

## **DAVID GEORGE BEHM**

School of Human Kinetics and Recreation (SHKR), Memorial University of Newfoundland (MUN), St. John's, Newfoundland and Labrador, A1C 5S7 (709) 864-3408 (Tel), email: dbehm@mun.ca

### **EDUCATION**

- 1997: Doctor of Philosophy (PhD): Rehabilitation Science  
School of Physical and Occupational Therapy: Supervisor: Dr. Diane St-Pierre  
McGill University (Montreal Quebec)
- 1990: Master of Science: Human Biodynamics  
Department of Physical Education: Supervisor: Dr. Digby Sale  
McMaster University (Hamilton Ontario)
- 1980: Bachelor of Education: Summa Cum Laude  
University of Ottawa (Ottawa Ont.)
- 1979: Bachelor of Physical Education: Cum Laude  
University of Ottawa (Ottawa Ont.)

### **FULL-TIME ACADEMIC POSITIONS**

- 2015-Present: University Research Professor, SHKR, Memorial University of Newfoundland
- 2004-Present: Professor, Memorial University of Newfoundland (SHKR)
- 2008-2014: Associate Dean of Graduate Studies and Research (SHKR, MUN)
- 2000-2004: Associate Professor, Memorial University of Newfoundland (SHKR)
- 1995-2000: Assistant Professor, Memorial University of Newfoundland (SHKR)  
*(3 levels of exercise physiology, 2 levels of fitness assessment and prescription, research technologies, introduction to fitness (on-campus and on-line) resistance training (on-campus and online), human physiology, anatomy (on-campus and online), biomechanics, prevention and treatment of athletic injuries, facility planning and organization, measurement and evaluation, activity courses*
- 1991-1995: Dawson College (Montreal, Quebec) Department of Physical Education: Lecturer  
*(activity courses: squash, tennis, badminton, fitness, weight training, hockey)*
- 1985-1988 University of Regina (Regina, Saskatchewan)  
Faculty of Physical Activity Studies: Lecturer  
*(biomechanics, musculoskeletal anatomy, growth and ageing, ageing and fitness, fitness, tennis, squash, racquetball, badminton, track and field)*

### **SESSIONAL ACADEMIC POSITIONS**

- 1991-1995: McGill University (Montreal Quebec)  
School Physical and Occupational Therapy *(exercise physiology, biomechanics)*
- 1988-90: McMaster University (Hamilton Ont.)  
Department of Physical Education *(kinesiology, weight training, tennis, squash)*
- 1988-90: Redeemer College (Ancaster Ont.) Department of Physical Education  
*(biomechanics, musculoskeletal anatomy, sport injuries)*  
Wilfred Laurier University (Waterloo Ont.)  
Faculty of Physical Education *(tennis, badminton)*
- 1984-85: Dalhousie University (Halifax N.S.)  
Faculty of Health, Physical Education and Recreation *(squash, racquetball)*
- 1982-83: Champlain College (Lennoxville Quebec) Dept Physical Education *(tennis)*

### **FULL-TIME COACHING POSITIONS**

- 1989-90: Hamilton Squash and Fitness Club  
Oakville: The Club: Squash Professional
- 1985: Park Athletic Club (Dartmouth N.S.)  
Tennis and Squash Professional: Fitness Instructor
- 1980-82: Bishop's University (Lennoxville, Quebec)

Head Hockey Coach: Assistant Football Coach

### **PART-TIME COACHING POSITIONS**

- 1991-1996: Princeton University (Princeton New Jersey)  
National Junior Squash Training Centre (July-August)
- 1991-1995: McGill University (Montreal Quebec)  
Men's Varsity Squash Coach: Squash and Tennis Instructor
- 1989-90: McMaster University (Hamilton Ont.): Assistant Squash Coach  
Football Coach: Running Backs: Strength and Conditioning Coach
- 1982: Berkshire Hockey School (Northampton Mass.): Hockey Coach
- 1981-82: Montreal Alouette Evaluation Camp: Football Coach

### **ADMINISTRATION and FITNESS**

- 2005/06: Strength and Conditioning Consultant for the *Olympic Gold Medal Curling Team*  
Canadian and Olympic Champions; Team Gushue
- 1982-84: Burnside Athletic Club (Dartmouth N.S.)  
Manager: Director of Operations; Squash, Tennis and Fitness Instruction

### **APPOINTMENTS AND AWARDS**

- 1975: Ontario Scholar
- 1988: McMaster University Graduate Scholarship
- 1990: National Strength and Conditioning Association Challenge Scholarship
- 1994: Canadian Olympic Association Olympic Torch Scholarship
- 2001: Lansdowne Scholar: University of Victoria, Victoria, British Columbia
- 2001: Invited Research Fellow: University of Ballarat, Ballarat, Victoria, Australia
- 2005: Invited Researcher: University of Kassel, Kassel, Germany:
- 2005: Senior Research Fellow: University of Ballarat, Ballarat, Victoria, Australia
- 2006: President's Award for Outstanding Research: Memorial University**
- 2006: Strength and Conditioning Consultant for Olympic Champion Team Gushue
- 2009: NSERC E.W.R. Steacie Fellowship Nominee for Memorial University
- 2011-2015: Programme External Examiner for Hong Kong Institute of Education
- 2012: Memorial University Dean of Graduate Studies Award for Service Excellence**
- 2014: National Strength and Conditioning Association (NSCA) WJ Kraemer Outstanding Sport Scientist Award**
- 2014: Honorary Professor: Technological Higher Education Institute (Hong Kong)
- 2014: Dr. Gord Sleivert Memorial Lecture Keynote presentation (CSEP)**
- 2015: Adjunct Research Fellow at Rocky Mountain University of Health Professions.
- 2015: **Memorial University Research Professorship**
- 2015: Canadian Society for Exercise Physiology (CSEP) Honour Award**
- 2017: Fellow of the European College of Sport Sciences**
- 2018-present Publons International Top Peer Reviewer Award (top 1% of reviewers in Clinical Medicine and Cross Fields)**
- 2020: Strength and Conditioning Society (SCS) Honour Award**
- 2021: Canadian Kinesiology Association Researcher of the Year**

## RESEARCH METRICS SUMMARY

>25000 citations; h-index: 76: (60 classified as truly exceptional) i10-index: 242 (Google Scholar)

Mendeley: Metrics author database for scientific field" (PLoS Biology 2019)

#38,802 of 6,880,389 researchers = top 0.56% (99.44 percentile)

Stanford University Scientists Ranking: Top 2% in the world

Frontiers Loop Research Ranking: 99 percentile; Research Gate Research Ranking: 97.5 percentile

Publons (ranking of average article reviews annually): 99 percentile

MUN Research Output (SciVal: 2014-2019): #1Medicine; #1Health Professions; #5 Overall

SciVal International Research Rankings: #4: Stretching

Expertscape International Rankings:

#1: Stretching, #5: Plyometric Exercise, #10: Muscle strength, #18: Resistance Training,

#20: Muscle Fatigue, #23: EMG, #43: Skeletal Muscle

Q1 Journals: 74.6% (241/323), Q2 Journals: 7.7% (25/323): Total: 82.3%: Q1/Q2 Journals

First or corresponding author in 63.8% (206/323) of publications

51.7% (167/323) of publications from data collected in Dr. Behm's laboratory

Mean Annual Publication Output over last 12 years: 21.2

	Prior	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	Totals
Research based Publications	50	8	8	14	13	11	15	31	16	22	15	24	34	26	33	3	323
Professional Publications (PP) / Book Chapters (BC) / Books	11 PP / 4 BC			1 BC			1 PP / 4 BC				1 BC	3 BC / 1 Book	2 BC	1 PP / 1 BC	1PP		14 PP / 16 BC / 1 Book
Abstracts	45	1	5	0	8	7	1	8	4	16	11	9	9	5	1		130
Invited Presentations	25	6	3	4	2	4	1	2	3	4	5	2	1	3	3		68
PI Funding (\$)	131872	20000	24000	34872	25000	27000	57000	57000	61000	31000	65000	55000	43,000	52,000	\$65000		\$905,396
Article Reviews	85	11	12	18	20	36	32	38	42	51	50	52	62	64	57		637
Graduate Student Supervision	21	6	3	4	3	2	1	6	2	4	4	1	1	4	2		62
Undergraduate Student Supervision	21	2	5	0	4	2	4	10	5	5	9	7	9	16	6		103

### BOOKS

Behm DG. The Science and Physiology of Flexibility and Stretching: Implications and Applications in Sport Performance and Health. Routledge Publishers 2018

ISBN 978-1-138-08691-3

[www.routledge.com/9781138086913](http://www.routledge.com/9781138086913)

### PEER-REVIEWED SCIENTIFIC PUBLICATIONS

(Graduate students bolded, post-doctoral fellows italicized, undergraduate students underlined)

**323. Colin A. Duffett, Shawn A. Wiseman, Ashwini Punjabi**, Kevin E. Power, David G.

Behm Contralateral muscle fatigue from slow, isokinetic contractions is not velocity-specific.

Journal of Sport and Exercise Science. Accepted Jan 10 2022

**322. Marzo E. Da Silva-Grigoletto, José C. Aragão-Santos, Alan S. Fontes, Marta S. Santos, Antônio G. Resende-Neto, Marcos Raphael Pereira Monteiro, Edilson S. Cyrino, Pedro J. Marin, David G. Behm.** Effects of Grouped versus Alternating Functional Training on Shoulder Girdle

and 8 Lumbar-pelvic Girdle Stability: A Randomized Controlled Trial. *Motricidade* Accepted January 4 2022

