

CURRICULUM VITAE

Bareket Falk

Work Address:

Dept. of Kinesiology
Brock University
1812 Sir Isaac Brock Way
St. Catharines, ON
L2S 3A1 CANADA

Email: bfalk@brocku.ca
Tel: +1-905-688-5550 ext. 4979
Fax: +1-905-688-8364top

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:

- 2024 - Distinguished Prof., Department of Kinesiology, Brock University, ON, Canada
- 2021 - 2026 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
- 2010-2024 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

PUBLICATIONS:

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

Authorship: The first author typically performed most of the hands-on work and wrote the initial draft of the manuscript. The last author is usually the senior researcher who supervised and oversaw the entire project.

Journals (English) – refereed

1. McKenna Faragher*, Andrew McKiel* Natalia Jevtic*, Michael Holmes, Shawn M. Beaudette, **Bareket Falk**. Age-Related Differences in Maximal Strength and Muscle Fatigue: Association with Motor Unit Activation Patterns. Appl Physiol Nutr Metab. Accepted: June 30 2026; Just-In: Aug 26 2026
2. Madison Bell^, Pedro H. Narsico^, Ethan Miskolczi, Maria I Retsidou, **Bareket Falk**, Brian D. Roy, Andrea R. Josse, Panagiota Klentrou. Greek yogurt versus whey protein supplementation in adolescent athletes throughout a competitive season. J Nutrition. 156, (May 5) 2026
3. **Bareket Falk**, Hina A. Ticknor*, Stacey Woods*, Panagiota Klentrou, Diane E. Mack. Despite differences in heat dissipation, children’s temperature regulation during heat stress is similar to adults’ – a systematic review. Temperature. 13(2):120-138, 2026 <http://dx.doi.org/10.1080/23328940.2026.2631843>
4. Madison Bell^, Pedro H. Narsico^, Elizabeth Baker, **Bareket Falk**, Brian D. Roy, Andrea R. Josse, Panagiota Klentrou. Effects of Greek Yogurt Supplementation and Exercise on Markers of Bone Turnover and Inflammation in Older Adult Exercisers: An 8-Week Pilot Intervention Trial. Nutrients. 17(24):3902. 2025 <https://doi.org/10.3390/nu17243902>
5. Madison Bell^, Pedro H. Narsico, Adam J. MacNeil, Andrea R. Josse, Brian D. Roy, **Bareket Falk**, Panagiota Klentrou: Effect of Greek Yogurt versus Whey Protein Supplementation on Markers of Bone Turnover and Inflammation in University Athletes: A 24-Week Intervention Study. Int J Sports Nutr Exerc Metab. 36(2): 76-88, 2026 <https://doi.org/10.1123/ijsnem.2025-0155>.
6. Andrew McKiel*, **Bareket Falk**. Methodological considerations for studying exercise and training responses in youths. Appl Physiol Nutr Metab. 50:1-6, 2026. <https://doi.org/10.1139/apnm-2025-0122>
7. O’Mahoney#, Caragh, Stacey Woods*, Andrew McKiel*, **Bareket Falk**: A question of rate? Girl-women differences in motor unit firing rate. Eur J Appl Physiol, 126(1):107-121, 2026. <https://doi.org/10.1007/s00421-025-05899-8>
8. Nicole Chimera, **Bareket Falk**, Panagiota Klentrou, Phillip Sullivan. Is biobanding the future of youth sport participation? Pediatr Exerc Sci, 36(4):181-191, 2024. <https://doi.org/10.1123/pes.2024-0021>. Runner up – Paper of the Year.
9. Andrew McKiel*, Stacey Woods*, Panagiota Klentrou, **Bareket Falk**. Get Lifting – Strength Training for Children. Frontiers for Young Minds. Published online July 10, 2024. <https://kids.frontiersin.org/articles/10.3389/frym.2024.1379190>
10. Stacey Woods*, Andrew McKiel*, Trent Herda, Panagiota Klentrou, Michael Holmes, David Gabriel, **Bareket Falk**. Motor unit firing rates during slow and fast contractions in boys and men. Eur J Appl Physiol, 124(10):2965-2979, 2024. Online ahead of print May 19, 2024. <https://doi.org/10.1007/s00421-024-05500-8>

