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**SCHOOL:** Health Sciences

**FACULTY:** Health Sciences & Medicine



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## EDUCATIONAL QUALIFICATIONS

- 2006      Ph.D. (Exercise Science), Griffith University, Gold Coast, Australia. PhD thesis titled *"Constraints on the control of physiological tremor"*.
- 1996      Bachelor of Human Movement Science (First Class Honours), Southern Cross University, Lismore, Australia. Honours thesis entitled *"A Comparison Of The Acute Effects Of Various Resistance Training Techniques On Force, Power, Muscular Activity, Time Under Tension And Blood Lactate Response Of Experienced Weight Trainers"*.
- 1995      Bachelor of Health Science (Exercise & Sports Science), Griffith University, Gold Coast, Australia. Obtained a Distinguished Scholar award.

## PROFESSIONAL QUALIFICATIONS

- 2007      Mentor, Sport and Exercise Science New Zealand Practitioner in Biomechanics
- 2007      Mentor, Sport and Exercise Science New Zealand Practitioner in Physical Conditioning
- 2002      Practitioner, Sport and Exercise Science New Zealand in Biomechanics
- 2002      Practitioner, Sport and Exercise Science New Zealand in Physical Conditioning
- 1999      Australian Strength and Conditioning Association Level II Accredited Strength and Conditioning Coach

## CURRENT AND PREVIOUS APPOINTMENTS

### ***Adjunct appointments***

- Nov 2012 – present      Adjunct Associate Professor, University of the Sunshine Coast, Australia
- Oct 2012 – present      Adjunct Professor, AUT University, New Zealand
- Apr 2011 – Aug 2011      Adjunct Associate Professor, Bond University, Australia

### ***Full Appointments***

- Sept 2011 – present      Associate Professor, Bond University, Australia
- Sept 2009 – Aug 2011      Associate Professor, School of Sport and Recreation, AUT University, New Zealand
- Mar 2008 – July 2008      Acting Head of Postgraduate Studies, School of Sport and Recreation, AUT University, New Zealand
- Oct 2007 – Dec 2009      Member of Postgraduate Studies Coordination team, School of Sport and Recreation, AUT University, New Zealand
- Mar 2006 – Sept 2009      Senior Lecturer, School of Sport and Recreation, AUT University, New Zealand
- Jul 2002 – Mar 2006      Lecturer, School of Sport and Recreation, AUT University, New Zealand

## CURRENT TEACHING

### ***Postgraduate Teaching***

- Performance Analysis and Fatigue (2011 – present) \*
- Evidence Based Project (2011 – present)

### ***Undergraduate Teaching***

- Motor Learning and Skill Acquisition (2011 – present) \*
- Principles of Biomechanics (2012 – present) \*

\* Subject convenor

## FELLOWSHIPS AND RESEARCH AWARDS

Year	Award	Agency
2012	Fellow	Australian Association of Gerontology
2012	Fellow	International Society of Biomechanics in Sport
2010	Senior Researcher Award	School of Sport and Recreation, AUT University
2007	Senior Researcher Award	School of Sport and Recreation, AUT University
2007	Senior Researcher Award	Institute of Sport and Recreation, AUT University
2006	Emerging Researcher Award	School of Sport and Recreation, AUT University

## ACADEMIC AND COMMUNITY SERVICE

### ***Research Committees***

2012 – present	Director of the Bond University Research Centre for Health, Exercise and Sports Science
2011 – present	Member, Project Steering Committee for <i>The Watermemories Swim Club</i> , a research project funded by <i>Dementia Community Support Grants Program, Australia</i>
2010 – 2011	Member, Steering group for the Person Centred Research Centre, AUT University
2007 – 2011	Leader of older adult research for Centre for Physical Activity and Nutrition research, AUT University

### ***Association Committees***

2009 – 2011	Member, Executive Committee for the New Zealand Association of Gerontology
2007 – present	Member, Board of Directors of International Society of Biomechanics in Sport
2007 – 2010	Member of Biomechanics Discipline Sub-Committee for Sports and Exercise Science New Zealand (Chair 2009 – 2010)

## **Editorial Boards and Reviewing**

2012 – present	Associate Editor of the <i>Journal of Cancer Survivorship</i>
2006 – present	Member of Editorial Board for seven other journals: <i>American Journal of Sports Science and Medicine</i> ; <i>European Journal of Sports and Exercise Science</i> , <i>Journal of Strength and Conditioning Research</i> ; <i>Journal of Sports Science and Medicine</i> ; <i>Sports</i> ; <i>Online Journal of Medicine and Medical Science Research</i> and <i>The Open Sports Medicine Journal</i> .
2007 - present	Reviewer for the following granting agencies: <i>Auckland University of Technology</i> , <i>Dutch Cancer Society</i> , <i>NHMRC</i> , <i>Romanian National Council for Development and Innovation</i> , <i>SPARC (New Zealand)</i>
2006 – present	Member of Scientific Committee and/or Abstract Reviewer for national and international conferences including: <i>Australian Association of Gerontology Conference</i> ; <i>Australasian Biomechanics Conference</i> ; <i>Emerging Researcher in Ageing (Australian Association of Gerontology) Conference</i> ; <i>Golf Science: A World Scientific Congress on Golf</i> ; <i>International Society of Biomechanics</i> ; <i>International Society of Biomechanics in Sports Conference</i> ; and <i>Sports and Exercise New Zealand Conference</i> .
2005 – present	Ad-hoc reviewer for gerontology and medical peer-reviewed journals including: <i>AGE</i> ; <i>Asian Journal of Andrology</i> ; <i>Australasian Journal on Ageing</i> , <i>Clinical Interventions in Aging</i> ; <i>Journal of Aging and Physical Activity</i> ; <i>Journal of Cancer Research and Therapy</i> ; <i>Journal of Geriatric Physical Therapy</i> ; and <i>Psycho-Oncology</i> .
2003 – present	Book reviewer for <i>Sports and Exercise Science New Zealand</i> (3), <i>British Journal of Sports Medicine</i> (1), <i>Australasian Journal on Ageing</i> (2).
2003 – present	Ad-hoc reviewer for many rehabilitation and sports science peer-reviewed journals including: <i>Archives of Physical Medicine and Rehabilitation</i> ; <i>British Journal of Sports Medicine</i> ; <i>Clinical Biomechanics</i> ; <i>European Journal of Applied Physiology</i> ; <i>International Journal of Sports Medicine</i> ; <i>Journal of Sports Sciences</i> ; <i>Journal of Science and Medicine in Sport</i> ; <i>Medicine and Science in Sports and Exercise</i> ; and <i>Sports Medicine</i> .

## **Community Service**

2012 – present	Supervised exercise classes for older men at the Labrador Mens Shed
2007 – 2011	Coach of the New Zealand Paralympic Powerlifting team
2007 – 2011	Member of the New Zealand Rugby League Medical Board
2007 – 2010	Member of the Shore Safe Older Adults Falls Coalition
2006 – 2007	Member of the New Zealand Powerlifting Federation National Executive Committee
2003 – 2011	Exercise science consultant to the Never2old active ageing program