- 321.** Atle H. Saeterbakken, Nicolay Stien, Vidar Andersen, Suzanne Scott, Kristoffer T. Cumming, David G. Behm, Urs Granacher, Olaf Prieske. The effects of trunk muscle training on physical fitness and sport-specific performance in young and adult athletes: A systematic review and meta-analysis. *Sports Medicine* accepted Dec 27, 2021 <sup>Q1</sup>
- 320.** H.A. Akbari, M. Pourabbas, M. Yoosefi, W. Briki, S. Attaran, H. Mansoor, W. Moalla, M. Damak, I. Dergaa, A.L. Teixeira, J. Nauman, D.G. Behm, N.L. Bragazzi, H.B. Saad, C.J. Lavie, A. Ghram The Impact of COVID-19 Restrictions on Physical Activity Behaviors, Well-Being and Sleep Quality of Iranians. *European Review for Medical and Pharmacological Science* Accepted Dec 12, Vol: 25: 25: 7847-7857, 2021. <sup>Q2</sup>
- 319.** O’Grady MW, Young WB, Talpey SW, Behm DG Does the warm-up effect subsequent post activation performance enhancement? *The Journal of Sport and Exercise Science* 5(4): 302-309, 2021 DOI: 10.36905/jses.2021.04.08
- 318.** Tayech A, Chaouachi M, Behm DG, Chaouachi, A. Reliability, Criterion-Concurrent Validity, and Construct-Discriminant Validity of a Head-Marking Version of the Taekwondo Anaerobic Intermittent Kick Test. *Biology of Sport* 39(4): 951-963, 2022 <https://doi.org/10.5114/biol sport.2022.109459> <sup>Q1</sup>
- 317.** Feland B, Hopkins AC, Behm DG. Acute hemodynamic responses to three types of hamstrings stretching in senior athletes. *Journal of Sports Science and Medicine* 20, 690-698 <http://www.jssm.org> DOI: <https://doi.org/10.52082/jssm.2021.690> 2021 <sup>Q1</sup>
- 316.** Behm DG, Herat N, Power GMJ, Brosky JA, Page P, Alizadeh S. Menthol-based topical analgesic induces similar upper- and lower-body pain pressure threshold values: a randomized trial. *Journal of Sport Rehabilitation* 31(1): 24-30, 2022 <https://doi.org/10.1123/jsr.2021-0144>
- 315.** Savoury R, Kibele A, Behm DG. Methodological Issues with Transcranial Direct Current Stimulation for Enhancing Muscle Strength and Endurance: A Narrative Review. *Journal of Cognitive Enhancement* <https://doi.org/10.1007/s41465-021-00222-7>
- 314.** Behm DG, Carter TB. Empathetic Factors and Influences on Physical Performance: A topical Review. *Frontiers in Psychology-Movement Science and Sport Psychology* <https://doi.org/10.3389/fpsyg.2021.686262>
- 313.** Behm DG, Kay AD, Trajano GS, Alizadeh S, Blazevich AJ. Effects of stretching on injury risk reduction and balance. *Journal of Clinical Exercise Physiology* 10(3): 106–116, 2021
- 312.** Behm DG, Kay AD, Trajano GS, Alizadeh S, Blazevich AJ. Effects of acute and chronic stretching on pain control. *Journal of Clinical Exercise Physiology* 10(4): 150–159, 2021
- 311.** Saeterbakken AH, Andersen V, Behm DG, Cumming KT, Solstad TEJ, Shaw MP, Stien N. The role of trunk training for physical fitness and sport-specific performance. *Frontiers in Sports and Active Living*, section Movement Science and Sport Psychology Jun 10;3:625098. doi: 10.3389/fspor.2021.625098 2021 <sup>Q1</sup>
- 310.** Hosseini E, Abdolhamid Daneshjoo, Sahebozamani M, Behm DG. The Effects of Fatigue on Knee Kinematics during Unanticipated Change of Direction in Adolescent Girl Athletes: A Comparison between Dominant and non-Dominant Legs. *Journal of Sports Biomechanics*. 2021 <https://doi.org/10.1080/14763141.2021.1925732> <sup>Q1</sup>
- 309.** Alizadeh S, Power GMJ, Colwell EM, Mahmoud MMI, Herat N, Power KE, Behm DG.

Novel Thoraco-Lumbo-Sacral Corset Design Increases Biering-Sorensen Back Endurance and Alters Knee and Ankle Angles During a Box Lifting Task. *International Journal of Industrial Ergonomics* <http://doi.org/10.1016/j.ergon.2021.103139>, 2021

**308.** Ramirez-Campillo R, Garcia-Pinillos F, Chaabene H, Moran J, Behm DG, Granacher U. Effects of plyometric jump training on electromyographic activity and its relationship to strength and jump performance in healthy trained and untrained populations: A Systematic Review of Randomized Controlled Trials. *Journal of Strength and Conditioning Research* accepted March 26, 2021 <sup>Q1</sup>

**307.** Power GMJ, Colwell E, Saeterbakken AH, Drinkwater EJ, Behm DG. Lack of evidence for non-local muscle fatigue and performance enhancement in young adults. *Journal of Sports Science and Medicine* 20: 339-348 2021 DOI: <https://doi.org/10.52082/jssm.2021.339> <sup>Q1</sup>

**306.** Behm DG, Alizadeh S, Hadjizadeh Anvar S, Hanlon C, Ramsay E, Mahmoud MMI, Whitten J, Fisher JP, Prieske O, Chaabene H, Granacher U, Steele J. Non-local muscle fatigue effects on muscle strength, power, and endurance in healthy individuals: A systematic review with meta-analysis. *Sports Medicine* 51:1893-1907, 2021 DOI: 10.1007/s40279-021-01456-3. <sup>Q1</sup>

**305.** Ahmadi H, Herat N, Alizadeh S, Button DC, Granacher U, Behm DG. Effect of An Inverted Seated Position with Upper Arm Blood Flow Restriction on Measures of Elbow Flexors Neuromuscular Performance. *PlosOne* <https://doi.org/10.1371/journal.pone.0245311>, 2021 <sup>Q1</sup>

**304.** Makhlof I, Tayech A, Arbi Mejri M, Haddad M, Behm DG, Granacher U, Chaouachi A. Reliability and Validity of a Modified Illinois Change-of-Direction Test with Ball Dribbling Speed in Young Soccer Players. *Biology of Sport* 39(2): 295-306, 2021. <https://doi.org/10.5114/biolSport.2022.104917> <sup>Q1</sup>

**303.** Whitten JHD, Hodgson DD, Drinkwater EJ, Prieske O, Aboodarda SJ, Behm DG. Unilateral quadriceps fatigue induces greater impairments of ipsilateral versus contralateral elbow flexors and plantar flexors performance in physically active young adults. *Journal of Sports Science and Medicine* 20: 300-309, 2021 DOI: <http://doi.org/10.52082/jssm.2021.300> <sup>Q1</sup>

**302.** Behm DG, Alizadeh S, Drury B, Granacher U, Moran J Non-local acute stretching effects on strength performance in healthy young adults. *European Journal of Applied Physiology* 121(6): 1517–1529, 2021 doi: <https://doi.org/10.1007/s00421-021-04657-w> <sup>Q1</sup>

**301.** Drury B, Clarke H, Moran J, Fernandes J, Henry G, Behm DG Eccentric Resistance Training in Youth: Perceptions and Current Practices of Strength and Conditioning Coaches. *Journal of Functional Morphology and Kinesiology* 6: 21. <https://doi.org/10.3390/jfmk6010021> 2021 <sup>Q3</sup>

**300.** Behm DG, Alizadeh S, Hadjizadeh Anvar S, Drury B, Granacher U, Moran J. Non-local acute passive stretching effects on range of motion in healthy adults: A systematic review with meta-analysis. *Sports Medicine* 2021 <sup>Q1</sup> doi: 10.1007/s40279-020-01422-5

**299.** Moreno-Pérez V, Hernández-Davó JL, Nakamura F, López-Samanes A, Jiménez-Reyes P, Fernández-Fernández J and Behm DG. Acute effects of dynamic stretching and post-activation potentiation enhancement warm-up strategies on physical performance and flexibility in elite tennis players. *Journal of Back and Musculoskeletal Rehabilitation* 2021 <sup>Q2</sup> DOI 10.3233/BMR-191710

- 298.** Cheatham SW, Baker RT, Stull K, Behm DG, Kolber MJ, Mechanical Percussion: a Survey of Practice Patterns Among Healthcare Professionals *International Journal of Sports Physical Therapy* 16(3):766-777, 2021
- 297.** Chaabene, H, Prieske, O, Herz, M, Moran, J, Höhne, J, Kliegl, R, Ramirez-Campillo, R, Behm, DG, Hortobágyi, T & Granacher, U. Home-based exercise programmes improve physical fitness of healthy older adults: A PRISMA-compliant systematic review and meta-analysis with relevance for COVID-19. *Ageing Research Reviews* 67:101265. doi: 10.1016/j.arr.2021.101265. 2021 <sup>Q1</sup>
- 296.** Kaya S, Cug M, Behm DG The effect of prior foam rolling on subsequent soccer-specific performance. *Journal of Bodywork and Movement Therapies* 26: 193-200 2021 <https://doi.org/10.1016/j.jbmt.2020.12.009>
- 295.** Del Rosso S, Pinho Souza D, Muñoz F, Behm DG, Foster C, Boulosa D. 10 km Performance Prediction by Metabolic and Mechanical Variables: Influence of Performance Level and Post-Submaximal Running Jump Potentiation. *Journal of Sports Sciences* 39 (10): 1114–1126, 2021 <sup>Q1</sup> <https://doi.org/10.1080/02640414.2020.1860361>
- 294.** Behm DG, Kay AD, Trajano GS, Blazeovich AJ. Mechanisms Underlying Performance Impairments Following Prolonged Static Stretching Without a Comprehensive Warm-up. *European Journal of Applied Physiology* 121:67–94, 2021 DOI: 10.1007/s00421-020-04538-8 <sup>Q1</sup>
- 293.** Moran J, Ramirez-Campillo R, Liew B, Chaabene H, Behm DG, García-Hermoso A, Izquierdo M. Effects of Bilateral and Unilateral Resistance Training on Horizontally Orientated Movement Performance: A Systematic Review and Meta-Analytical Comparison. *Sports Medicine* 51:225-242, 2021 Q1 <https://doi.org/10.1007/s40279-020-01367-9>
- 292.** Tayech A, Arbi Mejri M, Makhlof I, Mathlouthi A, Behm DG, Chaouachi A. Second wave of COVID-19 global pandemic and athletes' confinement: recommendations to better manage and optimize the modified lifestyle. *International Journal of Environmental Research and Public Health*, 17, 8385; doi:10.3390/ijerph17228385, 2020
- 291.** Manca A, Cugusi L, Pomidori L, Felisatti M, Altavilla G, Zocca E, Zocca M, Bussu F, Dvir Z, Deriu F. Behm DG. More on “Listening to music while running alters ground reaction forces”: why women and men pound the ground differently? *European Journal of Applied Physiology* 2021 <sup>Q1</sup>
- 290.** Moran J, Ramirez-Campillo R, Liew B, Chaabene H, Behm DG, García-Hermoso A, Izquierdo M, Granacher U. A meta-analytical comparison of vertically- and horizontally-orientated plyometric training on physical performance. *Sports Medicine* Jan;51(1):65-79, 2021 doi: 10.1007/s40279-020-01340-6. <sup>Q1</sup>
- 289.** Saeterbakken AH, Solstad TEJ, Behm DG, Stien N, Shaw MP, Pedersen H and Andersen V. Muscle activity in asymmetric bench press among resistance-trained individuals. *European Journal of Applied Physiology* 120(11): 2517-2524. 2020 <https://doi.org/10.1007/s00421-020-04476-5> <sup>Q1</sup>
- 288.** Jacob N, Novaes JS, Behm DG, Vieira JG, Dias MR, Vianna JM. Characterization of Hormonal, Metabolic, and Inflammatory Responses in CrossFit® Training: A Systematic Review. *Frontiers Physiology* 2020 <https://doi.org/10.3389/fphys.2020.01001> <sup>Q1</sup>

