

CURRICULUM VITAE

Bareket Falk

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FORMAL EDUCATION:

- 1991 Ph.D. (Physiology)
McMaster University, Faculty of Health Sciences.
Thesis: The effect of puberty on the thermoregulatory response of pre-, mid- and late-pubertal boys exercising in dry heat.
Supervisor: Dr. O. Bar-Or.
- 1988 Comprehensive Examination toward a Ph.D. degree - pass with distinction.
- 1986 M.Sc. (Exercise Physiology) - Tel Aviv University, Sackler School of Medicine.
Thesis: The effects of caffeine ingestion on endurance exercise.
Supervisor: Dr. Y. Shapiro.
- 1982 B.Ed. (Physical Education) - McGill University.
- 1979 D.E.C. (Commerce) - Vanier College, Quebec.

EMPLOYMENT AND EXPERIENCE:

- 2021 - Associate Director, Lifespan Development Institute, Brock University
- 2018 - 2021 Director, Centre for Bone and Muscle Health, Research Centre, Brock University
- 2016 - Affiliated Professor, Haifa University, Haifa, Israel
- 2010- Full Prof., Department of Kinesiology, Brock University, ON, Canada
- 2006-2012 Adjunct Associate Professor, Department of Kinesiology, McMaster University, Canada
- 2004-2010 Associate Prof., Department of Physical Education and Kinesiology, Brock University, ON, Canada
- 2001-2002 Lecturer, Givat Washington College, Israel
- 1996- 2004 Head of Physiology Section, Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Netanya, Israel

1991- 2003 Lecturer, Nat Holman School for Coaches and Instructors, Wingate Institute, Israel;

1994- 2004 Lecturer, School of Medicine, Tel Aviv University, Israel

1998-1999 Lecturer, Kibbuzim Seminar Teachers College, Israel

1994-1996 Acting Director, Center for Research and Sport Medicine Sciences, Wingate Institute, Netanya, Israel

1994-1996 Lecturer, School of Public Health, Hebrew University, Jerusalem

1992-2001 Lecturer, Zinman College of Physical Education, Wingate Institute, Israel

1992-1994 Head of Physiology Section, Center for Research and Sport Medicine Sciences, Wingate Institute, Netanya, Israel

1992-1994 Lecturer, Givat Washington College, Israel

1991-1992 Physiologist, Center for Research and Sport Medicine Sciences, Wingate Institute, Netanya, Israel

1991 Visiting Scientist - Institute of Occupational Health, Helsinki, Finland

1987-1991 Teaching Assistant - School of Nursing, McMaster University, Hamilton, Ontario, Canada

1988-1989 Hebrew Teacher - Beth Jacob Hebrew Academy, Hamilton, Ontario, Canada

1989-1991 Hebrew Teacher - Jewish Community Centre, Ancaster, Ontario, Canada

1985-1986 Researcher - Heller Institute for Medical Research, Ramat Aviv, Israel

1984-1985 Physical Education Instructor - Tel Aviv University, Tel Aviv, Israel
Basketball Coach - Tel Aviv University Youth League, Tel Aviv, Israel

1982-1984 Physical Fitness Instructor - Military School of Physical Fitness, Israeli Defence Forces, Israel

1982 Sports Coordinator - Westpark Day Camp, Montreal, Quebec, Canada

1981-1982 Grader, Statistics - McGill University, Montreal, Quebec, Canada

1980 Computer Operator - McGill University, Montreal, Quebec, Canada

1980 Research Assistant - Tel Aviv University, Tel Aviv, Israel

PUBLICATIONS:

* = graduate student, # = undergraduate student, ^ = served on graduate committee

Journals (English) – refereed

1. Stacey Woods*, Caragh O'Mahoney#, Andrew McKiel*, Laurel Natale#, **Bareket Falk**. Child-Adult differences in antagonist muscle coactivation: A systematic review. *J Electromyog Kinesiol.* 68:102727, 2023. <https://doi.org/10.1016/j.jelekin.2022.102727>
2. Diane E. Mack, Daniel Anzovino, Malcolm Sanderson, Raffy Dotan & **Bareket Falk**. Reporting of adverse events in muscle strengthening interventions in youth: A systematic review. *Pediatric Exercise Science*, accepted, May 31, 2022
3. Kottaras S, Stoikos, J, McKinlay BJ*, Ludwa I, Josse A, **Falk B**, Klentrou P. Bone Turnover Markers and Osteokines in Adolescent Female Athletes of High-impact and Low-impact Sports Compared with Non-athletic Controls. *Pediatric Exercise Science*, online ahead of print, July, 2022
4. Stacey Woods*, Caragh O'Mahoney#, James Maynard*, Raffy Dotan, Gershon Tenenbaum, Edson Filho, **Bareket Falk**. Increase in volitional muscle activation from childhood to adulthood – A systematic review and meta-analysis. *Med Sci Sports Exerc.* 54(5): 789-799, 2022.
5. Brandon J. McKinlay*, Phillip J. Wallace, Shai Olansky, Stacey Woods*, Nigel Kurgan, Brian D. Roy, Andrea R. Josse, **Bareket Falk** and Panagiota Klentrou. Intensified Training in Adolescent Female Athletes: A Cross-Over Study of Greek Yogurt Effects on Indices of Recovery. *J Int Soc Sports Nutr.* 19(1): 17-33, 2022. <https://doi.org/10.1080/15502783.2022.2044732> .
6. Raffaele Joseph Massarotto*, Gary J. Hodges, Alexandra Woloschuk*, Deborah O'Leary, Raffy Dotan, **Bareket Falk**. Skin blood flow responses to acetylcholine and local heating at rest and 60%VO₂max, and associated nitric oxide contribution, in boys vs. girls. *Pediatr Exerc Sci.* 31(2): 67-75, 2022. <https://doi.org/10.1123/pes.2021-0121>.
7. Panagiota Klentrou, Katherine McKee^, Brandon J. McKinlay*, Nigel Kurgan, Brian Roy, **Bareket Falk**. Circulating Levels of Bone Markers After Short-term Intense Training with Increased Dairy Consumption in Adolescent Female Athletes. *Children.* 2021, 8, 961. <https://doi.org/10.3390/children8110961>
8. Abrisham Beigpoor, Brandon J. McKinlay*, Nigel Kurgan, Michael J. Plyley, Deborah O'Leary, **Bareket Falk**, Panagiota Klentrou. Cytokine Concentrations in Saliva vs. Plasma at Rest and in Response to Intense Exercise in Adolescent Athletes. *Annals Hum Biol.* 48: 5, 389-392, 2021, DOI: 10.1080/03014460.2021.1980105 Published online Nov. 8, 2021.
9. Nitsan Dror, Joseph Carbone, Fadia Haddad, **Bareket Falk**, Panagiota Klentrou, and Shlomit Radom-Aizik. Sclerostin and bone turnover markers response to cycling and running at the same moderate-to-vigorous exercise intensity in healthy men. *Journal of Endocrinological Investigation.* 2022 Feb; 45(2): 391-397. doi: 10.1007/s40618-021-01659-5
10. Lauren E Skelly, Erin N Barbour-Tuck, Nigel Kurgan, Melissa Calleja^, Panagiota Klentrou, **Bareket Falk**, Andrea R Josse. Neutral effect of increased dairy product intake, as part of a lifestyle modification program, on cardiometabolic health in adolescent girls with overweight/obesity: a secondary analysis from a randomized controlled trial. *Frontiers Nutrition.* 21 May ; 8: 673589, 2021 <https://doi.org/10.3389/fnut.2021.673589>

11. Alyssa M. Bax*, Chimerem O. Amiaka, Bareket Falk, David A. Gabriel, Craig D. Tokuno. The effect of acute low-load resistance exercise with the addition of blood flow occlusion on muscle function in boys and men. *Eur J Appl Physiol.* 121: 2177-2185, 2021. <https://doi.org/10.1007/s00421-021-04687-4>
12. Malcolm Sanderson , Brandon J. McKinlay* , Alexandros Theocharidis^, Rozalia Kouveliotti^, **Bareket Falk** and Panagiota Klentrou. Changes in Inflammatory Cytokines and Irisin in Response to High Intensity Swimming in Adolescent versus Adult Male swimmers. *Sports* 8: 157, 2020, 10 pages; doi: 10.3390/sports8120157
13. Brandon J. McKinlay*, Alexandros Theocharidis^, Tony Adebero*, Nigel Kurgan, Val A. Fajardo, Brian D. Roy, Andrea R. Josse, Heather Logan-Sprenger, **Bareket Falk** and Panagiota Klentrou. Effects of post-exercise whey protein consumption on recovery indices in adolescent swimmers. *Int J Environ Public Health*, 17(21): 7761, 2020. Doi: 10.3390/ijerph17217761
14. Katlyne Nelson^, Rozalia Kouveliotti^, Alexandros Theocharidis^, **Bareket Falk**, Peter Tiidus, Panagiota Klentrou. Osteokines and Bone Markers at Rest and Following Plyometric Exercise in Pre- and Postmenopausal Women. *Biomed Res Int*, Vol 2020, Article ID 7917309, 10 pages, 2020. <https://doi.org/10.1155/2020/7917309>
15. Theocharidis A^, McKinlay BJ*, Vlachopoulos D, Josse AR, **Falk B**, Klentrou P. Effects of Post Exercise Protein Supplementation on Markers of Bone Turnover in Adolescent Swimmers. *J International Soc Sports Nutr.* 17: 20, 2020 doi: 10.1186/s12970-020-00350-z
16. Melissa Calleja^, Natalie Caetano Feitoza^, **Bareket Falk**, Panagiota Klentrou, Wendy E. Ward, Phillip J. Sullivan, Andrea R. Josse. Increased dairy product consumption as part of a diet and exercise weight management program improves body composition in adolescent females with overweight and obesity – A Randomized Controlled Trial. *Pediatric Obesity.* 15: e12690, 2020
17. Alexandra Woloschuk*, Gary J. Hodges, Raffaele J. Massarotto & Panagiota Klentrou, **Bareket Falk**. *Correction*: The skin blood flow response to exercise in boys and men and the role of nitric oxide. *Eur J Appl Physiol.* 120: 763–764, 2020
18. Stacey Woods*, Raffy Dotan, Nicole Jenicek*, **Bareket Falk**. Isometric-based EMG threshold in girls and women. *Eur. J Appl Physiol* 120: 907–914, 2020
19. Andrea R. Josse, Izabella A. Ludwa, Rozalia Kouveliotti^, Melissa Calleja^, **Bareket Falk**, Wendy E. Ward and Panagiota Klentrou. Dairy product intake decreases bone resorption following a 12-week diet and exercise intervention in overweight and obese adolescent girls. *Pediatric Research.* 88(6): 910-916, 2020
20. Alexandra Woloschuk*, Gary J. Hodges, Raffaele J. Massarotto, Panagiota Klentrou, **Bareket Falk**. The skin blood flow response to exercise in boys and men and the role of nitric oxide. *Eur J Appl Physiol.* 120: 753–762, 2020
21. Gary J. Hodges, Panagiota Klentrou, Stephen S. Cheung, and **Bareket Falk**. Comparison of laser speckle contrast imaging and laser-Doppler fluxmetry in boys and men. *Microvasc Res Mar*; 128: 103927, 2020. doi: 10.1016/j.mvr.2019.103927
22. Adebero, Tony*, McKinlay, Brandon John*, Theocharidis, Alexandros^, Root, Zach^, Josse, Andrea R, Klentrou, Panagiota, **Falk, Bareket**. Salivary and Serum Concentrations of Cortisol and Testosterone at Rest and in Response to Intense Exercise in Boys versus Men. *Pediatr Exerc Sci* 32(2): 65-72, 2020