## RESEARCH FUNDING

### *External Funding (12)*

1. Hampton, E., Gray, M., Lowe, J., **Keogh, J.**, Pelly, F., & Gillen, A. (2012). The effectiveness of a home-based individually tailored program for promoting healthier dietary and exercise behaviours in people with mental health conditions living in the community. Wishlist Sunshine Coast Health Foundation. \$19,768.
2. **Keogh, J.**, & Kavanagh, J. (2012). Can resistance training improve manual dexterity, postural and force tremor in essential tremor patients: a randomised controlled trial? International Essential Tremor Foundation. \$US20,000.
3. **Keogh, J.**, Shepherd, D., Krageloh, C., MacLeod, R., & Newton, R. U. (2009). An investigation into the unique determinants of physical activity for prostate cancer patients on androgen deprivation therapy. Cancer Society of New Zealand. \$28,000.
4. **Keogh, J.**, Power, N., Lucas, P., & Whatman, C. (2009). Can the Nintendo Wii video sports games improve the physical activity levels, functional ability and quality of life of rest home residents? Univers Foundation. JPY 800,000.
5. **Keogh, J.** (2009). Can resistance training improve upper limb function and quality of life in essential tremor patients? Auckland Medical Research Foundation. \$6,030.
6. **Keogh, J.** (2009). Conference report for the 2009 International Conference on Applied Strength and Conditioning. SPARC. \$1,500.
7. **Keogh, J.** (2008). Conference report for the 2008 National Strength and Conditioning Association Conference. SPARC. \$1,500.
8. **Keogh, J.**, Kilding, A., Ashley, L., Gillis, D., & Pidgeon, P. (2007). Can dancing improve physical activity levels, functional ability and reduce falls in older adults? SPARC. \$ 21,382.
9. McIntyre, J., Sheehy, K., & **Keogh, J.** (2006). Review: maintenance of strength, power and speed. New Zealand Rugby Union. \$ 2,000.
10. Wilcock, I., Harris, N., Whatman, C., & **Keogh, J.** (2006). Review: vibration for strength, power and speed. New Zealand Rugby Union. \$ 2,000.
11. **Keogh, J.**, & Barrett, R. (2002). Constraints on the control of physiological tremor. International Society of Biomechanics Matching Dissertation Grant \$US 2,000.
12. **Keogh, J.**, & Morrison, S. (2001). Constraints on the control of physiological tremor. Australian Association of Gerontology RM Gibson Scientific Research Fund \$3,000.

### *Internal Funding (10)*

1. Hing, W., Climstein, M., **Keogh, J.**, & Schram, B. (2012). Water-Based Research – Stand up Paddleboarding Faculty of Health Sciences and Medicine, Bond University. \$18,232.
2. **Keogh, J.**, Henwood, T., Senior, H., & Beller, E. (2012). Prevalence and Predictors of Sarcopenia in Older People Accessing Different Levels of Aged Care in South-East

- Queensland: a Preliminary Study. Faculty of Health Sciences and Medicine, Bond University. \$9,915.
3. MacLeod, R., **Keogh, J.**, & Rogers, E. (2011). ACCeRT Study: Auckland's Cancer Cachexia evaluating Resistance Training Study. A randomised feasibility study of EPA and Cox-2 inhibitor (Celebrex) versus EPA, Cox-2 Inhibitor (Celebrex), Resistance Training followed by ingestion of essential amino acids high in leucine in NSCLC cachectic patients. School of Population Health, University of Auckland Seeding Grant. \$9,997.
  4. Turfrey, R., **Keogh, J.**, & Jones, L. (2010). Promotion of physical activity for cancer survivors: role and determinants of cancer clinicians' actions. AUT University Faculty of Health and Environmental Sciences Summer Studentship. \$5,000.
  5. **Keogh, J.**, Shepherd, D., & Krageloh, C. (2009). An investigation into the unique determinants of physical activity for prostate cancer patients on androgen deprivation therapy. Faculty of Health and Environmental Sciences, AUT University. \$4,910.
  6. Wright-St Clair, V., **Keogh, J.**, & Gray, M. (2009). Feasibility Study of Community Integration for Older Adults Following Traumatic Brain Injury. AUT University Faculty of Health and Environmental Sciences Summer Studentship. \$4,000.
  7. Wooller, L., **Keogh, J.**, & Power, N. (2008). Can video sports games improve physical activity levels and the functional ability and quality of life of rest home residents? . AUT University, Health Technology Interface Summer Studentship. \$ 4,000.
  8. **Keogh, J.**, Kilding, A., & Taylor, D. (2006). Pre-training and the training-related rate of change in the functional ability of older adults: possible relations to the ACE gene. Faculty of Health and Environmental Sciences AUT Contestable Research Grant. \$15,954.
  9. **Keogh, J.**, Hume, P. A., Bradshaw, E., & Agnew, M. (2003). The relationship between body kinematics and anthropometrics to club-head velocity during the golf swing. Faculty of Health and Environmental Sciences AUT Contestable Research Grant. \$18,000.
  10. **Keogh, J.**, Hume, P. A., Mellow, P., & Schofield, G. (2002). Relations of body-build and dimensions to performance and injury in powerlifting. Faculty of Health and Environmental Sciences AUT Contestable Research Grant. \$16,000.

## RESEARCH PUBLICATIONS

### **Book Chapters (5)**

1. **Keogh, J. W. L.** (in press). Exercise and nutritional benefits for individuals with a spinal cord injury or amputation. In D. Bagchi, N. Sreejayan & C. K. Sen (Eds.), *Nutrition and enhanced sports performance: recommendations for muscle building*. Chennai: Elsevier.
2. **Keogh, J. W. L.**, & Burkett, B. (in press). Kinematics of shot put, discus and javelin throwing in Paralympic athletes In Y. Hong (Ed.), *Routledge Handbook of Ergonomics in Sports and Exercise*. Abingdon, UK: Routledge.

3. **Keogh, J. W. L.** (2009). Weightlifting. In D. Caine, P. Harmer & M. Schiff (Eds.), *The Encyclopaedia of Sports Medicine : The Epidemiology of Injury in Olympic Sports* (pp. 336-350). Oxford, England: Blackwell.
4. Doyle, T. L. A., **Keogh, J. W. L.**, & Presland, J. (2007). Kinanthropometric differences between playing levels and position in rugby union. In M. J. Marfell-Jones & T. Olds (Eds.), *Kinanthropometry X* (pp. 165-177). Routledge: London.
5. **Keogh, J.**, & Weber, C. (2003). The relationship between anthropometry and components of physical fitness in female field hockey players of varying age and standard. In H. de Ridder & T. Olds (Eds.), *Kinanthropometry 7* (pp. 77-92). Potchefstroom: Potchefstroom University for Christian Higher Education.

### **Refereed Journal Articles (83)**

1. Argus, C. K., Gill, N. D., & **Keogh, J. W. L.** (in press). Characterisation of the differences in strength and power between different levels of competition in rugby union athletes *Journal of Strength and Conditioning Research*.
2. Crewther, B. T., Heke, T., & **Keogh, J. W. L.** (in press). The effects of a short-term resistance-training programme on strength, body composition and baseline hormones in concurrently training athletes. *Journal of Sports Medicine and Physical Fitness*.
3. Durbin, E., & **Keogh, J. W. L.** (in press). Constraints influencing sports wheelchair propulsion performance and injury risk. *Sports Medicine, Arthroscopy, Rehabilitation, Therapy and Technology*.
4. Fiskien, A., **Keogh, J. W. L.**, Waters, D., & Hing, W. (in press). Perceived benefits, motives, and barriers to aqua-based exercise among older adults with and without osteoarthritis. *Journal of Applied Gerontology*. doi: 10.1177/0733464812463431
5. Patel, A., Schofield, G. M., Kolt, G. S., & **Keogh, J. W. L.** (2013). Perceived barriers, benefits and motives for physical activity: two primary-care physical activity prescription programs *Journal of Aging and Physical Activity*, 21(1), 85–99.
6. Argus, C. K., Gill, N. D., **Keogh, J. W. L.**, McGuigan, M. R., & Hopkins, W. G. (2012). Effects of two contrast training programs on jump performance in rugby union players during a competition phase. *International Journal of Sports Physiology and Performance*, 7(1), 68–75.
7. Ellery, S., **Keogh, J. W. L.**, & Sheerin, K. (2012). Does maximal strength training improve endurance performance in highly trained cyclists: A systematic review. *European Journal of Sports and Exercise Science*, 1(3), 90-102.
8. Henwood, T., **Keogh, J. W. L.**, & Climstein, M. (2012). Sarcopenia: consequences for older adults. *Australian Nursing Journal*, 19(9), 39.
9. **Keogh, J. W. L.**, Henwood, T., & Climstein, M. (2012). The benefits and potential feasibility of using exercise to reduce the prevalence and severity of sarcopenia in residential care older adults. *Australian Nursing Journal*, 19(9), 39-40.
10. **Keogh, J. W. L.**, & Hume, P. A. (2012). Evidence for biomechanics and motor learning research improving golf performance. *Sports Biomechanics*, 11(2), 288-309.



