

Exercise and Nutrition Symposium Agenda

Tuesday 3rd of April 2018

1:30pm – 5pm

ACU - The Mary Glowrey Building, 115 Victoria Pde, Fitzroy

Room: 420.2.21AB

Exercise-diet interventions to combat chronic metabolic diseases	Molecular mechanisms underlying exercise adaptation	When things go wrong: Can exercise fix everything?
Dr Trine Moholdt	Professor Mark Hargreaves	Ms Tone Nygaard Flolo (PhD)
Dr Mary Jung	Dr Jamie Whitfield	Associate Professor Prue Cormie
Dr Jonathan Little	Associate Professor Nir Eynon	Ms Sofie Lionett (PhD)
<u>Chair:</u> Dr Evelyn Parr	<u>Chair:</u> Dr Jon Oakhill	<u>Chair:</u> Dr Donny Camera

Session 1 – Exercise-diet interventions to combat chronic metabolic diseases

1:30pm - 2:30pm

(Chair: Dr Evelyn Parr)

Presenter	Title
Dr Trine Moholdt Norwegian University of Science and Technology, Norway	HIT to be fit and to heal a broken heart <i>(15 minutes)</i>
Dr Mary Jung University of British Columbia, Canada	“Is HIIT hot or hated? High-intensity interval training from an Exercise Psychology perspective” <i>(15 minutes)</i>
Dr Jonathan Little University of British Columbia, Canada	“Cutting carbs to cure diabetes: Possible? Practical? and Political” <i>(15 minutes)</i>
Panel discussion <i>(15 minutes)</i>	

Coffee break

2:30pm - 2:45pm

Session 2 – Molecular mechanisms underlying exercise adaptation

2:45pm - 3:45pm

(Chair: Dr Jon Oakhill)

Presenter	Title
Professor Mark Hargreaves The University of Melbourne	“Exercise and GLUT4 – molecular insights” <i>(15 minutes)</i>
Dr Jamie Whitfield Australian Catholic University	“Beating the Bushes” - Exploring the Mechanism of Action for Dietary Nitrate <i>(15 minutes)</i>
Associate Professor Nir Eynon Victoria University	‘The Genome and Epigenome of the exercise skeletal muscle’ <i>(15 minutes)</i>
Panel discussion <i>(15 minutes)</i>	

Coffee break

3:45pm - 4:00pm

Session 3 – When things go wrong: Can exercise fix everything?

4:00pm - 5:00pm

(Chair: Dr Donny Camera)

Presenter	Title
Ms Tone Nygaard Flolo University of Bergen, Norway	“To sleeve or not to sleeve in bariatric surgery” <i>(15 minutes)</i>
Associate Professor Prue Cormie Australian Catholic University	“Fighting Cancer with Fitness” <i>(15 minutes)</i>
Ms Sofie Lionett Norewegian University of Science and Technology, Norway	“HITting the fat in PCOS” <i>(15 minutes)</i>
Panel discussion <i>(15 minutes)</i>	