- 287.** Halperin I, Ramsay E, Philpott B, Obolski U & Behm DG. The effects of positive and negative verbal feedback on repeated force production. *Physiology and Behaviour* 225: 113086, 2020 DOI: <https://doi.org/10.1016/j.physbeh.2020.113086> <sup>Q1</sup>
- 286.** De Faria WM, Cappato De Araújo R, Siriani De Oliveira A, , Santiago De Freire Sousa D, Behm DG, Rodarti Pitanguí AC. Periscapular activity in subjects with scapular dyskinesis during push-ups on stable and unstable support surfaces. *Isokinetics and Exercise Science* 29(1): 21-29, 2021 DOI: 10.3233/IES-203129
- 285.** Behm DG, Carter TB. Effect of exercise-related factors on the perception of time. *Frontiers of Exercise Physiology* 11:770 2020 doi: 10.3389/fphys.2020.00770 <sup>Q1</sup>
- 284.** Chaouachi A, Ben Othman A, Chaouachi M, Hechmi A, Farthing JP, Granacher U, Behm DG. A comparison of cross-education and global training effects in adults and youth after unilateral strength training. Accepted June 11, 2020 in *Journal of Strength and Conditioning Journal* <sup>Q1</sup>
- 283.** Boullosa D, Beato M, Dello Iacon A, Cuenca-Fernández F, Doma K, Schumann M, Moura Zagatto A, Loturco I, Behm DG. A New Taxonomy for Post-activation Potentiation in Sport. *International Journal of Sport Physiology and Performance* Aug 19;1-4. 2020 doi: 10.1123/ijsp.2020-0350. <sup>Q1</sup>
- 282.** Remígio Cavalcante B, Cappata de Araujo, Behm DG, Effects of Resistance Exercise with Instability on Neurocognitive Functions (REI STUDY): Study Protocol for A Proof-of-Concept Clinical Trial in Elderly with Subjective Cognitive Complaints *Journal of Alzheimer's Disease* 77: 227–239. 2020 DOI 10.3233/JAD-200349IOS <sup>Q1</sup>
- 281.** Jebabli N, Granacher U, Amin Selmi M, Al-Haddabi B, Behm DG, Chaouachi A, Haj Sassi R. Listening to preferred music improved running performance without changing the pacing pattern during a 6 minute run test with young male adults. *Sports* 8, 61; 2020 doi:10.3390/sports8050061
- 280.** Da Silva-Grigoletto ME, Pereira Neto E, Behm DG, Loenneke JP, Vazquez La Scala Teixeira C. Functional Training and Blood Flow Restriction: A Perspective View on the Integration of Techniques. *Frontiers of Exercise Physiology* 11:817. 2020 doi: 10.3389/fphys.2020.00817 <sup>Q1</sup>
- 279.** Behm DG, Alizadeh S, Hadjizadeh Anvar S, Ibrahim Mahmoud MM, Ramsay E, Hanlon C, Cheatham S, Foam Rolling Prescription: A Clinical Commentary. *Journal of Strength and Conditioning Research* 34(11)/3301–3308, 2020 <sup>Q1</sup>
- 278.** Chaabene, H., Lesinski, M., Behm, D.G., Granacher, U. Performance- and health-related benefits of youth resistance training. *Sports Orthopaedics and Traumatology* 36, 231–240 2020 <https://doi.org/10.1016/j.orthtr.2020.05.001>
- 277.** de Oliveira Neto L., Elsangedy HM, de Oliveira Tavares VD, Vazquez La Scala Teixeira C, Behm DG, Da Silva-Grigoletto ME. Training in home: home-based training during COVID-19 (SARS-COV2) pandemic: physical exercise and behavior-based approach. *Revista Brasileira de Fisiologica do Exercício* 19(2), 2020 DOI: <http://dx.doi.org/10.33233/rbfe.v19i2.4006>
- 276.** Gebel A, Prieske O, Behm DG, Granacher U. Effects of Balance Training on Physical Fitness in Youth and Young Athletes: A Narrative Review. *Strength and Conditioning Journal* 42(6):35-44, 2020. <sup>Q2</sup>

- 275.** Pojskic H., McGawley K., Gustafsson A., Behm D.G. The reliability and validity of a novel sport specific balance test to differentiate performance levels in elite curling players. *Journal of Sport Sciences and Medicine* 19: 337-346, 2020. <sup>Q1</sup>
- 274.** Farrow J, Steele J, Behm DG, Fisher JP. Local and non-local muscular fatigue resulting from volume-load matched heavier- and lighter-load knee extensions to momentary failure. *Research Quarterly for Exercise and Sport*. Accepted Feb 19, 2020, <sup>Q2</sup> doi: 10.1080/02701367.2020.1734521
- 273.** Ramirez-Campillo R, Moran J, Chaabene H, Granacher U, Behm DG, García-Hermoso A, Izquierdo M. Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review Update. *Scandinavian Journal of Medicine and Science in Sports*. 30:983-987, 2020 DOI: 10.1111/sms.13633 <sup>Q1</sup>
- 272.** Zouita Ben MA, Zouita S, Ben Salah FZ, Behm DG, Chaouachi A. Isokinetic trunk strength, validity, reliability, normative data and relation to physical performance and low back pain: a review of the literature. *International Journal of Sports Physical Therapy* Accepted Jan 24 2020
- 271.** Alizadeh S, Rayner M, **Mahmoud MMI**, Behm DG. Push-ups vs. bench press differences in repetitions and muscle activation between sexes. *Journal of Sports Science and Medicine* 19: 289-297, 2020 <sup>Q1</sup>
- 270.** Silva Santos M, Behm DG, Barbado Murillo FD, Melo de Santana J and Da Silva-Grigoletto ME. Core Endurance Relationships With Athletic and Functional Performance in Inactive People. *Frontiers in Physiology* 10: 1490, 2019 doi: 10.3389/fphys.2019.01490 <sup>Q1</sup>
- 269.** Drury B, Ratel S, Clark CCT, Fernandes JFT, Moran J and Behm DG. Eccentric Resistance Training in Youth: Perspectives for Long-Term Athletic Development. *Journal of Functional Morphology and Kinesiology*. 4, 70; 2019 doi:10.3390/jfmk4040070 <sup>Q2</sup>
- 268.** Chaabene H, Behm DG, Negra Y, Granacher U. Acute effects of static stretching on muscle strength and power: An attempt to clarify previous caveats. *Frontiers of Physiology – Exercise Physiology* Accepted Nov 4, 2019 DOI 10.1007/s00421-019-04253-z <sup>Q1</sup>
- 267.** Behm DG, **Colwell EM, Power GMJ, Ahmadi H., Behm ASM, Bishop A, Murphy C, Pike J, McAssey B, Fraser K, Kearley S, Ryan M.** Transcutaneous Electrical Nerve Stimulation Improves Fatigue Performance of the Treated and Contralateral Knee Extensors. *European Journal of Applied Physiology* 119:2745–2755, 2019 DOI: 10.1007/s00421-019-04253-z <sup>Q1</sup>
- 266.** Da Silva-Grigoletto, M.E.; Andrade Mesquita, M.M.; Aragão-Santos, J.C.; Santos, M.S.; Resende-Neto, A. G.; De Santana, J. M.; Behm, D.G. Functional training induces greater variety and magnitude of training improvements than traditional resistance training in elderly women. *Journal of Sports Science and Medicine* 18: 789-797, 2019 <sup>Q1</sup>
- 265.** Beltrao NB, Ximenes Santos C, de Oliveira VMA, Piraua LT, Behm DG, Pitangui ACR, Cappato de Araujo R. Effects of a 12-week chronic stretching training program at different intensities on joint and muscle mechanical responses: a randomized clinical trial. *Journal of Sport Rehabilitation* 29 (7): 904–912, 2020. doi: 10.1123/jsr.2018-0443
- 264.** Jan Wilke, Anna-Lena Müller, Florian Giesche, **Gerard Power, Hamid Ahmadi, David G. Behm** Acute effects of foam rolling on range of motion in healthy adults: a systematic review with multilevel meta-analysis. *Sports Medicine* 49:1173-1181, 2019 DOI 10.1007/s40279-019-01149-y <sup>Q1</sup>
- 263.** de Poli RAB, Boullosa DA, Malta ES, Behm DG, Lopes HVF, Barbieri FA, Zagatto AM.

Cycling performance enhancement after drop jumps may be attributed to post-activation potentiation and increased anaerobic capacity. *Journal of Strength and Conditioning Research* 34(9)/2465–2475, 2020 <sup>Q1</sup>

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87. **Camila D. Lima, Daniel D. Hodgson, Jonathan L. Low**, David G. Behm Effects of a 4-week roller massage training program on range of motion, pain pressure threshold, voluntary contractile properties and jump performance. TRAC 2017
86. *S.J. Aboodarda, R.M. Greene, D.T. Philpott*, R. Jaswal, G.Y. Millet, D.G. Behm. The effect of rolling massage on the excitability of the corticospinal pathway. TRAC 2017
85. Young James D, Spence Alyssa-Joy, and Behm David G Roller massage decreases spinal excitability to the soleus TRAC 2017
84. **Hodgson DD, Quigley P, Whitten JHD, Reid J**, Behm DG. Additional roller massage applied at ten-minute intervals can prolong hip and knee flexion range of motion improvements up to 30-minutes post warmup without impairing neuromuscular performance. TRAC 2017
83. **Grabow L, Young JD, Alcock LR, Quigley PJ**, Byrne JM, Granacher U, Škarabot J, Behm DG. Higher quadriceps roller massage forces do not amplify range-of-motion increases or impair strength and jump performance. TRAC 2017
82. **Grabow L, Young JD**, Byrne JM, Granacher U, Behm DG. Unilateral Rolling of the Foot Did Not Affect Non-local Range of Motion or Balance. TRAC 2017
81. *Aboodarda SJ*, Page P, Behm DG. 2016. Muscle activation comparisons between elastic and isoinertial resistance: a meta-analysis. Presented at Performance Health TRAC Annual Meeting

in Denmark, Copenhagen. P. 9, 2016.

