

**Professor R NEWTON (BHMS(Hons), MHMS, PhD, DSc, FASCM, FESSA, FAHMS)**

**Career Summary:** Professor Newton is a researcher, clinician, and accredited exercise physiologist with over 40 years-experience in exercise medicine with the past 20 years specialising in exercise oncology. Prof Newton holds a PhD in exercise physiology from Southern Cross University (1998) and completed a visiting research fellowship at the Pennsylvania State University in the Centre for Sports Medicine (1994). From 1999 to 2002 Director of the Biomechanics Laboratory at Ball State University in Indiana and in 2003 was recruited to Edith Cowan University (ECU) as the Foundation Professor in Exercise and Sports Science. In 2004 founded the Exercise Medicine Research Institute (EMRI) at ECU and served as Director until 2017. Has held senior academic positions at ECU including Faculty Associate Dean Research (2006-2008), Head, School of Exercise and Health Sciences (2010-2012), Associate Dean, Medical and Exercise Science (2015-2019). Currently a Vice-Chancellors Professorial Fellow (100% research role), and Professor of Exercise Medicine in the School of Medical and Health Sciences at Edith Cowan University. Fellow of the American College of Sports Medicine, Fellow of Exercise and Sports Science Australia, Member of the Clinical Oncology Society of Australia, American Society of Clinical Oncology and American College of Sports Medicine. In 2018 received the career achievement award from the Cancer Council WA and was a finalist for Western Australian of the Year and finalist for the Premier's Science Award. In 2019, named the Western Australian Premier's Scientist of the Year. In 2021, The University of Queensland awarded a Higher Doctorate (DSc) for research into exercise oncology. Finalist in the Research Australia Health and Medical Research Awards for 2021 and received a Highly Commended Frontiers Award. In 2024 elected as a Fellow of the Australian Academy of Health and Medical Sciences.

**Research support:** Career total of \$51m across 161 grants; Past 10 years chief investigator on more 42 research projects, secured funding of 70 grants totalling \$23m (41 grants and \$5.7m as CIA) from sources including NHMRC (8 grants and \$8m) and PCFA (8 grants and \$1.6m). Notable leadership includes CIA on the first Cancer Council WA Research Grants, Prostate Cancer Foundation, and NHMRC project grants awarded to EMRI, which launched the research program. CIA on a successful Collaborative Research Network Grant from the Federal Government that was pivotal in expanding collaborations with other researchers and teams across Australia. Australian CI on an International research collaboration - Predicting optimal cancer rehabilitation and supportive care (POLARIS Study). CIB and co-lead on the NHMRC CRE in Prostate Cancer Survivorship funding EMRI for 5 years until 2023. CIA and co-lead on the international, multisite RCT of exercise medicine (INTERVAL-GAP4) to extend survival in men with advanced prostate cancer funded by Movember Foundation. CIB on NHMRC Partnership Project Grant: Prostate cancer survivorship essentials for men with prostate cancer on androgen deprivation therapy: transforming care to improve outcomes.

**Contribution to field:** Contributed through national and international leadership roles in the fields of exercise physiology, exercise medicine, and exercise oncology. Publication output in the topic of "Exercise and Cancer" - #1 in Australia and #2 worldwide (Scival). Co-authorship of the 2009 and 2019 Australian position statements on exercise medicine in cancer management.

**Contributions to Translational Research:** As an accredited exercise physiologist, maintains ongoing clinical practice with both face-to-face and telehealth consultations. In 2004 established the Vario Health Clinic at ECU providing allied health services to the community with centres across Perth. Vario has grown substantially and now provides over 30,000 patient/client consultations and services each year with referrals from a network of over 400 General Practitioners across Perth and beyond.