23. Stacey Woods*, Raffy Dotan, Nicole Jenicek*, James Maynard#, David Gabriel, Craig Tokuno, **Bareket Falk**. Isometric-based test improves EMG-threshold determination in boys vs. men. *Eur J Appl Physiol* 119: 1971-1979, 2019
24. R. Kouvelioti[^], N. Kurgan[^], **B. Falk**, W.E. Ward, A.R. Josse and P. Klintrou. Cytokine and sclerostin response to high intensity interval running versus cycling. *Med Sci Sports Exerc.* 51(12): 2458-2464, 2019.
25. Kayleigh M. Beaudry[^], Aysha M. Thomas, Izabella A. Ludwa[^], Wendy E. Ward, **Bareket Falk**, Andrea R. Josse. First-year university is associated with greater body weight, body composition and adverse dietary changes in males than females. *PLOS ONE* 2019 Jul 3; 14(7): e0218554. doi: 10.1371/journal.pone.0218554. eCollection 2019.
26. GJ Hodges, MM Mallette, A Rigby, P Klintrou, SS Cheung, **B Falk**. Comparison of different wheelchair seating on thermoregulation and perceptual responses in thermoneutral and hot conditions in children. *J Tissue Viabil* 28: 144-151, 2019.
27. R. Kouvelioti[^], P. LeBlanc, B. **Falk**, W.E. Ward, A.R. Josse and P. Klintrou. Effects of high intensity interval running versus cycling on sclerostin, markers of bone turnover and oxidative stress in young men. *Calcif Tiss Int* 104: 582-590, 2019
CTI Award for Publishing Excellence – one of the 10 most cited papers in 2019
28. **B. Falk**, R Dotan. Measurement and interpretation of maximal aerobic power in children. *Pediatr Exerc Sci* 31(2): 144-151, 2019
29. R. Kouvelioti[^], N. Kurgan[^], **B. Falk**, W.E. Ward, A.R. Josse, and P. Klintrou. Response of sclerostin and bone turnover markers to high-intensity interval exercise in young women: does impact matter? *Biomed Res Int*, Special issue: "The Bone Response to Exercise". 2018 Nov 1; 2018: 4864952. doi: 10.1155/2018/4864952. eCollection 2018
30. Gary J. Hodges, Matthew C. Mueller#, Stephen S. Cheung, **Bareket Falk**. Cutaneous vasomotor responses in boys and men. *Appl Physiol Nutr Metab* 43(10): 1019-1026, 2018
31. Gary J. Hodges, Antti M. Kiviniemi, Matthew M. Mallette, Panagiota Klintrou, Bareket **Falk**, & Stephen S. Cheung. Effect of passive heat exposure on cardiac autonomic function in healthy children. *Eur J Appl Physiol* 118: 2233-2240, 2018
32. Nigel Kurgan[^], Heather Logan-Sprenger, Bareket **Falk**, Panagiota Klintrou. Bone and inflammatory responses to training in female rowers over an Olympic year. *Med Sci Sport Exerc* 50(9): 1810-1817, 2018
33. BJ McKinlay*, PJ Wallace, R Dotan, D Long#, C Tokuno, D Gabriel, **B Falk**. Effects of Plyometric and Resistance Training on Muscle Strength, Explosiveness and Neuromuscular Function in Young Adolescent Soccer Players. *J. Strength Cond Res.* 32(11): 3039-3050, 2018
34. P Klintrou, K Angrish, N Awadia, Kurgan[^], R Kouvelioti[^], **B Falk**. Wnt signaling related osteokines at rest and following plyometric exercise in pre- and early pubertal boys and girls. *Pediatr Exerc Sci* 30(4): 457-465, 2018 Apr 23: 1-9. doi: 10.1123/pes.2017-0259
35. J Dekker[^], K Nelson[^], N Kurgan[^], **B Falk**, A Josse, P Klintrou. Wnt Signaling-related Osteokines and Transforming Growth Factors Before and After a Single Bout of Plyometric Exercise in Pre- and Post-menarcheal Girls. *Pediatr Exerc Sci* 29(4): 504-512, 2017
36. BJ McKinlay*, PJ Wallace, R Dotan, D Long#, C Tokuno, D Gabriel, **B Falk**. Isometric and dynamic strength and neuromuscular attributes as predictors of vertical jump performance in 11-13 year old male athletes *Appl Physiol Nutr Metab.* Sep; 42(9): 924-930, 2017. doi: 10.1139/apnm-2017-0111

37. IA Ludwa[^], **B Falk**, WE Ward, KL Gammage, P Klentrou. Mechanical, biochemical, and nutritional determinants of the functional model of bone development of the radius in children and adolescents. *Appl Physiol Nutr Metab.* Jul; 42(7): 780-787, 2017. doi: 10.1139/apnm-2016-0666.
38. P T Pianosi, RI Liem, **B Falk** PhD, FJ Cerny, RG McMurray, HCG Kemper. Pediatric Exercise Testing: value and implications of peak oxygen uptake. *MDPI-Children.* 4, 6, 2017 doi: 10.3390/children4010006
39. Dotan R, Jenkins G*, O'Brien TD, Hansen S, **Falk B**. Torque-onset determination: Unintended consequences of the threshold method. *J Electromyogr Kinesiol.* 31: 7-13, 2016. doi: 10.1016/j.jelekin.2016.08.017. [Epub ahead of print]
40. D Long[#], R Dotan, B Pitt*, B McKinlay*, TD O'Brien, C Tokuno, and **B Falk**: The Electromyographic Threshold in Girls and Women. *Pediatric Exercise Science*, 29(1): 84-93, 2017. doi: 10.1123/pes.2016-0056. Epub 2016 Aug 19
41. P Klentrou, A Giannopoulou[^], B McKinlay*, P Wallace, C Muir, **B Falk**, D Mack. Salivary cortisol and testosterone responses to resistance and plyometric exercise in 12-14 year old boys. *Appl Physiol Nutr Metab* 41(7): 714-718, 2016
42. **Falk B**, Haddad F, Klentrou P, Ward WE, Kish K*, Mezil Y, Radom-Aizik S. Differential sclerostin and parathyroid hormone response to exercise in boys and men. *Osteoporosis Int.*, 27: 1245-1249, 2016.
43. Cook O, Frost G, Twose D, Wallman L, **Falk B**, Galea V, Adkin A, and Klentrou P. CAN-flip: a pilot gymnastics program for children with cerebral palsy. *Adapted Physical Activity Quarterly*, 32(4): 349-70, 2015.
44. K Kish*, Y Mezil, WE Ward, P Klentrou, **B Falk**. Effect of plyometric exercise session on markers of bone turnover in boys and young men. *Eur J Appl Physiol* 2015 May 29. [Epub ahead of print]; 115(10): 2115-2124, 2015
45. Akseer N*, Kish K*, Rigby WA*, Greenway M, Klentrou P, Wilson , **Falk B**: Does bracing affect bone health in women with adolescent idiopathic scoliosis? *Scoliosis* 10: 5, 2015 DOI 10.1186/s13013-015-0031-1
46. B Pitt*, R Dotan, J Millar[#], D Long[#], C Tokuno, T O'Brien, **B Falk**: The electromyographic threshold in boys and men. *Eur. J Appl Physiol.* 115(6): 115(6): 1273-81 2015.
47. **Falk**, B, Eliakim, A: Endocrine Response to Resistance Training in Children. *Pediatric Exercise Science* 26(4): 404-422, 2014
48. N. Ashish, M Bamman, FJ. Cerny, DM Cooper, P D'Hemecourt, JC. Eisenmann, DEricson, J Fahey, **B Falk**, D Gabriel, MG. Kahn, H C.G. Kemper, S-Y Leu, RI. Liem, R McMurray, PA. Nixon, JT Olin, PT. Pianosi, Mary Purucker, S Radom-Aizik, A Taylor (In Alphabetical order): The clinical translation gap in child health exercise research: A call for disruptive innovation. *Clinical and Translational Science* 2015 Feb; 8(1): 67-76. doi: 10.1111/cts.12194. [Epub ahead of print: 2014 Aug 11]
49. **Falk**, B., Rigby, A*, Akseer, N.*: Adolescent Idiopathic Scoliosis: The possible harm of bracing and the likely benefit of exercise. *Spine Journal* 2015 15(1): 209-10.. pii: S1529-9430(14)00467-7. doi: 10.1016/j.spinee.2014.05.006. [Epub ahead of print: 2014 May 16]
50. Papadopoulos, E.[^], C. Muir, C. Russell, B.W. Timmons, B. **Falk** and P. Klentrou. Stress and immune responses during a week leading to competition in adolescent swimmers. *J*

