

CONFERENCE PROCEEDINGS
INVITED SPEAKERSHIPS, and
GLOBAL MEETINGS

TRACK RECORD

Dr. Nicolas Hart

- Singh, F., Galvão, D.A., McIntyre, C., Spry, N., Taaffe, D.R., Chee, R., **Hart, N.H.**, Newton, R.U. (2017). Supervised on-site exercise during acute radiation treatment: the effect on muscle strength, physical function and body composition. *Presented at the Clinical Oncology Society of Australia's 44th Annual Scientific Meeting – Sydney, Australia.*
- **Hart N.H.** (2017). Exercise as a synergistic medicine for advanced cancer patients: can it enhance the effectiveness of systemic therapies to delay disease progression? *Presented at the South West Oncology Conference – Bunbury, Australia. – Invited Speaker.*
- Rantalainen, T., Chivers, P., Rothacker, K., McIntyre, F., Hands, B, **Hart, N.H.**, Nimphius, S., Beeson, B., Bettenay, F., Siafarikas, A. (2017). Implications of routine clinical use of peripheral quantitative computer tomography (pQCT) in conjunction with dual energy absorptiometry (DXA) for the assessment of bone mineral density in youth. *Presented at the Australasian Paediatric Endocrine Group's Annual Scientific Meeting - Hobart, Australia.*
- Balloch, A.S., Meghji, M., Habibi, D., **Hart, N.H.**, Weber, J., Newton, R.U. (2017). Using wearable microtechnology to measure precision of pre-determined change of direction incidents of varying angles. *Presented at the Sports Performance Analysis Conference – Auckland, New Zealand.*
- Newton, R.U., **Hart, N.H.**, Kenfield, S.A., Chan, J.M., Courneya, K.S., Catto, J., Finn, S.P., Greenwood, R., Hughes, D.C., Mucci, L.A., Plymate, S.R., Pollak, M.N., Praet, S.F.E., Russell, A.P., Guinan, E.M., Van Blarigan, E.L., Casey, O., Buzza, M., Galvão, D.A., Ryan, C.J., Saad, F. (2017). Exercise medicine for metastatic castrate-resistant prostate cancer: a supervised, periodised, progressive and autoregulated program combining resistance and aerobic exercise – the INTERVAL-MCRPC prescription. *Presented at the 18th Asia-Pacific Prostate Cancer Conference – Melbourne, Australia.*
- Taaffe, D.R., Galvão, D.A., Spry, N., Joseph, D., Chambers, S.K., Gardiner, R.A., Cormie, P., **Hart, N.H.**, Shum, D.H.K., Newton, R.U. (2017). Immediate versus delayed exercise in men initiating androgen deprivation: effects on bone density and tissue composition. *Presented at the 18th Asia-Pacific Prostate Cancer Conference – Melbourne, Australia.*

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- Newton, R.U., Galvão, D.A., Spry, N., Joseph, D., Chambers, S.K., Gardiner, R.A., Hayne, D., **Hart, N.H.**, Wall, B.A., Bolam, K.A., Taaffe, D.R. (2017). Exercise medicine to arrest bone loss in men with prostate cancer undergoing androgen deprivation therapy: a 12-month randomised controlled trial. *Presented at the 18th Asia-Pacific Prostate Cancer Conference – Melbourne, Australia.*
- Galvão, D.A., Taaffe, D.R., Spry, N., Cormie, P., Joseph, D., Chambers, S.K., Peddle-McIntyre, C., **Hart, N.H.**, Denham, J., Baker, M., Newton, R.U. (2017). Efficacy and safety of a modular multi-modal exercise program in prostate cancer patients with bone metastases: a randomised controlled trial. *Presented at the 18th Asia-Pacific Prostate Cancer Conference – Melbourne, Australia.*
- Rantalainen, T., Chivers, P., Rothacker, K., McIntyre, F., Hands, B., **Hart, N.H.**, Nimphius, S., Beeson, B., Bettenay, F., Siafarikas, A. (2017). DXA and pQCT: clinical considerations in a paediatric population. *Presented at the 10th Black Forest Forum for Musculoskeletal Interactions – Castle Bad Leibenzell, Germany*
- Chivers, P., Rantalainen, T., McIntyre, F., Hands, B., Weeks, B., Beck, B., **Hart, N.H.**, Siafarikas, A. (2017) Gender differences in bone health in a cohort of adolescents with developmental coordination disorder. *Presented at the 8th International Conference on Children's Bone Health – Würzburg, Germany.*
- Chivers, P., Rantalainen, T., McIntyre, F., Hands, B., Weeks, B., Beck, B., **Hart, N.H.**, Siafarikas, A. (2017). Suboptimal bone status for adolescents with movement difficulties – it's gender specific. *Presented at DCD 12: Developmental Coordination Disorder conference – Perth, Australia.*
- **Hart, N.H.** (2016). Can exercise interfere with sclerotic and osteolytic tumour formation and reduce tumour growth in advanced prostate and breast cancer patients with bone metastases?. *Presented at the Denmark-Australia Exercise Oncology Symposium: from pre-clinical studies to clinical trials – Perth, Australia.*
- Balloch, A.S., Meghji, M., Daryoush, H., **Hart, N.H.**, Weber, J., Newton, R.U. (2016). Using wearable microtechnology to measure precision of pre-determined change of direction incidents of varying angles. *Presented at the International Conference of Applied Strength and Conditioning – Melbourne, Australia.*

