

# BRANDON MCKINLAY

---

Faculty of Applied Health & Community Studies  
Sheridan College  
7899 McLaughlin Rd  
Brampton, ON L6Y 5H9  
[brandon.mckinlay1@sheridancollege.ca](mailto:brandon.mckinlay1@sheridancollege.ca)  
Tel: 1-289-260-9483

---

## FORMAL EDUCATION

---

<b>Ph.D. (Health Biosciences)</b>	2016 – 2021	Brock University, Faculty of Applied Health Sciences Department of Kinesiology  Thesis: The Role of Protein Following Intense Exercise in Competitive Youth Athletes Supervisor(s): Dr(s). Nota Klentrou and Bareket Falk
<b>M.Sc. (Applied Health Sciences)</b>	2013-2015	Brock University, Faculty of Applied Health Sciences Dept. of Kinesiology  Thesis: Effects of Plyometric and Resistance Training on Muscle Strength and Neuromuscular Function in Young Adolescent Soccer Players. Supervisor: Dr. Bareket Falk
<b>BAHSc. (Exercise Science)</b>	2009-2013	Sheridan College Institute of Technology & Advanced Faculty of Applied Health and Community Studies

---

## CERTIFICATIONS/PROFESSIONAL DESIGNATIONS

---

<b>Registered Kinesiologist</b> College of Kinesiologists of Ontario, 2023	<b>Leading Effective Change – People and Process</b> Sheridan College, 2021
<b>Leadership Excellence Program</b> College Employer Council, 2023	<b>Crucial Conversation – Mastering Dialogue</b> Vital Smarts, 2021
<b>Crucial Conversations – Accountability</b> Vital Smarts, 2022	<b>Coaching Essentials</b> Sheridan College, 2021
<b>Leading Self</b> Sheridan College, 2022	<b>Collaboration in Action: Solution Focused Leadership</b> Sheridan College, 2021

---

**TEACHING EXPERIENCE**

---

<b>Partial Load Instructor</b>	2024	<i>Statistical Methods in Health Science – Athletic Therapy (BAHSc.). Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies.</i>
<b>Partial Load Instructor</b>	2024	<i>Data Management – Regulatory Affairs. Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies.</i>
<b>Partial Load Instructor</b>	2023	<i>Statistical Methods in Health Science – Athletic Therapy (BAHSc.). Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies.</i>
<b>Partial Load Instructor</b>	2020	<i>Growth, Development &amp; Physical Activity – Athletic Therapy, Kinesiology &amp; Health Promotion (BAHSc.). Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies</i>
<b>Partial Load Instructor</b>	2019	<i>Growth, Development &amp; Physical Activity - Kinesiology &amp; Health Promotion (BAHSc.). Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies</i>
<b>Partial Load Instructor</b>	2019	<i>Statistical Methods in Health Science – Athletic Therapy, Kinesiology &amp; Health Promotion (BAHSc.). Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies</i>
<b>Partial Load Instructor</b>	2018	<i>Fitness Testing &amp; Assessment - Kinesiology &amp; Health Promotion (BAHSc.). Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies</i>
<b>Partial Load Instructor</b>	2018	<i>Fitness Assessment – Fundamentals of Fitness (Certificate) Leadership. Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies</i>
<b>Partial Load Instructor</b>	2018	<i>Exercise Physiology – Athletic Therapy (BAHSc.). Sheridan College Institute of Technology &amp; Advanced Learning, Faculty of Applied Health &amp; Community Studies</i>

<b>Partial Load Instructor</b>	2017	<i>Fitness Testing &amp; Assessment</i> - Kinesiology & Health Promotion (BAHSc.). Sheridan College Institute of Technology & Advanced Learning, Faculty of Applied Health & Community Studies
<b>Partial Load Instructor</b>	2016	<i>Advanced Fitness &amp; Lifestyle Assessment</i> - Kinesiology & Health Promotion (BAHSc.). Sheridan College Institute of Technology & Advanced Learning, Faculty of Applied Health & Community Studies
<b>Partial Load Instructor</b>	2016	<i>Independent Research Proposal</i> - Kinesiology & Health Promotion (BAHSc.). Sheridan College Institute of Technology & Advanced Learning, Faculty of Applied Health & Community Studies.
<b>Teaching Assistant</b>	2013 - 2021	Training Principles; Human Physiology; Human Growth & Development; Cardiovascular & Environmental Physiology; Biomechanics; Physiological Responses to Physical Activity. Department of Kinesiology and Faculty of Applied Health Sciences. Brock University.