11. McKiel A*, S Woods*, M Faragher*, G Taylor#, R Vandenboom, **B Falk**. Optimization of post-activation potentiation in girls and women. *Eur J Appl Physiol*, 124:2737-2747, 2024. <https://doi.org/10.1007/s00421-024-05475-6>
12. Stacey Woods*, Andrew McKiel*, Trent Herda, Panagiota Klentrou, Michael Holmes, David Gabriel, **Bareket Falk**. Developmental changes in motor unit activity patterns: child-adult comparison using discrete motor unit analysis. *Appl Physiol Nutr Metab*, 49(7):904-919, 2024. <https://doi.org/10.1139/apnm-2023-0339>
13. Stacey Woods*, Andrew McKiel*, Trent Herda, Panagiota Klentrou, Michael Holmes, David Gabriel, **Bareket Falk**. Different discrete motor-unit activation patterns in the flexor carpi radialis in boys and men. *Eur J Appl Physiol*, 124:1933–1942, 2024.. <https://doi.org/10.1007/s00421-024-05417-2>
14. Einat Kodesh, Pearl Law, Fadia Haddad, Annamarie Stehli, **Bareket Falk**, Shlomit Radom-Aizik. Leukocytes and Lactate Responses to Cycling and Running at the Same Target Heart Rate. *Eur J Sports Sci*. 24(5); 2024 (online). <https://doi.org/10.1002/ejsc.12072>
15. McKiel A*, S Woods*, D Gabriel, R Vandenboom, **B Falk**. Post-activation potentiation and potentiated motor unit firing patterns in boys and men. *Eur J Appl Physiol*, 124(5):1561-1574, 2024. <https://doi.org/10.1007/s00421-023-05377-z>
16. Raffy Dotan, Stacey Woods*, Jordan Langille*, **Bareket Falk**. Boys–men mean-power-frequency differences in progressive exercise to exhaustion, confounded by variability and adiposity. *Eur J Appl Physiol*, 124(2):491-505, 2024 (accepted, July 26, 2023, published online Aug 9, 2023). <https://doi.org/10.1007/s00421-023-05292-3>
17. Stacey Woods*, Caragh O’Mahoney#, James Maynard*, Raffy Dotan, Gershon Tenenbaum, Edson Filho, **Bareket Falk**. Erratum: Increase in volitional muscle activation from childhood to adulthood – A systematic review and meta-analysis. *Med Sci Sports Exerc*. 2023 Oct 1;55(10):1942-1943. Doi:10.1249/MSS.0000000000002853
18. 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>
19. 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*, 35:127-143, 2023. <https://doi.org/10.1123/pes.2021-0145>
20. Kottaras S, Stoikos, J, McKinlay BJ*, Ludwa IA, 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*, 35(1):41-47, 2023. <https://doi.org/10.1123/pes.2022-0025>
21. 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. doi:10.1249/MSS.0000000000002853
22. 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> .
23. 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.* 34(2):67-75, 2022. <https://doi.org/10.1123/pes.2021-0121>
 24. 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>
 25. 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. <https://doi.org/10.1080/03014460.2021.1980105>
 26. 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.
<https://doi.org/10.1007/s40618-021-01659-5>
 27. 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>
 28. 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>
 29. Malcolm Sanderson , Brandon J. McKinlay* , Alexandros Theocharidis^, Rozalia Kouvelioti^, **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. <https://doi.org/10.3390/sports8120157>
 30. 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
 31. Katlynne Nelson^, Rozalia Kouvelioti^, 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>
 32. Theocharidis A^, McKinlay BJ*, Vlachopoulos D, Josse AR, **Falk B**, Klentrou P. Effects of Post Exercise Protein Supplementation on Markers of BoneTurnover in Adolescent Swimmers. *J International Soc Sports Nutr.* 17:20, 2020 doi: 10.1186/s12970-020-00350-z

33. 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 doi: [10.1111/ijpo.12690](https://doi.org/10.1111/ijpo.12690)
34. 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. doi: [10.1007/s00421-020-04311-x](https://doi.org/10.1007/s00421-020-04311-x)
35. Stacey Woods*, Raffy Dotan, Nicole Jenicek*, **Bareket Falk**. Isometric-based EMG threshold in girls and women. *Eur. J Appl Physiol* 120:907–914, 2020. doi: [10.1007/s00421-020-04331-7](https://doi.org/10.1007/s00421-020-04331-7)
36. Andrea R. Josse, Izabella A. Ludwa, Rozalia Kouvelioti[^], 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. *Pediatr Res*. 88(6): 910-916, 2020. doi: [10.1038/s41390-020-0834-5](https://doi.org/10.1038/s41390-020-0834-5)
37. 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. doi: [10.1007/s00421-019-04286-4](https://doi.org/10.1007/s00421-019-04286-4)
38. 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](https://doi.org/10.1016/j.mvr.2019.103927)
39. 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. doi: [10.1123/pes.2019-0091](https://doi.org/10.1123/pes.2019-0091)
40. Woods S*, R Dotan, N Jenicek*, J Maynard#, D Gabriel, C Tokuno, **B Falk**. Isometric-based test improves EMG-threshold determination in boys vs. men. *Eur J Appl Physiol* 119:1971-1979, 2019. doi: [10.1007/s00421-019-04185-8](https://doi.org/10.1007/s00421-019-04185-8)
41. R. Kouvelioti[^], N. Kurgan[^], **B. Falk**, W.E. Ward, A.R. Josse and P. Klentrou. Cytokine and sclerostin response to high intensity interval running versus cycling. *Med Sci Sports Exerc*. 51(12):2458-2464, 2019. DOI: [10.1249/MSS.0000000000002076](https://doi.org/10.1249/MSS.0000000000002076)
42. 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](https://doi.org/10.1371/journal.pone.0218554). eCollection 2019.
43. GJ Hodges, MM Mallette, A Rigby, P Klentrou, 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. DOI: [10.1016/j.jtv.2019.04.003](https://doi.org/10.1016/j.jtv.2019.04.003)
44. R. Kouvelioti[^], P. LeBlanc, B. **Falk**, W.E. Ward, A.R. Josse and P. Klentrou: 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. DOI: [10.1007/s00223-019-00524-1](https://doi.org/10.1007/s00223-019-00524-1)