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- Saad, F., Kenfield, S.A., Chan, J.M., **Hart, N.H.**, Courneya, K.S., Catto, J., Finn, S.P., Greenwood, R., Hughes, D.C., Mucci, L.A., Plymate, S.R., Pollak, M.N., Praet, S.F.E., Russell, A.P., Guinan, E.M., Blarigan, E.V., Casey, O., Buzza, M., Ryan, C.J., Newton, R.U. (2016). INTense Exercise foR surviVAL for men with Metastatic Castrate Resistant Prostate Cancer (INTERVAL-MCRPC): A Movember funded multicentre, randomized, controlled phase III study. *Presented at the American Society of Clinical Oncology, Annual Meeting: Collective Wisdom – Chicago, United States of America.*
- Newton, R.U., Galvao, D.A., **Hart, N.H.**, Taaffe, D.R., Spry, N.A. (2016). Endogenous exercise medicine: Mechanisms influencing prostate cancer biology. *Presented at the Asia Pacific Prostate Cancer Conference – Melbourne, Australia.*
- Chan, J.M., Newton, R.U., Culos-Reed, N., Faithfull, S., Lambert, S., Kenfield, S.A., Blarigan, E.V., Lyons, K.S., Ramsdill, J., Zahavich, A., Duncan, L., **Hart, N.H.**, Dew, M., Moe, E.L., Dixon, C., Winters-Stone, K.M. (2016). An international, population-level initiative to promote healthy lifestyle practices among prostate cancer survivors. *Journal of Clinical Oncology*, 34, 3S, e287.
- Spiteri T., **Hart N.H.**, Specos C. (2016). Sport specific differences in force, velocity and power profiles between ankle-braced and non-braced countermovement jumps. *Presented at the NSCA National Conference – New Orleans, USA.*
- Spiteri T., Newton R.U., **Hart N.H.**, Sheppard J., Nimphius S. (2016). Stronger Athletes Produce a Faster Agility Performance Through Greater Muscle Activation. *Journal of Strength and Conditioning Research*, 30, S72-S73.
- Global Meeting, Movember GAP4 Trial Launch – INTERVAL-MCRPC – Dublin, Ireland: *hosted at Trinity College on the 3rd December – 7th December, 2015.*
Dr. Nicolas Hart is the global exercise co-ordinator of this trial. He delivered two lectures to clinicians and exercise physiologists; and co-delivered a ‘training day’ for all exercise physiologists in attendance.
- Global Meeting, TrueNTH Global Outcomes Meeting – Lifestyle Team – Cairns, Australia: *hosted at Shangri-La Hotel on the 23rd August – 25th August, 2015.*
Dr. Nicolas Hart represented the ‘Australian’ team involved in the TrueNTH project on behalf of Professor Robert Newton and the Exercise Medicine Research Institute.

