

DAVID GEORGE BEHM

School of Human Kinetics and Recreation (SHKR)

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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) Dpt 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
2018-19: Publons International Top Peer Reviewer Award (top 1% of reviewers in Clinical Medicine and Cross Fields)

RESEARCH METRICS SUMMARY

>19000 citations; h-index: 68; (60 classified as truly exceptional) i10-index: 193 (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)

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

Expertscape International Rankings: #2: Stretching, #7: Muscle strength, #9: Resistance Training,

#10: Muscle Fatigue, #14:Plyometric Exercise, #17: EMG, #45: Skeletal Muscle

Q1 Journals: 76.2% (218/286), Q2 Journals: 7.7% (22/286): Total: 83.9%: Q1/Q2 Journals

First or corresponding author in 65.7% (188/286) of publications

53.1% (152/286) of publications from data collected in Dr. Behm's laboratory

Mean Annual Publication Output over last 10 years: 20.5

	Prior	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	Totals
Research based Publications	41	9	8	8	14	13	11	15	31	16	22	13	19	38	27	286
Professional Publications (PP) / Book Chapters (BC) / Books	10 PP / 4 BC	1 PP			1 BC			1 PP 4 BC				1 BC	3 BC 1 Book	2 BC	1 BC	12 PP / 16 BC 1 Book
Abstracts	43	2	1	5	0	8	7	1	8	4	16	11	9	9	2	126
Invited Presentations	23	2	6	3	4	2	4	1	2	3	4	5	2	1	2	64
PI Funding (\$)	107621	24251	20000	24000	34872	25000	27000	57000	57000	61000	31000	65000	55000	43,000	40,000	\$828,396
Article Reviews	72	13	11	12	18	20	36	32	38	42	51	50	52	62		516
Graduate Student Supervision	20	1	6	3	4	3	2	1	6	2	4	4	1	1	4	60
Undergraduate Student Supervision	21	0	2	5	0	4	2	4	10	5	5	9	7	9	16	97

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

PEER-REVIEWED SCIENTIFIC PUBLICATIONS

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

286. Cappato De Araújo R, Siriani De Oliveira A, Monthier De Faria W, 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* Accepted June 19, 2020

285. Behm DG, Carter TB. Effect of exercise-related factors on the perception of time. *Frontiers of Exercise Physiology* 11:770 ^{Q1} doi: 10.3389/fphys.2020.00770

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 ^{Q1}

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 Accepted June 6 2020 ^{Q1}

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 Accepted June 5, 2020 ^{Q1}

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.
doi: 10.3389/fphys.2020.00817 ^{Q1}

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 Accepted June 11, 2020 ^{Q1}

278. Chaabene, H., Lesinski, M., Behm, D.G., Granacher, U. Performance- and health-related benefits of youth resistance training. Sports Orthopaedics and Traumatology 2020
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 Fisiologia 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 Accepted March 12, 2020. ^{Q2}

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. ^{Q1}

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, ^{Q2} 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. Accepted Feb 4 2020 ^{Q1}

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 ^{Q1}

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 ^{Q1}

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 ^{Q2}

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 ^{Q1}

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 ^{Q1}

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 ^{Q1}

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 accepted August 18, 2019 2019 Oct 24:1-9. 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 ^{Q1}

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 accepted Sept 4, 2019 ^{Q1}

262. Ben Othman A, Chaouachi M, Makhoulouf I, Farthing JP, Granacher U, Behm DG, Chaouachi A. Unilateral Elbow-Flexion- and Leg-Press-Training Induce Cross-Education but not Global Training Gains in Children. Accepted Aug 7 2019 by Pediatric Exercise Science 1-12, 2019 ^{Q1} <http://dx.doi.org/10.1123/pes.2019-0079> ^{Q2}

261. Ben Moussa Zouita A, 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 Clinical Commentary. Accepted August 6, 2019, International Journal of Sports Physical Therapy

260. Marchetti PH; Miyatake MMS; Magalhaes RA; Gomes WA; da Silva JJ; Brigatto FA; Zanini TCC; Behm DG. Different volumes and intensities of static stretching affect the range of motion

and muscle force output in well-trained subjects. *Sports Biomechanics* DOI: 10.1080/14763141.2019.1648540. ^{Q2}

259. Zghal F, Colson S, Blain G, Behm DG, Granacher U, Chaouachi A. Combined resistance and plyometric is more effective than plyometric training alone for improving physical fitness of pubertal soccer players. *Frontiers Physiology* Aug 7;10:1026, 2019 ^{Q1}
doi: 10.3389/fphys.2019.01026