78. *Aboodarda SJ*, Page P, Behm DG. 2016. Eccentric and concentric jumping performance during augmented jumps with elastic resistance: a meta-analysis. Presented at Performance Health TRAC Annual Meeting in Denmark, Copenhagen. P. 9, 2016.

79. **Hodgson D, Quigley P**, Behm DG. Addition of roller massage to static stretching does not augment hamstrings flexibility or counterbalance stretch-induced deficits. Presented at Performance Health TRAC Annual Meeting in Denmark, Copenhagen. P. 60, 2016.

78. **Grabow L, Young JD, Alcock LR**, Behm DG. The effect of varied force applications with self-manual therapy on range of motion and voluntary contractile properties Presented at Performance Health TRAC Annual Meeting in Denmark, Copenhagen. P. 60, 2016.

77. *Aboodarda SJ*, **Philpott DT**, Greene RM, Button DC, Behm DG. The effect of using roller massager on excitability of the corticospinal pathway. Presented at Performance Health TRAC Annual Meeting in Denmark, Copenhagen. P. 60, 2016.

76. **Cavanaugh MT, Döweling A, Young JD, Quigley PJ, Whitten J, Reid JC**, *Aboodarda SJ*, Behm DG. An acute session of roller massage prolongs voluntary and tetanic force development and diminishes evoked pain (Abstract). Presented at Performance Health TRAC Annual Meeting in Denmark, Copenhagen. P. 62, 2016.

75. **Cavanaugh MT**, *Aboodarda SJ*, **Hodgson D**, Behm DG. Foam rolling of quadriceps decreases biceps femoris activation (Abstract). Presented at Performance Health TRAC Annual Meeting in Denmark, Copenhagen. P. 62, 2016.

74. **Young JD, Spence AJ**, Behm DG, Button DC. Kinesiology tape inhibits Hoffman Reflex excitability of the soleus muscle. Performance Health TRAC Annual Meeting in Denmark, Copenhagen. Journal of Performance Health P. 62, 2016.

73. **Young JD, Grabow L**, Behm DG. Roller massage inhibits Hoffman reflex excitability of the soleus muscle. CSEP: Applied Physiology Nutrition and Metabolism 41(9: Suppl4): S398 2016

72. **J.C. Reid, W.C.I. Janes, B.B.G. Snow, C.E. Watkins, E.A.L. Noseworthy**, and D.G. Behm. Effect of participant's static stretching knowledge or deception on the responses to prolonged stretching. CSEP: Applied Physiology Nutrition and Metabolism 41(9: Suppl4): S384 2016

71. **P.J. Quigley, M.T. Cavanaugh, A. Döweling, J.D. Young, J.H.D. Whitten, J.C. Reid, S.J. Aboodarda**, and D.G. Behm . An acute session of roller massage prolongs voluntary and tetanic force development and diminishes evoked pain. CSEP: Applied Physiology Nutrition and Metabolism 41(9: Suppl4): S382 2016

70. **D.D. Hodgson, P. Quigley, J.H.D. Whitten, J. Reid**, and D.G. Behm. Addition of roller massage to static stretching does not augment hamstrings flexibility or counterbalance stretch-induced deficits CSEP: Applied Physiology Nutrition and Metabolism 41(9: Suppl4): S362 2016

69. Lesinski, M, Prieske, O, Beurskens, R, **Quigley PJ, Chaytor, C, Alcock, L, Reid, JC, Hodgson, D**, Behm, DG, Granacher, U. Effects of drop height and surface instability on neuromuscular activation during drop jumps. European College of Sport Sciences 2016

68. Hammami, R., Granacher, U., Behm, DG., Chaouachi, A. Associations between balance and muscle strength, power performance in male youth athletes of different maturity status European College of Sports Sciences 2016

67. Chaouachi, A., Hammami, R., Granacher, U., Behm, DG. Sequencing effects of balance and plyometric training on physical performance in youth soccer athletes. European College of Sports Sciences 2016
66. Blazeovich AJ., Gill ND., Kvorning T., Kay AD., Go, A., Hilton B., Drinkwater E., Behm D. Effect of static and dynamic stretching during a full warm-up on athletic performance in athletes. European College of Sports Sciences 2016
65. *Aboodarda SJ*, Behm DG APNM 2015
- 64: *Aboodarda SJ*, **Spence AJ**, Behm DG and Button DC. Pain pressure threshold of a muscle tender spot increases following local and non-local rolling massage. European College of Sport Sciences 2015 Malmo Sweden
63. **Buote, R.**, Greenland, J., Power, K., Behm, D., & McGowan, E. (2015). Physical activity and quality of life in older breast and prostate cancer survivors in Newfoundland, Canada. Poster to be Presented at the *International Society of Behavioural Nutrition and Physical Activity*, Edinburgh, Scotland, United Kingdom.
62. **Buote, R.**, Greenland, J., Power, K., Behm, D., & McGowan, E. (2015). Physical activity behaviours in a sample of older breast and prostate cancer survivors in Newfoundland, Canada. Poster Presented at the Terry Fox Research Institute, St. John's, Newfoundland, Canada.
61. **Kawamoto J**, *Aboodarda SJ*, Behm DG. Effect of load and volume with dynamic fatiguing contractions on contralateral homologous muscle performance. *Applied Physiology, Nutrition, and Metabolism* 2014
60. **Howard J**, Granacher U, Behm DG. Trunk Extensor Fatigue Decreases Jump Height Similarly Under Stable and Unstable Conditions with Experienced Jumpers. *Applied Physiology, Nutrition, and Metabolism* 2014
59. **Maddigan ME**, Button DC, Behm DG. Lower Limb And Trunk Muscle Activation With Back Squats And Weighted Sled Apparatus. *Applied Physiology, Nutrition, and Metabolism* 2014
58. **I. Halperin**, D. Copithrone, and D.G. Behm. *Non-local muscle fatigue decreases force production and activation with knee extensors but not elbow flexors*. Canadian Society of Exercise physiology. St John's, Newfoundland, Canada, 22-25 October 2014
57. **Halperin I**, *Aboodarda SJ*, Basset FA, Byrne JM, Behm DG. Pacing strategies during repeated maximal voluntary contractions. *European College of Sport Sciences* 2014
56. **Halperin I**, *Aboodarda SJ*, Basset F, Behm DG. Knowledge of repetitions range affects force production in trained females. Wingate Institute Annual Conference June 2014
55. **Halperin I**, *Aboodarda SJ*, Behm DG. Knee extension fatigue attenuates repeated force production of the elbow flexors. Wingate Institute Annual Conference June 2014
54. Prieske, O., Muehlbauer, T., Krueger, T., Kibele, A., Behm, DG., Granacher, U Neuromuscular and kinematic analysis of drop jumps and landings on stable and unstable surfaces. *European College of Sport Sciences* 2014
53. **Bradbury-Squires DJ**, Noftall JC, **Sullivan KM**, Behm DG, Power KE and Button DC Roller massager application to the quadriceps increases knee joint ROM and neuromuscular efficiency during a lunge. *Applied Physiology, Nutrition, and Metabolism*, 38(10): 1027, 10.1139/apnm-2013-0299 2013.
52. Calatayud J, Borreani S, Colado JC, Martin F, Behm DG, Rogers ME.

Neuromuscular Comparison Of Different Push-up Progressions And Bench Press. American College of Sports Medicine 2014

**51. Prieske O., Mühlbauer T., Krüger T., Kibele A., Behm DG, Granacher U.** Effects of stable/unstable conditions on neuromuscular performance during drop jumps and landings. 21st Sport Sciences University Day of the *German Association of Sport Science* 2013

**50. Maddigan ME, Sullivan KM,** Cahill F, Behm DG. Psychological vs. physiological responses to exercise: the effects of music as an external stimulus. *Applied Physiology Nutrition and Metabolism* 37: S23, 2012

**49. Bradbury-Squires DJ, Kawamoto JE, Butt J, Gosse N, Miller M,** Behm DG, Button DC. An acute bout of foam rolling may increase hamstring ROM without decrements in neuromuscular or drop jump performance. *Applied Physiology Nutrition and Metabolism* 37: S3, 2012

**48. Kawamoto JE, Bradbury-Squires DJ, Butt J, Gosse N, Miller M,** Behm DG, Button DC. The effect of density and amplitude of different self-myofascial release implements on pain, force and electromyography during foam rolling. *Applied Physiology Nutrition and Metabolism* 37: S18, 2012

**47. MacDonald GZ,** Behm DG, Button DC. Understanding the effectiveness of self-myofascial release as a recovery tool following an intense bout of physical activity. *Applied Physiology Nutrition and Metabolism* 37: S22, 2012

**46. Pearcey GEP, Bradbury-Squires DJ, Kawamoto JE,** Drinkwater EJ, Behm, DG Button DC. Foam rolling reduces the detrimental effects of delayed onset muscle soreness on athletic performance measures. *Applied Physiology Nutrition and Metabolism* 37: S28, 2012

**45. Sullivan KM, Silvey DBJ,** Behm DG. Thera-Band Rollersticks provide significant increases in range of motion without performance impairments. *Applied Physiology Nutrition and Metabolism* 37: S35, 2012

**44. Arora S.,** Button DC, Behm DG. The effect of double versus single oscillating exercise devices on trunk and limb muscle activation. *Applied Physiology Nutrition and Metabolism* 37: S1, 2012

**43. Power GA, Dalton BH,** Behm DG, Rice CL, Vandervoort AA & Doherty TJ. (2011) Preservation of motor unit number estimates (MUNEs) in masters' runners is muscle dependent. *Medicine Science Sports and Exercise* 43: S295, 2011. ACSM, Denver, CO. May 31-June

**42. Bradbury-Squires, D., Rice J., Ralph V., Hurley J., Miller M.,** Behm DG., Button DC. The effects of training status and grip size on flexor digitorum superficialis electromyography during a bicep dumbbell curl. *Clinical Journal of Sports Medicine* 21(4): 378, 2011

**41. Penney, M. Mullaley M., Cucconato A., Drake C.,** Behm DG, Button DC. An acute bout of self myofascial release increased range of motion without a subsequent decrease in neuromuscular performance. *Clinical Journal of Sports Medicine* 21(4): 378, 2011

**40. Maddigan M.,** Behm D.G. and Belfry G. The Effects of a "Sprint" Throwing Training Program on Aerobic Power, Estimated Lactate Threshold, and Throwing Velocity and Fatigue. American College of Sports Medicine Annual Conference 2011