51. Dotan, R., Mitchell, C.*, Cohen, R.*, Gabriel, D., Klentrou, P., **Falk, B.**: Explosive sport training and torque kinetics in children. *Applied Physiology, Nutrition and Metabolism*, 38(7): 740-745, 2013. doi: 10.1139/apnm-2012-0330. Epub 2013 Jan 29
52. Dotan, R., Mitchell, C.*, Cohen, R.*, Gabriel, D., Klentrou, P., **Falk, B.**: Child–adult differences in the kinetics of torque development. *Journal of Sports Sciences* 31(9): 945-956, 2013.
53. Ludwa I.A.^, D.D. O’Leary, T.J. Wade, J. Cairney, B. **Falk**, and P. Klentrou. The effect of adiposity on the relationship between indicators of maturity in peri-pubertal children. *Ann. Human Biol.*, 40(1): 70-4, 2013; Early Online: 1–5 (Dec. 2012)
54. Dotan, R., C. Mitchell*, R. Cohen*, P. Klentrou, D. Gabriel, B. **Falk**: Child—Adult Differences in Muscle Activation – A Review. *Pediatric Exercise Science* 24: 2-21, 2012. Invited review.
55. Klentrou, P.; I. Ludwa^, B. Falk: Factors associated with bone turnover and speed of sound in early and late-pubertal females. *Applied Physiology, Nutrition and Metabolism*. 36(5): 707-14, 2011
56. Mitchell, C.*, R. Cohen*, R. Dotan, D. Gabriel, P. Klentrou, B. Falk. Rate of Muscle Activation in Power- and Endurance-Trained Boys. *Int. J. Sports Physiol. Perf.* 6(1): 94-105, 2011.
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58. R. Dotan, L. Zigel, A. Rotstein, T. Greenberg, Y. Beniamini, B. Falk: Reliability and Validity of the Lactate-Minimum Test – A Revisit. *J Sports Med Phys Fitness.* 51(1): 42-9, 2011.
59. Cohen, R.*, C. Mitchell*, R. Dotan, D. Gabriel, P. Klentrou, B. Falk: Do Neuro-Muscular Adaptations Occur in Endurance-Trained Boys and Men?, *Applied Physiology, Nutrition and Metabolism*, 35: 471-479, 2010.
60. Moore, S.*, M. Moore*, P. Klentrou, P. Sullivan, **B. Falk**: Maturity status in male child and adolescent athletes. *J Sports Med Phys Fitness.* 50: 486-493, 2010.
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62. Ludwa, I. A.^, **B. Falk**, M. Yao*, L. Corbett^, P. Klentrou: Bone Speed of Sound, bone Turnover and IGF-I in Adolescent Synchronized Swimmers. *Pediatr. Exerc. Sci.* 22: 421-430, 2010.
63. Corbett, L.^, C. Muir, I.A. Ludwa^, M. Yao*, B.W. Timmons, **B. Falk**, P. Klentrou: Correlates of mucosal immunity and upper respiratory tract infections in girls. *J. Pediatr. Endocrinol. Metab.* 23(6): 579-588, 2010.
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65. **Falk B.**, C. Usselman#, R. Dotan, L. Brunton#, P. Klentrou, J. Shaw#, D. Gabriel. Child-adult differences in muscle strength and activation pattern during isometric elbow flexion and extension. *Applied Physiology, Nutrition and Metabolism*. 34(4): 609-615, 2009.
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69. **Falk, B.**, R. Dotan: Pediatric Exercise Physiology Symposium A Tribute to Oded Bar-Or: Children's thermoregulation during exercise in the heat – a revisit. *Applied Physiology, Nutrition and Metabolism*, 33(2): 420-427, 2008. (invited review).
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72. Moore, M.* , S. Braid*, **B. Falk**, P. Klentrou. Daily calcium intake in male children and adolescents obtained from the rapid assessment method and the 24-hour recall method. *Nutr. J.*, 6: 24, 2007 [doi: 10.1186/1475-2891-6-24].
73. R. Lidor, Y. Hershko, A. Bilkevitz, M. Arnon, **B. Falk**: Measurement of talent in volleyball: Fifteen-month follow-up of elite adolescent players. *Journal of Sports Medicine and Physical Fitness* 47(2): 159-168, 2007.
74. R. Lidor, M. Arnon, Y. Hershko, G. Maayan, **B. Falk**: Accuracy in a volleyball service test in rested and physical exertion conditions in elite and near-elite adolescent players. *Journal of Strength and Conditioning Research* 21(3): 937-942, 2007.
75. **B. Falk**, Y. Galili*, L. Zigel, N. Constantini, A. Eliakim: A Cumulative Effect of Physical Training on Bone Strength in Males *International Journal of Sports Medicine* 28: 449-455, 2007, [Epub ahead of print, Nov 16, 2006]
76. Lidor, R., Y. Melnik, A. Bilkevitz, **B. Falk**: The ten-station judo ability test: A test of physical and skill components. *Strength and Conditioning Journal* 28: 2-4, 2006.
77. **Falk, B.**, R. Dotan: Child-adult differences in the recovery from high-intensity exercise. *Exercise and Sport Sciences Reviews*, 34, 107-112, 2006.
78. **Falk, B.**, G. Bar-Mor, L. Zigel, M. Yaaron, Y. Beniamini, B. Zeevi: Daily physical activity and perception of condition severity among male and female adolescents with congenital heart malformation. *Journal of Pediatric Nursing*, 21, 244-249, 2006.
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cardiopulmonary response to exercise in cystic fibrosis patients with moderate to severe lung disease. *Pediatric Pulmonology*, 41, 234-241, 2006.

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85. Lidor, R., **B. Falk**, M. Arnon, Y. Cohen, G. Segal, Y. Lander: Measurement of talent in team handball: The questionable use of motor and physical tests. *Journal of Strength and Conditioning Research*, 19, 318-325, 2005.
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88. **Falk, B.**, R. Lidor, Y. Lander, B. Lang: Talent identification and early development of elite water-polo players: A 2-year follow-up study. *Journal of Sports Sciences*, 22, 347-355, 2004.
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118. Dotan, R., **B. Falk**, I. Tamir, R. Burstein, R. Golan, S. Epstein, Y. Weinstein. The effect of carbohydrate- and protein-rich beverages consumption during recovery from endurance exercise on subsequent exercise performance. In J. Bangsbo, B. Saltin, H. Bonde, Y. Hellsten, B. Ibsen, M. Kjaer, G. Sjogaard (Eds.), *Book of Abstracts I, Second Annual Congress of the European College of Sports Science*, Copenhagen, Denmark, 1997, p. 584.

119. Wolach, B., **B. Falk**, E. Kodesh, J. Radnay, A. Eliakim: Cellular immune response to anaerobic exercise in gymnasts and untrained girls. In J. Bangsbo, B. Saltin, H. Bonde, Y. Hellsten, B. Ibsen, M. Kjaer, G. Sjogaard (Eds.), *Book of Abstracts I, Second Annual Congress of the European College of Sports Science*, Copenhagen, Denmark, 1997, p. 584.
120. **Falk, B.**, R. Dotan, A. Raz: The effect of different intensities of active recovery on the decrease of blood lactate concentration in boys and girls. In J. Bangsbo, B. Saltin, H. Bonde, Y. Hellsten, B. Ibsen, M. Kjaer, G. Sjogaard, *Book of Abstracts I, Second Annual Congress of the European College of Sports Science*, Copenhagen, Denmark, 1997, p. 584.
121. **Falk, B.**, M. Bar-Eli, R. Dotan, M. Yaaron, Y. Weinstein, S. Epstein, Blumenstein, B., M. Einbinder, Y. Yarom, G. Tenenbaum: The effect of cold and exercise in the cold on cognitive ability in children. In R. Lidor & M. Bar-Eli (Eds.), *Proceedings of the International Society of Sports Psychology (ISSP) IX World Congress of Sports Psychology*, July 5-9, 1997, Wingate Institute, Israel, pp. 268-271.
122. **Falk, B.**: The measurement of body composition and its importance in sports and exercise. In *Proceedings of the Annual National (Israel) Dieticians Meeting*, 3-4 April 1997, Haifa, Israel, p.44.
123. Dotan, R., A. Eliakim, **B. Falk**, D. Liebermann, R. Regev, O. Bar-Or: Muscular performance of 5- to 8-year old prematurely born children. *Ped. Exerc. Sci.* 9: 90, 1997.
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126. Tavor, M., N. Constantini, **B. Falk**: Nutritional intake of male and female adolescent athletes: Gymnasts compared to other athletes. In *Israel Journal of Sports Medicine, Program and Book of Abstracts, The 13th International Jerusalem Symposium on Sports Medicine*, 4-6 March 1997, Jerusalem, Israel, p. 96.
127. **Falk, B.**, M. Bar-Eli, R. Dotan, M. Yaaron, Y. Weinstein, S. Epstein, B. Blumenstein, M. Einbinder, Y. Yarom, G. Tenenbaum: Physiological and cognitive responses to cold exposure in 11-12 year-old boys. In *Book of Abstracts, The 7th International Conference on Environmental Ergonomics*, 27 October-1 November 1996, p. 33.
128. Dotan, R., A. Eliakim, **B. Falk**, D. Liebermann, R. Regev, O. Bar-Or: Muscular performance of 5-8 year-old prematurely-born children. In *Program and Book of Abstracts, The Twelfth International Jerusalem Symposium on Sports Injuries*, 26-27 March, 1996, Tel Aviv, Israel, p. 25.
129. Dotan, R., **B. Falk**, S. Ohana: Children's vs. adults' recovery from supra-maximal exercise of similar peak blood-lactate concentrations. In *Program and Book of Abstracts, The Twelfth International Jerusalem Symposium on Sports Injuries*, 26-27 March, 1996, Tel Aviv, Israel, p. 21.
130. Tavor, M., R. Dotan, **B. Falk**, Y. Yarom, Y. Epstein: The effect of single-dosed L-Carnitin administration on aerobic power, lactate threshold, and the response to prolonged submaximal exercise in endurance athletes. In *Program and Book of Abstracts, The Twelfth International Jerusalem Symposium on Sports Injuries*, 26-27 March, 1996, Tel Aviv, Israel, p. 23.