CTI Award for Publishing Excellence – one of the 10 most cited papers in 2019

45. **B. Falk**, R Dotan. Measurement and interpretation of maximal aerobic power in children. *Pediatr Exerc Sci* 31(2):144-151, 2019. DOI: [10.1123/pes.2018-0191](https://doi.org/10.1123/pes.2018-0191)
46. R. Kouvelioti[^], N. Kurgan[^], **B. Falk**, W.E. Ward, A.R. Josse, and P. Klentrou. 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
47. 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. DOI: [10.1139/apnm-2018-0083](https://doi.org/10.1139/apnm-2018-0083)
48. Gary J. Hodges, Antti M. Kiviniemi, Matthew M. Mallette, Panagiota Klentrou, 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. DOI: [10.1007/s00421-018-3957-1](https://doi.org/10.1007/s00421-018-3957-1)
49. Nigel Kurgan[^], Heather Logan-Sprenger, Bareket **Falk**, Panagiota Klentrou. Bone and inflammatory responses to training in female rowers over an Olympic year. *Med Sci Sport Exerc* 50(9):1810-1817, 2018. DOI: [10.1249/MSS.0000000000001640](https://doi.org/10.1249/MSS.0000000000001640)
50. 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. DOI: [10.1519/JSC.0000000000002428](https://doi.org/10.1519/JSC.0000000000002428)
51. P Klentrou, 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
52. J Dekker[^], K Nelson[^], N Kurgan[^], **B Falk**, A Josse, P Klentrou. 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. DOI: [10.1123/pes.2017-0042](https://doi.org/10.1123/pes.2017-0042)
53. 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
54. 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.
55. PT 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
56. 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. <https://doi.org/10.1016/j.jelekin.2016.08.017>.
57. 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

58. 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. DOI: [10.1139/apnm-2015-0668](https://doi.org/10.1139/apnm-2015-0668)
59. **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. DOI: [10.1007/s00198-015-3310-z](https://doi.org/10.1007/s00198-015-3310-z)
60. 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. DOI: [10.1123/APAQ.2015-0026](https://doi.org/10.1123/APAQ.2015-0026)
61. 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* 115(10):2115-2124, 2015. DOI: [10.1007/s00421-015-3191-z](https://doi.org/10.1007/s00421-015-3191-z)
62. 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
63. 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. DOI: [10.1007/s00421-015-3100-5](https://doi.org/10.1007/s00421-015-3100-5)
64. **Falk**, B, Eliakim, A: Endocrine Response to Resistance Training in Children. *Pediatric Exercise Science* 26(4):404-422, 2014. DOI: [10.1123/pes.2014-0161](https://doi.org/10.1123/pes.2014-0161)
65. 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]
66. **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.
67. 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 of Immunol Res.* Volume 2014, Article ID 234565, 7 pages, <http://dx.doi.org/10.1155/2014/234565>
68. Dotan, R., Mitchell, C*., Cohen, R*., abriel, 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
69. 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):945-953, 2013. DOI: [10.1080/02640414.2012.757343](https://doi.org/10.1080/02640414.2012.757343)
70. 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; DOI: [10.3109/03014460.2012.744095](https://doi.org/10.3109/03014460.2012.744095)

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Non-Refereed Publications (English)

1. B. Falk, T. Mundel. Children and adults cope with extreme heat differently, but are kids really at greater risk? *The Conversation*. Aug. 5, 2026.
<https://doi.org/10.64628/AAM.rwwan34ky>
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156. Calvert, R.E., O. Bar-Or, **B. Falk**, F. Meyer, C.J.R. Blimkie: Time-lapse photography with computerized analysis of sweating pattern: reliability and reproducibility. *Med. Sci. Sports Exerc.* 22: S89, 1990.
157. Calvert, R.E., **B. Falk**, O. Bar-Or, C.J.R. Blimkie, H. Szechtman: Photographic analysis of sweating pattern in circum-pubertal boys. *Ped. Exerc. Sci.* 3: 83, 1991.
158. 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. *Med. Sci. Sports Exerc.* 22: S88, 1990.
159. 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.
160. 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.
161. **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.
162. **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:** Let's talk about it: Pediatric exercise physiology. Part of Cardiopulmonary Exercise Testing Symposium. Haifa University, Haifa, Israel, September 9, 2026.
2. **Falk B:** Pediatric-specific physiological responses to exercise. Part of CPET4Kids Practicum, UC Irvine, CA, May 8-9, 2026.
3. **Falk B:** High-Intensity Interval Training – Is it Suitable for Children? Musculoskeletal Health Education Forum biannual meeting, St. Catharines, ON., Canada. September 27 2025.
4. **Falk B:** The new biology of bone and muscle growth: Implications for exercise during critical periods of development. Symposium on From the Bench to the Playground: Translating Exercise Science to Clinical Application During Critical Periods of Growth and Development. Pediatric Academic Societies (PAS) Annual Meeting, Honolulu, Hawaii, May 24-28, 2025.
5. **Falk B:** Resistance training for children – overview and discussion. Guest lecture at Research Internship (course) – Pediatric Exercise Research, Pediatric Exercise and Genomic Research Center (PERC), University of California, Irvine, May 22, 2025
6. **Falk B:** Muscle functional development and trainability. Workshop on Muscle Development and Training Response, Haifa University, Israel, Feb. 21, 2025.