---

## PROFESSIONAL EXPERIENCE

---

<b>Operations Manager – Clinics &amp; Labs</b>	2021 -	Sheridan College Institute of Technology & Advanced Learning, Faculty of Applied Health & Community Studies
<b>Exercise Physiologist</b>	2017-2020	Canadian Sports Institute of Ontario
<b>Interim Program Coordinator</b>	2018	Sheridan College Institute of Technology & Advanced Learning, Faculty of Applied Health & Community Studies – <i>Fundamentals of Fitness Leadership</i>
<b>Interim Academic Advisor</b>	2018	Sheridan College Institute of Technology & Advanced Learning, Faculty of Applied Health & Community Studies – <i>Fundamentals of Fitness Leadership</i>
<b>Undergraduate Thesis Supervisor</b>	2017	<i>Independent Research Project</i> - Kinesiology & Health Promotion Sheridan College Institute of Technology & Advanced Learning, Faculty of Applied Health & Community Studies
<b>Head Strength and Conditioning Coach &amp; Registered Kinesiologist</b>	2014 – 2018	Milton Youth Soccer Club

Research Assistant

2011 – 2013

Sheridan Centre for Elder Research

---

**PEER-REVIEWED PUBLICATIONS**

---

1. Ashish R. Deshwar, Kyoko E. Yuki, Huayun Hou, Yijing Liang, Tayyaba Khan, Alper Celik, Arun Ramani, Roberto Mendoza-Londono, Christian R. Marshall, Michael Brudno, Adam Shlien, M. Stephen Meyn, Robin Z. Hayeems, **Brandon J. McKinlay**, Panagiota Klentrou, Michael D. Wilson, Lianna Kyriakopoulou, Gregory Costain, James J. Dowling. (2023). Trio RNA Sequencing in a Cohort of Medically Complex Children. *Am J Hum Genet.* 110(5):895-900. doi: 10.1016/j.ajhg.2023.03.006. Epub 2023
2. Wallace P.J., **McKinlay B.J.**, Hodges G.J., Witton L. and Cheung S.S. (In-preparation). The Effects of Aerobic Exercise Training on Autonomic Nervous System Function in Individuals with Physiological Post-concussion Syndrome.
3. Kottaras S., Stoikos J., **McKinlay B.J.**, Ludwa I., Josse A.R., Falk B. and Klentrou P. (2022) Bone Turnover Markers and Osteokines in Adolescent Female Athletes of High-impact and Low-impact Sports Compared with Non-athletic Controls. *Pediatr. Exerc. Sci.* 6;35(1):41-47. doi: 10.1123/pes.2022-0025.
4. **McKinlay B.J.**, Wallace P.J., Olansky S., Woods S., Roy B.D., Josse A.R., Falk B and Klentrou P. (2022). Intensified Training in Adolescent Female Athletes: A Cross-Over Study of Greek Yogurt Effects on Indices of Recovery. *J. Int. Soc. Sports Nutr.* 19(1):17-33 doi:10.1080/15502783.2022.2044732
5. Klentrou P., McKee K., **McKinlay B.J.**, Kurgan N., Roy B.D., and Falk B. (2022) Circulating Levels of Bone Markers after Short-Term Intense Training with Increased Dairy Consumption in Adolescent Female Athletes. *Children* 8(11):961. doi: 10.3390/children8110961
6. Beigpoor A, **McKinlay B.J.**, Kurgan N., Plyley M., O'Leary D., Falk B. and Klentrou P. (2021). Cytokine Concentrations in Saliva vs. Plasma at Rest and in response to Intense Exercise in Adolescent Athletes. *Ann. Hum. Biol.* 48(5):1-11. doi: 10.1080/03014460.2021.1980105
7. Sanderson M., **McKinlay B.J.**, Theocharidis A., Kouvelioti R., Falk B. and Klentrou P. (2020) Changes in Inflammatory Cytokines and Irisin in Response to High Intensity Swimming in Adolescent versus Adult Male swimmers. *J. Sports.* 8(12):157. doi: 10.3390/sports8120157
8. **McKinlay B.J.**, Theocharidis A., Adebero T., Kurgan N., Fajardo V.A., Roy B.D., Josse A.R., Logan-Sprenger H., Falk B., and Klentrou P. (2020) Effects of Post exercise Whey Protein Consumption on Recovery Indices in Adolescent Swimmers. *Int. J. Environ. Res. Public Health.* 17(21):E7761. doi: 10.3390/ijerph17217761
9. Theocharidis, A., **McKinlay B.J.**, Vlachopoulos, D., Josse A.R, Falk, B. and Klentrou, P. (2020) Effects of Post Exercise Protein Supplementation on Bone Turnover in Adolescent Swimmers. *J. Int. Soc. Sports Nutr.* 17(1):20. doi: 10.1186/s12970-020-00350-z.