**39. Grover V., Johar P.,** Behm D.G.: A topical analgesic is more effective than ice for decreasing DOMS-induced pain and increasing tetanic force. *Clinical Journal of Sports Medicine* 21(4): 378, 2011

- 38. Neary J.P., Salmon D.M., Pritchett E., Behm D.G.** Effects of an Inverted Body Position on Arm Maximal Voluntary Contract Force and Cardiovascular Parameters. *Physiological Society S11, 2011*
- 37. Neary J.P., Salmon D.M., Pritchett E., Behm D.G.** Effects of an inverted body position on muscle force and cardiovascular parameters. *European College of Sport Sciences S234, 2011*
- 36. Behm, D.G., Chaouachi, A., Drinkwater, E.J.** Volume, intensity and timing of muscle power potentiation are variable. *European College of Sport Sciences 2011*
- 35. Robbins D.W., Young W.B., Behm D.G. and Payne W.R.** The Effect of a Complex Agonist and Antagonist Resistance Training Protocol on Volume Load and Power Output, Electromyographic Responses and Efficiency *Applied Physiology Nutrition and Metabolism 34: S79, 2009*
- 34. Robbins D.W., Young W.B., Behm David, Payne W. and Klimstra M.** Physical Performance and Electromyographic Responses to an Acute Bout of Paired Set Training Versus Traditional Strength and Power Training. *Applied Physiology Nutrition and Metabolism 34: S78, 2009*
- 33. Wadden K.P., Locke M.T., Hogan J.M., Osmond G.D., Behm D.G.** The effect of reflex inhibition stretching techniques on EMG activity and ROM. *Applied Physiology Nutrition and Metabolism 34: S99, 2009*
- 32. Huang S., Di Santo M., Wadden K., Cappa D. Behm D.G.** Acute musculotendon massage increases hip range of motion. *Applied Physiology Nutrition and Metabolism 34: S42, 2009*
- 31. Hearn J., Cahill F., Behm D.G.** An Inverted Seated Posture Decreases Elbow Flexion Force and Muscle Activation. *Medicine and Science in Sports and Exercise 2009*
- 30. Paddock N.R. and Behm D.G.** The effect of an inverted body position on muscle force and activation. *Applied Physiology Nutrition and Metabolism 33 (Suppl. 1): S73, 2008*
- 29. Wahl M., Behm D.G.** A Summary of the Results of a Wellness Initiative Program Conducted on the GSF Grand Banks. *IADC Drilling HSE Europe Conference 2007*
- 28, Sun G., Khalili S., Shea J., Behm D.G., Zhang H.** Serum adiponectin was increased by short term overfeeding in both lean and obese young men. *67th Scientific Session for the American Diabetes Association 2007*
- 27. Dalton B.H. & Behm D.G.** The Effects of Sound Type and Intensity on Simulated Driving Performance, Simple Vigilance and Non-conscious Perception. *Applied Physiology, Nutrition and Metabolism 31(3): 2006*
- 26. Hamlyn N., Behm D.G., Young W.** Dynamic Weight Training Activities More Highly Activate Back Trunk Muscles than Calisthenic-Type Instability Exercises. *Applied Physiology, Nutrition and Metabolism 31(3): 2006*
- 25. Fortier S., Basset F., Behm D., Teasdale N., and Billaut B.** Which type of repetitive muscle contraction induces a greater acute impairment of position sense? *Applied Physiology, Nutrition and Metabolism 31(3): 2006*
- 24. McKechnie, G., Young, W., Ham, D., Behm, D.** Acute effects of two massage techniques on ankle joint flexibility and power of the plantar flexors. *13th Commonwealth International Sport Conference. March 9-12, 2006, Melbourne, Australia.*
- 23. Kean C., Behm D.G., Young W.B.** Task Specificity of Static and Dynamic Balance Training. *Medicine and Science in Sports and Exercise 38(5): Supplement 2006*
- 22. Power K., Behm D.G.,** An Acute bout of static stretching: Effects on force and jumping performance. *Canadian Journal of Applied Physiology 29 (Suppl) S73: 2004*

21. Behm D.G., Carrol M., **Button D.** The Effect of an Acute Bout of Submaximal Intensity Stretching on Hamstrings Force, Activation and Rate of Force Development. *Canadian Journal of Applied Physiology* 29 (Suppl) S39: 2004
20. MacKinnon S., **Holmes M.**, Behm D.G. Effects of platform motion on thoraco-lumbar kinematics during lifting exertions. *Canadian Society for Biomechanics 13<sup>th</sup> Biennial Conference*, p. 156, 2004
19. Behm D.G., Bambury A., Cahill F., **Power K.** The Effect of an Acute Static Stretching on Balance Reaction and Movement Time. *European College of Sport Science Annual Congress* p.302, 2004
18. Behm D.G., **Wahl M.**, **Button D.**, **Power K.** Correlations Between Hockey Skating Performance and Physiological Measures. *Skating into the Future: Hockey in the New Millennium I and II. University of New Brunswick, March 2003: 1.2.2: p.13*
17. **Button D.**, Behm D.G. Vigilance is adversely affected by noise and force maintenance. *Canadian Journal of Applied Physiology* 28 (Suppl): S39, 2003.
16. **Anderson K.**, Behm D.G. Maintenance of EMG Activity and Loss of Force Output with Instability. *Canadian Journal of Applied Physiology* 28 (Suppl): S27, 2003.
15. **Anderson K.**, Behm D.G. Trunk Muscle Activity Increases with Unstable Squat Movements. *Canadian Journal of Applied Physiology* 28 (Suppl): S26, 2003.
14. Behm D.G., **Leonard A.**, Young W., **Bonsey A.**, MacKinnon S. Trunk Muscle EMG Activity With Unstable and Unilateral Exercises. *Canadian Journal of Applied Physiology* 28 (Suppl): S30, 2003.
13. **M Pitcher**, D Behm, S MacKinnon Force-EMG Relationships of Bilateral Paraspinal Muscles. *Canadian Journal of Applied Physiology* 27 (Suppl): S40, 2002.
12. S.S. Cheung, M.L. Smith, M.D. White, D.G. Behm. Effects of Apneic Face Immersion Training on Responses to Cold Water Immersion *Canadian Journal of Applied Physiology* 27 (Suppl): S9, 2002
11. **Montie D.L.**, S.S. Cheung, M.D. White, D.G. Behm Time Course of Manual Dexterity Changes with Short-Term Forearm Immersion in Cold Water *Canadian Journal of Applied Physiology* 27 (Suppl): S36, 2002
10. Behm D.G., **Button D.**, **Power K.**, **Anderson K.**, Connors M. Relative Muscle Activation With Ice Hockey Actions.. *Canadian Journal of Applied Physiology* 27 (Suppl): S5, 2002
9. Behm D.G., **Power K.E.**, **Drinkwater E.J.** Muscle Activation is Enhanced with Multi - and Uni-articular Bilateral versus Unilateral Contractions.. *Canadian Journal of Applied Physiology* 27 (Suppl): S3, 2002
8. Behm D.G., **Button D.C.** The Effect of Stimulus Anticipation on the Interpolated Twitch Technique.. *Canadian Journal of Applied Physiology* 27 (Suppl): S4, 2002
7. MacKinnon S.N., **Pitcher M.J.**, Behm D.G. Neuromuscular Fatigue Associated with Variations of a Modified Sorenson Test.. *Canadian Journal of Applied Physiology* 27 (Suppl): S32, 2002
6. Behm D.G., Whittle J., **Button D.**, **Power K.** Intermuscular differences in human skeletal muscle activation. *Canadian Journal of Applied Physiology* 26(5): 463, 2001
5. Behm D.G., **Button D.C.**, **Butt J.C.** Factors Affecting Force Loss With Prolonged Stretching. *Canadian Journal of Applied Physiology* 26(5): 462, 2001 <https://doi.org/10.1139/h01-017>

4. Behm D.G., **Anderson K.**, **Curnew R.S.** Muscle Force and Activation Under Stable and Unstable Conditions. *Canadian Journal of Applied Physiology* 26(5): 463, 2001
3. Behm D.G., White M.D., LeDez K., Decker D., **Power K.** Force-frequency relationship of human skeletal muscle differentially affected by hyperbaric pressures. *Undersea Hyperbaric Medical Society Annual Conference 2001*
2. Behm D.G., White M.D., LeDez K., Decker D., **Power K.** Hyperbaric pressure depresses the Force- EMG relationship. *Undersea Hyperbaric Medical Society Annual Conference 2001*
1. **Benson C.R.**, Docherty D., Brandenburg J.P., Behm D.G. Acute Neuromuscular responses to resistance training performed at 10 RM and 90% of 10 RM. *Canadian Journal of Applied Physiology* 25(5): 356, 2000

## **RESEARCH GRANTS**

### Primary Investigator

- 2021: MITACS Accelerate: Myostorm ball research: supporting post-doctoral fellow Shahab Alizadeh (co-supervision with Duane Button) \$50000
- 2020: MITACS Research Training Awards: Effects of exercise on time perception: supporting graduate students: Hayley Gardner and Andrew Graham \$12000
- 2019: MUN Summer Student Internship Program (USSIP): Menthol-based topical analgesic induces similar upper- and lower-body pain pressure threshold values: a randomized trial. supporting undergraduate student: Nehara Herat
- 2018-21: The effect of a topical analgesic on neuromuscular endurance and pain \$90000  
MITACS Accelerate / Performance Health Inc. supporting post-doctoral fellow Shahab Alizadeh (co-supervision with Duane Button)
- 2017-22: Non-local neuromuscular effects and mechanisms: NSERC Discovery \$125000
- 2017: Assessment of muscle activation and training adaptations associated with the Yoak: NSERC Engage \$21152
- 2017: Appropriate Neuromuscular Rolling Intensities and Applications \$15000  
MITACS Accelerate Jon Reid & Dan Hodgson / ProActive Physiotherapy
- 2016: Foam rolling effects on agonist – antagonist relationship and knee functionality MITACS Accelerate James Young & Tyler Cavanagh / ProActive Physiotherapy \$30000
- 2015: Memorial University Research Professor Grant \$20000
- 2015: The effect of using roller massager on cortical and spinal excitability \$30000  
MITACS Accelerate Jalal Aboodarda / ProActive Physiotherapy
- 2013: Efficacy of Self Myofascial Release Techniques. MITACS Accelerate \$30000  
program Jalal Aboodarda / ProActive Physiotherapy
- 2013: Memorial University Research pool course equivalency contribution \$47500
- 2012: Investigations into the mechanisms underlying contralateral and remote neuromuscular responses to ipsilateral actions. NSERC \$135000
- 2011: Hygenic Corporation: Theraband \$15000
- 2010: H-reflex responses to tapotement and musculotendinous junction massage. Canadian Institute of Holistic Health \$14872
- 2007: The Effect of Hypoxic Resistance Training on Muscle Contractile and Endocrine Responses. CIHR \$4251