258. Whalen A, Farrell K, Roberts S, Smith H, Behm DG. Topical Analgesic Improved or Maintained Ballistic Hip Flexion Range of Motion with Treated and Untreated Legs. *Journal of Sport Science and Medicine*. 18: 552-558, 2019 ^{Q1}

257. O'Grady, MW, Young WB, Behm DG, Talpey SW. The Effect of Intention to Squat Explosively on Acute Countermovement Jump Performance. *Journal of Strength and Conditioning Research* accepted June 27, 2019 ^{Q1}

256. Behm DG, Wilke J. Do self-myofascial release devices release myofascia? Rolling Mechanisms: A Narrative Review. *Sports Medicine* 49: 1173-1181, 2019 DOI: 10.1007/s40279-019-01149-y ^{Q1}

255. de Resende Neto AG, Oliveira Andrade BC, Cyrinoc ES, Behm DG, de Santanab JM, Da Silva Grigoletto ME. Effects of functional and traditional training in body composition and muscle strength components in older women: A randomized controlled trial. *Archives of Gerontology and Geriatrics*. Accepted June 23, 84: 103902, 2019
<https://doi.org/10.1016/j.archger.2019.103902> ^{Q1}

254. Caldwell SL, Bilodeau RLS, Cox MJ, Peddle D, Behm DG. Cross education training effects are evident with twice daily, self-administered band stretch training. *Journal of Sport Science and Medicine* 18: 544-551, 2019 ^{Q1}

253. Caldwell SL, Bilodeau RLS, Cox MJ, Peddle D, Cavanaugh T, Young JD, Behm DG. Unilateral hamstrings static stretching can impair the affected and contralateral knee extension force but improve unilateral drop jump height. *European Journal of Applied Physiology* 119(9), 1943-1949, 2019 DOI 10.1007/s00421-019-04182-x 2019 ^{Q1}

252. Pirau ALT, Cavalcante BR, Val.ria Mayaly Oliveira A, Beltro NB, de Amorim Batista G, Pitanguí ACR, Behm DG, Cappato R. Effect of 24 weeks strength training on unstable surfaces on mobility, balance and concern about falling in older adults. *Scandinavian Journal of Medicine and Science in Sports* 29: 1805-1812, 2019 <https://doi.org/10.1111/sms.13510> ^{Q1}

251. La Scala Teixeira CV, Evangelista AL, de Assis Pereira PE, da Silva-Grigoletto ME, Bocalini DS, Behm DG. Complexity: a novel load progression strategy in strength training. *Frontiers of Exercise Physiology* DOI: 10.3389/fphys.2019.00839. ^{Q1}

250. Lima CD, Brown LE, Li Y, Herat N, Behm DG. Periodized versus Non-Periodized Stretch Training on Gymnasts Flexibility and Performance. *International Journal of Sports Medicine* 40: 779-788 2019 ^{Q1} doi: 10.1055/a-0942-7571

249. Lima CD, Ruas CV, Behm DG, Brown LE. Acute effects of stretching on performance: A review. *Journal of Science in Sport and Exercise*. 1:29-37, 2019 <https://doi.org/10.1007/s42978-019-0011-x>

248. Low JL, Ahmadi H, Kelly LP, Willardson J, Boulossa D, and Behm DG. Prior Band-Resisted Squat Jumps Improves Running and Neuromuscular Performance in Middle-Distance Runners. *Journal of Sports Science and Medicine* 18: 301-315, 2019 ^{Q1}

