
BIOGRAPHICAL SKETCH

NAME: Israel Halperin

POSITION TITLE: Associate Professor, Faculty of Medicine and Health Science, Tel Aviv University

INSTITUTION AND LOCATION	DEGREE	YEAR	FIELD OF STUDY
Kibbutzim College, Israel	B.Ed	5/2012	Physical Education
Memorial University of Newfoundland, Canada	M.Sc	5/2014	Exercise Physiology
Edith-Cowan University, Australia	PhD	9/2017	Exercise Science
Memorial University of Newfoundland, Canada	Postdoctoral	12/2018	Exercise Science

POSITIONS:

2019-2023: Senior lecturer, Faculty of Medicine and Health Science, Tel Aviv University

2023-present: Associate Professor, Faculty of Medicine and Health Science, Tel Aviv University

2024-present: Head of the MSc program in Exercise Physiology, Faculty of Medicine and Health Science, Tel Aviv University

2024-present: Vice Head of the Sylvan Adams Sport Institute, Tel Aviv University

PUBLICATIONS:

For the detailed list, see:

<https://scholar.google.com/citations?user=L7cr6swAAAAJ&hl=en>

Total	First or last (senior) author	Coauthor
58 published refereed articles	50	8
4 Under review	4	0

Selected published refereed articles most relevant to this proposal:

1. M. Sindiani, A. Lazarus, AD. Iacono, & **I. Halperin**. Perception of changes in bar velocity in resistance training: Accuracy levels within and between exercises. *Physiology & Behavior* 2020; 224, 1130-25.
2. A. Emanuel, I. Rozen Smukas, & **I. Halperin**. The effects of lifting lighter and heavier loads on subjective measures. *International Journal of Sports Physiology and Performance* 2020; 16, 176-186
3. A. Emanuel, I. Rozen Smukas, & **I. Halperin**. An analysis of the perceived causes leading to task-failure in resistance-exercises. *PeerJ* 2020; 8,96-110.
4. Y. Boxman-Zeevi, H. Schwartz, I. Har-Nir, N. Bordo, & **I. Halperin**. Prescribing intensity in resistance training using rating of perceived effort: a randomized controlled trial. *Frontiers in Physiology* 2022; 13, 891385
5. A. Emanuel, I. Har-Nir, U. Oboloski, & **I. Halperin**. Seeing effort: assessing coaches' prediction of the number of repetitions in reserve before task failure. *Sports Medicine - Open* 2022
6. F. Weilharter, F. K. Rewitz. **I. Halperin**. & Wolff, W. (2024). The relationship between prescribed ratings of perceived exertion and force production in repeated isometric contractions (ahead of print). *Psychology of Sport & Exercise* 2024
7. **I. Halperin** & A. Emanuel. Rating of Perceived Effort: Methodological Concerns and Future Directions. *Sports Medicine* 2020; 50(4):679-687

8. **I. Halperin & A. Vigotsky.** An integrated perspective of effort and perception of effort (ahead of print).
Sports Medicine

GRANTS RELEVANT TO THIS PROPOSAL:

Years	Investigator	Subject	Granted by	Total Amount (\$US)
2019	Primary investigator	How one feels during resistance exercises: A repetition-by-repetition analysis across exercises and loads	Renaissance Periodization (industry collaboration)	\$5,000
2020	Primary investigator	Monitoring how one feels to regulate exercise: a new resistance training model aimed to increase adherence rates	Marguerite Stolz Research Fellowship Fund	\$20,000
2020-2024	Primary investigator	The Autonomy and Perceptions Approach to Resistance Training (APART): Moving Towards a Personalized Prescription Model	Israel Science Foundation	\$261,000
2020-2024	Primary investigator	Equipment required for setting up an exercise science laboratory	Israel Science Foundation	\$62,600
2021	Primary investigator	The effects of live, online, group resistance training sessions on health and performance measures	Kinvent Biomechanics (industry collaboration)	\$10,000 (equipment worth)
2022	Primary investigator	Rating of perceived effort as a monitoring tool in resistance training	Kinvent Biomechanics (industry collaboration)	\$10,000 (equipment worth)
2024	Primary investigator	Evidence-based prescription of repetitions in resistance training – time for a change	Recanati Foundation for Medical Research	\$20,000

PROFESSIONAL ACTIVITIES:

2014-16: Sport scientist at the Australian Institute of Sport.

2018-2020: Consultant for the Israeli Olympic Taekwondo team.

2018-present: Consultant for the Israeli kickboxing team.