment in men with prostate cancer. *Prostate Cancer and Prostatic Diseases*. 10: 340 – 346, 2007.
24. Harris, N., Cronin, J. and Hopkins, W. Power outputs of a machine jump-squat across a spectrum of loads. *Journal of Strength and Conditioning Research*, 21(4), 1260-1264. 2007.
25. Harris, N., Cronin, J. and Keogh, J. Contraction force specificity and its relationship to functional performance. *Journal of Sports Sciences*, 25(2), 201-212. 2007.
26. Hori, N., R.U. Newton, W.A. Andrews, N. Kawamori, M.R. McGuigan and K. Nosaka. Comparison of four different methods to measure power output during the hang power clean and the weighted jump squat. *Journal of Strength and Conditioning Research*, 21(2): 314-20. 2007.
27. Laursen, P.B., G.T. Francis, C.R. Abbiss, M.J. Newton and K. Nosaka. Reliability of time-to-exhaustion versus time-trial running tests in runners. *Med. Sci. Sports Exerc*. 39(8):1374-9, 2007.
28. Laursen, P.B., S.A. Marsh, D.G. Jenkins and J.S. Coombes. Manipulating training intensity and volume in already well-trained rats: Effect on skeletal muscle oxidative and glycolytic enzymes and buffering capacity. *Appl. Physiol. Nut. Metabol*. 32(3):434-442, 2007.
29. Lavender, A., and Nosaka, K. Fluctuations of isometric force after eccentric exercise of the elbow flexors of young, middle-aged, and old men. *European Journal of Applied Physiology* 100: 161-167, 2007.
30. Miyama, M., and Nosaka, K. Protection against muscle damage following 50 drop jumps conferred by 10 drop jumps. *Journal of Strength and Conditioning Research* 21: 1087-1092, 2007.
31. Netto, K., Burnett, A. and Coleman, J. Neck exercises compared to muscle activation during aerial combat manoeuvres. *Aviation, Space and Environmental Medicine*. 78, 478-484. 2007.
32. Newton, R.U. Does plyometric training improve vertical jump height? A meta-analytical review - Commentary. *British Journal of Sports Medicine*. 41(6): 355-355, 2007.
33. Nosaka, K. Muscle damage and amino acid supplementation: Does it aid recovery from muscle damage? *International SportMed Journal* 8: 54-67, 2007.
34. Nosaka, K., M. Muthalib, A. Lavender, and P.B. Laursen. Attenuation of muscle damage following muscle hyperthermia one-day prior to eccentric exercise. *Eur. J. Appl. Physiol*. 99(2):183-92, 2007.

35. Nosaka, K., Muthalib M., Lavender, A., Newton. M., and Sacco, P. Attenuation of muscle damage by muscle hyperthermia one-day prior to eccentric exercise. *European Journal of Applied Physiology* 99: 183-192, 2007.
36. Nottle, C., and Nosaka, K. Changes in power assessed by the Wingate Anaerobic Test following downhill running. *Journal of Strength and Conditioning Research* 21: 145-150, 2007.
37. Peake, J., J.J. Peiffer, C.R. Abbiss, K. Nosaka, M. Okutsu, P.B. Laursen and K. Suzuki. Body temperature and its effect on leukocyte mobilization, cytokines and markers of neutrophil activation during and after exercise. *Eur. J. Appl. Physiol.* Oct 26; [Epub ahead of print], 2007.
38. Pearson, S., Hume, P, Slyfield, D. And Cronin, J. External work and peak power are reliable measures of ergometer grinding performance when tested under load, deck heel, and grinding direction conditions. *Sports Biomechanics*, 6(1): 71-80. 2007.
39. Peiffer J.J., C.R. Abbiss, P.B. Laursen, and K. Nosaka. Reliability of femoral blood vessel diameter measurement by B-mode ultrasonography. *JEPonline.* 10(4): 10-16, 2007.
40. Peiffer J.J., C.R. Abbiss, K. Nosaka, J.M. Peake and P.B. Laursen. Effect of cold water immersion after exercise in the heat on muscle function, body temperatures, and vessel diameter. *J. Sci Med Sport*, Dec 14; [Epub ahead of print], 2007.
41. Ratamess, N.A., W.J. Kraemer, J.S. Volek, D.N. French, M.R. Rubin, A.L. Gómez, R.U. Newton and C.M. Maresh. The Effects of Ten Weeks of Resistance and Combined Plyometric/Sprint Training With the Meridian Elyte Athletic Shoe on Muscular Performance in Women. *The Journal of Strength and Conditioning Research*, 21(3): 882–887, 2007.
42. Rose, E. and Larkin, D. Movement confidence: Implications of enjoyment and harm for girls and boys. *Malaysian Journal of Sports Science and Recreation*, 3(4), 17-26. 2007.
43. Sheppard, J.M., Newton, R.U., & McGuigan, M.R. The effect of accentuated eccentric load on jump kinetics in high-performance volleyball players. *International Journal of Sports Science & Coaching*, 2(3): 267-273, 2007.
44. Singh, F., Foster, C., Tod, D. and McGuigan, M.R. Monitoring different types of resistance training using session rating of perceived exertion. *International Journal of Sports Physiology and Performance.* 2: 34-45. 2007.
45. Stalboom, M., Holm, D.J., Cronin, J.B. and Keogh, J.W.L. Reliability of kinematics and kinetics associated with horizontal single leg drop jump assessment. A brief report. *Journal of Sports Science and Medicine*, 6, 261-264. 2007.
46. Taaffe DR, Galvão DA, Sharman JE, Coombes JS. Reduced central blood pressure in older adults following progressive resistance training. *J Hum Hypertens.* Jan;21(1):96-8. 2007.
47. Takashima, W., Ishii, K., Takizawa, K., Yamaguchi, T., and Nosaka, K. Muscle damage and soreness following 50-km cross-country ski race. *European Journal of Sports Science* 7: 27-33, 2007.