- 247.** Saeterbakken AH, Olsen A, Behm DG, Bardstu HB, and Andersen V. The short and long-term effects of resistance training with different stability requirements. *PLOS ONE* 14(4): e0214302. <https://doi.org/10.1371/journal.pone.0214302>^{Q1}
- 246.** Vera-Assaoka T, Ramirez-Campillo R, Alvarez C, Garcia-Pinillos F, Moran J, Gentil P, Behm DG. Effects of maturation on physical fitness adaptations to plyometric drop jump training in male youth soccer players. *Journal of Strength and Conditioning Research* Accepted Feb 27, 2019
- 245.** Behm D.G., Lau R.J., O’Leary J.J., Rayner M., Burton E.A., Lavers L. The acute effects of unilateral self-administered static stretching on contralateral limb performance. *Journal of Performance Health Research* 3(1): 1–7, 2019. DOI: 10.25036/jphr.2019.3.1.behm
- 244.** Cavalcante BR, Ferreira de Souza M, Liu-Ambrose T, Pitagui C, Behm DG, Cappato de Araujo R. Effects of Resistance Exercise with Instability on Neurocognitive Functions (REI STUDY): Study Protocol for A Proof-of-Concept Clinical Trial in Older Adults with Subjective Cognitive Complaints. *Motriz Journal of Physical Education Rio Claro*, 25(2), 2019, e101910 DOI: <http://dx.doi.org/10.1590/S1980-6574201900020004>^{Q3}
- 243.** Eliakim A, Falk F, Armstrong N, Baptista F, Behm D, Dror N, Faigenbaum AD, Janz KF, Jürimäe J, McGowan AL, Nemet D, Pianosi PT, Pontifex MB, Radom-Aizik S, Rowland T, and Rowlands A. Expert’s Choice: 2018’s Most Exciting Research in the Field of Pediatric Exercise Science. *Pediatric Exercise Science*, 31(1):1-27, 2019 doi.org/10.1123/pes.2019-0010^{Q1}
- 242.** Ben Othman A, Chaouachi A, Chaouachi M, Makhlouf I, Farthing JP, Granacher U, Behm DG. Dominant and non-dominant leg press training induce similar contralateral and ipsilateral limb training adaptations with children. *Applied Physiology Nutrition and Metabolism* 44(9): 973-984, 2019 doi: 10.1139/apnm-2018-0766^{Q1}
- 241.** Haddad M, Shoaib Prince M, Zarrouk N, Tabben M, Behm DG, Chamari K. Dynamic stretching alone can impair slower velocity isokinetic performance of young male handball players for at least 24 hours. 2018 *PLoS ONE* 14(1): e0210318. <https://doi.org/10.1371/journal.pone.0210318>^{Q1}
- 240.** Trombini de Souza F, Joyce R, Pitanguy C, Cappato R, Behm DG. Can the Use of Unstable Surfaces and Instruction for Conscious Abdominal Contraction Increase the EMG Activity of the Periscapular Muscles During the Dynamic Push-Up?. *Journal of Sport Rehabilitation* 29(2): 225-230, 2020 doi.org/10.1123/jsr.2018-0165^{Q1}
- 239.** Zouita Ben Moussa A, Zouita S, Dziri C, Brughelli M, Behm DG, Chaouachi A. Differences in trunk strength capacity between weightlifters and wrestlers. *Journal of Human Kinetics* 67: 5-15, 2019 DOI: 10.2478/hukin-2019-0007^{Q2}
- 238.** Li Y, Power KE, Marchetti PH, Behm DG. The effect of dominant first dorsal interosseous fatigue on the force production of a contralateral homologous and heterologous muscle. *Applied Physiology Nutrition and Metabolism* 44(7): 704-712, 2019 DOI: 10.1139/apnm-2018-0583^{Q1}
- 237.** Tayech A, Arbi Mejri M, Chaouachi M, Chaabene H, Hambli M, Brughelli M, Behm DG and Chaouachi A. Taekwondo Anaerobic Intermittent Kick Test: discriminant validity and an update with the Gold-Standard Wingate test. *Journal of Human Kinetics* 2019 DOI: 10.2478/hukin-2019-0081^{Q2}
- 236.** Prieske, O., Chaabene, H., Lesinski, M., Hanschel, F., Puta, C., Behm, D.G., Büsch, D., Granacher, U. Effects of drop height on jump performance in elite male and female adolescent