10. Adebero, T., **McKinlay, B.J.**, Theocharidis, A., Root, Z., Josse A.R., Klentrou, P., and Falk, B. (2019) Salivary and Serum Concentrations of Cortisol and Testosterone at Rest and in Response to Intense Exercise in Boys versus Men. *Pediatr. Exerc. Sci.* 25:1-8. doi: 10.1123/pes.2019-0091
11. **McKinlay, B.J.**, Wallace, P.J., Dotan, R., Long, D., Tokuno, C., Gabriel, D.G., and Falk, B. (2018) Effects of Plyometric and Resistance Training on Muscle Strength, Explosiveness and Neuromuscular Function in Young Adolescent Soccer Players. *J Strength Cond Res.* doi: 10.1519/JSC.0000000000002428
12. Wallace P.J., **McKinlay B.J.** and Cheung S.S. (2018) Psychological skills training, perception, and endurance performance. *Sports Med.* - doi: 10.1007/s40279-018-0929-x
13. Harwood, D., Reichheld, S., McElhone, S., and **McKinlay, B.J.** (2017). "I can climb the tree!" Exploring young children's play and physical activity in a forest school program. *The International Journal of Holistic Early Learning and Development*, 4, 45-62.
14. Wallace, P.J., **McKinlay, B.J.**, Coletta, C.A., Vlaar, J.I., Taber, M.J., Wilson, P.M., and Cheung, S.S. (2017) Effects of Motivational Self-Talk on Endurance and Cognitive Performance in the Heat. *Med. Sci. Sports Exerc.* 49(1):191-199. doi: 10.1249/MSS.0000000000001087
15. **McKinlay, B.J.**, Wallace, P.J., Dotan, R., Long, D., Tokuno, C., Gabriel, D.G., and Falk, B. (2017) dynamic strength and neuromuscular attributes as predictors of vertical jump performance in 11- to 13-year-old male athletes. *Appl. Physiol. Nutr. Metab.* doi: 10.1139/apnm-2017-0111
16. D. Long, R. Dotan, B. Pitt, **B.J. McKinlay**, C. Tokuno, T. O'Brien, and B. Falk. The electromyographic threshold in girls and women. *Pediatr Exerc Sci.* (1):84-93. doi: 10.1123/pes.2016-0056
17. Klentrou P., Giannopoulou A., **McKinlay B.J.**, Wallace P., Muir C., Falk B. and Mack D. (2016). Salivary cortisol and testosterone responses to resistance and plyometric exercise in 12-14 year old boys. *J. Appl. Physiol. Nutr. Metab.* doi:10.1139/apnm-2015-0668

---

## PUBLISHED CONFERENCE ABSTRACTS

---

1. **McKinlay B.J.**, Wallace P., Olansky S., Woods S., Kurgan N., Roy B., Josse AR., Falk B., Klentrou P. (2021) Effects of increased protein consumption with Greek yogurt during an intense training camp in female adolescent soccer players. *J. Appl. Physiol. Nutr. Metab.*
2. **McKinlay B.J.**, Theocharidis A, Adebero T, Roy B, Josse AR, Falk B, Klentrou P. (2019) Effects of whey protein or carbohydrate consumption on performance recovery and inflammatory cytokines in young competitive swimmers. *European database of sports sci.* 24-1315.
3. Adebero T, **McKinlay B.J.**, Theocharidis A, Root Z, Josse AR, Klentrou P, Falk B (2018) Salivary and Serum hormonal response to high intensity exercise in boys and men. *Appl. Physio. Nutr. Metab.* 43
4. Dotan R, **McKinlay B.J.**, Falk B. (2017) Does plyometric training increase motor-unit recruitment capacity in children? *Pediatr. Exerc. Sci.* 29(4) Suppl 1:69