CONFERENCE PRESENTATIONS

39 conference presentations in total

Invited Presentations

1. Newton, R.U. Exercise and Nutrition for Health and Happiness. *St Mary's Anglican Girls School – Staff Development Day*, 5th February, 2007.
2. Newton, R.U. Lifestyle for prevention and management of Alzheimer's Disease. *Ask the Expert - Alzheimer's Australia WA*, 19th February, 2007.
3. Newton, R.U. Exercise as Medicine for Cancer. *Prostate Cancer Foundation of Australia – Men's Health Promotion Forum*, Sydney, 22nd September 2007.
4. Newton, R.U. Exercise as Medicine for Cancer. *Prostate Cancer Foundation of Australia – Men's Health Promotion Forum*, Hobart, 9th August 2007.
5. Newton, R.U. Exercise as Medicine for Cancer. *Prostate Cancer Foundation of Australia – Men's Health Promotion Forum*, Perth, 16th June 2007.
6. Newton, R.U. Exercise as Medicine. *Clinical Seminar Series*, Sir Charles Gairdner Hospital, 24th March, 2007.

7. Newton, R.U. Exercise Benefits Cancer Patients. *Leukaemia Foundation of Australia Conference*, Perth, 16th July 2007.
8. Newton, R.U. Exercise, Lifestyle and MS. *MS Australia National Seminar Series*. Sydney 9th June 2007.
9. Newton, R.U. Exercise, Lifestyle and MS. *MS Australia National Seminar Series*. Melbourne 8th June 2007.
10. Nosaka, K. Does muscle adaptation require inflammation? (No pain, No gain?) *8th International Society of Exercise and Immunology Symposium*. Sendai, Japan 25-27, October. 2007.
11. Rose, E, Howard, B, Larkin, D, Hands, B, Parker, H. Exploration of potential relationships among attraction towards physical activity, self-concept, and level of physical activity, *Asian Sport Psychology Association*, Bangkok, Thailand, 2007.

Refereed Conference Proceedings and Abstracts

12. Berger, B., Hanrahan, S., Howard, B., Rose, E., Larkin, D, Hands, B., Parker, H., MacCracken, M., & Stadulis, R. Advances in physical activity and well-being: International perspectives. *Proceedings of the Joint Congress of SEA Games and ASEAN Para Games Scientific Congress: Joint SEA Games and ASEAN Para Games Scientific Congress*. Asian South Pacific Association of Sport Psychology, 145-147. 2007.
13. Buchheit M., Millet G.P., Parisy A., Pourchez S., P. Laursen and S. Ahmaidi. Supramaximal training and post-exercise parasympathetic reactivation in adolescents. *12th International ACAPS Conference*, 31 Oct - 2 Nov 2007, Leuven, Belgium.
14. Chen, T.C., Chung, C-J., Chen, H-L., and Nosaka, K. Protective effect produced by low intensity lengthening or maximal isometric contractions against maximal lengthening contractions. *12th Annual Congress of the European College of Sports Science*. Jyvaskyla, Finland 11-14, July. 2007.
15. Cronin, J. and Frost, D. Stepping backwards improves sprint performance over short distances. *Sport and Exercise Science New Zealand Conference*, Hamilton, Nov. 8-10th, 2007.
16. Edwards, C., Tod, D. and McGuigan, M.R. The effect of self-talk on power production during the vertical jump test in university rugby union players. *National Strength and Conditioning Association National Conference*. Atlanta, GA, July 13, 2007. *Journal of Strength and Conditioning Research*. 21(4): E31. 2007.
17. Ferri, A., G. Watson, P. Laursen, B. Grassi, G. Miserocchi, D. Bishop. Influence of muscle fiber composition on oxygen uptake kinetics. *American College of Sports Medicine Annual Meeting*, New Orleans. 31 May – 3 June, 2007. *Med Sci Sports Exerc*. 2007 May;39 (5 Suppl):S359
18. Galvão DA., Nosaka K., Taaffe DR., Spry N., Kristjanson L., Suzuki K, Peake J, McGuigan MR., Newton RU. Endocrine responses to resistance training in prostate cancer patients undergoing androgen deprivation therapy. *Western Australia Cancer Council Symposium*, Perth, Western Australia, 29th March, Australia, 2007.
19. Hands, B., Larkin, D., Rose, E., Parker, H., Sloan, N., & Kendall, G. The impact of sex and motor competence on health related fitness. *International Society for Adapted Physical Activity*, San Claro Brazil, July, 2007.
20. Hands, B., Parker., H., Larkin, D., & Rose, E. Children taking control of their own physical activity level. *ACHPER 25th National/International Biennial Conference*, Fremantle, 2007.
21. Harris, N., Cronin, J., and Hopkins, W. Squat jump training at maximal power – does it improve sprint ability. *Sport and Exercise Science New Zealand Conference*, Hamilton, Nov. 8-10th, 2007.
22. Hinton, B., Quinn, J., Newton, M., and McGuigan, M. Effects of whole-body vibration and PNF stretching on the flexibility and range of movement in elite Australian Rules football players. *Journal of Sports Science and Medicine Suppl*. 10 : 22, 2007.
23. Kinsella, D., Newton, M.J. and McGuigan, M.R. Acute physiological and performance effects of a high intensity lower body resistance training session on Australian Rules Football players. *National Strength and Conditioning Conference*, Atlanta, Georgia, July, 2007. *Journal of Strength and Conditioning Research*. 21(4): E35. 2007.