11. **Keogh, J. W. L.**, Kilding, A., Pidgeon, P., Ashley, L., & Gillis, D. (2012). Effects of different weekly frequencies of dance on older adults' functional performance and physical activity patterns. *European Journal of Sports and Exercise Science*, 1(1), 14-23.
12. **Keogh, J. W. L.**, & MacLeod, R. D. (2012). Body composition, physical fitness, functional performance, quality of life and fatigue benefits of exercise for prostate cancer patients: a systematic review. *Journal of Pain and Symptom Management*, 43(1), 96-110. doi: 10.1016/j.jpainsymman.2011.03.006
13. **Keogh, J. W. L.**, Power, N., Wooller, L., Lucas, P., & Whatman, C. (2012). Can the Nintendo WiiTM Sports game system be effectively utilized in the nursing home environment: a feasibility study? *Journal of Community Informatics*, 8(1).
14. Patel, A., Kolt, G. S., **Keogh, J. W. L.**, & Schofield, G. M. (2012). The Green Prescription and older adults: what do general practitioners see as barriers? *Journal of Primary Health Care*, 4(4), 320-327.
15. Sequeria, G., **Keogh, J. W.**, & Kavanagh, J. J. (2012). Can resistance training improve fine manual dexterity in Essential Tremor patients? *Archives of Physical Medicine and Rehabilitation*, 93(8), 1466–1468.
16. Swinton, P. A., Lloyd, R., **Keogh, J. W. L.**, Agouris, I., & Stewart, A. D. (2012). A biomechanical comparison of the traditional squat, powerlifting squat and box squat. *Journal of Strength and Conditioning Research*, 26(7), 1805–1816. doi: 10.1519/JSC.0b013e3182577067
17. Swinton, P. A., Stewart, A. D., Lloyd, R., Agouris, I., & **Keogh, J. W. L.** (2012). Effect of load positioning on the kinematics and kinetics of weighted vertical jumps. *Journal of Strength and Conditioning Research*, 26(4), 906-913.
18. Wagenaar, R., **Keogh, J. W. L.**, & Taylor, D. (2012). Development of a clinical Multiple-Lunge test to predict falls in older adults. *Archives of Physical Medicine and Rehabilitation*, 93(3), 458–465.
19. Winwood, P., **Keogh, J. W. L.**, & Harris, N. (2012). Inter-relationships between strength, anthropometrics, and strongman performance in novice strongman athletes. *Journal of Strength and Conditioning Research*, 26(2), 513–522.
20. Argus, C. K., Gill, N. D., **Keogh, J. W. L.**, Blazeovich, A. J., & Hopkins, W. G. (2011). Kinetic and training comparisons between assisted, resisted and free countermovement jumps. *Journal of Strength and Conditioning Research*, 25(8), 2219-2227.
21. Argus, C. K., Gill, N. D., **Keogh, J. W. L.**, & Hopkins, W. G. (2011). Acute effects of verbal feedback on upper-body performance in elite athletes. *Journal of Strength and Conditioning Research*, 25(12), 3282-3287. doi: 10.1519/JSC.0b013e3182133b8c
22. Argus, C. K., Gill, N. D., **Keogh, J. W. L.**, & Hopkins, W. G. (2011). Assessing lower-body peak power in elite rugby union players. *Journal of Strength and Conditioning Research*, 25(6), 1616-1621.
23. Crewther, B. T., Heke, T., & **Keogh, J. W. L.** (2011). The effects of training volume and competition on the salivary cortisol concentrations of olympic weightlifters. *Journal of Strength and Conditioning Research*, 25(1), 10–15.

24. Jones, L. M., White, A. E., & **Keogh, J. W. L.** (2011). Moving Beyond Pink: the personalised approach to exercise for breast cancer survivors. *Oedeminus*, 14(4), 24-27.
25. **Keogh, J. W. L.** (2011). Paralympic sport: an emerging area for research and consultancy in sports biomechanics. *Sports Biomechanics*, 10(3), 234–253.
26. **Keogh, J. W. L.**, & Jones, L. (2011). The importance of promoting physical activity for cancer survivorship (invited editorial). *New Zealand Medical Journal*, 124(1337), 1-4.
27. Patel, A., Schofield, G. M., Kolt, G. S., & **Keogh, J. W. L.** (2011). General practitioners' views and experiences of counselling for physical activity through the New Zealand Green Prescription program. *BMC Family Practice*, 12, 109. doi: 10.1186/1471-2296-12-119
28. Randell, A. D., Cronin, J., **Keogh, J.**, & Gill, N. D. (2011). Reliability of performance velocity for jump squats under feedback and non-feedback conditions. *Journal of Strength and Conditioning Research*, 25(12), 3514-3518. doi: 10.1519/JSC.0b013e318216001f
29. Randell, A. D., Cronin, J. B., **Keogh, J. W. L.**, Gill, N. D., & Pedersen, M. C. (2011). Effect of instantaneous performance feedback during 6 weeks of velocity-based resistance training on sport specific performance tests. *Journal of Strength and Conditioning Research*, 25(1), 87-93.
30. Rogers, E. S., MacLeod, R. D., Stewart, J., Bird, S. P., & **Keogh, J. W.** (2011). A randomised feasibility study of EPA and Cox-2 inhibitor (Celebrex) versus EPA, Cox-2 inhibitor (Celebrex), Resistance Training followed by ingestion of essential amino acids high in leucine in NSCLC cachectic patients-ACCeRT Study. *BMC Cancer*, 11, 493.
31. Swinton, P. A., Stewart, A., Agouris, I., **Keogh, J. W. L.**, & Lloyd, R. (2011). A biomechanical analysis of straight and hexagonal barbell deadlifts using submaximal loads. *Journal of Strength and Conditioning Research*, 25(7), 2000–2009.
32. Swinton, P. A., Stewart, A. D., **Keogh, J. W. L.**, Agouris, I., & Lloyd, R. (2011). Kinematic and kinetic analysis of maximal velocity deadlifts performed with and without the inclusion of chain resistance. *Journal of Strength and Conditioning Research*, 25(11), 3163-3174. doi: 10.1519/JSC.0b013e318212e389
33. Turnbull, J., **Keogh, J. W. L.**, & Kilding, A. (2011). Strength and conditioning considerations for elite snowboard half pipe. *Open Journal of Sports Medicine*, 5, 1-11. doi: 10.2174/1874387001105010001
34. Winwood, P. W., **Keogh, J. W. L.**, & Harris, N. K. (2011). The strength and conditioning practices of strongman competitors. *Journal of Strength and Conditioning Research*, 25(11), 3118-3128. doi: 10.1519/JSC.0b013e318212daea
35. Argus, C. K., Gill, N., **Keogh, J.**, Hopkins, W. G., & Beaven, C. M. (2010). Effects of a short-term pre-season training programme on the body composition and anaerobic performance of professional rugby union players. *Journal of Sports Sciences*, 28(6), 679-686.
36. **Keogh, J. W. L.** (2010). Applications of the heavy, sprint-style sled pull to sprinting performance *Journal of Australian Strength and Conditioning*, 18(3), 19-22.
37. **Keogh, J. W. L.**, Aickin, S., & Oldham, A. R. H. (2010). Are common measures of core stability related to strength differences between stable and unstable environments? *Journal of Strength and Conditioning Research*, 24(2), 422-429.