7. **Falk B:** Resistance training for children and youth. Daniel Rowing Center, Tel-Aviv, Israel, Feb. 18, 2025.
8. **Falk B:** Resistance training – Does age matter? Symposium on Neuromuscular response to resistance exercise and training, Canadian Society for Exercise Physiology Annual Conference, Montreal, Que, Nov. 20-23, 2024.
9. **Falk B:** Oded Bar-Or Memorial Lecture: Growth and Muscle Function. North American Society for Pediatric Exercise Medicine Biennial Meeting, Louisville, KY, Aug. 7-10, 2024.
10. **Falk B:** Thermoregulation and hydration in youth athletes. International Conference on Environmental Ergonomics (ICEE), Niagara Falls, ON, Canada, Sept. 6-10, 2022
11. **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>)
12. **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.
13. **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).
14. **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
15. **Falk, B.:** Thermoregulation during exercise in the heat – Pediatric perspective. Part of course on Environmental Physiology, University of Toronto, Toronto, Jan 23, 2019.
16. **Falk, B:** Back to the Bone – effects of rowing on bone. Daniel Rowing Centre. Tel Aviv, Israel, Dec. 18, 2018
17. **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
18. **Falk, B:** Muscle activation in children: Plyometric and resistance training. Exercise is Medicine – Pediatrics, Sickkids Hospital, Toronto, ON, Nov. 29, 2018
19. **Falk, B.:** HIIT in children – Neuromuscular insights into training and performance. Canadian Society of Exercise Physiology Annual Meeting, Niagara Falls, ON, Nov. 1 2018.
20. **Falk, B.:** Resistance training in youth: is there an effect on growth? Israeli Association of Pediatric Endocrinology Annual Meeting, Caesarea, Israel, May 25, 2018.
21. **Falk, B.:** Effects of growth and development on muscle function. Round Table Seminar Series. Zinman College, Wingate Institute, Netanya, Israel. May 22, 2018.
22. **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.
23. **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.
24. **Falk, B.:** Pediatric exercise physiology: Highlights to exercise medicine. Continuing Education in Sports Medicine for Physicians, Tel Aviv University, Israel. Feb. 20, 2018.

25. 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.
26. 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.
27. 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
28. 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
29. Falk, B.: Thermoregulation during exercise in the heat – Pediatric perspective. Part of course on Environmental Physiology, University of Toronto, Toronto, Jan ??, 2017.
30. 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.
31. Falk, B.: Developmental changes in muscle function and activation. Wingate Congress of Exercise & Sport Sciences, Wingate Institute, Netanya, Israel, June 1-5, 2016.
32. 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.
33. Falk, B.: Developmental changes in muscle function and activation. Carl Gisolfi Lecture Series, University of Iowa, Iowa city, IA. Jan. 29, 2016.
34. 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
35. Falk, B.: Exercise and Growth. Part of Public Forum on Developing the Young Athlete: Families, Trainers, Clubs, Communities. St. Catharines, ON. April 2, 2015
36. Falk, B.: Thermoregulation during exercise in the heat – Pediatric perspective. Part of course on Environmental Physiology, University of Toronto, Toronto, Jan 21, 2015.
37. 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.
38. 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.
39. 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.
40. 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.
41. 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.
42. 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.

43. 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.
44. 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.
45. 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.
46. 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.
47. 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.
48. 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.
49. 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.
50. 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.
51. 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.
52. 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.
53. 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)
54. 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.
55. 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.
56. 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.
57. Falk, B. Exercise and bone strength during the growing years. Presented at *7th International Sport Science Congress*, Kemer, Antalya, Turkey, 27-29 October, 2002.
58. Falk, B. Gender differences in aerobic ability. Presented at *7th International Sport Science Congress*, Kemer, Antalya, Turkey, 27-29 October, 2002.

59. 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.
60. 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.
61. 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.
62. 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.
63. 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.
64. 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.
65. 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.
66. Falk, B.: Resistance training in children and adolescents. *The 12th International Jerusalem Symposium on Sports Injuries*, 26-27 March 1996, Tel Aviv, Israel.
67. 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.
68. 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.
69. 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:

Presented by B. Falk, unless otherwise indicated

1. Narciso PH, Bell M, Josse AR, Roy BD, **Falk B**, Klentrou P. Influence of dairy-based protein source on bone remodeling and inflammation during a competitive season in adolescent athletes. Canadian Society for Exercise Physiology Annual Conference, Edmonton, AB, October 14-18, 2026.(Poster, Presented by P Narciso)
2. Landon O*, Bell M, Josse AR, **Falk B**, Klentrou P. Markers of bone metabolism and inflammation in relation to vitamin D levels in young athletes. Canadian Society for Exercise Physiology Annual Conference, Edmonton, AB, October 14-18, 2026.(Poster, Presented by O. Landon)
3. McKiel A.*, Wai Fung HJ, Beaudette SM, Fajardo VA, Klentrou P, Moore D., **Falk B**. Resistance exercise increases dietary leucine retention in adults but not children.

Canadian Society for Exercise Physiology Annual Conference, Edmonton, AB, October 14-18, 2026.(Presented by A McKiel)