24. Lavender, A., and Nosaka, K. Fluctuations of isometric force after eccentric exercise of the elbow flexors of young, middle-aged, and old men. *12th Annual Congress of the European College of Sports Science*. Jyvaskyla, Finland 11-14, July. 2007.
25. McGuigan, M.R. and Tod, D. Monitoring strength training and performance: Practical and psychological applications. *National Strength and Conditioning Association National Conference*. Atlanta, GA, July 13, 2007.
26. Nosaka, K., Newton, M., and Sacco, P. Comparison between arms for responses to a bout of maximal eccentric exercise of the elbow flexors. *12th Annual Congress of the European College of Sports Science*. Jyvaskyla, Finland 11-14, July. 2007.
27. Pearson, S., Cronin, J., Hume, P., & Slyfield, D. Kinematics and kinetics of the bench press and bench pull exercises in a strength-trained sporting population. *25th International Symposium on Biomechanics in Sports*, Ouro Preto, Brazil. Eds: Menzel, H-J., Chagas, M.H. August 23-27, 2007.
28. Pearson, S., Cronin, J., Hume, S. and Slyfield, D. (2007). Bench press vs bench pull – kinematics, kinetics and 1RM determination. *Sport and Exercise Science New Zealand Conference*, Hamilton, Nov. 8-10th, 2007.
29. Rose, E., Howard, B., Larkin, D., Hands, B., & Parker, H. Does attraction towards physical activity influence self-concept on level of physical activity in children? *Proceedings of the Joint Congress of SEA Games and ASEAN Para Games Scientific Congress: Joint SEA Games and ASEAN Para Games Scientific Congress Asian South Pacific Association of Sport Psychology*, 151-154, 2007.
30. Rose, E., Howard, B., Larkin, D., Hands, B., & Parker, H. Exploration of potential relationships among attraction towards physical activity, self-concept, and level of physical activity, *Asian Sport Psychology Association*, Bangkok, Thailand, November, 2007.
31. Rose, E., Larkin, D., Hands, B., Sloan, N., Parker, H., & Kendall, Garth. Psycho-social aspects of low motor competence in adolescents. *International Society for Adapted Physical Activity*, San Claro Brazil, July, 2007.
32. Sheehy, K.M., Hopkins, W.G. and Cronin, J.B. (2007). Short-term enhancement of weight training on softball throwing velocity. *Sport and Exercise Science New Zealand Conference*, Hamilton, Nov. 8-10th, 2007.
33. Sheppard, J.M., Cronin, J., Gabbett, T.J., McGuigan, M.R., Etxebarria, N., and Newton, R.U. Relative importance of strength, power and anthropometric measures to jump performance of elite volleyball players. *National Strength and Conditioning Conference*, Atlanta, Georgia, July, 2007. *Journal of Strength and Conditioning Research*. 21(4): E19. 2007.
34. Sheppard, J.M., Cronin, J.B., Gabbett, T.J., McGuigan, M.R. and Newton, R.U. Relative importance of strength and power qualities to jump performance in elite volleyball players. *National Strength and Conditioning Conference*, Atlanta, Georgia, July, 2007.
35. Tod, D., Baker, J. and McGuigan, M.R. The effects of psyching-up and a passive warm-up on muscular strength and fatigue. *12th European Congress of Sport Psychology*, Halkidiki, Greece, September 2007.
36. Tod, D., Thatcher, R., McGuigan, M.R., and Thatcher, J. The effect of instructional and motivational self-talk on performance and the kinematics of the vertical jump. *12th European Congress of Sport Psychology*, Halkidiki, Greece, September 2007.
37. Wallis, K.L., Newton, R.U., Mohamad, S., McGuigan, M.R. and Tan, E. Tracking the effect of a 10 week resistance training program on single leg power in elite sprint and endurance track cyclists. *National Strength and Conditioning Conference*, Atlanta, Georgia, July, 2007. *Journal of Strength and Conditioning Research*. 21(4): E33. 2007.
38. Watson, G., Laursen, P., Nosaka, K., Abbiss, C., and Bradley, W. Hyperthermic fatigue precedes a rapid reduction of serum sodium and cramping in an Ironman triathlete. *12th Annual Congress of the European College of Sports Science*. Jyvaskyla, Finland 11-14, July. 2007.
39. Whatman, C., Nash, M. and Cronin, J. (2007). The acute effect of stretching and vibration on knee joint range of motion and jump performance. *Sport and Exercise Science New Zealand Conference*, Hamilton, Nov. 8-10th, 2007.