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132. **Falk, B.**, G. Mor: The effect of resistance training on 6-8 year old boys. In *Proceedings, Semi Annual Meeting, Israel Society of Sports Medicine*, Tel Aviv, November 3, 1995, p. 4.
133. Radom-Isaac, S., **B. Falk**, J.R. Hoffman, Y. Weinstein, A. Magazanik, Y. Yarom: The effect of environmental heat on performance of and recovery from anaerobic exercise. In *Proceedings, Semi Annual Meeting, Israel Society of Sports Medicine*, Tel Aviv, November 3, 1995, p. 14.
134. Kodesh, E., B. Wolach, A. Eliakim, R. Gavrielli, Y. Yarom, **B. Falk**: Neutrophil function following aerobic exercise: Comparison between pre and postpubertal female athletes. In *Proceedings, Semi Annual Meeting, Israel Society of Sports Medicine*, Tel Aviv, November 3, 1995, p. 18.
135. Tavor, M., N. Constantini, **B. Falk**: Nutritional intake of male and female adolescent athletes: gymnasts compared to other athletes. In *18th Symposium - Pediatric Work Physiology*. September 15-20, 1995, Faaborg, Denmark.
136. Wolach, B., A. Eliakim, E. Kodesh, R. Gavrieli, Y. Yarom, **B. Falk**. Neutrophil function following aerobic exercise: comparison between pre and postpubertal female athletes. In *18th Symposium - Pediatric Work Physiology*. September 15-20, 1995, Faaborg, Denmark.
137. Eliakim, A., B. Wolach, E. Kodesh, R. Gavrieli, Y. Yarom, **B. Falk**: Effect of anaerobic exercise on neutrophil function in young female athletes. *Med. Sci. Sports Exerc.* 27(5): S177, 1995.
138. Eliakim, A., B. Wolach, E. Kodesh, R. Gavrieli, Y. Yarom, **B. Falk**: Impaired neutrophil function following exercise in gymnasts. *Ped. Exerc. Sci.* 7: 107, 1995.
139. Hoffman, J., **B. Falk**, S. Radom, Y. Wang, Y. Yarom, Y. Weinstein: The effect of heat exposure on performance and recovery from anaerobic exercise. *Med. Sci. Sports Exerc.* 26: S126, 1994.
140. **Falk, B.**, Y. Weinstein, S. Epstein, Y. Karni, Y. Yarom: Measurement of anaerobic power among young athletes using a new treadmill test. *Ped. Exerc. Sci.* 5: 414 1993.
141. Bar-Eli, M., **B. Falk**: Climatic conditions and aggressive behavior in sports: Exploration of possible relationships. In *Abstracts, 2nd Maccabiah-Wingate International Congress on Sports and Coaching Sciences*, G. Tenenbaum & T. Raz-Liebermann (Eds.), Wingate Institute, Netanya, 1993, p. 101.
142. Smolander J., **B. Falk**, O. Bar-Or, G. Frost: Responses to rest and exercise in a cold environment: effect of age and maximal oxygen uptake. *Med. Sci. Sports Exerc.* 25: S28, 1993.
143. **Falk, B.**, O. Bar-Or: Longitudinal changes in maximal aerobic and anaerobic power among circum-pubertal boys. *Ped. Exerc. Sci.* 5: 92, 1993.
144. Weinstein, Y., Z. Reichard, A. Danon, **B. Falk**: The combined effect of non-steroidal antiinflammatory drug (NSAID) treatment and exercise on prostaglandin (PG) synthesis. *The Physiologist*, 35: 174, 1992.

145. Bar-Or, O., F. Meyer, **B. Falk**: Maturation-related differences in the loss of sweat electrolytes during exercise in the heat. In J. Courdert, E. Van Praagh (Eds), *Pediatric Work Physiology. Children & Exercise XVI*, Masson, Paris, 1992, p. 196.
146. **Falk, B.**, O. Bar-Or, J.D. MacDougall, L.A. McGillis: A longitudinal analysis of the sweating response of circum-pubertal boys during exercise in the heat. *Med. Sci. Sports Exerc.* 24: S63, 1992.
147. McGillis, L.A., O. Bar-Or, K. Suei, **B. Falk**, C.J.R. Blimkie: Validation of an isokinetic muscle endurance test in teenage males. *Cnd. J. Sport Sci.* (in print).
148. **Falk, B.**, O. Bar-Or, J.D. MacDougall: Hormonal response to exercise in the heat in pre-, mid-and late-pubertal boys. *Med. Sci. Sports Exerc.* 23: S54, 1991.
149. Bar-Or, O., **B. Falk**, R. Calvert, J.D. MacDougall: Sweat gland response to exercise in the heat in pre-, mid- and late-pubertal boys. *Med. Sci. Sports Exerc.* 23: S54, 1991.
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152. Calvert, R.E., **B. Falk**, O. Bar-Or, C.J.R. Blimkie, H. Szechtman: Photographic analysis of sweating pattern in circumpubertal boys. *Ped. Exerc. Sci.* 3: 83, 1991.
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154. Meyer, F., O. Bar-Or, J.D. MacDougall, G.H. Heigenhouser, R. Calvert, **B. Falk**: Sweatelectrolytes during exercise in the heat among pre-pubescent, pubescent and young adult females. *Med. Sci. Sports Exerc.* 22: S88, 1990.
155. Calvert, R., O. Bar-Or, F. Meyer, **B. Falk**, C.J. Blimkie: A modified disposable and reliable sweat collection device for use in children and adults during exercise in the heat. *Med. Sci. Sports Exerc.* 22: S89, 1990.
156. **Falk, B.**, O. Bar-Or, J.D. MacDougall, L. McGillis, R. Calvert, F. Meyer: Sweat lactate during exercise in dry heat in circum-pubertal boys. *Cnd. J. Sports Sci.* 14: 110P, 1989.
157. **Falk, B.**, R. Burstein, I. Ashkenazy, E. Katz, A. Rubinstein, N. Bashan, Y. Epstein, Y. Shapiro: Effects of caffeine in energy metabolism and exercise endurance. *Rev. Clin. Basic. Pharmacol.* 6: 275, 1987.

LECTURES AND PRESENTATIONS AT CONFERENCES AND SEMINARS:

Invited lectures:

1. **Falk B**: Thermoregulation and hydration in youth athletes. International Conference on Environmental Ergonomics (ICEE), Niagara Falls, ON, Canada, Sept. 6-10, 2022
2. **Falk B**: High Intensity Interval Training: Is it Suitable for Young Athletes? The Sixth Wingate Congress of Exercise & Sport Sciences, Wingate Institute, Netanya, Israel, 9-11 June 2021 (online conference: <https://ws.eventact.com/6sportscience2020/Home>)

3. **Falk B:** Nutrition for the Young Athlete: Does hydration matter? Can protein help? Worldwide Nutrition Conference. <https://www.wenutritionconference.com/we2> (online international conference) Dec 6 2020.
4. Falk B: Convocation Address. Convocation ceremony for the Faculty of Applied Sciences (Departments of Kinesiology, Recreation and Leisure Studies, Sports Management), Brock University, June 10, 2019. Brock University. https://www.youtube.com/watch?v=xZIGzB6v_dg&feature=youtu.be (Address begins in min 35).
5. Falk B: The increase in muscle strength with growth: Is it only size that matters? 20th Annual Bertha Rosenstadt National Undergraduate Research Conference, University of Toronto, Mar. 29, 2019
6. Falk, B.: Thermoregulation during exercise in the heat – Pediatric perspective. Part of course on Environmental Physiology, University of Toronto, Toronto, Jan 23, 2019.
7. Falk, B: Back to the Bone – effects of rowing on bone. Daniel Rowing Centre. Tel Aviv, Israel, Dec. 18, 2018
8. Falk, B: Resistance and plyometric training for young athletes. From theory to practice – Workshop for coaches, organized by the Israeli College for Sports and Coaching Science. Tel Aviv, Israel, Dec. 18, 2018
9. Falk, B: Muscle activation in children: Plyometric and resistance training. Exercise is Medicine – Pediatrics, Sickkids Hospital, Toronto, ON, Nov. 29, 2018
10. Falk, B.: HIIT in children – Neuromuscular insights into training and performance. Canadian Society of Exercise Physiology Annual Meeting, Niagara Falls, ON, Nov. 1 2018.
11. Falk, B.: Resistance training in youth: is there an effect on growth? Israeli Association of Pediatric Endocrinology Annual Meeting, Caesarea, Israel, May 25, 2018.
12. Falk, B.: Effects of growth and development on muscle function. Round Table Seminar Series. Zinman College, Wingate Institute, Netanya, Israel. May 22, 2018.
13. Falk, B: Muscle development and resistance training in youth. Guest lecture. Course: Physical Activity and Sports in Youth: Health Aspects. Instructor: Rutie Piltz-Burstein, Givat Washington College, Israel May 8 2018.
14. Falk, B.: Plyometric training and its effects on muscle function in adolescents. Sports Medicine Seminar, Sports Medicine and Research Centre, Wingate Institute, Netanya, Israel. Mar. 13, 2018.
15. Falk, B.: Pediatric exercise physiology: Highlights to exercise medicine. Continuing Education in Sports Medicine for Physicians, Tel Aviv University, Israel. Feb. 20, 2018.
16. Falk, B.: Hydration for young athletes: When, what, how much? The 30th International Meeting of the European Group of Pediatric Work Physiology, Thessaloniki, Greece, October 3-7, 2017.
17. Falk, B.: Introducing the legendary Tom Rowland. Part of ‘Introducing the Legends Series’. The 30th International Meeting of the European Group of Pediatric Work Physiology, Thessaloniki, Greece, October 3-7, 2017.
18. Falk, B.: High-intensity exercise: Effects on bone strength and physiology in adults and children. Invited presentation, part of Workshop titled “*High-intensity interval exercise: fundamental physiology and practical applications*”, Sao Paulo, Brazil, Aug 5, 2017
19. Falk, B.: High-intensity exercise: Effects on bone strength and physiology in adults and children. Invited presentation, part of Symposium titled “New insights into the biology of high-intensity exercise training”, International Union of Physiological Societies (IUPS), Rio de Janeiro, Brazil, Aug 1-5, 2017