4. McKiel, *A., Faragher, M*, Holmes, M., Beaudette, SM., **Falk, B.** Neuromuscular recovery of the knee extensors following a sustained maximal effort in child and adult males. Canadian Society for Exercise Physiology Annual Conference, London, ON, October 14-18, 2025.(Poster, Presented by A McKiel)
5. James Maynard*, Maggy Metodieva*, Natalia Jevtic*, Olivia Bainbridge*, Madeleine Nduka* Andrew McKiel1*, **Bareket Falk** Muscle ultrasonography measures of fluid dynamics and interpretations of muscle size following exercise in children. Canadian Society for Exercise Physiology Annual Conference, London, ON, October 14-18, 2025. (Presented by J Maynard)
6. McKiel, A.*, Faragher, M.*, Holmes, M., Beaudette, SM., **Falk, B.** Boys' and men's fatigue-resistance and performance recovery – is there a relationship? European Group of Pediatric Work Physiology Biannual meeting, Jyväskylä, Finland, Sept. 9-12, 2025.
7. McKiel, A.*, Faragher, M.*, Holmes, M., Beaudette, SM., **Falk, B.** Neuromuscular recovery of the knee extensors following a sustained maximal effort in child and adult males. Ontario Exercise Physiology annual meeting, Hamilton, ON, June 25. 2025 (Poster, Presented by A McKiel)
8. James Maynard*, Maggy Metodieva*, Natalia Jevtic*, Olivia Bainbridge*, Madeleine Nduka* Andrew McKiel1*, **Bareket Falk** Acute muscle swelling following exercise in children. Ontario Exercise Physiology annual meeting, Hamilton, ON, June 25. 2025 (Presented by J Maynard)
9. Faragher, M.*, McKiel, A.*, Jevtic, N.*, Holmes, M., Beaudette, S. **Falk, B.** Age-Related Differences in Maximal Strength and Muscle Fatigue: Association with Motor Unit Activation Pattern. European College of Sports Sciences Annual Meeting, Rimini, Italy, June 1-4, 2025. (Poster, Presented by M. Faragher)
10. **Falk B.** The neuromuscular response to resistance exercise and training – does age matter? Part of symposium at Canadian Society for Exercise Physiology Annual Conference, Montreal, QC, November 20-23, 2024
11. Woods, S.*, O'Mahoney, C.#, McKiel, A.*, **Falk, B.** Child-adult differences in MUFR are similar between males and females. Canadian Society for Exercise Physiology Annual Conference, Montreal, QC, November 20-23, 2024. (Poster, Presented by S. Woods)
12. Bell M, Retsidou I, Saabni S, Narciso P, Roy **B, Falk B**, Josse A, Klentrou P. Inflammatory and bone responses to a 16-week dietary intervention in university athletes: comparing Greek yogurt to whey protein. Canadian Society for Exercise Physiology Annual Conference, Montreal, QC, November 20-23, 2024. (Poster, Presented by M. Bell)
13. McKiel, A*, Woods, S*, Faragher, M#, Taylor, G#, Vandenboom R, **Falk, B.** Age and sex effects on post-activation potentiation in the knee extensors. North American Society for Pediatric Exercise Medicine Conference: Giving Kids a Chance Through Exercise. Louisville, Kentucky, US, Aug 8-10, 2024. (presented by A. McKiel)

14. McKiel, A, Woods, S, Faragher, M, Taylor, G, **Falk, B**. Quadriceps twitch contraction characteristics: sex and age effects. The 33rd Meeting of the European Group of Pediatric Work Physiology, Chetspow, Wales, UK, September 6-9, 2023.
15. Woods, S*, McKiel, A*, Herda, T, Klentrou, P, Holmes, M, Gabriel, D, **Falk, B**: Boy-man differences in the neural strategy used to develop torque during fast high-intensity contractions. European College of Sports Sciences Annual Meeting. Paris, France, July 4-8, 2023 (Poster, Presented by S. Woods)
16. McKiel, A*, Woods, S*, Gabriel, D, Vandenboom, R, **Falk, B**: Post-activation potentiation and potentiated motor unit firing patterns in the vastus lateralis among boys and men. European College of Sports Sciences Annual Meeting. Paris, France, July 4-8, 2023 (Poster, Presented by A. McKiel)
17. Woods, S*, McKiel, A*, Herda, T, Klentrou, P, Holmes, M, Gabriel, D, **Falk, B**: 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)
18. McKiel, A*, Woods, S*, Gabriel, D, Vandenboom, R, **Falk, B**: 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)
19. Massarotto RJ*, Hodges GJ, Woloschuk A*, O’Leary D, Dotan R, **Falk B**. 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)
20. Woods S*, McKiel A*, Herda T, Dotan R, Klentrou P, Holmes M, Gabriel D, **Falk B**: 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)
21. Langille J*, Woods S*, Dotan R, Tokuno C, Gabriel D, **Falk B**: 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)
22. 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.
23. 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)

24. McKinlay BJ*, Wallace PJ, Olansky S, Woods S*, Kurgan N, Roy BD, Josse AR, **Falk B** and Klentrou P. 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)
25. 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)
26. Woods S*, Dotan R, Jenicek N*, Maynard J#, **Falk B**. 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)
27. Calleja M, Caetano Feitoza N, **Falk B**, Klentrou P, Ward WE and Josse AR. 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)
28. Chouinard-Watkins R, Calleja M, Caetano Feitoza N, **Falk B**, Klentrou P, Bazinet RP, Ward WE and Josse AR. 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)
29. Dror N, Carbone J, Haddad F, **Falk B**, Klentrou P, and Radom-Aizik S. 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)
30. Adebero T*, McKinlay BJ*, Theocharidis A, Root Z, Josse AR, Klentrou P, and **Falk B**. 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)
31. Woloschuk A*, Massarotto R*, Hodges GJ, Klentrou P, and **Falk B**. 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)
32. Woods S*, Dotan R, Jenicek N*, Maynard J#, Gabriel D, Tokuno C, and **Falk B**. 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. (presented by S. Woods)
33. Maynard J#, Woods S*, Dotan R, Jenicek N*, and **Falk B**. 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. (presented by J. Maynard)