REPORTS

1. Hume, P.A., Cronin, J., Croft, J. and Pearson, S., White, K. Progress Report Zephyr Technology Project #1: Shoe Pod. A Technical Report for Zephyr Technology Limited. May 2007. 2 pages.
2. Nosaka, K. and Wing Yin Lau. Effects of dynamic transdermal stimulation on delayed-onset muscle soreness (DOMS) and symptoms associated with eccentric exercise-induced muscle damage. Final report to the funding body (VibraQ Co. Ltd.). December 2007.
3. Nosaka, K. Development of Methods to Assess Standing Fatigue. Final report to the funding body (Taisho Pharmaceutical Co. Ltd.). August 2007.
4. **Thomas, M.** P Tyers, SE Lazic, RA Barker, L Beazley, M Ziman. Graft outcomes influenced by co-expression of Pax7 in graft and host tissue. *Developmental Dynamics*. Submitted
5. **Thomas, M.** Judith A. Blake*, Jennifer A. Thompson*, Robert White*, Melanie Ziman* Perplexing Pax: From Puzzle to Paradigm. *Developmental Dynamics*. Accepted (Impact Factor = 3.169) *equal first authors
6. **Thomas, M.** Roger A Barker, Lyn D Beazley, Melanie R Ziman (2007). Pax7 expression in the adult rat superior colliculus following optic nerve injury. *NeuroReport*. 18:105-109. (Impact Factor = 2.137; Citations = 1)
7. **Thomas, M.** Lyn Beazley, Melanie Ziman. (2006). A multiphasic role for Pax7 in tectal development. *Experimental Brain Research*. 169:266-271. (Impact Factor = 2.302; Citations = 3)
8. **Thomas, M.** Stan Lazic, Lyn Beazley, Melanie Ziman. (2004). Expression profiles suggest a role for Pax7 in the establishment of tectal polarity and map refinement. *Experimental Brain Research*. 157:263-273. (Impact Factor = 1.967; Citations = 6)
9. M.R. Ziman, **Meghan Thomas**, P. Jacobsen, L. Beazley. (2001). A key role of Pax7 transcripts in determination of muscle and nerve cells. *Experimental Cell Research*. 268:220-229. (Impact Factor = 3.949; Citations = 10)
- 10.

BOOKS

1. Hands, B., Parker, H., Rose, E., Larkin, D., & Geneff, R. *Play 5 Teacher manual: Get active at home and school*. Australian Council of Health Physical Education and Recreation Publications: Hindmarsh, S.A. 2007.
2. Pratt, S., Newton, R.U., Galvao D.A., Hope, P., McGuigan, M.P. *Guidelines for Implementing Exercise Programs for Cancer Patients*, The Cancer Council Western Australia, Perth Australia, ISBN 1876628790. September 2007.

BOOK CHAPTERS

1. Hands, B., Parker, H., Rose, E., Larkin, D., & Geneff, R. *Play 5 Teacher manual: Get active at home and school*. Australian Council of Health Physical Education and Recreation Publications: Hindmarsh, S.A. 2007.
2. Kristjanson, L. J., Walton, J., & **Toye, C.** (2007). Palliative Care for the Aged Care Community: An Australian Perspective. In Morse, C. (Ed). *The Art of Ageing in a Global Community: Lessons from Three Nations*. New York: Baywood.

AWARDS

1. Daniel A. Galvão. 2007 The Cancer Council of Western Australia Earlier Career Investigator Award.
2. Mike McGuigan, 2007 National Strength and Conditioning Association - Outstanding Young Investigator Award.

RESEARCH STUDENT COMPLETIONS

Graduating Honours Students

1. Cailyn Rogers – “Assessment of static balance ability in an athletic pediatric population”. (Supervisor John Cronin)

Graduating Masters Students

2. Barbara Howard - “Self-Concept and attraction to physical activity: The Effectiveness of an intervention programme to enhance children's level of physical activity”. (Supervisor Elizabeth Rose).
3. Bradley Wall – “Effects of exercise-induced hypohydration on body temperature and cycling time-trial performance in the heat with adequate facing windspeed” (Supervisors Paul Laursen, Greig Watson).
4. David Frost – “Air versus mass: Comparison of the kinetics, kinematics and muscle activity between pneumatic and free weight resistance.” (Supervisors Robert Newton and John Cronin).
5. Greg Levin – “The influence of concurrent strength and endurance training on cycling performance and physiological variables” (Supervisors Paul Laursen, Mike McGuigan)
6. Tasuku Fujikake - “Detection of muscle damage by B-mode ultrasonography: Relationship between echo intensity and histological changes following injection of bupivacaine to rat hind limb muscles”. (Supervisor Ken Nosaka).
7. Trevor Farr - “Effects of Hypoxia on Exercise Induced Muscle Damage”. (Supervisor Barry Gibson).

Graduating PhD Students

8. Daniel Baker “A Series of Studies on Professional rugby league players”. Supervisor Robert Newton.
9. Kevin Netto “Neck Loading in High Performance Combat Pilots during Aerial Combat Manoeuvres and Specific Neck Strengthening Exercises” (Supervisor Angus Burnett).
10. Michael Newton “An investigation into the effect of arm-choice, training status, and selected racial variance on eccentric exercise- induced muscle damage and soreness.” (Supervisor Ken Nosaka).
11. Naruhiro Hori “Efficacy of weight lifting exercise on the biomechanics of jump, sprint and change of direction performance.” (Supervisors Robert Newton and Ken Nosaka).