**Collaborations:** Published papers with 734 different authors with established longstanding collaborations with leading researchers and clinicians in Australia and internationally with 51% and 42% of publications co-authored with international and national collaborators respectively. These include groups from Germany (University of Cologne, Baumann), The Netherlands (Amsterdam University Medical Centre, Buffart), USA (Penn State College of Medicine, Schmitz; Harvard Medical School, Wilson; Memorial Sloan Kettering Cancer Center, Nelson) and Canada (University of Alberta, Courneya; University of Montreal, Saad). Prof Newton is a co-investigator on POLARIS, an international collaborative research program performing meta-analysis on 34 exercise and cancer

RCT's from groups around the World. Principal investigator with Prof Fred Saad (University of Montreal) leading the Movember Foundation funded INTERVAL-GAP international trial with >30 researchers across 20 institutions and 10 countries.

***Supervision and mentoring:*** Supervision of 12 postdoctoral fellows, 52 PhD, 26 Master by Research and 3 Honours students to successful completion. Many have gone on to senior positions including 1 DVC, 2 Executive Deans, 16 Professors and 12 Associate Professors.

***Community engagement and involvement:*** Frequent presentations to community groups, both within Australia and Internationally averaging 26 per annum. Notable community programs include LifeNow developed for the Cancer Council WA. LifeNow is an accredited exercise physiologist led exercise program for people with cancer that has been in operation for over a decade. Lead role in the steering committee for Living Longer Living Stronger (now Strength for Life) developed with Council on the Ageing WA in 2004 and currently supporting 4000 participants in over 50 providers throughout WA. In collaboration with the Movember Foundation, developed the exercise program for TrueNorth, a supportive care program for men with prostate cancer which has an extensive telehealth component designed by Prof Newton and offered in Australia and the United States.

***International standing:*** Invited keynote or plenary presenter at conferences in Europe (22), UK (18), United States (31), China (12), Malaysia (4), and Singapore (2). In 2019 invited to the international consensus panel to develop exercise recommendations for people with bone metastases.

***Professional leadership:*** Invited membership of several key boards and committees including: Clinical Oncology Society of Australia's Exercise Executive Committee (2022-present); The Healthy Male – Board of Directors (2020-present); Exercise is Medicine Australia – Advisory Council (2018-present); Nursing and Allied Health Scientific Committee, Asia Pacific Prostate Cancer Conference (2013-2018); Western Australia Health Translation Network; the lead group driving policy and practice of research translation in Western Australia (2015-2020). Prof Newton originated, proposed and implemented a suite of 3 online graduate courses in exercise oncology at ECU which were the first offered in the World ensuring extensive and rapid translation of research findings into clinical practice. Prof Newton

***Professional involvement:*** Current member of 6 learned societies or professional groups; organiser of conferences for ANZUP, COSA, ESSA; Section Editor – Oncology, Journal of Clinical Exercise Physiology. Reviewer for over 40 scientific journals averaging 25 reviews per year including: Journal of Clinical Oncology, European Urology, BMC Cancer, Prostate Cancer and Prostatic Diseases, Medicine and Science in Sports and Exercise, British Journal of Sports Medicine.

***Grant peer review, panels and committees:*** Peer reviewer for multiple granting organisations (e.g. NHMRC, NIH, ARC, World Cancer Research Fund, Tryg Foundation). Member of research committees/panels (e.g. Member NHMRC GRP - Musculoskeletal [2008]; Member, NHMRC Research Translation Faculty [2013-]; NHMRC Assessor [2010-]; ARC Medical Review Committee [2018-]; Excellence Research Australia, Research Evaluation Committee - Medical and Health Sciences [2010 & 2015]; PCFA Research Committee [2007-2011]; National Breast Cancer Foundation Research Advisory Committee [2022-current]; Cancer Council WA Research Committee [2023-current]; among others).

***Industry relevant expertise and output:*** Partnered with Genesis Cancer Care to implement exercise clinics in 3 of their centres in WA and 9 centres for Genesis Cancer Care in the UK. Completed the research and then developed the ManPlan for Abbvie Pharmaceuticals, a support program for men on ADT for prostate cancer with more than 10,000 patients supported since 2014.

***Papers and research output (as at 22 Aug 2024):*** Career total of 554 refereed journal papers published for 34,000 citations. Last 10 years: 301 journal papers cited 7,443 times, mean 25 cites per paper, first or last author on 33%.