38. **Keogh, J. W. L.**, Morrison, S., & Barrett, R. (2010). Strength- and coordination-training are both effective in reducing the postural tremor amplitude of older adults. *Journal of Aging and Physical Activity*, 18(1), 43-60.
39. **Keogh, J. W. L.**, Newlands, C., Blewett, S., Chun, E.-L., & Payne, A. (2010). A kinematic analysis of a strongman-type event: the heavy sprint-style sled pull. *Journal of Strength and Conditioning Research*, 24(11), 3088-3097. doi: 10.1519/JSC.0b013e3181b62c2f
40. **Keogh, J. W. L.**, Payne, A., Anderson, B., & Atkins, P. (2010). A brief description of the biomechanics and physiology of a strongman event: the tire flip. *Journal of Strength and Conditioning Research*, 24(5), 1223-1228.
41. **Keogh, J. W. L.**, Shepherd, D., Krägeloh, C. U., Ryan, C., Masters, J., Shepherd, G., & MacLeod, R. (2010). Predictors of physical activity and quality of life in New Zealand prostate cancer survivors undergoing androgen-deprivation therapy. *New Zealand Medical Journal*, 123(1325), 20-29.
42. Randell, A., Cronin, J., **Keogh, J.**, & Gill, N. (2010). Optimising within session training emphasis. *Strength and Conditioning Journal*, 32(2), 73-80.
43. Randell, A. D., Cronin, J. B., **Keogh, J. W. L.**, & Gill, N. D. (2010). Transference of strength and power adaptation to sports performance - horizontal and vertical force production. *Strength and Conditioning Journal*, 32(4), 100-106.
44. Argus, C. K., Gill, N. D., **Keogh, J. W. L.**, Hopkins, W. G., & Beaven, C. M. (2009). Changes in strength, power and steroid hormones during a professional rugby union competition. *Journal of Strength and Conditioning Research*, 23(5), 1583-1592.
45. Bradshaw, E. J., **Keogh, J. W. L.**, Hume, P. A., Maulder, P. S., Nortje, J., & Marnewick, M. (2009). The effect of biological movement variability on the performance of the golf swing in high- and low-handicapped players. *Research Quarterly for Exercise and Sport*, 80(2), 185-196.
46. Crewther, B. T., Lowe, T., Weatherby, R. P., Gill, N., & **Keogh, J.** (2009). Neuromuscular performance of elite rugby union players and relationships with salivary hormones. *Journal of Strength and Conditioning Research*, 23(7), 2046-2053.
47. **Keogh, J. W. L.**, Hume, P. A., Pearson, S. N., & Mellow, P. (2009). Can absolute and proportional anthropometric characteristics distinguish stronger and weaker powerlifters? *Journal of Strength and Conditioning Research*, 23(8), 2256–2265.
48. **Keogh, J. W. L.**, Kilding, A., Pidgeon, P., Ashley, L., & Gillis, D. (2009). Physical benefits of dancing for healthy older adults: a review. *Journal of Aging and Physical Activity*, 17(4), 479-500.
49. **Keogh, J. W. L.**, Marnewick, M. C., Maulder, P. S., Nortje, J. P., Hume, P. A., & Bradshaw, E. J. (2009). Are anthropometric, flexibility, muscular strength, and endurance variables related to clubhead velocity in low- and high-handicap golfers? *Journal of Strength and Conditioning Research*, 23(6), 1841-1850.
50. Rice, J., & **Keogh, J. W. L.** (2009). Power training: can it improve functional performance in older adults? A systematic review. *International Journal of Exercise Science*, 2(2), 131-151.

51. Turnbull, J. R., Kilding, A. E., & **Keogh, J. W. L.** (2009). Physiology of alpine skiing: a review. *Scandinavian Journal of Medicine and Science in Sports*, 19(2), 146-155.
52. Wilcock, I. M., Whatman, C., Harris, N., & **Keogh, J. W. L.** (2009). Vibration training: could it enhance the strength, power or speed of athletes? *Journal of Strength and Conditioning Research*, 23(2), 593-603.
53. Crewther, B., Cronin, J., **Keogh, J.**, & Cook, C. (2008). The salivary testosterone and cortisol responses to three loading schemes. *Journal of Strength and Conditioning Research*, 22(1), 250-255.
54. Crewther, B. T., Cronin, J., & **Keogh, J. W. L.** (2008). The contribution of volume, technique, and load to single repetition and total repetition kinetics in response to three loading schemes. *Journal of Strength and Conditioning Research*, 22(6), 1908-1915.
55. Holm, D. J., Stålbom, M., **Keogh, J. W. L.**, & Cronin, J. (2008). Relationship between the kinetics and kinematics of a unilateral horizontal drop jump to sprint performance. *Journal of Strength and Conditioning Research*, 22(5), 1589-1596.
56. **Keogh, J. W. L.**, Hume, P. A., Pearson, S. N., & Mellow, P. (2008). To what extent does sexual dimorphism exist in competitive powerlifters? *Journal of Sports Sciences*, 26(5), 531-541.
57. Maulder, P., Bradshaw, E. J., & **Keogh, J. W. L.** (2008). Kinematic alterations due to different loading schemes in early acceleration sprint performance from starting blocks. *Journal of Strength and Conditioning Research*, 22(6), 1992-2002.
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60. Dobson, B., & **Keogh, J. W. L.** (2007). Methodological issues for the application of time-motion analysis research. *Strength and Conditioning Journal*, 29(2), 48-55.
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66. Crewther, B., **Keogh, J.**, Cronin, J., & Cook, C. (2006). Possible stimuli for strength and power adaptation: Acute hormonal responses. *Sports Medicine*, 36(3), 215-238.
67. **Keogh, J.**, Hume, P., & Pearson, S. (2006). Retrospective injury epidemiology of one hundred one competitive Oceania power lifters: The effects of age, body mass, competitive standard and gender. *Journal of Strength and Conditioning Research*, 20(3), 672-681.
68. **Keogh, J.**, Morrison, S., & Barrett, R. (2006). Age-related differences in inter-digit coupling during finger pinching. *European Journal of Applied Physiology*, 97, 76-88.
69. **Keogh, J. W. L.** (2006). Digit force control in older adults: benefits of resistance-training? *Ageing International*, 31(3), 217-231.
70. Maulder, P., Bradshaw, E. J., & **Keogh, J.** (2006). Jump kinetic determinants of sprint acceleration performance from starting blocks in male sprinters. *Journal of Sports Science and Medicine*, 5, 359-366.
71. Crewther, B., Cronin, J., & **Keogh, J.** (2005). Possible stimuli for strength and power adaptation: Acute mechanical responses. *Sports Medicine*, 35(11), 967-989.
72. Hume, P., **Keogh, J.**, & Reid, D. (2005). The role of biomechanics in maximising distance and accuracy of golf shots. *Sports Medicine*, 35(5), 429-449.
73. Crewther, B., Cronin, J., & **Keogh, J.** (2004). Gravitational forces and whole body vibration: implications for prescription of vibratory stimulation. *Physical Therapy in Sport*, 5(1), 37-43.
74. **Keogh, J.**, Morrison, S., & Barrett, R. (2004). Augmented visual feedback increases finger tremor during postural pointing. *Experimental Brain Research*, 159, 467-477.
75. **Keogh, J. W. L.** (2004). The discriminatory ability and inter-relation of strength scores in rugby league. *Strength and Conditioning Coach*, 12(2), 2-6.
76. **Keogh, J. W. L.** (2003). Improving the functional ability of the elderly with resistance-training. *Strength and Conditioning Journal*, 25(1), 26-28.
77. **Keogh, J. W. L.**, Weber, C. L., & Dalton, C. T. (2003). The evaluation of anthropometric, physiological and skill-related tests for talent identification in female field hockey. *Canadian Journal of Applied Physiology*, 28(3), 397-409.
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80. **Keogh, J. W. L.** (1999). The use of physical fitness scores and anthropometric data to predict selection in an elite under 18 Australian Rules Football team. *Journal of Science and Medicine in Sport*, 2(2), 125-133.
81. **Keogh, J. W. L.**, Wilson, G. J., & Weatherby, R. P. (1999). A cross-sectional comparison of different resistance training techniques in the bench press. *Journal of Strength and Conditioning Research*, 13(3), 247-258.
82. **Keogh, J. W. L.**, Wilson, G. J., & Weatherby, R. P. (1997). Alternative weight training techniques: part 2. *Strength and Conditioning Coach*, 5(1), 11-16.