EXPERT EVALUATIONS OF ACADEMIC THESES

1. Ken Nosaka. Examination of Doctor of Philosophy Thesis, Jodi Lee Richardson, Monash University. Thesis topic: “Determining the effectiveness of eccentric exercise training to protect hamstring muscles against injury and soreness”, June 2007.
2. Ken Nosaka. Examination of Doctor of Philosophy Thesis, Maarit Lehti, University of Jyväskylä (Finland). Thesis topic: “Physical exercise and type 1 diabetes induced structural adaptations in skeletal muscle”, May 2007.
3. Ken Nosaka. Examination of Doctor of Philosophy Thesis, Sirous Ahmadi, University of Sydney. Thesis topic: “Monitoring muscle oxygenation and blood flow after damage-inducing exercise”, November 2007.
4. Ken Nosaka. Examination of Honours Thesis, Cailyn Rogers, Edith Cowan University. Thesis topic: “Assessment of static balance ability in an athletic pediatric population”, November 2007.
5. Mike McGuigan, Examination of Honours Thesis, Pauline See, RMIT, “The effects of eccentric resistance training on muscle architecture and force-velocity characteristics”, November 2007.
6. Robert Newton, Examination of Doctor of Philosophy Thesis, Ross Allan Clark, Central Queensland University. Thesis topic: “The potential for variable range of motion training to optimise functional performance.” December 2007.
7. Robert Newton, Examination of Doctor of Philosophy Thesis, Timothy Henwood, University of Queensland. Thesis topic: “Muscle functional and functional ability in resistance trained older adults.” December 2007.

APPOINTMENTS TO BOARDS OR EXTERNAL COMMITTEES

Dr. Daniel Galvão

- The Open Clinical Cancer Journal, Editorial Board
-

Dr Mike McGuigan

- National Sport Science Quality Assurance Strength-Power Working Group, Australian Institute of Sport
- Associate Editor, Journal of Strength and Conditioning Research
-

Professor Robert Newton

- Healthway - Research Committee.
- Technical Reference Group, National Children's Nutrition and Physical Activity Survey, Australian Government Department of Health and Ageing
- National Obesity Taskforce – Scientific Reference Group
- Australian Association for Exercise and Sports Science, University Accreditation (NUCAP) committee.
- AVCC Athlete Education Committee
- International Journal of Sports and Health Science, Associate Editor.
- Journal of Strength and Conditioning Research, Associate Editor
- Board of the Western Australian Centre for Cancer and Palliative Care

MEDIA COVERAGE

1. Daniel A. Galvão - Channel 10 - News - Exercise helps fight prostate cancer. April 2007.
2. Daniel A. Galvão - Hematology Oncology Today (USA) - Clinical News in Oncology and Hematology, April 2007. Volume 8 (4) - Interview.
3. Daniel A. Galvão - Joondalup Times - Recipient of the Cancer Council WA Pearl Bethel Allan Early Career investigator grant scheme, 29 March 2007.
4. Daniel A. Galvão and Robert U. Newton - The Cancer Council of Western Australia Newsletter 1 March 2007.
5. Daniel A. Galvão and Robert U. Newton - The Cancer Council of Western Australia Newsletter 1 August 2007.
6. Daniel A. Galvão and Robert U. Newton - The West Australian "Exercise helps fight prostate cancer" - 4 April 2007.
7. Mike McGuigan, 24th October 2007 ABC Radio Southwest "Childhood Obesity"
8. Robert Newton - ABC Southwest Radio, 23rd October 2007, Exercise and ageing. Live interview.
9. Robert Newton - HBF Magazine, "Exercise Benefits and Tips", 30th October 2007.
10. Robert Newton - Medical Observer, 5th October 2007, Exercise has high impact on survival.
11. Robert Newton - The West Australian, 24th October 2007, Unsung Heroes.
12. Robert Newton - Weekend Australian Magazine, "Changing Gear" on latest sports garments. November 2007.

Communications

1. Joondalup and Wanneroo Times, "Hunting Parkinson's", Tuesday, 15th April 2008, Page 14.
2. Parkinson's News (Parkinson's WA Newsletter) "Visiting Student", Volume 23, Number 5, Page 4. October/November 2007
3. The West Australian, "WA Hope for Parkinson's", Monday, October 29, 2007, Page 15
4. Science @ Parliament: Informing the Future, 14 August 2007
5. Rob Newton Interview with Today Tonight

Presentations and seminars hosted or supported by Vario

The Testosterone Revolution Seminar

Presented by Dr Malcolm Carruthers MD, FRCPath., MRCP, Clinical Andrologist and Medical Director of The Men's Health Centre, Harley St, London, and president of The Society for the Study of Androgen Deficiency (Andropause Society) – talk entitled Androgen Deficiency in the Adult Male—Causes, Diagnosis and Treatment 1st February, 2007

Dr Adrian Zentner MB.BS. D. Av. Med. (UK) is a General Practitioner with special interest in male and female sexual health. He is also the Medical Director, National Well Men's Clinics and Women Too Programme - talk entitled The Role of Testosterone in Female Sexual Health

Professor Ralph Martins is the Chair in Ageing & Alzheimers Disease at Edith Cowan University and he will give a brief introductory talk on the role of testosterone in Alzheimer's disease.

JCR, RQF and All That Jazz

This seminar was organised to help staff gain a better understanding of the RQF process, presented by Lyn Leslie and Bret Tizzard - 9th March 2007

Dr Markus Wenk, "Lipidomics in drug and biomarker development" - 10th May

Endnote Seminar –

An endnote seminar was organised for interested postgraduate students and researchers - 20 people attended the seminar, which was presented by Lyn Leslie, Library Account Manager, CHS - 21st September, 2007.