20. Falk, B.: Thermoregulation during exercise in the heat – Pediatric perspective. Part of course on Environmental Physiology, University of Toronto, Toronto, Jan ??, 2017.
21. B. Falk: Resistance Training in Children – the Year that Was (2015). North American Society of Pediatric Exercise Medicine Meeting, Knoxville, TN, Aug. 10-13, 2016.
22. Falk, B.: Developmental changes in muscle function and activation. Wingate Congress of Exercise & Sport Sciences, Wingate Institute, Netanya, Israel, June 1-5, 2016.
23. Falk, B.: Exercise medicine - considerations for the pediatrician. Invited presentation to the ‘Exercise as Medicine’ Meeting. University of California-Irvine, California, USA. Feb. 1, 2016.
24. Falk, B.: Developmental changes in muscle function and activation. Carl Gisolfi Lecture Series, University of Iowa, Iowa city, IA. Jan. 29, 2016.
25. Falk, B.: Children are not miniature adults. Part of State of the Art Plenary on Exercise Medicine and Child Health: Translational Mechanisms, Biomarkers and Therapeutic Advances. Pediatric Academic Societies Annual Meeting. San Diego, CA. April 25-28, 2015
26. Falk, B.: Exercise and Growth. Part of Public Forum on Developing the Young Athlete: Families, Trainers, Clubs, Communities. St. Catharines, ON. April 2, 2015
27. Falk, B.: Thermoregulation during exercise in the heat – Pediatric perspective. Part of course on Environmental Physiology, University of Toronto, Toronto, Jan 21, 2015.
28. Falk, B.: The BAM project: where did it come from, where is it going. Golden Horseshoe Pediatric Exercise Group Meeting, St. Catharines, ON. March 22, 2013.
29. B. Falk. Children in thermally challenging environments. The 59th Annual Meeting of the American College of Sports Medicine. San Francisco, CA, May 29- June 2 2012.
30. B. Falk. Differential motor-activation patterns – The most comprehensive explanation for child-adult performance differences. The 27th International Symposium of the European Group of Pediatric Work Physiology, Mawgan Porth, Cornwall, UK, September 19-23, 2011.
31. B. Falk. Child-Adult Differences in Muscle Activation – What is the Evidence? The 2nd Joint Meeting of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology, Niagara-on-the-Lake, ON, September 22-26, 2010.
32. B. Falk. Hydration in Young Athletes. Exercise and Sport Sciences. The First Wingate Congress of Exercise & Sport Sciences, Wingate Institute, Netanya, Israel, 3 - 6 June 2010.
33. Falk, B: Aerobic Training for Children. Invited lecture as part of Webinar on Pediatric Exercise Physiology, put on by Grupo Sobre Entrenamiento (www.sobreentrenamiento.com), Argentina, Feb 18-25 2009.
34. Falk, B: Aerobic Training for Children: Principles and Application. Invited lecture as part of workshop titled: The Child Is Not A Small Adult – Aspects in Physical Training for Children. Haifa University, Haifa, Israel. Dec. 18 2008.
35. Falk, B: Resistance Training for Children: Principles and Application. Invited lecture as part of workshop titled: The Child Is Not A Small Adult – Aspects in Physical Training for Children. Haifa University, Haifa, Israel. Dec. 18 2008.
36. Falk, B: Training Principles for Pediatric Special Populations. Invited lecture as part of workshop titled: The Child Is Not A Small Adult – Aspects in Physical Training for Children. Haifa University, Haifa, Israel. Dec. 18 2008.
37. Falk, B.: Physiological mechanisms underlying resistance training responses in children. Part of Resistance Training in Children and Adolescents Symposium. *Canadian Society of Exercise Physiologists* Annual Meeting. Banff, Alberta, Oct. 15-18, 2008.

38. Falk, B.: Oded Bar-Or – The Science and Beyond. The First Oded Bar-Or Lecture at the European Group of Pediatric Work Physiology meeting. Tallinn, Estonia, 5-9 September 2007.
39. Falk, B.: Muscle strength, rate of force development and neuromuscular activation in children and adults. Invited guest lecture at the Ribstein Centre for Sports Medicine and Research, Wingate Institute, Netanya, Israel, June 26, 2007.
40. Invited lecture as part of Webinar on Strength Training in Children and Adolescents, put on by Grupo Sobre Entrenamiento (www.sobreentrenamiento.com), Argentina, March 2007.
41. Falk, B.: Thermoregulation during exercise – children vs. adults. Part of Symposium: Pediatric Exercise Physiology – a tribute to Oded Bar-Or. *Canadian Society of Exercise Physiologists* Annual Meeting. Halifax, Nova Scotia, Nov. 1-4, 2006.
42. Falk, B.: Hot and new under the sun – four decades of pioneering pediatric thermoregulatory physiology. Presented at the *International Symposium of Sports Medicine*, Israel, April 5-6, 2006.
43. Falk, B.: Recovery from exercise in children vs. adults – quantitative or qualitative difference? Presented at the *International Symposium of Sports Medicine*, Israel, April 5-6, 2006.
44. Falk, B. Resistance training in children: Effects on muscle strength, bone and growth. Presented at the *2004 Pre-Olympic Congress*, Athens, Greece, August 6-11, 2004. (presented by U. Schaeffer)
45. Falk, B. Anthropometric measurements and their significance in children. Presented at *Tel-Hai Conference on Sport, Nutrition, Fitness and Lifestyles*, Tel Hai, October 16-17, 2003.
46. Falk, B. Resistance training for children – pros and cons. Presented at *Tel-Hai Conference on Sport, Nutrition, Fitness and Lifestyles*, Tel Hai, October 16-17, 2003.
47. Falk, B. Skeletal muscle and effect of resistance training in women. Presented at *Conference on “Elite Training for Women”*, Daniel Hotel, Herzlia, Israel, December 13, 2002.
48. Falk, B. Exercise and bone strength during the growing years. Presented at *7th International Sport Science Congress*, Kemer, Antalya, Turkey, 27-29 October, 2002.
49. Falk, B. Gender differences in aerobic ability. Presented at *7th International Sport Science Congress*, Kemer, Antalya, Turkey, 27-29 October, 2002.
50. Falk, B. The role of physical activity in bone health in childhood and adolescence. Presented at *The 18th International Jerusalem Symposium on Sports Medicine*, Maale Hamisha, Judean Hills, Israel, March 20-21, 2002.
51. Falk, B. Effect of exercise on bone in children and adolescents. Presented at the *Bi-annual Meeting of the Israel Society of Sports Medicine*, 7 September, 2000, Herzlia.
52. Falk, B.: Effect of exercise on bone growth in children and adolescents. Presented at the *Annual Meeting, Israel Society for Physiology and Pharmacology*, October 6-7, 1999, Ma’ale Hachamisha, p. 54.
53. Falk, B.: Physiological processes during recovery from exercise in children compared with adults. Presented at the *Annual Meeting of the Israel Society for Physiology and Pharmacology*, November 6-7, 1997, Ma’ale Hachamisha, Israel.

54. Falk, B.: The measurement of body composition and its importance in sports and exercise. Proceedings of the *Annual National (Israel) Dieticians Meeting*, 3-4 April 1997, Haifa, Israel.
55. Falk, B.: The effects of resistance training in children and adolescents. *German-Israel Science Days*, Sachsen-Anhalt, 4-17.11, 1996, Otto von Guericke University, Magdeberg, Germany.
56. Falk, B.: The effects of aerobic and anaerobic training in children and adolescents. *German-Israel Science Days*, Sachsen-Anhalt, 4-17.11, 1996, Otto von Guericke University, Magdeberg, Germany.
57. Falk, B.: Resistance training in children and adolescents. *The 12th International Jerusalem Symposium on Sports Injuries*, 26-27 March 1996, Tel Aviv, Israel.
58. Falk, B.: Temperature regulation and fluid intake in children and adolescents participating in endurance activities. Invited *Symposium on Endurance Sports Participation for Children in the Annual Meeting of the American College of Sports Medicine*, 1-4 June 1994, Indianapolis, Indiana, USA.
59. Falk, B.: The effects of exercise and aerobic training on children and adolescents. *Semi-Annual Meeting of the Israeli Society for Sports Medicine*, 24 July 1994, Herzlia, Israel.
60. Falk, B.: Physiological characteristics and trainability of children and adolescents. In: *The Science and Practice of Training Junior Kayak/Canoe Paddlers, International Seminar on Kayak*, November 17-19 1994, Israel.

Presentations at Conferences:

1. Stacey Woods*, Andrew McKiel*, Trent Herda, Raffy Dotan, Panagiota Klentrou, Michael Holmes, David Gabriel, **Bareket Falk**: Child–adult differences in motor-unit activation of the upper- and lower-limb muscles during submaximal contractions. North American Society of Pediatric Exercise Medicine Meeting, Saskatoon, Sask, Canada, Aug. 3-6, 2022. (poster, presented by S. Woods)
2. Andrew McKiel*, Stacey Woods*, David Gabriel, Rene Vandenboom, **Bareket Falk**. Child–adult differences in post-activation potentiation and motor-unit activation pattern in the potentiated knee extensors – preliminary results. North American Society of Pediatric Exercise Medicine Meeting, Saskatoon, Sask, Canada, Aug. 3-6, 2022. (presented by A. McKiel)
3. Raffaele Joseph Massarotto*, Gary J. Hodges, Alexandra Woloschuk*, Deborah O’Leary, Raffy Dotan, Bareket Falk. Skin blood flow responses to acetylcholine and local heating at rest and 60% VO₂max, and associated nitric oxide contribution, in boys vs. girls. North American Society of Pediatric Exercise Medicine Meeting, Saskatoon, Sask, Canada, Aug. 3-6, 2022. (poster, presented by R. Massarotto)
4. Stacey Woods*, Andrew McKiel*, Trent Herda, Raffy Dotan, Panagiota Klentrou, Michael Holmes, David Gabriel, **Bareket Falk**: Child–adult differences in motor-unit activation strategy during submaximal wrist flexion – Preliminary findings. International Society of Electrophysiology and Kinesiology (ISEK) annual meeting, Quebec City, Canada, June 22-25, 2022 (poster; presented by S Woods)