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## **Conference Presentations (88)**

### *Keynote Conference Presentations (3)*

1. **Keogh, J. W. L.** (2012). *Possible uses of strongman training in strength and conditioning practice*. Paper presented at the 1st Malaysian Strength and Conditioning Conference, Kuala Lumpur, Malaysia.
2. **Keogh, J. W. L.** (2010). Paralympic sports, the next frontier for sports science. In R. Jensen, W. Ebben, E. Petushek, C. Richter & K. Roemer (Eds.), *XXVIII International Symposium on Biomechanics in Sports Proceedings* (pp. 32-35). Marquette, MI: Northern Michigan University.
3. **Keogh, J. W. L.** (2009). *Success in golf: How biomechanics and motor learning may improve golf practice and performance?* Paper presented at the 1st International Conference Sports and Exercise Science, Kasetsart University, Bangkok, Thailand.

### *Invited Conference Presentations (14)*

1. **Keogh, J.** (2012). *Exercise and bone health*. Paper presented at the Australasian Prostate Cancer Conference, Melbourne, Australia.
2. **Keogh, J.** (2012). *Physical and psychosocial benefits of physical activity for men with prostate cancer*. Paper presented at the Australian and Canadian Prostate Cancer Research Alliance Conference, Daydream Island, Australia.
3. **Keogh, J. W. L.** (2012). *Strongman workshop*. Paper presented at the 1st Malaysian Strength and Conditioning Conference, Kuala Lumpur, Malaysia.
4. **Keogh, J. W. L.** (2010). *Gold nuggets from around the world: key points from top international conferences (International Society for Biomechanics in Sports Congress)*. Paper presented at the SPRINZ Strength and Conditioning Conference, AUT University, Auckland.
5. **Keogh, J. W. L.** (2010). *Is there a best type of exercise for improving the health and functional ability of older adults?* Paper presented at the Functional Foods Conference 2010, Auckland.
6. **Keogh, J. W. L.** (2010). *Possible uses of strongman training in personal training*. Paper presented at the GetNZ Active Conference, AUT University, Auckland.
7. **Keogh, J. W. L.** (2010). *Reduced quality of life in prostate cancer survivors : is physical activity of therapeutic benefit?* Paper presented at the New Zealand Quality of Life Conference, Auckland.
8. **Keogh, J. W. L.** (2010). *Strongman training: possible uses in personal training*. Paper presented at the YMCA Build Conference, Auckland, New Zealand.
9. **Keogh, J. W. L.** (2009). *The role of strength and conditioning in maximising golf performance*. Paper presented at the 1st International Conference Sports and Exercise Science, Kasetsart University, Bangkok, Thailand.
10. **Keogh, J. W. L.** (2009). *Strongman training: what does the science say?* Paper presented at the International Conference on Applied Strength and Conditioning, Gold Coast, Australia.

11. **Keogh, J.**, Pidgeon., P., Ashley, L., Gillis, D., & Glancey-Ross, S. (2007). *Benefits of dancing for older adults*. Paper presented at the Intersections: Dance, Health and Wellbeing Conference, Auckland, New Zealand.
12. **Keogh, J.** (2005a). *The Aging Process Alters Upper Limb Coordination and Increases Postural Tremor*. Paper presented at the Australian Association of Gerontology Conference, Gold Coast, Australia.
13. **Keogh, J.** (2005b). *Force Control in Older Adults: Benefits of Resistance-Training?* Paper presented at the Australian Association of Gerontology Conference, Gold Coast, Australia.
14. **Keogh, J.**, Morrison, S., & Barrett, R. (2003). *Inter-digit coordination and force control in finger-pinching*. Paper presented at the International Society of Biomechanics XIXth Congress, Dunedin, New Zealand.

#### *Regular Conference Presentations (71)*

1. Kavanagh, J., Sequeria, G., & **Keogh, J. W. L.** (2012). *Resistance training improves hand and finger dexterity in essential tremor patients: a preliminary study*. Paper presented at the Proceedings of the XIXth Congress of the International Society of Electrophysiology & Kinesiology, Brisbane, Australia.
2. **Keogh, J.**, Kattan, A., Taylor, S., Bensley, J., Muller, C., & Powell, L. (2012). A preliminary kinematic gait analysis of a strongman event: the farmers walk. In E. J. Bradshaw, A. Burnett & P. A. Hume (Eds.), *30th Conference of the International Society of Biomechanics in Sports* (pp. 165). Melbourne, Australia: Australian Catholic University.
3. **Keogh, J.**, & Hume, P. (2012). Practice conditions: how do they influence motor learning in golf? In E. J. Bradshaw, A. Burnett & P. A. Hume (Eds.), *30th Conference of the International Society of Biomechanics in Sports* (pp. 178). Melbourne, Australia: Australian Catholic University.
4. MacRae, D., Maloney, T., & **Keogh, J.** (2012). Benefits of the Never 2 Old Active Ageing programme for older adults. *Australasian Journal on Ageing*, 31(Suppl 2), 30.
5. Patel, A., Schofield, G. M., Kolt, G. S., & **Keogh, J. W. L.** (2012a). Physicians' views and experiences of counseling for physical activity: the New Zealand Green Prescription program. *Medicine and Science in Sports and Exercise*, 44(5), S641.
6. Patel, A., Schofield, G. M., Kolt, G. S., & **Keogh, J. W. L.** (2012b). *The Green Prescription and older adults: what do general practitioners see as barriers?* Paper presented at the New Zealand Association of Gerontology Conference, Auckland.
7. Swinton, P. A., Aspe, R., & **Keogh, J. W. L.** (2012). Electromyographic comparison of the back squat and overhead squat. In E. J. Bradshaw, A. Burnett & P. A. Hume (Eds.), *30th Conference of the International Society of Biomechanics in Sports* (pp. 136). Melbourne, Australia: Australian Catholic University.
8. Fiskien, A., **Keogh, J. W. L.**, Waters, D. L., & Hing, W. A. (2011). *Perceived benefits, motives and barriers to aqua-based exercise amongst older adults with osteoarthritis*. Paper presented at the Ninth Asia/Oceania Regional Congress of Gerontology and Geriatrics, Melbourne.