2006: President's Award for Outstanding Research	\$5000
2005: The effect of tilt and instability on performance. NSERC (5 years)	\$100000
2002: Hockey Canada: An Analysis of Muscle Activation and Training Protocols for Hockey-Specific Skating Activities	\$3160
2002: Canadian Institute for Health Research	\$5000
Canadian Society of Exercise Physiology Annual Conference Organization Funding	
2001: Newfoundland Labrador Centre for Applied Health Research	\$9461
The Effect of Noise on Neuromuscular and Cardiorespiratory Performance	
1998: Special Initiatives Research Grant: Neuromuscular Functions During Rest, Exercise and Recovery Under Hyperbaric Conditions	\$25,000
1996: Laboratory Upgrade Grant: Within university competition: Exercise Science Laboratory Proposal	\$20,000

**Total: \$745,396**

Co-investigator

2003: Modelling and Simulation of Harsh Environments (Interdisciplinary effort involving researchers within and outside the university with Anthony Patterson as co-ordinator)	\$680,000
2001: Canadian Alliance for Health Research Maritime Workplace Health and Safety in Atlantic Canada (Interdisciplinary effort involving researchers within and outside the university)	\$2.1 million
1999: Research Infrastructure Grant: (with Dr. Matthew White) The Effect of Hyperbaric Conditions on Human Performance	\$60,000

**Total: \$2,840,000**

Collaborator

2003: Canadian Institute of Health Research: (with Dr. G. Sun) A comparative expression study of human adipose tissue between obese and non-obese subjects in response to overfeeding:	\$360,000
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**Total: \$360,000**

Research Group Collaborations

2019: Prevention and Health in Exercise and Sport (PHES)" of the University of Valencia.  
2016-18: KINGS Research Study Group Potsdam, Germany

**ASSOCIATE EDITOR / EDITORIAL BOARD**

1. Journal of Applied Physiology (American Physiological Society)
2. European Journal of Applied Physiology
3. Sports (open access journal)
4. Journal of Sports Science and Medicine
5. International Scientific Journal of Kinesiology: Sport Scientific and Practical Aspects
6. European Journal of Sport Sciences
7. Advisory Board of the Journal Sportwissenschaft –German Journal of Sports Science
8. Journal of Performance Health

9. Frontiers of Physiology (special issues)
10. International Journal of Sports Physical Therapy

**INVITED PRESENTATIONS (Keynote: KN, Symposium Speaker: SS)**

- 2021: Effects of Stretching on Performance, Injury Incidence, and Pain International Congress of the High Institute of Sport and Physical Education of Sfax Tunisia, on Education, Motor Behaviour, Sport and Health (Virtual: KN).
- 2021: Effects of Stretching on Performance, Injury Incidence, and Pain International Football Science Institute (Spain: Virtual: KN)
- 2021: Effects of Stretching on Performance, Injury Incidence, and Pain Canadian Podiatric Annual Conference (Virtual: KN)
- 2021: Effects of Stretching on Performance, Injury Incidence, and Pain Essex University, UK (KN)
- 2021: Effects of Stretching on Performance, Injury Incidence, and Pain Canadian Strength and Conditioning Association (Virtual: KN)
- 2020: How to be a successful scientist. KINGS conference, Potsdam Germany (Virtual:KN)
- 2020: The Effectiveness and Mechanisms Associated with Foam Rolling, Football Science Institute Conference (Virtual) Originally Cordoba Spain (pre-COVID) (SS)
- 2020: Evolving Stretching Paradigms. American College of Sports Medicine Conference (Virtual) Originally Atlanta Georgia USA (pre-COVID) (SS)
- 2018: Effective Resistance Training Modalities, Olympic Weightlifting, Plyometrics & Traditional Resistance Training in Children. KINGS Study Conference, Berlin Germany (KN)
- 2018: The role of balance with strength and power training: German Sport Science Annual Conference: Frankfurt Germany (KN)
- 2017: Non-local muscle responses and mechanisms to fatigue, stretching and pain. University of Saskatchewan (KN)
- 2017: Foam rolling and roller massage prescriptions and mechanisms. Performance Health Conference, Kona Hawaii (KN)
- 2017: The Effects and Potential Mechanisms of Foam Rolling on Athletic Performance European College of Sport Sciences, Essen Germany (SS)
- 2017: Non-local muscle responses and mechanisms to fatigue, stretching and pain. University of Southampton, Southampton UK (KN)
- 2017: The Rapidly Changing Stretching Paradigm Northumbria University UK (KN)
- 2016: Power and Balance Training Progressions for Youth, Qatar University (KN)
- 2016: The Rapidly Changing Stretching Paradigm Qatar University (KN)
- 2016: Present and Future Research Directions between MUN and Qatar, Qatar University (KN)
- 2016: 50 years of Exercise Training Science, What's Old? What's new? What's true? Joyce (Noel) O'Doherty Fund, Memorial University Community Presentation (KN)
- 2015: Resistance Training in the Young Athlete, German Association of Sport Sciences, Potsdam Germany (KN)
- 2015: The Rapidly Changing Stretching Paradigm. Pan-American Sports and Exercise Research Summit. Toronto Ontario (SS)

- 2015: Strength Training Evaluation of Children (KN)  
Acute and Chronic Training Power Training Progressions for Children, Finnish Society of Sport Sciences Annual National Exercise Testing conference, Lahjo Finland (KN)
- 2014: Stable, Unstable or Metastable: A New Definition. Canadian Society for Exercise Physiology Annual Conference Dr. Gord Sleivert Memorial Lecture (KN)
- 2014: Effective Training Modalities, Olympic Weightlifting, Plyometrics & Traditional Resistance Training in Children, NSCA Annual Conference Las Vegas Nevada (SS)
- 2013: Instability Training for Performance and Rehabilitation: Balance Research Symposium, Potsdam ,Germany (SS)
- 2012: The Use of Instability Resistance Training for Health and Performance.  
8th International Conference on Strength Training (ICST) Oslo, Norway (KN)
- 2012: Instability Resistance Training for Elite Athletes  
The Effect of Stretching on Flexibility and Subsequent Performance.  
Both presentations for the following conferences in summer of 2012  
Italian Olympic Committee: Rome Italy (KN)      University of Verona Italy (KN)  
International Association of Athletics Federation 150<sup>th</sup> Anniversary Conference:  
Barcelona Spain (KN)      University of Valencia Spain (KN)
- 2011: Stretching for Health and Performance. Canadian Association of Exercise and Sport Medicine Annual Conference, St. John's NL (SS)  
Stability and Resistance Training for the Elite Athlete. Scottish Institute of Sport, Stirling Scotland (KN)
- 2010: What is the Least Amount of Strength Training Necessary to Stay Healthy? Canadian Society for Exercise Physiology Annual Conference, Toronto Ontario (SS)  
Mechanisms Underlying Static Stretch-induced Deficits: American College of Sports Medicine Annual Conference, Baltimore Maryland (SS)  
Instability Resistance Training for Rehabilitation: Swiss Annual Physiotherapy Conference: Bern Switzerland (KN)  
Effects of Static Stretching on Performance: Gilles Cometti Memorial Conference; University of Dijon France (KN)
- 2009: Static and Dynamic Stretching Effects on Subsequent Performance  
Resistance Training Recommendations for Children:  
Canadian Society for Exercise Physiology Annual Conference: Vancouver (SS)  
Instability Resistance Training for Firefighters: Univ of Kassel, Kassel Germany (KN)
- 2008: Instability Resistance Training: Fad or Fact:  
Resistance Training for Children  
Both presentations for the Canadian Society for Exercise Physiology Conference (SS)  
Instability Resistance Training: Fad or Fact:  
The Effect of Prior Static Stretching on Subsequent Performance.  
Resistance Training for Children  
All 3 presentations for Curso Internacional de Ciencias Aplicadas al Deporte y el Entrenamiento Deportivo, Mendoza Argentina (KN)  
Can Humans Fully Activate Their Muscles. Institute for Physical Education, Mendoza Argentina (KN)

- 2007: Instability Resistance Training: Fad or Fact. New England Regional Chapter of the American College of Sports Medicine Annual Meeting. Providence Rhode Island (KN)  
Instability Resistance Training: Fad or Fact. University of Kassel, Kassel, Germany (KN)
- 2005: The Effect of Prior Static Stretching on Subsequent Performance. Albert Ludwigs Universitat Freiburg, Germany (KN)  
The Effect of Prior Static Stretching on Subsequent Performance. University of Kassel, Kassel, Germany (KN)
- 2004: Mechanism Underlying Electromyography: University of Ballarat, Australia (KN)  
Mechanisms Underlying the Maintenance of Submaximal Contractions. Canadian Orthopaedic Division of the Canadian Physiotherapist Association, St. John's NL (SS)  
Basic and Advanced Principles of Resistance Training: Newfoundland and Labrador Chiropractic Association, St. John's, Newfoundland (KN)  
Instability Training: Atlantic Coaching Institute, St. John's, Newfoundland (SS)  
Plyometric Training: Atlantic Coaching Institute, St. John's Newfoundland (SS)
- 2003: Basic and Advanced Principles of Resistance Training: Can Fit Pro Conference, St. John's (KN)
- 2002: Force Maintenance with Submaximal Fatiguing Contractions: Canadian Society for Exercise Physiology Annual Conference. St. John's NL (SS)
- 2001: Can Humans Fully Activate Their Muscles; Physiological and Methodological Implications, University of Victoria, Victoria, British Columbia (KN)  
Principles and Applications of Electromyography: University of Ballarat, Australia  
Mechanisms of Fatigue: Australian Institute of Sport, Canberra Australia (KN)  
Trendy Fitness Products and their Effectiveness, Accelerating Injury Rehabilitation, How to Train to be Big, Strong and Fast: Fitness with a Flair and Aquaviva; Dalhousie University, (Halifax Nova Scotia)(KN)
- 1999: Resistance Training for Seniors: Recreation Conference: Fountain of Youth for Older Adults (College of the North Atlantic: St. John's)(SS)
- 1999: Strength and Conditioning Principles for General and Special Populations. Therapeutic Recreation Services: Health Care Corporation of St. John's (SS)
- 1999: Mechanisms Underlying Strength and Power Adaptations. Fitness with a Flair and a Twist Dalhousie University, (Halifax Nova Scotia)(SS)
- 1998: Strength and Power Training within a Periodized Program Atlantic Coaches Seminar (Charlottetown PEI)(SS)
- 1996: Resistance Training for Children. Canadian Association of Health Physical Education Recreation and Dance Annual Conference (St. John's Newfoundland)(SS)
- 1996/98: Strength Training and Rehabilitation Applications. Newfoundland Physiotherapy Association Annual Conference (St. John's Newfoundland)(KN)
- 1996: Foundations of Muscle Strength Development. Orthopaedic and Sports Medicine Annual Conference (Montreal Quebec)(SS)
- 1996/98: Biomechanical and Physiological Applications for Karate. Newfoundland Shodokan Karate Association Seminar (St. John's Newfoundland)(KN)
- 1994: Neural Implications and Applications of Resistance Training: National Strength and Conditioning Association Annual Conference (New Orleans La.)(SS)
- 1992: Debilitation to Adaptation NSCA Annual Conference (Philadelphia Pa.)(SS)