5. Jordan Langille*, Stacey Woods*, Raffy Dotan, Craig Tokuno, David Gabriel, **Bareket Falk**: Mean Power Frequency of Boys and Men During Discrete, Progressive, Isometric Contractions Carried to Exhaustion. International Society of Electrophysiology and Kinesiology (ISEK) annual meeting, Quebec City, Canada, June 22-25, 2022 (poster; presented by S Woods)
6. O'Mahoney C#, Woods S*, Natale L#, **Falk B**: Does antagonist muscle coactivation differ between children and adults? A systematic review. Pediatric Work Physiology meeting, virtual, Sept 14-17, 2021.
7. Woods S*, O'Mahoney C#, Maynard J*, Dotan R, Tenenbaum G, Filho E, **Falk B**: Child-adult differences in volitional muscle activation – a systematic review and meta-analysis. Pediatric Work Physiology meeting, virtual, Sept 14-17, 2021. (presented by S Woods)
8. Brandon J. McKinlay*, Phillip J. Wallace, Shai Olansky, Stacey Woods*, Nigel Kurgan, Brian D. Roy, Andrea R. Josse, **Bareket Falk** and Panagiota Klentrou. Effects of increased protein consumption with Greek yogurt during an intense training camp in female adolescent soccer players. Canadian Nutrition Society Annual Meeting, Virtual, April 21 – May 15, 2021 (presented by B. McKinlay)
9. McKinlay B.J*., Theocharidis A., Adebero T*., Roy B., Josse AR, **Falk B**, Klentrou P. Effects of post-exercise whey protein or carbohydrate consumption on performance recovery and inflammatory cytokines in young competitive swimmers. European College of Sports Sciences Annual Meeting. Prague, Czech Republic, July 3-6, 2019 (presented by B. McKinlay)
10. Stacey Woods*, Raffy Dotan, Nicole Jenicek*, James Maynard#, Bareket **Falk**. Sex- and age-related differences in EMG-threshold, determined via an intermittent isometric contraction protocol. European College of Sports Sciences Annual Meeting. Prague, Czech Republic, July 3-6, 2019 (presented by S. Woods)
11. Melissa Calleja, Natalie Caetano Feitoza, Bareket **Falk**, Nota Klentrou, Wendy E Ward and Andrea R Josse. Effects of dairy consumption and exercise on body composition in overweight/obese adolescent females – A randomized controlled trial. Cnd Nutrition Society Annual Conference. Niagara Falls, ON, May 2-4, 2019. (presented by M. Calleja)
12. Raphaël Chouinard-Watkins, Melissa Calleja, Natalie Caetano Feitoza, Bareket **Falk**, Nota Klentrou, Richard P. Bazinet, Wendy E Ward and Andrea R Josse. Serum fatty acid response to increased dairy consumption in overweight/obese adolescent females participating in a weight management program. Cnd Nutrition Society Annual Conference. Niagara Falls, ON, May 2-4, 2019. (presented by R. Chouinard-Watkins)
13. Nitsan Dror, Joseph Carbone, Fadia Haddad, Bareket **Falk**, Panagiota Klentrou, and Shlomit Radom-Aizik. The Effect of Running Vs Cycling on Bone Markers Response. American College of Sports Medicine Annual Meeting, Orlando, FL. May 28 – June 1, 2019. (presented by Nitsan Dror)

14. T. Adebero*, B. McKinlay*, A. Theocharidis, Z. Root, A.R. Josse, P. Klentrou, and B. **Falk**. Salivary and serum hormonal response to high intensity exercise in boys and men. Canadian Society of Exercise Physiology Annual Meeting. Niagara Falls, ON, Oct. 31 – Nov. 3, 2018. (poster, presented by T. Adebero)
15. A. Woloschuk*, R. Massarotto*, G.J. Hodges, P. Klentrou, and **B. Falk**. The contribution of nitric oxide to the skin blood flow response to exercise in boys and men. Canadian Society of Exercise Physiology Annual Meeting. Niagara Falls, ON, Oct. 31 – Nov. 3, 2018. (poster, presented by A. Woloschuk)
16. S. Woods*, R. Dotan, N. Jenicek*, J. Maynard#, D. Gabriel, C. Tokuno, and **B. Falk**. EMG threshold detection and reliability in boys and men using an isometric-contraction protocol. Canadian Society of Exercise Physiology Annual Meeting. Niagara Falls, ON, Oct. 31 – Nov. 3, 2018. (oral, presented by S. Woods)
17. J. Maynard#, S. Woods*, R. Dotan, N. Jenicek*, and **B. Falk**. The relationships between EMG-root-mean-square and mean-power-frequency thresholds in boys vs. men. Canadian Society of Exercise Physiology Annual Meeting. Niagara Falls, ON, Oct. 31 – Nov. 3, 2018. (oral, presented by J. Maynard)
18. Woods S*, Dotan R, Gabriel D, Tokuno C, **Falk B** Assessing Child-Adult Differences in Motor Unit Utilization using a Progressive Isometric Contraction Protocol. North American Society of Pediatric Exercise Medicine Meeting, Oakland, CA, Aug. 22-25, 2018. (poster, presented by S. Woods)
19. Woods S*, Dotan R, Jenicek N, Gabriel D, Tokuno C, **Falk B**. Assessing Child–Adult Muscle Activation Differences via Isometric EMG-Threshold Determination. 41st National Strength and Conditioning Association Conference, Indianapolis, IN, July 11-14, 2018. (poster, presented by S. Woods)
20. R. Kouvelioti, R. Sweeney, D. Brown, A.R. Josse, **B. Falk**, P. Klentrou: Sclerostin response to high intensity interval running in males and females. Canadian Society of Exercise Physiologists Annual Meeting, Winnipeg, MN, Oct. 25-28, 2017. (presented by R. Kouvelioti)
21. N Kurgan, **B. Falk**, P Klentrou: Effect of plyometric exercise and Wnt related osteokines in boys and girls. Canadian Society of Exercise Physiologists Annual Meeting, Winnipeg, MN, Oct. 25-28, 2017. (presented by N Kurgan)
22. K Nelson, N Kurgan, Z Root, T Adebero*, B. Falk, P Klentrou: The effect of plyometric exercise on serum osteokines in younger and older women. Canadian Society of Exercise Physiologists Annual Meeting, Winnipeg, MN, Oct. 25-28, 2017. (presented by P. Klentrou)
23. R Dotan, B McKinlay*, B Falk: Does Plyometric Training Increase Motor-Unit Recruitment Capacity in Children? The 30th International Meeting of the European Group of Pediatric Work Physiology, Thessaloniki, Greece, October 3-7, 2017.
24. B. McKinlay*, P. Wallace, R. Dotan, D. Long* & B. Falk. Effects of Plyometric and Resistance Training on Muscle Strength and Neuromotor Function in Adolescent Soccer Players. . North American Society of Pediatric Exercise Medicine Meeting, Knoxville, TN, Aug. 10-13, 2016.
25. B. Falk: The Tom Rowland Series: Exploring New Challenges facing Pediatric Exercise Science - Introduction. (Chair of Symposium). North American Society of Pediatric Exercise Medicine Meeting, Knoxville, TN, Aug. 10-13, 2016.
26. Klentrou, N., Giannopoulou, A., McKinlay, B., Wallace, P., Dekker, J., Kouvelioti, R., Douvi, G., & **Falk, B**. Acute endocrine responses to resistance versus plyometric exercise

- in boys. Canadian Society of Exercise Physiologists Annual Meeting, Hamilton, ON, Oct. 14-17, 2015. (presented by P. Klentrou)
27. Dotan, R., B. Pitt, D. Long, B. McKinlay, C. Tokuno, T. O'Brien, B. Falk. Sex- and maturation-related differences in the electromyographic threshold. Canadian Society of Exercise Physiologists Annual Meeting, Hamilton, ON, Oct. 14-17, 2015. (presented by R. Dotan)
 28. B. Falk: Resistance Training in Children – the Year that Was (2014). XXIX Pediatric Work Physiology meeting, Utrecht, Netherlands, Sept. 9-13, 2015.
 29. D. Long*, B. McKinlay*, R. Dotan, B. Pitt*, C. Tokuno, T. O'Brien, and **B. Falk**. The electromyographic threshold in girls and women. XXIX Pediatric Work Physiology meeting, Utrecht, Netherlands, Sept. 9-13, 2015.
 30. McKinlay B., Wallace P., Long D., Dotan R. & **Falk B**. Differential effects of 8-week plyometric- vs. resistance-training on strength, explosiveness and power in 12-yr-old male athletes. National Strength and Conditioning Association (NSCA) Annual Meeting, Orlando, Florida, July 8-12, 2015. (presented by B. McKinlay)
 31. **B Falk**, F Haddad, K Kish, Y Mezil, P Klentrou, W Ward, S Radom-Aizik. Differential sclerostin response to a plyometric exercise session in boys and men. American College of Sports Medicine Annual Meeting, San Diego, CA, May 26-30, 2015.
 32. R Dotan, G Jenkins, J Desjardins, S Hansen, T O'Brien, P Klentrou, **B Falk**. A novel method of torque-onset determination and its differential effect on torque kinetics and electro-mechanical delay in men and boys. Canadian Society of Exercise Physiologists Annual Meeting, St. John's, Newfoundland, Oct. 22-25, 2014. (presented by R. Dotan)
 33. B. Pitt, D. Long, J. Millar, R. Dotan, C. Tokuno, and **B. Falk**. The electromyographic threshold in children and adults. North American Society of Pediatric Exercise Medicine Meeting, Minneapolis, MN, Aug 20-23, 2014.
 34. **B. Falk**, K. Kish, Y. Mezil, P. Klentrou, W. Ward. Does habitual physical activity affect biochemical markers of bone turnover response to plyometric exercise in boys and men? The 2014 Wingate Congress of Exercise & Sports Sciences, Netanya, Israel, June 12-15, 2014.
 35. **B. Falk**, K. Kish, Y. Mezil, P. Klentrou, W. Ward. Effects of a plyometric exercise session on markers of bone turnover in boys and men. American College of Sports Medicine Annual Meeting, Orlando, FL, May 27-30, 2014.
 36. N Akseer, K. Kish, A. Rigby, M. Greenway, P. Klentrou, P.M. Wilson, and **B. Falk**. Does bracing affect bone mineral density in females with adolescent idiopathic scoliosis? Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013.
 37. G Jenkins, I Ludwa, S Hansen, P Klentrou, **B Falk**. Sex and Maturation Differences in Neuromuscular Function during High-Velocity Knee Extension. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013.
 38. I.A. Ludwa, K. Kish, **B. Falk**, and P. Klentrou. Determinants of radial bone strength in maturing boys and girls. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013.
 39. E. Papadopoulos, C. Muir, C. Russell, I.A. Ludwa, B.W. Timmons, **B. Falk** and P. Klentrou. Effect of competition on stress and immunity markers in adolescent swimmers. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013.
 40. B Falk, G Jenkins, S Hansen, I Ludwa, P Klentrou, R Dotan. Factors Explaining the Growth-related Increase in the Rate of Torque Development. European Group of Pediatric Work Physiology, Curia, Portugal, Oct. 1-5, 2013.