9. **Keogh, J.** (2011). *Benefits of moderate to vigorous exercise for improving the health and functional ability of older adults*. Paper presented at the Ninth Asia/Oceania Regional Congress of Gerontology and Geriatrics, Melbourne.
10. Patel, A., Schofield, G. M., Kolt, G. S., & **Keogh, J. W. L.** (2011). *Perceived barriers, motives and benefits for physical activity in older adults participating in a primary care intervention: The Healthy Steps Study*. Paper presented at the Ninth Asia/Oceania Regional Congress of Gerontology and Geriatrics, Melbourne.
11. Power, N., **Keogh, J.**, Lucas, P., Whatman, C., & Wooller, L. (2011). *Can video sports games improve functional ability and quality of life for rest home residents?* Paper presented at the Ninth Asia/Oceania Regional Congress of Gerontology and Geriatrics, Melbourne.
12. Wagenaar, R., **Keogh, J. W. L.**, & Taylor, D. (2011). *Development of a clinical multiple-lunge test to predict falls in older adults*. Paper presented at the Ninth Asia/Oceania Regional Congress of Gerontology and Geriatrics, Melbourne.
13. Argus, C., Gill, N., **Keogh, J.**, & Hopkins, W. (2010). Acute effects of verbal feedback on explosive upper-body performance in elite athletes. In R. Jensen, W. Ebben, E. Petushek, C. Richter & K. Roemer (Eds.), *XXVIII International Symposium on Biomechanics in Sports Proceedings* (pp. 568-561). Marquette, MI: Northern Michigan University.
14. Heke, T., **Keogh, J. W. L.**, & Crewther, B. T. (2010). *Comparing the effects of two equi-volume training protocols on performance using strength trained males*. Paper presented at the SPRINZ Strength and Conditioning Conference, AUT University, Auckland.
15. Power, N., Wooller, L., **Keogh, J.**, Whatman, C., & Lucas, P. (2010). *Wii video sports games and the elderly*. Paper presented at the New Zealand Quality of Life Conference, Auckland.
16. Randell, A., Cronin, J., **Keogh, J.**, Gill, N., & Pedersen, M. (2010). *Effect of instantaneous performance feedback on velocity based squat jump training* Paper presented at the SPRINZ Strength and Conditioning Conference, AUT University, Auckland.
17. Randell, A., Cronin, J., **Keogh, J.**, Gill, N., & Pedersen, M. (2010). Effect of performance feedback during 6 weeks of velocity based squat jump training. In R. Jensen, W. Ebben, E. Petushek, C. Richter & K. Roemer (Eds.), *XXVIII International Symposium on Biomechanics in Sports Proceedings* (pp. 649-652). Marquette, MI: Northern Michigan University.
18. Swinton, P., Agouris, I., Lloyd, R., Stewart, A., & **Keogh, J.** (2010a). Effect of load positioning on the kinematics and kinetics of weighted jumps. In R. Jensen, W. Ebben, E. Petushek, C. Richter & K. Roemer (Eds.), *XXVIII International Symposium on Biomechanics in Sports Proceedings* (pp. 563-566). Marquette, MI: Northern Michigan University.
19. Swinton, P., Agouris, I., Lloyd, R., Stewart, A., & **Keogh, J.** (2010b). Effect of increasing vertical centre of mass displacement on the biomechanical stimulus of traditional resistance training exercises. In R. Jensen, W. Ebben, E. Petushek, C. Richter & K. Roemer (Eds.), *XXVIII International Symposium on Biomechanics in Sports Proceedings* (pp. 598-601). Marquette, MI: Northern Michigan University.



20. Winwood, P., **Keogh, J.**, & Harris, N. (2010a). *Inter-relationships between strength, anthropometrics, and strongman performance* Paper presented at the New Zealand Sports Medicine and Science Conference, Wellington.
21. Winwood, P., **Keogh, J.**, & Harris, N. (2010b). *Strength and conditioning practices of strongman competitors*. Paper presented at the New Zealand Sports Medicine and Science Conference, Wellington.
22. Winwood, P., **Keogh, J.**, & Harris, N. (2010c). *Strength and conditioning practices of strongman competitors*. Paper presented at the SPRINZ Strength and Conditioning Conference, AUT University, Auckland.
23. Winwood, P., **Keogh, J.**, & Harris, N. (2010d). *Inter-relationships between strength, anthropometrics, and strongman performance in novice strongman athletes*. Paper presented at the SPRINZ Strength and Conditioning Conference, AUT University, Auckland.
24. Argus, C. K., Gill, N. D., **Keogh, J. W. L.**, Hopkins, W. G., Blazeovich, A. J., & Beavan, C. M. (2009). *Kinetic, kinematic and training comparisons between assisted, resisted and bodyweight countermovement jumps*. Paper presented at the International Conference on Applied Strength and Conditioning, Gold Coast, Australia.
25. Crewther, B. T., Aoki, M. S., Heke, T., **Keogh, J. W. L.**, Moilanen, A., & Marshall, G. (2009). *Modelling the best lifts of Olympic weightlifters using allometric scaling*. Paper presented at the Australian Conference of Science and Medicine in Sport, Brisbane, Australia.
26. **Keogh, J.**, Kilding, A., Taylor, D., & Rice, J. (2009). *An evaluation of the never2old physical activity programme for older adults*. Paper presented at the New Zealand Association of Gerontology & Age Concern New Zealand Conference 2009, Wellington.
27. McMahon, K., Kavanagh, J., Horan, S., & **Keogh, J.** (2009). *Amplitude and timing of segment speeds in skilled male and female golfers*. Paper presented at the Australasian Biomechanics Conference 2009, Gold Coast, Australia.
28. Patel, A., Schofield, G. M., Kolt, G. S., & **Keogh, J. W. L.** (2009). *Participant evaluations of the Healthy Steps Green Prescription intervention* Paper presented at the New Zealand Association of Gerontology & Age Concern New Zealand Conference 2009, Wellington.
29. Patel, A., Schofield, G. M., Kolt, G. S., & **Keogh, J. W. L.** (2009b). *Perceived motives and barriers for physical activity: Results from a primary care physical activity intervention for older adults*. Paper presented at the Australian Conference of Science and Medicine in Sport, Brisbane, Australia.
30. Patel, A., Schofield, G. M., Kolt, G. S., & **Keogh, J. W. L.** (2009). *Barriers and motives for physical activity engagement in older adults: results from the Healthy Steps study*. Paper presented at the Australasian Society For Behavioural Health And Medicine, Auckland, New Zealand.
31. Power, N., Wooller, L., **Keogh, J.**, Whatman, C., & Lucas, P. (2009). *Can video sports games improve physical activity levels, functional ability and quality of life for rest home residents?* Paper presented at the New Zealand Association of Gerontology & Age Concern New Zealand Conference 2009, Wellington.

32. Randell, A., Cronin, J., **Keogh, J.**, Gill, N., & Pedersen, M. (2009). *Effects of Instantaneous Feedback During Performance of Jump Squats*. Paper presented at the New Zealand Sports Medicine and Science Conference, Rotorua, New Zealand.
33. **Keogh, J. W. L.**, Hume, P. A., Pearson, S. N., & Mellow, P. (2008). *Can absolute and proportional anthropometric variables distinguish stronger and weaker powerlifters?* Paper presented at the National Strength and Conditioning Association Conference, Las Vegas, USA.
34. **Keogh, J. W. L.**, Payne, A., Anderson, B., & Atkins, P. (2008). A temporal analysis of a strongman event: the tyre flip. In Young-Hoo Kwon, Jaeho Shim, J. K. Shim & I.-S. Shin (Eds.), *XXVI International Symposium on Biomechanics in Sports Proceedings* (pp. 494-497). Seoul, Korea Seoul National University.
35. Rice, J., & **Keogh, J.** (2008). *Snapshot from New Zealand: Overview of AUT University's Never2old exercise programme and strategy for resistance exercise progression with older adults*. Paper presented at the 7th World Congress on Aging and Physical Activity, Tsukuba, Japan.
36. Argus, C. K., Gill, N. D., **Keogh, J. W. L.**, & Hopkins, W. G. (2007). *Effect of concurrent in-season rugby training on the long-term maintenance of maximal strength and power*. Paper presented at the New Zealand Sports Medicine and Science Conference, Hamilton, New Zealand.
37. **Keogh, J.**, Pidgeon, P., Kilding, A., Ashley, L., Gillis, D., & Glancey-Ross, S. (2007). *Benefits of dancing for older adults*. Paper presented at the New Zealand Association of Gerontology Conference, Hamilton, New Zealand.
38. **Keogh, J.**, Nortje, J., Maulder, P., Marnewick, M., Hume, P., & Bradshaw, E. (2007). *Kinematic predictors of golf swing velocity*. Paper presented at the 6th Biennial Australasian Biomechanics Conference, Auckland, New Zealand.
39. **Keogh, J. W. L.**, Aickin, S., & Oldham, A. (2007). *Are common measures of core stability related to strength differences in stable and unstable environments?* Paper presented at the New Zealand Sports Medicine and Science Conference, Hamilton, New Zealand.
40. **Keogh, J. W. L.**, Bradshaw, E. J., Hume, P., Maulder, P., Marnewick, M., & Nortje, J. (2007). Biological variability during the golf swing. In H.-J. Menzel & M. H. Chagas (Eds.), *XXV International Symposium on Biomechanics in Sports Proceedings* (pp. 470-473). Ouro Preto, Brazil Federal University of the State of Minas Gerais in Belo Horizonte.
41. Maulder, P., **Keogh, J.**, & Bradshaw, E. (2007). *Kinematic predictors of 10m sprint performance*. Paper presented at the 6th Biennial Australasian Biomechanics Conference, Auckland, New Zealand.
42. Bradshaw, E. J., Maulder, P., & **Keogh, J.** (2006). Biological movement variability during the sprint start. In H. Schwameder, G. Strutzenberger, V. Fastenbauer, S. Lindinger & E. Muller (Eds.), *XXIV International Symposium on Biomechanics in Sports Proceedings* (pp. 785-789). Salzburg, Austria: University of Salzburg.