5. **McKinlay B.J.**, Wallace P, Dotan R, Long D, Falk B. (2016) Effects of Plyometric and Resistance Training on Muscle Strength and Neuromotor Function in Adolescent Soccer Players. *Pediatr. Exerc. Sci.*, 28:S20, <http://journals.humankinetics.com/doi/pdf/10.1123/pes.2016.0242>
6. **McKinlay B.J.**, Wallace P., Long D., Dotan R. and B. Falk (2016) Differential Effects of Eight-Week Plyometric – vs. Resistance - Training on Strength, Explosiveness, and Power in Twelve-Year-Old Male Athletes. *J Strength Cond Res.* Feb. Volume 30:S1–S171
7. Klentrou N, Giannopoulou A, **McKinlay B.J.**, Wallace P, Dekker J, Kouvelioti R, Douvi G, Falk,B (2015) Acute endocrine responses to resistance vs plyometric exercise in boys. *Appl Physiol Nutr Metab.* Vol. 40: S34.
8. Wallace P., **McKinlay B.J.**, Coletta N.A., Vlaar J.I., Taber M.J., Wilson P.M. and Cheung S.S. (2015) The Synergistic effects of a motivational self-talk intervention on endurance capacity and executive function in the heat. *Appl. Physiol. Nutr. Metab.* Vol. 40: S67.
9. Dotan, R., Pitt B, Long D, **McKinlay B.J.**, Tokuno C, O'Brien T, Falk B. (2015) Sex- and maturation-related differences in the electromyographic threshold. *Appl. Physiol. Nutr. Metab.* Vol. 40(9): S38.
10. Long D, **McKinlay B.J.**, Dotan R, Pitt B, Tokuno C, O'Brien T, Falk B. (2015). The electromyographic threshold in girls and women. *Pediatr. Exerc. Sci.* 27:S55

---

## SCHOLARSHIPS/AWARDS

---

- |   |           |
|---|-----------|
| 1. Ontario Graduate Scholarship, Doctoral (\$15,000)                          | 2019-2020 |
| 2. Dean of Graduate Studies Excellence Scholarship (\$5,000)                  | 2019-2020 |
| 3. Oded Bar-Or graduate travel award in pediatric exercise medicine (\$1,545) | 2019      |
| 4. Mitacs – Own the Podium Scholarship (\$90,000)                             | 2016-2018 |
| 5. Ida Marietta Houston Graduate scholarship (\$4,560)                        | 2016      |
| 6. Oded Bar-Or graduate travel award in pediatric exercise medicine (\$2,170) | 2015      |
| 7. Sheridan College's Rob Till Leadership Award                               | 2013      |
| 8. Nominated for Sheridan College's Applied Research Leadership Award         | 2013      |
| 9. CCAA-ACSC National Sports Scholar Award                                    | 2012-2013 |
| 10. OCAA Award for Academic Achievement                                       | 2009-2013 |

---

## SERVICE

---

- |  |        |  |
|--|--------|--|
| <b>Joint Health &amp; Safety Committee</b> | 2021 - | Managerial Member, Sheridan College                                  |
| <b>Planning Committee</b>                  | 2021 - | Centre for Chronic Disease Prevention & Management, Sheridan College |

<b>Project Leader</b>	2014-2018	Scientifically Yours, Brock University
<b>Project Leader</b>	2014-2018	Bridging our Worlds through Science, Brock University
<b>Conference Planning and Operations</b>	2018	Canadian Society of Exercise Physiology (CSEP) - Annual Conference
<b>Peer Reviewer</b>	2017, 2018	Journal of Pediatric Exercise Science
<b>Conference Chair</b>	2017	Mapping the New Knowledges, Brock University
<b>Peer Reviewer</b>	2016	Journal of Strength and Conditioning Research