41. I. Ludwa, G. Jenkins, S. Hansen, R. Dotan, P. a Klentrou, **B. Falk** Maturational Changes in the Rate of Torque Development. 60th American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 28- June 1 2013.
42. Falk, B.: Meet the Editor. North American Society of Pediatric Exercise Medicine Meeting, Philadelphia, PA, Aug. 15-18, 2012.
43. G.Jenkins, S.Hansen, R.Dotan, P.Klentrou, A.I.Ludwa, C.Gimblett, M.Papadopoulos, B.Falk: Sex Differences in the Maturation Effect on High Velocity Muscle Contractions. North American Society of Pediatric Exercise Medicine Meeting, Philadelphia, PA, Aug. 15-18, 2012.
44. Falk, B., Mitchell, C., Cohen, R. Gabriel, D., Klentrou, P., Dotan R.: Child-adult differences in the variability of torque kinetics. 59th American College of Sports Medicine Annual Meeting, San Francisco, CA May 29- June 2 2012.
45. Falk, B., Mitchell, C., R. Cohen, R. Dotan, , P. Klentrou, D. Gabriel. Contractile and EMG responses to endurance and power training in boys and men. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Nov. 3-6, 2010.
46. B. Falk. Child-Adult Differences in Muscle Activation – What is the Evidence? The 2nd Joint Meeting of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology, Niagara-on-the-Lake, ON, September 22-26, 2010. (invited)
47. Mitchell, C., R. Cohen, R. Dotan, D. Gabriel, P. Klentrou, B. Falk. Torque kinetics of power-trained boys vs. untrained boys and men. The 2nd Joint Meeting of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology, Niagara-on-the-Lake, ON, September 22-26, 2010. (presented by C. Mitchell)
48. I.A. Ludwa, D.D. O’Leary, T.J. Wade, J. Cairney, B. Falk, P. Klentrou. Generalizability of Maturity Assessment to Overweight Girls and Boys. The 2nd Joint Meeting of the North American Society of Pediatric Exercise Medicine and the European Group of Pediatric Work Physiology, Niagara-on-the-Lake, ON, September 22-26, 2010. (presented by I. Ludwa)
49. B. Falk. Hydration in Young Athletes. The First Wingate Congress of Exercise & Sport Sciences, Netanya, Israel, 3 - 6 June 2010. (invited)
50. R. Dotan, C. Mitchell, R. Cohen, D. Gabriel, P. Klentrou, B. Falk. Child-Adult Differences in the Kinetics of Force Development. The First Wingate Congress of Exercise & Sport Sciences, Netanya, Israel, 3 - 6 June 2010. (presented by R. Dotan)
51. R. Cohen, C. Mitchell, R. Dotan, D. Gabriel, P. Klentrou, B. Falk. Do Neuro-Muscular Adaptations Occur in Endurance-Trained Boys and Men? The First Wingate Congress of Exercise & Sport Sciences, Netanya, Israel, 3 - 6 June 2010. (presented by R. Cohen)
52. Falk, B., R. Cohen, C. Mitchell, R. Dotan, P. Klentrou, D. Gabriel. Muscle Activation in Pre- and Early-Pubertal Male Power and Endurance Athletes. Paper presented at the European Group of Pediatric Work Physiology meeting. Le Touquet Paris Plage, France, 29th September – 3rd October, 2009.
53. Falk, B., R. Cohen, C. Mitchell, R. Dotan, P. Klentrou, D. Gabriel. Muscle Activation in Pre- and Early-Pubertal Male Athletes and Non-athletes. Paper presented at the American Physiotherapy Association Section on Research Retreat: Mechanisms underlying disordered movement: impairments with force generation. Asilomar, CA. Aug. 9-13, 2009. (poster)
54. Usselman, C., D. Gabriel, R. Dotan, L. Brunton, N. Klentrou, B. Falk. Muscle activation patterns in prepubertal boys and young men. Paper presented at the Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007. (poster)

55. Yao, M., S. Braid, M. Moore, P. Sullivan, P. Klentrou, B. Falk. Bone properties in pre and late-pubertal male hockey and soccer players. Paper presented at the Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007. (poster)
56. Braid, S., M. Moore, P. Klentrou, B. Falk. Skeletal maturity in male child and adolescent athletes. Paper presented at the Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007.
57. Usselman, C., D. Gabriel, R. Dotan, L. Brunton, P. Klentrou, J. Shaw, B. Falk. Muscle force and activation pattern of boys vs men in isometric elbow flexion and extension. Paper presented at the European Group of Pediatric Work Physiology meeting. Tallinn, Estonia, 5-9 September 2007.
58. Braid, S., M. Moore, D. O'Leary, P. Sullivan, P. Klentrou, B. Falk. The effect of increased adiposity on bone properties in pre- and early-pubertal males, as assessed by quantitative ultrasound. International Conference on Physical Activity & Obesity in Children book of abstracts. Toronto, ON, June 24-27, 2007 (poster)
59. MacIntosh S., C. Usselman, R. Dotan, B. Falk, N. Klentrou, and D. Gabriel. Child-Adult differences in Force Kinetics and Neuro-Motor Function during Isometric Elbow Flexion. Presented at the *North American Society for Pediatric Exercise Science* Annual Meeting, Charleston, South Carolina, Sept. 14-16, 2006. (poster)
60. C. Usselman, S. MacIntosh, R. Dotan, B. Falk, N. Klentrou, & D. Gabriel. Child-adult differences in force kinetics and neuro-motor function during isometric elbow flexion. Paper presented at the Ontario Exercise Neuroscience Group, St. Catharines, Ontario, June 2006 – paper presented by C. Usselman.
61. Falk, B., Y. Galili, L. Zigel, N. Constantini, A. Eliakim: Tibia and radius bone properties, as reflected by quantitative ultrasound, in boys, adolescents and adult male athletes of various sports. Presented at "CSEP – Meeting of the Canadian Society of Exercise Physiology", Ottawa, Canada, November 9-12, 2005.
62. Falk, B., Y. Galili, L. Zigel, N. constantini, A. Eliakim: Quantitative ultrasound of the tibia and radius in pre-pubertal, pubertal and young adult male athletes. Presented at the 23rd Pediatric Work Physiology Meeting, Gwatt-Thun, Switzerland, September 22-25, 2005.
63. Falk, B., A. Nini, L. Zigel, Y. Yahav, M. Aviram, J. Rivlin, L. Bentur, A. Avital, R., R. Dotan, H. Blau: The effect of low altitude at the Dead Sea on exercise capacity and cardio-pulmonary response to exercise in CF patients of moderate severity. Presented at the American College of Sports Medicine 52nd Annual Meeting, Nashville, Tennessee, June 1-4, 2005.
64. Admon, G., Y. Weinstein, B. Falk, N. Weintrob, H. Benzaquen, R. Ofan., G. Fayman, L. Zigel, N. Constantini, M. Phillip. Exercise with and without insulin pump in children and adolescents with type 1 diabetes. Poster presented at the *42nd Annual Meeting of the European Society for Paediatric Endocrinology*, Ljubljana, Slovenia, September 18-21, 2003.
65. Falk, B., S. Portal, R. Tiktinsky, L. Zigel, Y. Weinstein, N. Constantini. Bone properties and muscle strength of young hemophilia patients. Poster presented at the *50th Annual Meeting of the American College of Sports Medicine*, San Francisco, May 28-31, 2003.
66. Zigel, L., R. Gorev, B. Falk, A. Ben-Amotz, I. Neuman. Effect of lycopene, a natural antioxidant, on exercise-induced asthma in young athletes. Poster presented at the *50th Annual Meeting of the American College of Sports Medicine*, San Francisco, May 28-31, 2003.

67. Falk, B., Z. Bronshtein, L. Zigel, N. Constantini, A. Eliakim (2002). Higher tibial bone properties among female swimmers compared with controls, using quantitative ultrasound. Presented at the *North American Society for Pediatric Exercise Medicine, "Exercise and Sport for the Healthy and Diseased Child: Applications and Implications for the New Millennium"*; Michigan State University, East Lansing, Michigan, August 1-3, 2002, p. 15.
68. Falk, B., H. Blau: Habitual activity, exercise capacity, nutritional status and resting metabolic rate in sedentary Israeli CF children: Baseline data from the national individualized exercise study. Presented at the *Israeli Society for Pediatric Pulmonary Meeting*, May 9, 2001, Tel Aviv.
69. Falk, B., Z. Bronshtein, L. Zigel, N. Constantini, A. Eliakim: Bone quantitative ultrasound velocity in adolescent male and female volleyball players. Presented at the *Pre-ASBMR Meeting on Pediatric Bone, "Exercise & Nutrition as Modulating Factors in Skeletal Development of Children in Health & Disease"*, 20-21 September, 2000, McMaster University, Hamilton, Ontario, Canada.
70. Weinstein, Y., T. Kamerman, B. Falk: Energy expenditure during rest and exercise: Comparison between children of normal weight parents and children of obese parents. Presented at the *Bi-annual Meeting of the Israel Society of Sports Medicine*, 7 September, 2000, Herzlia.
71. Falk, B., L. Zigel, Z. Bronshtein, O. Paz: Higher tibial ultrasound velocity in young adult female basketball players. Presented at the *5th Annual Congress of the European College of Sport Science*, Jyväskylä, Finland, 19-23 July, 2000.
72. Falk, B., E. Sadres, N. Constantini, A. Eliakim, L. Zigel, A.J. Foldes: Is quantitative ultrasound velocity sensitive enough to detect bone changes in growing boys? Presented at the *XXth International Symposium of the European Group of Pediatric Work Physiology*, September 15-19, 1999, Hotel Residence Oasi di Kufra - Sabaudia, Italy, p. 296.
73. Falk, B., Y. Cohen, G. Lustig, Y. Lander, M. Yaaron, J. Ayalon: Tracking of fitness components in boys and girls from 2nd to 6th grade. Presented at *Youth Sports in the 21st Century: Organized Sport in the Lives of Children and Adolescents*, May 23-26, 1999, The Institute for the Study of Youth Sports, The Kellogg Center at Michigan State University, East Lansing, Michigan, U.S.A., p. 31, 1999.
74. Falk, B., E. Sadres, N. Constantini, A. Eliakim, L. Zigel, A.J. Foldes: Is twice per week resistance training sufficient to increase muscle strength and bone formation in 9-10 year old boys? Presented at *Youth Sports in the 21st Century: Organized Sport in the Lives of Children and Adolescents*, May 23-26, 1999, The Institute for the Study of Youth Sports, The Kellogg Center at Michigan State University, East Lansing, Michigan, U.S.A., p. 60, 1999.
75. Falk, B., S. Portal, R. Tiktinsky, Y. Weinstein, N. Constantini, D. Varon, M. Haim, G. Goldstein, U. Martinowitz: Muscle Strength and anaerobic power in young hemophilia patients. Presented at the *XXIII International Congress of the World Federation of Hemophilia*, The Hague, The Netherlands, 17-21 May, 1998.
76. Dotan, R., B. Falk, I. Tamir, R. Burstein, R. Golan, S. Epstein, Y. Weinstein. The effect of carbohydrate- and protein-rich beverages consumption during recovery from endurance exercise on subsequent exercise performance. In J. Bangsbo, B. Saltin, H. Bonde, Y. Hellsten, B. Ibsen, M. Kjaer, G. Sjogaard, *Second Annual Congress of the European College of Sports Science*, Copenhagen, Denmark, 1997.
77. Falk, B., M. Bar-Eli, R. Dotan, M. Yaaron, Y. Weinstein, S. Epstein, Blumenstein, B., M. Einbinder, Y. Yarom, G. Tenenbaum: The effect of cold and exercise in the cold on

cognitive ability in children. *International Society of Sports Psychology (ISSP) IX World Congress of Sports Psychology*, July 5-9, 1997, Wingate Institute, Israel.