43. Doyle, T., **Keogh, J.**, & Presland, J. (2006). *Kinanthropometric Differences In Different Standards Of Rugby Union Players*. Paper presented at the Commonwealth Conference on Sports, Melbourne, Australia.
44. **Keogh, J.**, & Rice, J. (2006). *Exercise progression and prescription for older adults*. Paper presented at the Ageing in New Zealand: Reporting Research Progress Conference, Wellington.
45. **Keogh, J.**, Presland, J., & Doyle, T. (2006). *Positional Differences in the Kinanthropometry of Rugby Union Players*. Paper presented at the Commonwealth Conference on Sports, Melbourne, Australia.
46. **Keogh, J.**, Marnewick, M., Nortje, J., Maulder, P., Hume, P., & Bradshaw, E. (2006). *Kinanthropometric variables can distinguish skilled from unskilled golfers*. Paper presented at the 2nd Australian Association of Exercise and Sports Science Conference, University of New South Wales, Sydney, Australia.
47. **Keogh, J.**, Hume, P., Mellow, P., & Pearson, S. (2006). *To what extent does sexual dimorphism exist in successful powerlifters?* Paper presented at the 2nd Australian Association of Exercise and Sports Science Conference, University of New South Wales, Sydney, Australia.
48. van der Wende, K., **Keogh, J.**, & Renshaw, I. (2006). *The effect of task constraints on the kinematics of the waterpolo shot*. Paper presented at the Commonwealth Conference on Sports, Melbourne, Australia.
49. **Keogh, J.**, Hume, P., Mellow, P., & Pearson, S. (2005). The use of anthropometric variables to predict bench press and squat strength in well-trained strength athletes. In Q. Wang (Ed.), *Proceedings of the XXIII International Symposium of Biomechanics in Sports* (Vol. 1, pp. 126-129). Beijing, China.
50. Maulder, P., Bradshaw, E. J., & **Keogh, J.** (2005). The effects of resisted sled loading on sprint start kinematics. In Q. Wang (Ed.), *Proceedings of the XXIII International Symposium of Biomechanics in Sports* (Vol. 1, pp. 218-221). Beijing, China.
51. Crewther, B., Cronin, J., **Keogh, J.**, & Cook, C. (2004a). *The mechanical, hormonal and metabolic profile of three loading schemes*. Paper presented at the New Zealand Sports Medicine and Science Conference, Auckland, New Zealand.
52. Crewther, B., Cronin, J., **Keogh, J.**, & Cook, C. (2004b). *The mechanical, hormonal and metabolic profiles of two resistance loading schemes*. Paper presented at the National Strength and Conditioning Association Conference.
53. Crewther, B., Cronin, J., **Keogh, J.**, & Cook, C. (2004c). *The mechanical, hormonal and metabolic profiles of two resistance loading schemes*. Paper presented at the National Strength and Conditioning Association Conference, Minneapolis, USA.
54. **Keogh, J.**, Hume, P., Mellow, P., & Pearson, S. (2004a). What anthropometric variables are related to total body strength? *Journal of Science and Medicine in Sport*, 7(4 (Suppl)), 41.
55. **Keogh, J.**, Hume, P., Mellow, P., & Pearson, S. (2004b). Anthropometric variables predict bench press strength in strength-trained athletes. *Journal of Science and Medicine in Sport*, 7(4 (Suppl)), 16.

56. Maulder, P., **Keogh, J.**, & Bradshaw, E. J. (2004). *Physical and training pre-requisites for start and sprint acceleration performance*. Paper presented at the New Zealand Sports Medicine and Science Conference, Auckland, New Zealand.
57. Peddie, J., **Keogh, J.**, Oldham, T., & Renshaw, I. (2004). *The effectiveness of different types of visual feedback on motor skill acquisition in weight training*. Paper presented at the New Zealand Sports Medicine and Science Conference, Auckland, New Zealand.
58. Crewther, B., Cronin, J., & **Keogh, J.** (2003). *The mechanical, hormonal and metabolic profile of two power loading techniques*. Paper presented at the New Zealand Sports Medicine and Science Conference, Nelson, New Zealand.
59. Hume, P., Mellow, P., **Keogh, J.**, & Pearson, S. (2003). *Anthropometry of sixty-eight Australasian and Pacific competitive powerlifters*. Paper presented at the Australian Conference of Science and Medicine in Sport, Canberra, Australia.
60. **Keogh, J.**, Morrison, S., & Barrett, R. (2003). *Inter-digit coordination and force control in finger-pinching*. Paper presented at the International Society of Biomechanics XIXth Congress, Dunedin, New Zealand.
61. **Keogh, J.**, Hume, P., & Pearson, S. (2003). *Epidemiology of injury in powerlifting: Retrospective results*. Paper presented at the Australian Conference of Science and Medicine in Sport, Canberra, Australia.
62. Mellow, P., Hume, P., **Keogh, J.**, & Pearson, S. (2003). *Digital photogrammetry versus ISAK anthropometry in determining body segment lengths of powerlifters*. Paper presented at the Australian Conference of Science and Medicine in Sport, Canberra, Australia.
63. van der Wende, K., Mellow, P., **Keogh, J.**, & Hume, P. (2003). *Correlation between proximorphy, flexibility, vertical jump height and egg-beater boost height of water polo players*. Paper presented at the New Zealand Sports Medicine and Science Conference, Nelson, New Zealand.
64. **Keogh, J.**, Morrison, S., & Barrett, R. (2001). *The dynamics of bilateral tremor during goal-directed pointing*. Paper presented at the International Society of Biomechanics Congress XVIIIth Congress, Zurich, Switzerland.
65. **Keogh, J.**, Morrison, S., & Smith, K. (2000). *The influence of targeting on tremor in novice pistol shooters*. Paper presented at the 2000 Pre-Olympic Congress: International Congress on Sport Science, Sports Medicine and Physical Education, Brisbane, Australia.
66. **Keogh, J.**, Morrison, S., Barrett, R., & Treffner, P. J. (2000). *Random properties of prolonged stance*. Paper presented at the 5th Biennial Motor Control and Human Skill Research Workshop, Gold Coast, Australia.
67. **Keogh, J.**, Morrison, S., & Barrett, R. (2000). *Time-varying properties of the CoP signal during stance*. Paper presented at the 3rd Australasian Biomechanics Conference, Gold Coast, Australia.
68. **Keogh, J. W. L.**, & Weber, C. W. (2000). *Differences in physical characteristics and technical skill between female field hockey players of different abilities*. Paper presented at the 2000 Pre-

Olympic Congress: International Congress on Sport Science, Sports Medicine and Physical Education, Brisbane, Australia.

69. Weber, C. W., & Keogh, J. W. L. (2000). *Physiological and skill based characteristics in female senior and junior field hockey players*. Paper presented at the 2000 Pre-Olympic Congress: International Congress on Sport Science, Sports Medicine and Physical Education, Brisbane, Australia.
70. Keogh, J. (1999). *Exercise for osteoporosis: aerobic vs resistance training*. Paper presented at the 1999 Sports Medicine Australia, Queensland State Conference, Coolumb, Australia.
71. Keogh, J. (1996). *A comparison of the acute effects of various resistance training techniques on force, power, muscular activity and blood lactate response of experienced weight trainers*. Paper presented at the 1996 National Coaching and Officiating Conference, Brisbane, Australia.