Visitors to Vario

Judi Moylan, MP visited the Vario Health Institute on 26th September, 2007

Dr Simon Towler 15th October 2007

Mr Luke Simpson MLA, 15th October 2007

Tim Benson, Health Consumers Group, 10th May 2007

Presentations to local groups.

- Rob Newton presented to WA Dementia and Memory Community Centre
- Rob Newton presented to Department of Sport & Rec, Physical Activity Taskforce
- Rob Newton presented to Silver Chain re Alzheimer/Dementia
- Rob Newton presented to Westmead Hospital -Life After Breast Cancer -
- Rob Newton presented to the Ageing Conference in Melbourne
- Rob Newton presented to Rotary at Royal Fremantle Golf Club
- Rob Newton presented to ECU Bunbury re Obese Kids Seminar

Other Events

Meeting with Western Potatoes and Dr Amanda Devine leading to research report - Vegetables and Fruit for Health & Healing

Rob visited the Malaysian Institute of Sport

Vario moves to building 21

GRANTS/FUNDING

2008, ECU Early Career Research Grant \$24,935. Cruise, K.E., **Thomas, M.**, Bucks, R.S., & Loftus, A.M. (2008). 'Profiling non-motor symptoms in early Parkinson's disease'.

2008-2010, ECU Office of Research and Innovation and the Vario Health Institute ~\$650,000. **Meghan Thomas**. 'Parkinson's Centre (ParkC)'.

2007 - 2009, Australian Research Council Discovery Project \$253,000. **Meghan Thomas**, M. Ziman, L. Beazley, R. Barker 'Neurological cell replacement therapies: improving outcomes by matching developmental profiles of transplanted cells with the damaged brain area'.

2006, West Australian Institute for Medical Research Neurotrauma Research Program Grant \$61,000. M. Ziman, L. Beazley, R. Barker, **Meghan Thomas** 'Matching the developmental transcription factor profiles of transplanted cells and host injured brain regions is crucial for successful cell transplant therapies'.

2005, Edith Cowan University Faculty Small Grant \$5,000. **Meghan Thomas** 'Genetically matching graft cells and injured brain regions is crucial for successful CNS cell replacement therapies'.

2005, Edith Cowan University Early Career Researcher Grant \$15,000. **Meghan Thomas** and M. Ziman 'Maximising the potential of stem cells used in cell replacement therapies to treat neurodegenerative disease and brain injury'.

2005, University of Western Australia Research Grants Scheme \$30,000. **Meghan Thomas** 'The potential of Pax7 to drive differentiation of bone marrow stromal cells (BMSSCs) into region-specific neuronal subtypes for brain grafts'.

2004, Edith Cowan University /University of Western Australia Postdoctoral Fellowship \$60,000. M. Ziman, L. Beazley, **Meghan Thomas** 'Pax7 and progenitor cell transplant strategies'.

REFEREED RESEARCH PUBLICATIONS

Meghan Thomas, P Tyers, SE Lazic, RA Barker, L Beazley, M Ziman. Graft outcomes influenced by co-expression of Pax7 in graft and host tissue. *Developmental Dynamics*. Submitted

Meghan Thomas*, Judith A. Blake*, Jennifer A. Thompson*, Robert White*, Melanie Ziman* Perplexing Pax: From Puzzle to Paradigm. *Developmental Dynamics*. Accepted (Impact Factor = 3.169) *equal first authors

Meghan Thomas, Roger A Barker, Lyn D Beazley, Melanie R Ziman (2007). Pax7 expression in the adult rat superior colliculus following optic nerve injury. *NeuroReport*. 18:105-109. (Impact Factor = 2.137; Citations = 1)

Meghan Thomas, Lyn Beazley, Melanie Ziman. (2006). A multiphasic role for Pax7 in tectal development. *Experimental Brain Research*. 169:266-271. (Impact Factor = 2.302; Citations = 3)

Meghan Thomas, Stan Lazic, Lyn Beazley, Melanie Ziman. (2004). Expression profiles suggest a role for Pax7 in the establishment of tectal polarity and map refinement. *Experimental Brain Research*. 157:263-273. (Impact Factor = 1.967; Citations = 6)

M.R. Ziman, **Meghan Thomas**, P. Jacobsen, L. Beazley. (2001). A key role of Pax7 transcripts in determination of muscle and nerve cells. *Experimental Cell Research*. 268:220-229. (Impact Factor = 3.949; Citations = 10)

PUBLIC COMMUNICATIONS

Joondalup and Wanneroo Times

"Hunting Parkinson's"

Tuesday, 15th April 2008, Page 14.

Parkinson's News (Parkinson's WA Newsletter)

"Visiting Student"

Volume 23, Number 5, Page 4.