- handball players. *International Journal of Sport Physiology and Performance*. 14, 674-680, 2019, DOI: 10.1123/ijsp.2018-0482 ^{Q1}
- 235.** Makhoulf I, Chaouachi A, Chaouachi M, Ben Othmen A, Granacher U, Behm DG. Combination of Agility and Plyometric Training Provides Similar Training Benefits As Combined Balance and Plyometric Training in Young Soccer Players. *Frontiers of Exercise Physiology* Nov 13;9:1611, 2018 DOI: 10.3389/fphys.2018.01611 ^{Q1}
- 234.** Ximenes Santos C, Barros Beltrão N, Torres Pirauá AL, Quagliotti Durigan JL, Behm DG, Cappato de Araújo R. Static stretching intensity does not influence acute range of motion, passive torque and muscle architecture. *Journal of Sport Rehabilitation* 29(1): 1-6, 2020 DOI: 10.1123/jsr.2018-0178 ^{Q1}
- 233.** Maddigan ME, Sullivan KM, Basset FA, Halperin I, Behm DG. High tempo music prolongs high intensity exercise. *Peer J* 6:e6164 2019 doi.org/10.7717/peerj.6164%20 ^{Q1} (one of top 5 most viewed Peer J articles in 2018)
- 232.** Ghram A, Young JD, Soori R, Behm DG. Unilateral knee and ankle joint fatigue induce similar impairment to bipedal balance in judo athletes. *Journal of Human Kinetics* 66: 7-18, 2019 DOI: 10.2478/hukin-2018-0063 ^{Q2}
- 231.** Behm DG. Effektive gestaltung des krafttrainings mit kindern und jugendlichen. *Leistungssport* 5: 14-16, 2018
- 230.** Granacher U, Puta C, Gabriel HHW, Behm DG, Arampatzis A. Editorial: Neuromuscular Training and Adaptations in Youth Athletes. *Frontiers in Physiology* 9: 1264, 2018 doi: 10.3389/fphys.2018.01264 ^{Q1}
- 229.** Young JD, Spence AJ, Behm DG. The addition of transcutaneous electrical nerve stimulation with roller massage alone or in combination did not increase pain tolerance or range of motion. *Journal of Sports Science and Medicine* 17: 525-532, 2018 ^{Q1}
- 228.** Dhahbi W, Chaouachi A Padulo J, Behm DG, Cochrane J, Milic M, Burnett A, Chamari K. Literature review on push-up exercises: a kinetic analysis. *Sports Biomechanics Accepted August 9 2018*. DOI: 10.1080/14763141.2018.1512149 ^{Q2}
- 227.** Behm D. Recommendations and mechanisms pertaining to neuromuscular rolling. *Journal of Performance Health Research*. 1(2):14-15, 2017
- 226.** Behm DG, Duffett C, Wiseman S, Halperin I. Use of Topical Analgesic and Rolling Alone or in Combination Does Not Increase Flexibility, Pain Pressure Threshold, and Fatigue Endurance — A Repeated-Measures Randomized, Within-Subjects, Exploratory Study *Journal of Performance Health Research* 2(1):19–26, 2018 DOI: 10.25036/jphr.2018.2.1.behm
- 225.** La Scala Teixeira CV, Evangelista AL, Santos Silva M, Bocalini DS, Da Silva-Grigoletto ME, Behm DG. Ten important facts about core training. *American College of Sports Medicine Health and Fitness Journal Accepted May 25, 2018* ^{Q3}
- 224.** Araujo GS, Behm DG, Monteiro ER, Fiuza AG, Telles LGS, Gomes TM, Vianna JM, Reis MS, and Novaes JS. Order effects of resistance and stretching exercises on hemodynamic responses in healthy adults. *Journal of Exercise Physiology Online* 21(4): 79-89, 2018 ^{Q4}
- 223.** Lima C, Li Y, Low JL, Herat N, Behm DG. Superior Training Specific Adaptations with an 8-week Yoak Push-up Training Program. *Journal of Strength and Conditioning Research* 32(9)/2409–2418, 2018 ^{Q1}

- 222.** Chaouachi A, Ben Othman A, Makhoulf I, **Young JD**, Granacher U, Behm DG. Global training effects of trained and untrained muscles with youth can be maintained during 4 weeks of detraining. *Journal of Strength and Conditioning Research* 33(10): 2788-2800, 2019 ^{Q1}
- 221.** da Silva Araujo G, Behm DG, Rios Monteiro E, Ferreira de Melo Fiuza AG, Matassoli Gomes T, Macedo Vianna J, Silva Reis M, da Silva Novaes J. Order effects of resistance and stretching exercises on heart rate variability and blood pressure in healthy adults. *Journal of Strength and Conditioning Research* 33(10): 2684-2693, 2019 ^{Q1}
- 220.** Hodgson DD, Lima CD, Low JL, Behm DG. Four weeks of roller massage training did not impact range of motion, pain pressure threshold, voluntary contractile properties or jump performance. *International Journal of Sports Physical Therapy* 13(5): 1-11, 2018
- 219.** Reid, JC Greene, R, **Young, JD, Hodgson, DD**, Blazeovich, AJ, and Behm, DG. The effects of different durations of static stretching within a comprehensive warm-up on voluntary and evoked contractile properties. *European Journal of Applied Physiology* 118(7): 1427-1445, 2018 DOI: 10.1007/s00421-018-3874-3 ^{Q1}
- 218.** de Freitas FS; Brown LE; Gomes WA; Behm DG; Marchetti PH. No effect of kinesiotaping on passive tension, strength or muscle activation during maximal voluntary isometric contractions in well-trained subjects. *International Journal of Sport Physical Therapy* 13(4): 661-667, August 2018 DOI: 10.26603/ijsp20180661
- 217.** Gebel A, Lesinski M, Behm DG, Granacher U. Effects and dose-response relationship of balance training on balance performance in youth: A systematic review and meta-analysis. *Sports Medicine* 48: 2067–2089, 2018 <https://doi.org/10.1007/s40279-018-0926-0> ^{Q1}
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RESEARCH GRANTS