## SUPERVISION OF POSTGRADUATE STUDENTS

### **Completed Supervisions (17)**

1. Argus, C. (2012). *Strength and power in elite rugby union players: Implications for training and performance*. PhD, AUT University, New Zealand.
2. MacDonald, L. (2012). *The effect of upper-body exercise-induced fatigue on postural control in surfers*. BExSc (Hons I), Griffith University, Australia.
3. MacRae, D. (2012). *Never too old to be active: Investigating the health benefits of older adults being physically active*. MHSc (Hons I), AUT University, New Zealand.
4. Sequeira, G. (2012). *Can resistance training improve upper limb function and quality of life in essential tremor patients?* MHSc, AUT University, New Zealand.
5. Heke, T. (2011). *The effect of two equal volume resistance training protocols upon muscle strength and hormones in strength-trained males*. MHSc, AUT University, New Zealand.
6. Randell, A. (2011). *Strength and power transference in rugby union players: Implications for training*. PhD, AUT University, New Zealand.
7. Winwood, P. (2011). *Strongman: Common training practices and the relationship between maximal strength and anthropometrics to competition performance*. MHSc (Hons I), AUT University, New Zealand.
8. Malcolm, W. (2010). *The lived experience of prostate cancer survivors who regularly exercise*. BHSc (Hons), AUT University, New Zealand.
9. Ogden, T. (2010). *Time-motion analysis and physiological profile of elite New Zealand Touch players during competition*. MHSc (Hons IIb), AUT University, New Zealand.
10. Patel, A. (2010). *Physical activity engagement in older adults: Green prescription counselling for physical and psychological health*. PhD, AUT University, New Zealand.
11. Ryan, C. (2010). *Factors that influence physical activity in prostate cancer patients*. MHSc (Psych), AUT University, New Zealand.

12. Wagenaar, R. (2010). *Development of a clinical Multiple-Lunge test to predict falls in older adults*. MHSc (Hons IIa), AUT University, New Zealand.
13. Marnewick, M. (2009). *Can a cross training program improve rugby skills in adolescent male rugby players?* MHSc (Hons IIb), AUT University, New Zealand.
14. McMahon, K. (2007). *Kinematic differences in skilled male and female golfers*. BExSc (Hons I), Griffith University, Australia.
15. Van der Wende, K. (2006). *The effects of game specific task constraints on the outcome of the water polo shot*. MHSc (Hons IIb), AUT University, New Zealand.
16. Maulder, P. (2005). *The physical power pre-requisites and acute effects of resisted sled loading on sprint running kinematics of the early acceleration phase from starting blocks*. MHSc (Hons IIa), AUT University, New Zealand.
17. Crewther, B. (2004). *The mechanical, hormonal and metabolic responses to two resistance loading schemes*. MHSc (Hons I), AUT University, New Zealand.

### **Supervisions in Progress (8)**

1. Swinton, P. (submitted). *An investigation into the motion patterns and biomechanics of the deadlift and selected variations, and their effectiveness in the development of power*. PhD, Robert Gordon University, Scotland.
2. Fiskien, A. (ongoing). *Perceived and measured health benefits of aqua-based exercise for older adults with osteoarthritis*. PhD, AUT University, New Zealand.
3. Griffin, J. (ongoing). *Physiological demands of training and competition in Australian women's rugby sevens*. MPhil, Bond University, Australia.
4. Lorrimer, A. (ongoing). *Achilles tendon and calf injuries in triathletes: Prevalence and neuromuscular control risk factors*. PhD, AUT University, New Zealand.
5. Olsen, A. (ongoing). *The role of cancer clinicians in promoting physical activity for their cancer patients: benefits, barriers and motives*. PhD, Bond University, Australia.
6. Rogers, E. (ongoing). *Does a multi-targeted approach of supportive care improve the cancer cachexia status in lung cancer patients?* PhD, University of Auckland, New Zealand.
7. Turnbull, J. (ongoing). *The relationship between training load and explosive power as measures of training induced fatigue in snowboard halfpipe*. MHSc, AUT University, New Zealand.
8. Winwood, P. (ongoing). *Strongman training: application for strength and conditioning practice*. PhD, AUT University, New Zealand.

### **THESES EXAMINED (18)**

1. Fastier, A. (2012). *Effects of circuit training on muscle strength, cardiovascular fitness, and quality of life in women diagnosed with primary breast cancer*. Masters, University of Otago, Dunedin.

2. Pedler, A. (2012). *The biomechanics of the drop punt: three dimensional kinematics, variability and muscle activity*. PhD, University of South Australia, Adelaide.
3. van den Ende, S. (2012). *The physiological and psychological impact of adjuvant chemotherapy treatment in women with primary breast cancer*. Masters, University of Otago, Dunedin.
4. Licht, L. (2011). *Stride analysis of a repeated-sprint test performed by professional Australian Rules football players*. Honours, Griffith University, Gold Coast.
5. Puddle, D. (2011). *Ground reaction forces and loading rates associated with parkour drop landings from varying heights*. Honours, Wintec, Hamilton.
6. Sheerin, K. (2011). *Hip function and running mechanics in youth athletes*. Masters, Auckland University of Technology, Auckland.
7. Stolz, R. (2011). *Bilateral tremor responses to unilateral loading and fatigue*. Honours, Griffith University, Gold Coast.
8. van der Merwe, F. H. (2011). *Does muscular pre-activation of lower extremity muscles prior to a landing task occur earlier or later in a hypermobile population compared to the general population?* Masters, Waikato Institute of Technology, Hamilton.
9. Lester, K. W. (2010). *Identifying feedback for a novice weightlifter using 3-D kinematics: a case study approach to the snatch*. Honours, Australian Catholic University, Melbourne.
10. McKean, M. (2010). *Postural movement – quantifying timing of joint coordination, structural muscle balance, and joint range of motion*. PhD, University of the Sunshine Coast, Sunshine Coast.
11. Phillips, V. K. (2010). *Effects of exercise training modalities on fat oxidation in overweight and obese women*. PhD, University of Otago, Dunedin.
12. Dobbs, C. (2009). *The effect of variable resistance training on lower limb strength and power development: a training study*. Masters, Waikato Institute of Technology, Hamilton.
13. Edgar, D. (2008). *Can whole body vibration training improve strength, power and speed performance?* Masters, Waikato Institute of Technology, Hamilton.
14. Frost, D. (2007). *A biomechanical comparison of pneumatic and free weight resistance*. Masters, Edith Cowan University, Perth.
15. Hawkins, S. (2007). *The effect of different resistance training programs on eccentric utilisation in college aged males*. Masters, Notre Dame, Perth.
16. Williams, M. (2007). *Exploration of differences in vertical jump performance between typically developing children and those identified with DCD: A kinematic and kinetic analysis*. PhD, Australian Catholic University, Melbourne.
17. Sheehy, K. (2006). *The acute effects of weight training on softball throwing velocity* Masters, Auckland University of Technology, Auckland.
18. Owen, G. (2003). *The influence of whole body vibration on knee extensor stiffness and functional performance*. Masters, Auckland University of Technology, Auckland.

## **PROFESSIONAL SOCIETIES MEMBERSHIPS**

2012 – present	Multinational Association of Supportive Care in Cancer
2011 – present	Psycho-Oncology Co-Operative Research Group
2011 – present	Australian Association of Gerontology
2010 – present	Australian-Canadian Prostate Cancer Research Alliance
2002 – present	International Society of Biomechanics in Sports
1997 – present	National Strength and Conditioning Association
2007 – 2011	New Zealand Association of Gerontology
2002 – 2010	Sport and Exercise Science New Zealand
2001 – 2006	Australian Association of Gerontology