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- **Hart, N.H.**, Galvão DA, Singh F., Newton RU. (2015). Maintaining bone health in men with prostate cancer. *British Journal of Urology International*, 116, 56. Invited Speaker, Allied Health Stream.
- **Hart, N.H.**, Newton, R.U., Taaffe, D.R., Spry, N.A., Joseph, D.J., Cormie, P., Chambers, S.K., Gardiner, R.A., Galvão, D.A. (2015). Musculoskeletal comparison of patients with localised versus metastatic prostate cancer. *British Journal of Urology International*. 116, 56. Best Paper Award – Allied Health Stream
- Singh, F., Galvão, D.A., **Hart, N.H.**, Spry, N.A., Newton, R.U. (2015). Pre-surgical exercise programming to improve outcomes for men undergoing prostatectomy. *British Journal of Urology International*. 116, 52.
- **Hart, N.H.**, Newton, R.U., Taaffe, D.R., Spry, N.A., Joseph, D.J., Cormie, P., Chambers, S.K., Galvão, D.A. (2015). Bone mass and structure are preserved in advanced prostate cancer patients with bone metastases following a modular multi-modal exercise intervention. *Presented at the Inaugural Science on the Swan Conference, Perth, Australia.*
- **Hart, N.H.**, Nimphius, S, Galvão, DA, Taaffe, DR, Spiteri, T, Weber, J, Newton, RU. (2015). Bone strength is potently enhanced through physical activity involving high-impact, gravitational loads: Morphological insights from the sporting field. *Presented at the Inaugural Science on the Swan Conference, Perth, Australia.*
- **Hart, N.H.** (2014). GPS Technology in Sport: Current and Future Applications. *Presented at Applied Strength and Conditioning Conference of Sports Performance Research Institute New Zealand, Auckland, New Zealand.* Expert Panellist, Round-table
- **Hart, N.H.** (2014). Professional Development and PhD Integration at the elite level in sporting organisations: Insights from Australia. *Presented at Applied Strength and Conditioning Conference of Sports Performance Research Institute New Zealand, Auckland, New Zealand.* - Invited Speaker.
- Blanco Ochoa, P., Haff, G.G., **Hart, N.H.**, Seitz, L., Spiteri, T., Tufano, J., Nimphius, S., (2014), Bone; Body composition and isometric rate of force development are associated in female ballet students and university ballet students. *Journal of Australian Strength and Conditioning*, 106-110.

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- **Hart, N.H.**, Nimphius, S., Weber, J., Dobbin, M., Joyce, D., Higgins, C., Haff, G.G., Newton, R.U., (2014), Muscle-bone differences between elite Australian football and rugby union players. *Journal of Australian Strength and Conditioning*, 21(S1), 99-101
- **Hart, N.H.**, Nimphius, S., Weber, J., Dobbin, M., Newton, R.U., (2013), Lower body bone mass characteristics of elite, sub-elite and amateur Australian footballers. *Journal of Australian Strength and Conditioning*, 21(S2), 50-53.
- **Hart, N.H.**, Dobbin, M., Weber, J., Nimphius, S., Newton, R.U., (2013), Physical load tolerance differs between kicking and support limbs in Australian Footballers. *Journal of Australian Strength and Conditioning*, 21(S2), 102-104.
- **Hart, N.H.**, Nimphius, S., Dorman, C., Newton, R.U. (2013). Influence of leg strength and lean mass on kicking accuracy in Australian Football. *Journal of Australian Strength and Conditioning*, 21(S2), 99-101
- Spiteri, T., **Hart, N.H.** (2013). Ball inclusion into the AFL Agility Test can improve change of direction performance. *Journal of Australian Strength and Conditioning*, 21(S2): 75-77.
- **Hart, N.H.**, Spiteri, T. (2013). Quantifying performance deficits between limbs using a modified version of the AFL agility test. *Journal of Australian Strength and Conditioning*, 21(S2), 105-107.
- Nimphius, S., **Hart, N.H.**, Newton, R.U. (2013). Comparison of support and kicking leg tibial bone strength train indices in professional football players. *Presented at the 8th International Conference of Strength Training, Oslo, Norway.*
- **Hart, N.H.**, Nimphius, S., Wilkie, J.L., Newton, R.U., (2012), Reliability And Validity Of Unilateral And Bilateral Isometric Strength Measures Using A Customised, Portable Apparatus. *Journal of Australian Strength and Conditioning*, 20(S1), 61-67.