34. 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)
35. 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)
36. Kouvelioti R, Sweeney R, Brown D, Josse AR, **Falk B**, Klentrou P: 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)
37. Kurgan N, **Falk B**, Klentrou P: 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)
38. Nelson K, Kurgan N, Root Z, Adebero T*, **Falk B**, Klentrou P: 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)
39. Dotan R, McKinlay BJ*, **Falk B**: 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. (Presented by R. Dotan)
40. McKinlay BJ*, Wallace P, Dotan R, Long D# and **Falk B**. 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.
41. **Falk B**: 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.
42. Klentrou N., Giannopoulou A., McKinlay BJ*, 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)
43. Dotan, R, Pitt B*, Long D*, McKinlay BJ*, Tokuno C, O'Brien T, **Falk B**. 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)
44. **Falk B**: Resistance Training in Children – the Year that Was (2014). XXIX Pediatric Work Physiology meeting, Utrecht, Netherlands, Sept. 9-13, 2015.
45. Long D#, McKinlay BJ*, Dotan R, Pitt B*, Tokuno C, O'Brien T, and **Falk B**. The electromyographic threshold in girls and women. XXIX Pediatric Work Physiology meeting, Utrecht, Netherlands, Sept. 9-13, 2015.
46. McKinlay BJ*, 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)

47. **Falk B**, Haddad F, Kish K*, Mezil Y, Klentrou P, Ward WE, Radom-Aizik S. 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. (Poster)
48. Dotan R, Jenkins G*, Desjardins J, Hansen S, O'Brien T, Klentrou P, **Falk B**. 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)
49. Pitt B*, Long D#, Millar J#, Dotan R, Tokuno C, and **Falk B**. The electromyographic threshold in children and adults. North American Society of Pediatric Exercise Medicine Meeting, Minneapolis, MN, Aug 20-23, 2014.
50. **Falk B**, Kish K*, Mezil Y, Klentrou P, Ward WE. 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.
51. **Falk B**, Kish K*, Mezil Y, Klentrou P, Ward WE. 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.
52. Akseer N*, Kish K*, Rigby A, Greenway M, Klentrou P, Wilson PM, and **Falk B**. 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. (Presented by N Akseer)
53. Jenkins G*, Ludwa IA, Hansen S, Klentrou P, **Falk B**. 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. (Presented by G Jenkins)
54. Ludwa IA, Kish K*, **Falk B**, and Klentrou P. Determinants of radial bone strength in maturing boys and girls. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013. (Presented by IA Ludwa)
55. Papadopoulos E, Muir C, Russell C, Ludwa IA, Timmons BW, **Falk B** and Klentrou P. Effect of competition on stress and immunity markers in adolescent swimmers. Canadian Society of Exercise Physiologists Annual Meeting, Toronto, ON, Oct. 16-19, 2013. (Presented by E Papadopoulos)
56. **Falk B**, Jenkins G*, Hansen S, Ludwa IA, Klentrou P, Dotan R. Factors Explaining the Growth-related Increase in the Rate of Torque Development. European Group of Pediatric Work Physiology, Curia, Portugal, Oct. 1-5, 2013.
57. Ludwa IA, Jenkins G*, Hansen S, Dotan R, Klentrou P, **Falk B**. Maturation Changes in the Rate of Torque Development. 60th American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 28- June 1, 2013.
58. **B Falk**: Meet the Editor. North American Society of Pediatric Exercise Medicine Meeting, Philadelphia, PA, Aug. 15-18, 2012.
59. Jenkins G*, Hansen S, Dotan R, Klentrou P, Ludwa AI, Gimblett C#, Papadopoulos M, **Falk B**: 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.
60. **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.
61. **Falk, B**, Mitchell, C*, Cohen R*, Dotan R, Klentrou p, Gabriel D. 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.

62. Mitchell, C*, Cohen R*, Dotan R, Gabriel D, Klentrou P, **Falk B**. 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)
63. Ludwa IA, O'Leary D, Wade TJ, Cairney J, **Falk B**, Klentrou P. 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)
64. Dotan R, Mitchell C*, Cohen R*, Gabriel D, Klentrou P, **Falk B**. 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)
65. Cohen R*, Mitchell C*, Dotan R, Gabriel D, Klentrou P, **Falk B**. 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)
66. **Falk, B.**, Cohen R*, Mitchell C*, Dotan R, Klentrou P, Gabriel D. Muscle Activation in Pre- and Early-Pubertal Male Power and Endurance Athletes. European Group of Pediatric Work Physiology meeting. Le Touquet Paris Plage, France, 29th September – 3rd October 2009.
67. **Falk, B**, Cohen R*, Mitchell C*, Dotan R, Klentrou P, Gabriel D. Muscle Activation in Pre- and Early-Pubertal Male Athletes and Non-athletes. American Physiotherapy Association Section on Research Retreat: Mechanisms underlying disordered movement: impairments with force generation. Asilomar, CA. Aug. 9-13, 2009. (Poster)
68. Davis AD, Wells GD, **Falk B**, and Noseworthy MD. Twisting Motion as a Confound to Skeletal Muscle BOLD. ISMRM 2009 Annual Meeting in Honolulu, Hawai'i, USA, April 2009 (Presented by AD Davis)
69. Usselman C#, Gabriel D, Dotan R, Brunton L#, Klentrou P, **Falk B**. Muscle activation patterns in prepubertal boys and young men. Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007. (Poster)
70. Yao M*, Braid S*, Moore M, Sullivan P, Klentrou P, **Falk B**. Bone properties in pre and late-pubertal male hockey and soccer players. Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007. (Poster)
71. Braid S*, Moore M, Klentrou P, **Falk B**. Skeletal maturity in male child and adolescent athletes. Canadian Society of Exercise Physiology Annual Meeting, London, ON. Nov. 14-17, 2007.
72. Usselman C#, Gabriel D, Dotan R, Brunton L#, Klentrou P, Shaw J#, **Falk B**. Muscle force and activation pattern of boys vs men in isometric elbow flexion and extension. European Group of Pediatric Work Physiology meeting. Tallinn, Estonia, 5-9 September 2007.
73. Braid S*, Moore M, O'Leary D, Sullivan P, Klentrou P, **Falk B**. 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. Toronto, ON, June 24-27, 2007 (Poster)
74. MacIntosh S#, Usselman C#, Dotan R, **Falk B**, Klentrou P, and Gabriel D. Child-Adult differences in Force Kinetics and Neuro-Motor Function during Isometric Elbow Flexion. North American Society for Pediatric Exercise Science Annual Meeting, Charleston, South Carolina, Sept. 14-16, 2006. (poster)
75. Usselman C#, MacIntosh S#, Dotan R, **Falk B**, Klentrou P, & Gabriel D. Child-adult differences in force kinetics and neuro-motor function during isometric elbow flexion. Ontario Exercise Neuroscience Group, St. Catharines, Ontario, June 2006. (presented by C. Usselman)