## **CERTIFICATIONS**

2003: Program Director Specialist (Can Fit Pro)  
1998: Certified Sport Scuba (NASDS)  
1997: Certified Exercise Physiologist (CFACA / CSEP)  
1996: Certified Fitness Consultant (CFACA / CSEP)  
1995: Level Two Kayak Certification  
1988: National Level Two Coaching Theory Certification  
1985: National Level One Badminton Coaching Certification  
1984: National Level One Squash Coaching Certification  
1982: National Level Four Hockey Coaching Certification  
1982: National Level One Tennis Coaching Certification  
1984: National Registered Squash Official (D-3)

## **RELATED PROFESSIONAL EXPERIENCES** (1990- present)

**Reviewer for:** Applied Physiology, Nutrition and Metabolism  
Journal of Applied Physiology,  
Canadian Journal of Applied Physiology,  
European Journal of Applied Physiology,  
Canadian Journal of Physiology and Pharmacology,  
Canadian Institute for Health Research  
Journal of Strength and Conditioning Research,  
Medicine and Science in Sports and Exercise,  
British Journal of Sports Medicine,  
Journal of Science and Sports Medicine  
Journal of Science and Medicine in Sport  
Natural Science and Engineering Research Council (NSERC)  
International Journal of Sports Physiology and Performance  
International Journal of Sports Physical Therapy  
International Journal of Sports Medicine  
Psychological Reports Perceptual & Motor Skills  
European Journal of Sport Sciences  
Research Quarterly for Exercise and Sport

Acta Physiologica  
Clinical Physiology  
Neuroscience Letters  
Muscle and Nerve  
Biomedical Engineering  
Sports Medicine  
Pediatric Exercise Science  
Journal of Athletic Training  
Clinical Journal of Sports Medicine  
Dynamic Medicine  
Journal of Sport Science  
Hypothesis  
Frontiers  
Plos One  
Strength and Conditioning Journal

**And many others**

1995-2005 National Coaching Certification Program Level II and III Course Conductor  
1995-2010 Certified Exercise Physiologist Course Conductor (CSEP)  
1995-2010 Certified Fitness Consultant Course Conductor (CFACA / CSEP)  
1987-Present Member: Canadian Society for Exercise Physiology  
1988-Present Member: National Strength and Conditioning Association  
1999- 2001 Vice president Squash Newfoundland  
1990-1991: Consultant: Sport Science Committee; Racquetball Canada  
1988-1991: Consultant: Sport Science Committee; Squash Canada

## **MASTER'S DEGREE GRADUATE STUDENTS SUPERVISED (60)**

1995/96:	Robert Fogarty	1997/98:	Robert Kelland, Corey Pritchett
1998/99:	Kellie Baker	1999-2001:	Eric Drinkwater
2000/01:	Kenneth Anderson, Steven Curnew, Mark Pitcher		
2001/02	Kevin Power, Duane Button, Jeremy Butt		
2002/03	Michael Wahl, Nicole Hamlyn		
2003/04	Nicole Dinn, Michael Samson, Crystal Kean, Ryan Sparkes		
2004/2005	Brian Dalton		
2005/2006	Kevin Parfrey, Deanne Smith, Natasha Paddock		
2006/2007	Erica Pritchett		
2007/2008	Graeme Lehman		
2008/2009	Katie Wadden, Dario Cappa, Tracey Penney, Stacey Huang, Justin Murphy,		
2009/2010	Ryan Symes, Graham MacDonald, Ashley Peach		
2010/2011	Meaghan Maddigan, Varun Grover, Pramod Johar, Alan Hamilton,		
2011/2012	Shruti Arora, Dustin Silvey, Jon-Erik Kawamoto,		
2012/2013:	Joshua Howard, Israel Halperin,		
2013/2014:	Nemanja Sambaher		
2014/2015:	Tyler Cavanagh, Patrick Quigley, Jonathon Reid, Daniel Hodgson, Jordan Foley		
2015/2016:	James Young, Joe Whitten,		
2016/2017:	Yimeng Li, Camila Lima, Jonathan Lowe,		
2017/2018:	Emily Colwell, Gerard Power, Colin Duffet, Hamid Ahmadi		
2019/2020:	Mohamed Mamdouh Ibrahim Mahmoud, Emma Ramsey		
2020/2021:	Hayley Gardner, Ryan Savoury, Andrew Graham, Saman Hadjizadeh Anvar,		
2021/2022:	Ali Zahiri, Reza Goudini		

### **POST-DOCTORAL FELLOWS SUPERVISED (3)**

2012-15:	Jalal Aboodarda
2017/18:	Israel Halperin
2019/20:	Shahab Alizadeh

### **DOCTORAL STUDENT CO-SUPERVISION (6)**

(No doctoral program at School of Human Kinetics and Recreation)

2003-05	Grant McKechnie	Federal University of Australia: Ballarat
2005-09	Daniel Robbins	Federal University of Australia: Ballarat
2016-20:	Victor Pulido	Rocky Mountain University, California USA
2016-19:	Matthew O'Grady:	Federation University of Australia: Ballarat
2021	Allison Shearer	University of Alberta
2021:	Liam Pearson	Northumbria University (UK)

### **FOREIGN EXCHANGE GRADUATE STUDENTS SUPERVISED (8)**

2007:	Kliger Rocha PhD:	Federal University of Pernambuco, Recife, Brazil
2009:	Sebastian Plewe MSc	Universität Bremen, Germany
2009:	Philip Grage MSc	Universität Bremen, Germany
2016:	Karolin Diefenbach MSc:	Christian- Albrechts- Universität in Kiel, Germany
2016:	Alexander Doweling PhD:	Ruhr-Universität Bochum, Germany

2016-17: Lena Grabow MSc:           Universität Potsdam; Germany  
2017: Julia Tenhagen MSc:           Ruhr-Universität Bochum, Germany  
2019: Saman Anvar PhD               University of Tehran, Iran

### **UNDERGRADUATE STUDENTS (113)**

1996: Michelle Healey, Ken Forward  
1997: Stephanie Kendall, Chris Edison  
1998: Suzanne LeCour, Robert Lomond  
1999: Gregory Reardon, James Fitzgerald  
2000: Jeremy Butt  
2001: Justin Whittle  
2002: Michael Connors  
2003: Andrew Bambury, Farrel Cahill  
2004: Glen Barbour, Michael Holmes  
2004: Quackenbush K.E., Barker P.R.J., Stone Fury S.M.,  
2006: Burry S.M., Greeley G.E.D., Poole A.C  
2008: Steve Emberley, Matthew Hackett  
2009: Alan Hamilton, Jillian Kaulbach, Megan Kenny, Katie Beck, James Hearn  
2011: Penney, M. Mullaley M., Cucconato A., Drake C.  
2012: Katherine Hogan, Megan Morin  
2013: Erin Edwards, Sinead McGrath, Caitlin O’Grady, Janna (Kate) Walsh  
2014: Kerri Woodfine, Holly Patterson, Jack Thorburn, Julie Saunders, Robyn Woodrow  
2014: Lau R. J., O’Leary J. J., Rayner M. Burton E. A., Lavers L.  
2015: Megan Robinson, Hannah Long, Melissa Nofall, Erin Buckle, Jon Reid  
2016: Dakota Peddle, Rebecca Greene  
2016: Samantha K. Andrews; Jesse M. Horodyski; Daniel A. MacLeod  
2016: Brandon B.G. Snow, W.C.I. Janes, Caisie E. Watkins, Elecia A.L. Noseworthy  
2017: Mitchel Elliott, Greg Furlong, Gerard Power, Zachary Thorne  
2017: Ryan M. George, Shania S.G. Caravan, Rebecca R. Dyer, Jeff M. Combden,  
2017-19: *Nehara Heart Undergraduate Summer Studentship Award (2019)*  
2018: Bishop, Ashley D.; Murphy, Candace N., & Pike, Joshua T.,  
2018: Bailey R. McAssey, Karley K. Fraser, Sarah L. Kearley, Megan N. Ryan,  
2019: Reagan Bilodeau, Sarah Caldwell, Megan Cox  
2019: Emma Ramsay & Bryanna Philpott  
2019: Arielle Whelan, Kaitlyn Farrell, Hannah Smith, Stephanie Roberts  
2020: Erika Noel, Bethany Lidstone, Mackenzie Pope, Courtney Hanlon,  
2020: Hayley Gardner, Samantha Brockerville, Jamie Kennedy, Ashley Mills, Tori Carter  
2020: April Frampton, Paula Bannister, Rebecca Gladney, Siobhan Murrin  
2020: Andrew Graham, Oriana Pittman Caines, Ryan Savoury, Brent Wareham  
2020: NSERC USRA: Tori Carter  
2021: Tori Carter, Cheryl McPhail, Emma Wallace, Nick Pike, Jennifer Robertson  
2002: Alexandra Hodder, Zachary Gill, MacKenzie Myers

### **SECONDARY SCHOOL STUDENTS (4)**

2016: Nehara Heart, St. John's NL  
2018: Raymond Tucker, Utah USA  
2019: Bradley Lui: California USA  
2020: Raina Baker: USA

## **RESEARCH ASSISTANTS**

2019: Machel Rayner

**CHAired PHD DEFENCES:** 28 (2013- present)

## **COMMITTEES**

### National

Advisory Board: Canadian Strength and Conditioning Association (CSCA)

Chairperson: Canadian Society for Exercise Physiology (CSEP) Knowledge Transfer Committee (2013 – 2016)

Chairperson: CSEP Annual Conference 2002 Organizing Committee (2001/2002)

Member: CSEP Annual Conference 2014 Organizing Committee (2013/2014)