78. Falk, B., M. Bar-Eli, R. Dotan, M. Yaaron, Y. Weinstein, S. Epstein, B. Blumenstein, M. Einbinder, Y. Yarom, G. Tenenbaum: Physiological and cognitive responses to cold exposure in 11-12 year-old boys. *The 7th International Conference on Environmental Ergonomics*, Jerusalem, 27 October - 1 November, 1996.
79. Falk, B. R. Dotan, A. Eliakim, D. Liebermann, R. Regev, O. Bar-Or: Muscular performance of 5-8 year-old prematurely-born children. *North American Society for Pediatric Exercise Medicine Annual Meeting*, 23-25 August 1996, Park City, Utah, USA.
80. Falk, B., G. Mor: The effects of resistance training in 6-8 year-old boys. *Semi-Annual Meeting of the Israeli Society for Sports Medicine*, 3 November 1995, Tel Aviv, Israel.
81. Falk, B., M. Einbinder, Y. Weinstein, S. Epstein, Y. Karni, Y. Yarom, A. Rotstein: Blood lactate concentration following exercise: effects of heat exposure and of active recovery in heat-acclimatized subjects. *2nd Maccabiah-Wingate International Congress on Sport and Coaching Sciences*, 30 June - 4 July 1993, Wingate Institute, Israel.
82. Falk, B., Y. Weinstein, S. Epstein, Y. Karni, Y. Yarom: Measurement of anaerobic power among young athletes using a new treadmill test. *Annual Meeting of the North American Society for Pediatric Exercise Medicine*, 18-22 September 1993, Alliston, Ontario, Canada.
83. Falk, B., O. Bar-Or: Longitudinal changes in maximal aerobic and anaerobic power among circum-pubertal boys. *Annual Meeting of North American Society for Pediatric Exercise Medicine*, 30 October - 1 November 1992, Miami, Florida, USA.
84. Falk, B., O. Bar-Or, J.D. MacDougall, L.A. McGillis: A longitudinal analysis of the sweating response of circum-pubertal boys during exercise in the heat. *Annual Meeting of the American College of Sports Medicine*, 27-30 May 1992, Dallas, Texas, USA (presented by O. Bar-Or).
85. Falk, B., O. Bar-Or, J.D. MacDougall: Hormonal response to exercise in the heat in pre-, mid- and late-pubertal boys. *Annual Meeting of the American College of Sports Medicine*, 29 May - 1 June 1991, Orlando, Florida, USA.
86. Falk, B., O. Bar-Or, J.D. MacDougall, L. McGillis, R. Calvert, F. Meyer: Thermoregulatory response of circum-pubertal boys exercising in a hot, dry environment. *Annual Meeting of the American College of Sports Medicine*, 22-25 May 1990, Salt Lake City, Utah, USA.
87. Falk, B., O. Bar-Or, J.D. MacDougall, L. McGillis, R. Calvert, F. Meyer: Sweat lactate during exercise in dry heat in circum-pubertal boys. *Annual Meeting of Canadian Society for Sports Sciences*, November 1990, Montreal, Quebec, Canada.
88. Falk, B., R. Burstein, I. Ashkenazy, E. Katz, A. Rubinstein, N. Bashan, Y. Epstein, Y. Shapiro: Effects of caffeine in energy metabolism and exercise endurance. *Annual Meeting of Canadian Society for Sports Sciences*, October 1987, Lake Louise, Alberta, Canada.

Other lectures or presentations – knowledge translation

1. **Falk B:** Physical activity, performance and growth and development. PepsiCo-GSSI Youth Physical Performance advisory meeting. July 15, 2021 (online expert panel discussion)

2. Athletes' readiness – Israel Ministry of Science and Sports. Part of expert panel formulating a report outlining the characteristics of youth elite athletes and requirements of youth elite sports. January 2016 -
3. Children's physical activity – importance and support. Part of public Consider This podcast series. Podcast on Supporting Children and Youth to be More Active and Healthy, produced by Niagara Connects and Brock University Office of Research Services for community knowledge users. January 12th, 2016. *Invited*. Link to series: <http://brocku.ca/research-at-brock/consider-this-podcast-series/this-months-podcast>
Link to specific podcast: <https://www.youtube.com/watch?v=PmdgtxWpWc8&feature=youtu.be>
4. Exercise as medicine in children. Co-investigator in the Exercise-as-Medicine in Child Health Outreach Project. Pediatric Exercise and Genomics Research Center, University of California – Irvine, Sept 2015 -
5. Resistance training for young athletes. Part of a Public Forum on “Developing the Young Athlete: families, trainers, clubs, communities”, organized by Brock University Office of Research Services for community knowledge users. St. Catharines Public Library. April 2, 2015. *Invited*. Link: <http://yourontarioresearch.ca/curiosity-shop-event/brock-university-developing-the-young-athlete-families-trainers-clubs-communities/>
6. Weight room law – Israel Ministry of Sports. Expert consultant to lawmakers formulating a modification to the Israeli Sports Law, stipulating the minimum age and requirements for children to engage in resistance training in fitness centres. 1995-1997

PROFESSIONAL ACTIVITIES:

- | | |
|-------------|---|
| 2020 - | Member of the Board, North American Society for Pediatric Exercise Medicine (NASPEM) |
| 2017 | Organizing committee, Biannual meeting of the European Group of Pediatric Work Physiology, Thessaloniki, Greece, Oct. 3-8, 2017 |
| 2015 | Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting: Exercise and the healthy child: is there anything more we need to know?, St. Catharines, ON. April 14-15, 2015 |
| 2014 - | Member of Clinical Research Expert Committee
NCATS - National Clinical and Translational Science program
Exercise terminology harmonization project (based in UCI) |
| 2013 | Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting
St. Catharines, ON. March 22, 2013 |
| 2012 - | Consultant, Pediatric Exercise Research Center, University of California, Irvine, CA. |
| 2012 | Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting
St. Catharines, ON. March 30, 2012 |
| 2011 - 2019 | Editor-in-Chief, Pediatric Exercise Science. |
| 2011 | Member of the Scientific Committee of the Pediatric Work Physiology Meeting, September, 19-23, 2011, UK. |
| 2010 | Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting |

St. Catharines, ON. December 10th, 2010

- 2010 Member of the Scientific Committee of the 2nd NASEPM-PWP Meeting, September, 22-26, 2010, Chair of the Abstract committee
- 2008-2010 Member of the Scientific and Organizing Committee of the 2010 Wingate Congress of Exercise & Sport Sciences, 3 - 6 June 2010
- 2008 - Consultant, NetoGreen Inc., Israel
- 2007 - 2008 Consultant, NJY Camps, NJ (The Lynne B Harrison Science Center)
- 2007 Organizer, Golden Horseshoe Pediatric Exercise Group Annual Meeting St. Catharines, ON. October 26, 2007
- 2006 - 2011 Member of the Board, North American Society for Pediatric Exercise Medicine (NASPEM)
- 2003 Member, Inter-Association Task Force on Exertional Heat Illnesses Consensus Statement
- 2003 Scientific Committee, International Symposium on Sports Medicine, Israel 2003.
- 2003 Consultant, Joint Committee of the Israeli Basketball Association and Schools' Elite Basketball League on training load of players of the National Teams.
- 2002 Organizing Committee, The 18th International Jerusalem Symposium on Sports Medicine, Maale Hamisha, Judean Hills, Israel, March 20-21, 2002.
- 2001 Member, Advisory Committee to the Parliamentary Education Committee on Changes in the Fitness Room Law (abolishing the restriction of training for young children)
- 2000 Member, Organizing and Scientific Committee, The 16th EGPWP Annual Meeting, September 2003, Wingate Institute. – cancelled due to security situation
- 1996 Member, Scientific Committee, The 2nd Post-Olympic Conference, 28-30 December, 1996, Wingate Institute.
- 1996 Member, Executive Committee, Wingate Institute.
- 1996 Member, Organizing Committee, 12th International Jerusalem Symposium on Sports Injuries. 26-28 March, 1996.
- 1995 - Member, Israeli Society for Sports Medicine, Interest Group for Exercise Physiology.
- 1995 Member, Committee for the Position Paper on Resistance Training for Children and Adolescents. Israeli Society for Sports Medicine.
- 1994 - 2001 Member, Executive Committee, Library, Wingate Institute.

EDITORIAL ACTIVITIES:

Scientific Editor: More Activity, Less Fat. Haifa: Shem-Tov Publishing, 2000.

Editorial Board, Pediatric Exercise Science, 2002 to present

Editorial Board, Isokinetics and Exercise Science, 2011 to present

Editor, Pediatric Exercise Science, 2011 - 2019

AWARDS, HONORS:

2022 Faculty of Applied Health Sciences Senior Research Fellowship

2021 Brock University Distinguished Research and Creative Activity Award
https://brocku.ca/brock-news/2021/04/bareket-falk-receives-brocks-award-for-distinguished-research-and-creative-activity/?utm_medium=email&utm_campaign=Daily%20The%20Brock%20News&utm_content=Daily%20The%20Brock%20News+CID_f15e0bfb03b7916c93da854758370856&utm_source=Campaign%20Monitor%20MARCOM&utm_term=Bareket%20Falk%20receives%20Brocks%20Award%20for%20Distinguished%20Research%20and%20Creative%20Activity

2020 Nominated: Michael Plyley Graduate Mentorship Award

2019 Faculty of Applied Health Sciences Research Excellence Award

2019 Nominated: Brock University graduate mentorship award

2012-2015 Brock University Chancellor's Chair for Research Excellence