76. **Falk, B**, Galili Y*, Zigel L, Constantini N, Eliakim A: Tibia and radius bone properties, as reflected by quantitative ultrasound, in boys, adolescents and adult male athletes of various sports. CSEP – Meeting of the Canadian Society of Exercise Physiology, Ottawa, Canada, November 9-12, 2005.
77. **Falk B**, Galili Y*, Zigel L, Constantini N, Eliakim A: Quantitative ultrasound of the tibia and radius in pre-pubertal, pubertal and young adult male athletes. 23rd Pediatric Work Physiology Meeting, Gwatt-Thun, Switzerland, September 22-25, 2005.
78. **Falk, B**, Nini A, Zigel L, Yahav Y, Aviram M, Rivlin J, Bentur L, Avital A, Dotan R, Blau H: The effect of low altitude at the Dead Sea on exercise capacity and cardio-pulmonary response to exercise in CF patients of moderate severity. American College of Sports Medicine 52nd Annual Meeting, Nashville, Tennessee, June 1-4, 2005.
79. Admon, G, Weinstein Y, **Falk B**, Weintrob N, Benzaquen H, Ofan R, Fayman G, Zigel L, Constantini N, Phillip M. Exercise with and without insulin pump in children and adolescents with type 1 diabetes. 42nd Annual Meeting of the European Society for Paediatric Endocrinology, Ljubljana, Slovenia, September 18-21, 2003. (Poster, Presented by G Admon)
80. **Falk B**, Portal S*, Tiktinsky R, Zigel L, Weinstein Y, Constantini N. Bone properties and muscle strength of young hemophilia patients. 50th Annual Meeting of the American College of Sports Medicine, San Francisco, May 28-31, 2003. (Poster)
81. Zigel L, Gorev R, **Falk B**, Ben-Amotz A, Neuman I. Effect of lycopene, a natural antioxidant, on exercise-induced asthma in young athletes. 50th Annual Meeting of the American College of Sports Medicine, San Francisco, May 28-31, 2003. (Poster)
82. **Falk B**, Bronshtein Z*, Zigel L, Constantini N, Eliakim A. 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.
83. **Falk B**, Blau H: Habitual activity, exercise capacity, nutritional status and resting metabolic rate in sedentary Israeli CF children: Baseline data from the national individualized exercise study. Israeli Society for Pediatric Pulmonary Meeting, May 9, 2001, Tel Aviv.
84. **Falk B**, Bronshtein Z*, Zigel L, Constantini N, Eliakim A: Bone quantitative ultrasound velocity in adolescent male and female volleyball players. 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.
85. Weinstein Y, Kamermn T*, **Falk B**: Energy expenditure during rest and exercise: Comparison between children of normal weight parents and children of obese parents. Bi-annual Meeting of the Israel Society of Sports Medicine, 7 September 2000, Herzlia.
86. **Falk B**, Zigel L, Bronshtein Z*, Paz O*: Higher tibial ultrasound velocity in young adult female basketball players. 5th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, 19-23 July 2000.
87. **Falk B**, Sadres E, Constantini N, Eliakim A, Zigel L, Foldes AJ: Is quantitative ultrasound velocity sensitive enough to detect bone changes in growing boys? XXth International Symposium of the European Group of Pediatric Work Physiology, September 15-19, 1999, Hotel Residence Oasi di Kufra - Sabaudia, Italy, p. 296.