Chairperson: CSEP Professional Fitness and Lifestyle Consultant Technical Committee (2002/2003)

### Provincial

Chairperson: Newfoundland Fitness Appraisal Certification and Accreditation (1995-2004)

### University

Senator University Senate (2019- present)

Secretary: Academic Council for the School of Graduate Studies (2007-2014)

Member: Academic Council Executive for School of Graduate Studies (2008-2014)

Member: Interdisciplinary PhD Program Committee (2009-2013)

### School of Human Kinetics and Recreation (SHKR)

Chairperson: Graduate Studies Committee (2004-2014)

Chairperson: Strength and Conditioning Centre Advisory Board (1995-2002)

Chairperson: Formulation and Implementation of Bachelor of Kinesiology Co-operative degree program (2000), Non-co-operative degree program (2001)

Vice-Chair: Academic Council of SHKR (2003-2014)

Secretary: Academic Council of SHKR (1997-2002)

Chairperson: Undergraduate Studies Committee (2002-2003)

Chairperson: Admissions Committee (2002)

Chairperson: Promotion and Tenure Committee (2000/2001, 2004/2005)

Member of the following committees during my tenure at the school:

Undergraduate Studies Committee

New Faculty Search Committee

Graduate Studies Committee

Promotion and Tenure Committee

University Graduate Studies Committee

Director Review Committee

Admissions Committee

Senate Committee on Undergraduate Studies

Memorial University Recreation Complex Advisory Board

Director Search Committee

Awards Committee (Graduate Studies)

2019- Present: Senator: Memorial University of Newfoundland Senate

## **PUBLIC ENGAGEMENT: MEDIA CONTRIBUTIONS**

### **Television**

National Geographic	November 2020	Rope Climbing for fitness
Daily Planet:	April 2017	Flexibility
CBC News:	July 2016	Stretching
Discovery Channel	November 19, 2004	Boast this, Mr. Power
	November 23, 2004	Aged Athletes
	February 8, 2005	Training with Balance
	February 22, 2005	Stretching Set Straight

### **Radio**

VOCM Radio St. John's	September 30 2021	Physiology of skateboarding
CJAD 800 Montreal	August 24, 2020	Time perception with exercise
VOCM Radio St. John's	April 1, 2020	Stretching Issues
CBC Radio One		
CBC National Radio; Quirks and Quarks		
Radio interviews for multiple radio stations nationally on a variety of topics		

### **Online**

Talking About Skill	July 2021	Podcast: SquadCast
The Science of Basic Training	May 2021	University of Tulane LA. podcast
Flexibility Focus Podcast	March 2021	New issues in flexibility research
I Run Because	Feb 2021	Should runners stretch?
Courier Japon	Feb 2021	To stretch or not to stretch before exercise: What you need to know about warm-ups
Sheridan Sun	Nov 2020	Effect of exercise on mental and physical health during COVID
Fitness for Consumption	October 2020	Training with intention, stretching and instability
EVO Fitness (Norway)	October 2020	Changing paradigms of stretching and foam rolling
Swimming Science	June 2020	Rolling and massage for swimming
Center for Science in the Public Interest: Nutrition Action Newsletter	June 2020	Do you need to stretch?
Swimmer,	April 2020	Static stretching reprieve
Official magazine of United States Masters Swimming.		
Idrettsforskning Podcast (Norway)	March 2020	Sports Science Issues
Runners World	July 2019	Here's Evidence You Should Do More With Your Warmup
Luminate	May 2019	Does stretching do any good?
MSN Health and Fitness	April 2019	How active recovery can help you rebound from your workout
16KMTR Eugene Oregon	April 2019	How music affects your brain while you drive
Medium.com	June 2018	The Bottom Line on Fascial Treatments

Best Health Canada	April 2018	Why You Should Make Post-Workout Stretching a Priority
Growing Up Strong Podcast	April 2018	Children Resistance Training
FiveThirtyEight/ESPN	April 2018	Foam rollers
International Football Science Institute (Spain)	March 2018	4 videos on stretching, balance and children resistance training
Best Health	November 2017	Stretching for exercise performance and recovery
Corporate Warrior podcast:	November 2017	How to Use Stretching Effectively To Improve Your Training Results, Reduce the Risk of Injury, and Optimize Sport Performance
4Traders	November 2017	4 Ways to Get More Out of Your Foam Rolling Session
FitBit Blog::	October 2017	Foam rollers research:
Sweat Journal:	February 2017	Stretching:
Powered:	December 2016	Stretching:
AARP:	April 2016	Foam rollers:
Dr. Greg Wells podcast:	February 2016	Stretching:
MedScape Medical News	February 2016	Foam Rollers
Men's Journal	February 2016	Why stretch before a workout?
Men's Health	February 2016	Should you stretch before working out?
Perfect Lifestyle	December 2015	You're probably doing your stretching wrong
Other online articles		
Lower Extremity Review	July 2015	Foam rolling benefits
Canadian Society for Exercise Physiology online learning platform:	contributed 13 videos: 2015	
<u>TEDx Talks:</u>	May 2014	Effect of Static Stretching on Health and Performance
<u>Distance Education and Learning Technologies</u>		
2013: Advertisements on radio Provincial and national exposure), online and in the Alumnus magazine		
<u>World Squash Travel Guide (online)</u>		
	Feb 20, 1997:	Muscles or Mechanics
	Feb 6, 1997:	Breaking the sound barrier
	Dec. 10, 1996:	A sprint or a marathon

### Print

Impact Magazine	October 2021	Should static stretching make a comeback?
Women's Running magazine	February 2021	Stretching confusion in the literature
Self Magazine	November 2020	Complexity in resistance training
Globe and Mail	August 19, 2020	Time perception with exercise
Globe and Mail	November 2017	How to get the kinks out of the body in the morning.
The Wall Street Journal	October 2017:	Stretching

Chicago Tribune	July 2017:	Foam rolling and roller massagers
Toronto Star	March 2017:	Stretching issues
TIME	January 2017:	Foam rollers and roller massagers
Health Magazine	November 2016:	Foam rollers and roller massagers
Prevention Magazine	August 2016:	Self-myofascial release techniques
Cosmopolitan	June 2016:	Stretching as part of a warm-up:
Cosmopolitan	February 2016:	17 ways you're stretching wrong
Times of Oman	February 2016	Why stretching is important?
Vogue	June 2016:	Stretching
Outside Magazine	February 2016	Cross Education
Montreal Gazette	January 2016	To Stretch or not to Stretch
Best Health Magazine	September 2016:	Foam rollers:
Best Health magazine	February 2014:	Foam rolling effectiveness
More Magazine	December 2015	Stretching
Science and Vie (France)	December 2015	Stretching
Women's Health	October 2015	Myofascial Release
Triathlete Magazine	October 2015	Foam rollers
Optimum Wellness	April 2015	Functional Training
Self Magazine	January 2015	Stretch Training
<u>Globe and Mail</u>		
	June 2015:	Light loads versus heavy loads for muscle hypertrophy
	August 23 2012:	Should kids be pumping iron?
	June 6, 2011:	p. L4: Warming trend. Research shows that your pre-sport warm-up is doing more than just prepping your muscles.
	April 24 2009:	On the ball for greater balance.
<u>New York Times</u>		
	April 2014:	Do foam rollers aid workouts?
	June 22, 2011:	To Stretch or not to Stretch
<u>Fitness Magazine</u>		
	October 1, 2013:	Stretching questions
	March 1, 2005:	To stretch or not to stretch.
<u>St. John's NL: The Telegram</u>		
	July 2016:	Sit-ups vs. crunches
	<a href="http://viralwork.com/2016/07/sit-ups-versus-crunches-which-is-the-best-route-to-a-solid-midriff">http://viralwork.com/2016/07/sit-ups-versus-crunches-which-is-the-best-route-to-a-solid-midriff</a>	
	March 23, 2004:	p. A5: All shook up: Loud music may increase driving danger: study
	May 13, 1999:	Get moving
Luminus	Summer 2006:	Volume 31 (1) p. 6-8: The team behind the team.
St. John's NL: The Express		
	November 27, 1996:	Fitness 101
	Aug 25-31, 2004:	p.28: That's a stretch. MUN prof questions benefits of stretching before competition.
Shape Magazine		Numerous contributions
Self magazine	Feb 28, 2005:	Destabilizing exercises.

MSN Health and Fitness Prevention magazine	July 19, 2006:	Breakthrough belly flattening plan. p. 156-163
More Magazine	May 2014:	How to train and rehabilitate muscle and fascia.
<u>BBC</u> :	April 15, 2004:	Drivers warned against loud music
London Telegraph:	March 29, 2004:	Booming car stereos aren't just infuriating – they're dangerous.
La Vanguardia (Barcelona Spain):		Music and driving
Saelgren (Danish trade journal):		Connection between music and risk of
		traffic
		accidents.
London Free Press:	March 22, 2004:	Noise and the effect on Ontario provincial police officers on high volume roadways.
Toronto Star:	March 21, 2004:	Car stereo a driver's enemy, study shows.
Ottawa Citizen:	April 14, 2004:	Rock or opera, cranking up the volume is a hazard on the road.
St. John's The Telegram:	June 1, 2004:	Music affects driver reaction time, Newfoundland study says.

#### Memorial University Gazette

June 26, 2013: Volume 45 (16) p.6:	A Turn for the Better
Jan. 30, 2013: Volume 45 (9) p. 5:	Tuned into Exercise
Sept. 19, 2012: Volume 44 (5) p. 8:	New award recognizes service excellence in graduate studies.
Dec. 16, 2010: Volume 43(7) p. 10:	Massaging your way to better health.
August 12, 2010: Volume 43(1): p.12:	HKR goes global.
Feb 25, 2010: Volume 42 (10) p. 9:	Feeling the flex. Research focuses on curbing musculoskeletal disorders.
August 9, 2007: Volume 40 (1) p. 9:	The fellowship of the Behm
March 25, 2004: Volume 37:	Tough workout for kinesiology students.

Memorial University DELTS ran several ads starting June 2013,

The video testimonial of Dr. Behm, accessible via QR code scan off the print materials.

1. Off-campus, print advertisement featuring Dr. Behm placed in the Sept edition of Atlantic Business and what was intended as the spring edition of the Luminus.
2. On-campus, print advertisements featuring Dr. Behm placed in the Parent Orientation guide, The MUSE start of semester edition and the last Gazette.
3. Poster featuring Dr. Behm has been completed and printed and placed around the Client Services area (ED 1032).
4. Radio adverts (including the Nick Snow and Dr. Behm spots) were placed back on NL radio for late Aug - early Oct for the start of the semester.