Primary Investigator

2019:	MUN Summer Student Internship Program (USSIP) Student: Nehara Herat	
2018-21:	The effect of a topical analgesic on neuromuscular endurance and pain	\$90000
	MITACS Accelerate / Performance Health Inc.	
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	\$30000
	MITACS Accelerate James Young & Tyler Cavanagh / ProActive Physiotherapy	
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 program	\$30000
	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:	\$25,000
Neuromuscular Functions During Rest, Exercise and Recovery Under Hyperbaric Conditions	
1996: Laboratory Upgrade Grant: Within university competition:	\$20,000
Exercise Science Laboratory Proposal	

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. Sports (open access journal)
3. Journal of Sports Science and Medicine
4. International Scientific Journal of Kinesiology: Sport Scientific and Practical Aspects
5. European Journal of Sport Sciences
6. Advisory Board of the Journal Sportwissenschaft –German Journal of Sports Science
7. Journal of Performance Health
8. Frontiers of Physiology (special issues)
9. International Journal of Sports Physical Therapy

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

- 2020: The Effectiveness and Mechanisms Associated with Foam Rolling, Football Science Institute Conference (Virtual conference) Originally Cordoba Spain (pre-COVID) (SS)
- 2020: Evolving Stretching Paradigms, American College of Sports Medicine Conference (Virtual conference) 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 150th 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 Universität 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	Acta Physiologica
	Journal of Applied Physiology,	Clinical Physiology
	Canadian Journal of Applied Physiology,	Neuroscience Letters
	European Journal of Applied Physiology,	Muscle and Nerve
	Canadian Journal of Physiology and Pharmacology,	Biomedical Engineering
	Canadian Institute for Health Research	Sports Medicine
	Journal of Strength and Conditioning Research,	Pediatric Exercise Science
	Medicine and Science in Sports and Exercise,	Journal of Athletic Training
	British Journal of Sports Medicine,	Clinical Journal of Sports Medicine
	Journal of Science and Sports Medicine	Dynamic Medicine
	Journal of Science and Medicine in Sport	Journal of Sport Science
	Natural Science and Engineering Research Council (NSERC)	Hypothesis
	International Journal of Sports Physiology and Performance	Frontiers
	International Journal of Sports Physical Therapy	Plos One
	International Journal of Sports Medicine	Strength and Conditioning Journal
	Psychological Reports Perceptual & Motor Skills	
	European Journal of Sport Sciences	
	Research Quarterly for Exercise and Sport	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 Ahmed
2019/2020:	Mohamed Mamdouh Ibrahim Mahmoud, Emma Ramsey
2020/2021:	Hayley Gardner, Ryan Savoury, Andrew Graham, Saman Hadjizadeh Anvar,

POST-DOCTORAL FELLOWS SUPERVISED (3)

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

DOCTORAL STUDENT CO-SUPERVISION (4)

(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
2016-18:	Victor Pulido	Rocky Mountain University, California USA
2016-19:	Matthew O'Grady:	Federation University of Australia: Ballarat

FOREIGN EXCHANGE GRADUATE STUDENTS SUPERVISED (9)

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
2020:	Hossein Ramezani	University of Mazandara, Babolsar, Iran

UNDERGRADUATE STUDENTS (109)

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 Noftall, 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

SECONDARY SCHOOL STUDENTS

2016: Nehara Heart, St. John’s NL
 2018: Raymond Tucker, Utah USA
 2019: Bradley Lui: California USA

RESEARCH ASSISTANTS

2019: Machel Rayner

COMMITTEES

National

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

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

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
Daily Planet:	April 2017 Flexibility
CBC News:	July 2016 Stretching

Radio

VOCM Radio	April 1, 2020	Stretching Issues
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CBC Radio One

CBC National Radio; Quirks and Quarks

Radio interviews for multiple radio stations nationally on a variety of topics

Online

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	
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
	http://viralwork.com/2016/07/sit-ups-versus-crunches-which-is-the-best-route-to-a-solid-midriff	
	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.
BBC:	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.
<u>Memorial University Gazette</u>		
	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 place 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.