October/November 2007

The West Australian

"WA Hope for Parkinson's"

Monday, October 29, 2007, Page 15

Science @ Parliament: Informing the Future

14 August 2007

ORAL PRESENTATIONS

Australian Physiotherapy Association: Neuroplasticity and Neurorehabilitation Seminar

Title: `The Science behind cell replacement therapies for Parkinson's disease`

Invited Speaker: Meghan Thomas

Location: The Niche, Perth Western Australia

Date: August 2007

The King's School Gloucester Sixth Form Conference

Title: `Repairing the Brain: Ethics of Stem Cells`

Invited Speaker: Meghan Thomas

Location: Royal William Hotel, Cranham, UK

Date: 29th June 2007

Edith Cowan University Public Lecture: The Myths and Legends of Stem Cells

Title: `Cell replacement therapies for Parkinson's disease – the science behind it`

Invited speaker: Meghan Thomas

Location: The Niche, Perth Western Australia

Date: April 2007

Parkinson's Association WA; Support Group for Early Onset Parkinson's disease

Title: `What's happening to my brain – the science behind Parkinson's disease.`

Invited speaker: Meghan Thomas

Location: The Niche, Perth, Western Australia

Date: April 2007

Symposium of Western Australian Neuroscience

Title: 'Cell replacement therapies: Are transcription factor profiles the way?'
Presenting author: Meghan Thomas
Location: The Niche, Perth Western Australia
Date: 2006

2nd Annual meeting for Biotherapeutics

Title: 'Treatment of Parkinson's disease by stem cells'
Presenting authors: Lyn Beazley and Meghan Thomas
Location: Margaret River, Australia
Date: November 2005

Australian Society for Medical Research

Title: 'Are all NPCs the same? Regionally distinct NPCs transplanted into lesioned brain regions'
Presenting author: Meghan Thomas
Location: FJ Lecture Theatre, QEII Medical School, Perth, Western Australia
Date: 2004

Society for Neuroscience 30th annual meeting

Title: 'Pax7 neural precursors and neural differentiation after transplantation into the lesioned adult brain'
Presenting author: Meghan Thomas (L. Beazley, R. Barker, M. Caldwell, M. Ziman)
Location: New Orleans, United States of America
Date: 2003

ComBio2001 New Investigators Symposium

Title: 'Pax7 induces in vitro differentiation of neurons and expression of the axonal guidance cue ephrin-A2'
Presenting author: Meghan Thomas (M. Ziman, L. Beazley)
Location: Canberra, New South Wales, Australia
Date: September 2001

WORKSHOPS/CONFERENCES

- 2007 December 7-9, The 2nd Neural Stem Cells and Frontier Technologies for Brain Repair Workshop.
Invited Poster: **Meghan Thomas**, Beazley L. 'Parkinson's Disease Research: From the Bench to the Clinic – the WA Approach'
- 2007 November 29-1 December. The 3rd Australian Biotherapeutics and Tissue Regeneration Forum, Margaret River, WA
- 2007 July 12-17, 7th IBRO World Congress of Neuroscience, Melbourne.
Poster: **Meghan Thomas**, Beazley LD, Barker RA, Caldwell MA, Ziman M. 'Interaction between host environment and grafted neurospheres influences outcome of neurotrauma'
- 2007 July 8-11, IBRO Satellite Meeting on Neural Development; Stem Cells, Axon Guidance, and Cell Migration in the Developing and Adult Brain.
Poster: Ziman M, **Meghan Thomas**, Thompson J, Zembrzycki A, Beazley L, Barker RA, Mansouri A. 'Matching Transcription Factor Profiles Play a Key Role in Cell Transplant Therapies for Repair of the Injured CNS: Pax7 Pax the Punch'
- 2006 December, Neural Stem Cells and Frontier Technologies for Brian Repair Workshop, Adelaide (invited workshop)
- 2001 November, Developmental Biology Workshop, Adelaide (invited workshop)

MEMBERSHIPS: Parkinson's WA; Stem Cell Interest Group (SCIG)
GRANT ASSESSOR: NHMRC 2007 and 2008
JOURNAL REVIEWER: Stem Cells; Journal of Stem Cell Research
COMMITTEES: CBSM 2008

SCHOLARSHIPS, AWARDS, ADDITIONAL TRAINING

2006, Poster Judge, Symposium of Western Australian Neuroscience, Perth, Australia
2001 - 2004, Australian Postgraduate Award.
2003, Animals (Scientific procedures) Act 1986: Training course for applicants for licence, Modules 1 to 4, United Kingdom.
2002, Woodside Neurotrauma PhD Excellence Award.
2001, The David Walsh Student Award, Presented by the Australian and New Zealand Society of Cell and Developmental Biology, Canberra.
2000, Faculty of Science Honours Scholarship, University of Western Australia.
2000, Unsealed Radioisotope Handling Course

SUPERVISION OF GRADUATE STUDENTS

2007-2008 International Placement Student Supervisor (Peter Allan, Bath University)
2007 Honours Principle Supervisor (Syerna Ong, 2A Honours degree, University of Western Australia)
2006 Honours Co-supervisor (Vijesh Vaghjiani First Class Honours degree, Edith Cowan University)

TEACHING OF UNDERGRADUATE STUDENTS

2004 – 2006 Tutor and Laboratory Demonstrator in third year Developmental Biology at ECU, taking up to 2 classes of 20 students each for laboratory work. Wrote the laboratory manual for the unit in 2005 and was awarded a university commendation in 2005 for exceptional teaching outcomes.
2003 – 2004 Laboratory Demonstrator for second year Applied Microbiology, Human Molecular Genetics, and for first year Health Sciences at ECU, taking up to 4 classes of 20 students each for laboratory work. Awarded a university commendation in 2004 for exceptional teaching outcomes.
2001, Co-supervisor of two fourth year medical students undertaking a 6 month research project as part of a Medical Faculty Research Unit, UWA.