88. **Falk B**, Cohen Y, Lustig G, Lander Y, Yaaron M, Ayalon J: Tracking of fitness components in boys and girls from 2nd to 6th grade. *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.
89. **Falk B**, Sadres E, Constantini N, Eliakim A, Zigel L, Foldes AJ: Is twice per week resistance training sufficient to increase muscle strength and bone formation in 9-10 year old boys? *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.
90. **Falk B**, Portal S*, Tiktinsky R, Weinstein Y, Constantini N, Varon D, Haim M, Goldstein G, Martinowitz U: 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.
91. Dotan R, **Falk B**, Tamir I*, Burstein R, Golan R, Epstein S, Weinstein Y. 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.
92. **Falk B**, Bar-Eli M, Dotan R, Yaaron M, Weinstein Y, Epstein S, Blumenstein B, Einbinder M*, Yarom Y, Tenenbaum G: 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.
93. **Falk B**, Bar-Eli M, Dotan R, Yaaron M, Weinstein Y, Epstein S, Blumenstein B, Einbinder M*, Yarom Y, Tenenbaum G: 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.
94. **Falk B**, Dotan R, Eliakim A, Liebermann D, Regev R, Bar-Or O: 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.
95. **Falk B**, Mor G: 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.
96. **Falk B**, Einbinder M*, Weinstein Y, Epstein S, Karni Y, Yarom Y, Rotstein A: 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.
97. **Falk B**, Weinstein Y, Epstein S, Karni Y, Yarom Y: 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.
98. **Falk B**, Bar-Or O: 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.
99. **Falk B.**, Bar-Or O, MacDougall JD, McGillis LA: 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)

100. **Falk B.**, Bar-Or O, MacDougall JD: Hormonal response to exercise in the heat in pre-, med-and late-pubertal boys. *Annual Meeting of the American College of Sports Medicine*, 29 May - 1 June 1991, Orlando, Florida, USA.
101. **Falk B.**, Bar-Or O, MacDougall JD, McGillis LA, Calvert R, Meyer F: 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.
102. **Falk B.**, Bar-Or O, MacDougall JD, McGillis LA, Calvert R, Meyer F: Sweat lactate during exercise in dry heat in circum-pubertal boys. *Annual Meeting of Canadian Society for Sports Sciences*, November 1990, Montreal, Quebec, Canada.
103. **Falk B.**, Burstein R, Ashkenazy I, Katz E, Rubinstein A, Bashan N, Epstein Y, Shapiro Y: 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/mobilization

1. B. Falk, T. Mundel. Children and adults cope with extreme heat differently, but are kids really at greater risk? The Conversation. Aug. 5, 2026.
<https://doi.org/10.64628/AAM.rwwan34ky>
[Children and adults cope with extreme heat differently, but are kids really at greater risk?](#)
 Highlighted in The Brock News – Aug 7, 2026 - https://brocku.ca/brock-news/2026/08/opinion-bareket-falk-and-toby-mundel-discuss-how-children-cope-with-extreme-heat/?utm_medium=email&utm_campaign=Daily%20The%20Brock%20News&utm_content=Daily%20The%20Brock%20News+CID_e40317061f477c6ce7d90d37bf91f741&utm_source=Campaign%20Monitor%20MARCOM&utm_term=Opinion%20Bareket%20Falk%20and%20Toby%20Mndel%20discuss%20how%20children%20cope%20with%20extreme%20heat
2. Children no more vulnerable to heat injury than adults when exercising – by Cathy Majtenyi - Brock News – July 23 2026. [Children no more vulnerable to heat injury than adults when exercising, says Brock researcher – The Brock News](#)
3. The Thinking About Kids and Heat Has Flipped – by Daniel Engber, The Atlantic. July 12 2026 (cited) https://www.theatlantic.com/science/2026/07/children-heat/687889/?gift=gQT_wi7V_pNFqesY1yem2aa4Bs8-2jX0iCbU_yzbToU
4. Children and resistance training research – radio interviews: Newstalk 610 CKTB – Mar. 26 2026.
5. Children and resistance training research – radio interviews: Metroland – Mar 25, 2026.
6. Post-sport protein for young athletes – by Cathy Majtenyi - Brock News story – May 24 2023 - https://brocku.ca/brock-news/2023/05/brock-research-points-to-benefits-of-post-sport-protein-for-young-athletes/?utm_medium=email&utm_campaign=Daily%20The%20Brock%20News&utm_content=Daily%20The%20Brock%20News+CID_dd1864f90a27242d46d2575f1ebd5065&utm_source=Campaign%20Monitor%20MARCOM&utm_term=Brock%20research%20points%20to%20benefits%20of%20post-sport%20protein%20for%20young%20athletes
7. **Falk B.** Physical activity, performance and growth and development. PepsiCo-GSSI Youth Physical Performance advisory meeting. July 15, 2021 (online expert panel discussion)

8. 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 -
9. 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>
10. 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 -
11. 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/>
12. 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:

- | | |
|-------------|---|
| 2023 - | Member – Israeli Football Association – Gender Committee |
| 2020 - 2024 | Member of the Board, North American Society for Pediatric Exercise Medicine (NASPEM), member of the Scientific Committee and the Awards Committee |
| 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 10 th , 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 18 th 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 16 th 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:

Editorial Board, Exercise Science and Exercise Medicine, 2023 to present

Editorial Board, Isokinetics and Exercise Science, 2011 to present

Editorial Board, Pediatric Exercise Science, 2002 to present

Editor, Pediatric Exercise Science, 2011 – 2019

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

AWARDS, HONORS AND SCHOLARSHIPS:

2019 - Included in the Stanford database, based on impact and citations, which includes the highest 2% of world scientists.- Ioannidis, John P.A. (2025), “August 2025 data-update for "Updated science-wide author databases of standardized citation indicators"”, Elsevier Data Repository, V8, doi: 10.17632/btchxktzyw.8

2024 Brock University Distinguished Professor
<https://brocku.ca/brock-news/2024/07/distinguished-professor-one-of-canadas-few-pediatric-exercise-physiologists/>

2023 Nominated: Michael Plyley Graduate Mentorship Award

2022-2027 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

1993 Sven Oseid Young Scholar Award, North American Society of Pediatric Exercise Medicine