STUDENT COMPLETIONS

| Surname | Name | No | Faculty | School | Course | Principal | Completion | TITLE |
|-----------|-----------|----------|---------|---------------------------------------|-------------------------|---------------------|------------|---|
| BAKER | Daniel | 3033093 | CHS | Exercise, Biomedical & Health Science | PhD (Sports Science) | Prof Robert Newton | 18/05/2007 | |
| BOTTRELL | John | 3021267 | CHS | Exercise, Biomedical & Health Science | Master of Public Health | A/Prof Milos Nedved | 12/12/2007 | Accident Denominators Relative to Age Groups in Heavy Industries of the Port Hedland Region of Western Australia. |
| FARR | Trevor | 963143 | CHS | Exercise, Biomedical & Health Science | MSci (Sports Science) | A/Prof Barry Gibson | 19/01/2007 | Effects Of Hypoxia On Induced Muscle Damage |
| HORI | Naruhiro | 10006563 | CHS | Exercise, Biomedical & Health Science | PhD (Sports Science) | Prof Robert Newton | 12/12/2007 | Assessment And Enhancement Of Lower Extremity Power Of Athletes |
| HOWARD | Barbara | 992736 | CHS | Exercise, Biomedical & Health Science | MSci (Sports Science) | Dr Elizabeth Rose | 18/05/2007 | Self-Concept And Attraction To Physical Activity: The Effectiveness Of An Intervention Programme To Enhance Children's Level Of Physical Activity. |
| JOHNSTON | Steven | 10025456 | CHS | Exercise, Biomedical & Health Science | MSci (Human Biology) | Dr Melanie Ziman | 11/07/2007 | Comparative Efficacy Of Inhaled Methoxyflurane And Intranasal Fentanyl For The Pre Hospital Management Of Cardiac And Or Visceral Pain |
| JOHNSTON | Robyn | 10040106 | CHS | Exercise, Biomedical & Health Science | PhD (Public Health) | Prof Donna Cross | 19/01/2007 | Process Evaluation Of A School- And Home-Based Sun Safety Education Intervention |
| KANYENDA | Limbikani | 2025800 | CHS | Exercise, Biomedical & Health Science | MSci (Human Biology) | Prof Ralph Martins | 18/05/2007 | The Role Of Luteinising Hormone (LH)/Human Chorionic Gonadotropin (Hcg) In Regulating The Production Of Beta Amyloid: A Protein Central To Alzheimer's Disease (AD) |
| MACCARRON | Ciaran | 985377 | CHS | Exercise, Biomedical & Health Science | PhD (OHS) | A/Prof Milos Nedved | 22/02/2007 | Confined Space Fatalities |
| MEDIC | Sandra | 3031961 | CHS | Exercise, Biomedical & Health Science | MSci (Human Biology) | Dr Melanie Ziman | 19/01/2007 | New Perspectives On Cutaneous Malignant Melanoma: The Role Of PAX3 |
| MELIS | Miriam | 2003118 | CHS | Exercise, Biomedical & Health Science | Master of Public Health | Dr Shelley Beatty | 12/12/2007 | A Formative Study To Develop And Test A Health Promotion Strategy For Adolescents Who Experience Grief |

| | | | | | | | | |
|------------|----------|----------|-----|---------------------------------------|-------------------------|-----------------------|------------|---|
| MITCHELL | Maika | 10026269 | CHS | Exercise, Biomedical & Health Science | PhD (Interdisciplinary) | Dr Melanie Ziman | 2/08/2007 | An Investigation Of The Mechanism Of Pax7 Mediated Oncogenesis Via In Silico And In Vitro Biology |
| NETTO | Kevin | 969275 | CHS | Exercise, Biomedical & Health Science | PhD (Sports Science) | A/Prof Barry Gibson | 16/01/2007 | Cervical Neck Loads In High Performance Combat Pilots During Aerial Combat Manoeuvres And Selected Neck Strengthening Exercises |
| NEWTON | Michael | 1830099 | CHS | Exercise, Biomedical & Health Science | PhD (Sports Science) | A/Prof Ken Nosaka | 19/01/2007 | An Investigation Of The Effect Of Exercised Arm, Training Status And Racial Background On Changes In Markers Of Muscle Damage Following Maximal Eccentric Exercise Of The Elbow Flexors |
| PAUL | Suzanna | 947358 | CHS | Exercise, Biomedical & Health Science | Master of Public Health | Dr Jacques Oosthuizen | 18/05/2007 | Comparative Assessment Of The Effectiveness Of Online VS Paper Based Post Graduate Courses In Occupational And Environmental Safety And Health At Edith Cowan University, Perth, Western Australia. |
| PROSSER | Trish | 3031225 | CHS | Exercise, Biomedical & Health Science | PhD (Public Health) | Dr David Ryder | 11/07/2007 | Utilization Of Health And Medical Services: Factors Influencing Health Care Seeking Behaviour And Unmet Health Needs In Rural Areas Of Kenya |
| SYMONS | Andy | 10025462 | CHS | Exercise, Biomedical & Health Science | MSci (Human Biology) | Dr Peter Roberts | 18/05/2007 | Is The Treatment And Transport Of Asystolic Cardiac Arrest Patient To Hospital By Ambulance Services Appropriate? |
| WAITAYAKUL | Chittaya | 974789 | CHS | Exercise, Biomedical & Health Science | PhD (Public Health) | Prof Neil Thomson | 19/01/2007 | 'Effectiveness Of The Life Skills Program For HIV/AIDS Prevention In Northern Thai Housewives'. |

