

## CURRICULUM VITAE

XIN YE, Ph.D., CSCS  
Assistant Professor of Exercise Science  
Department of Health, Exercise Science, and Recreation Management  
The University of Mississippi  
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### EDUCATION

- Ph.D. Exercise Physiology** 05/2012-05/2016  
Department of Health and Exercise Science, University of Oklahoma  
Advisor: Dr. Travis W. Beck  
Dissertation: Effects of fatiguing unilateral limb muscle on the motor control strategies and neuromuscular properties of the contralateral homologous and non-related heterogonous muscles.
- M.Sc. Exercise Physiology** 08/2010-05/2012  
Department of Health and Exercise Science, University of Oklahoma  
Advisor: Dr. Michael G. Bemben  
Thesis: Acute effects of an elastic supportive device on free-weight bench press performance in 18-35-year-old resistance trained males.
- M.Sc. Economics** 08/2007-09/2009  
Department of Economics, State University of New York at Buffalo
- B.A. Economics** 09/2003-07/2007  
School of International Economics and Business, Nanjing University of Finance and Economics

### PROFESSIONAL EXPERIENCE

#### **Assistant Professor**

Exercise Science, Department of Health, Exercise Science, and Recreation Management  
University of Mississippi, University MS 08/2016-Present

#### **Laboratory Director**

Motor Control Laboratory  
University of Mississippi, University MS 08/2016-Present

#### **Doctoral Research Assistant**

Biophysics Laboratory, Department of Health and Exercise Science  
The University of Oklahoma, Norman OK 05/2012-07/2016

## Graduate Research Assistant

Neuromuscular Laboratory, Department of Health and Exercise Science  
The University of Oklahoma, Norman OK

08/2010-05/2012

## Undergraduate Research Assistant

Horvath Performance Laboratory, Department of Exercise and Nutrition Sciences  
SUNY Buffalo

09/2009-12/2009

## PEER-REVIEWED RESEARCH PUBLICATIONS

### \* Served as a corresponding author

1. Wages, N.P., Beck, T.W., **Ye, X.**, and Carr, J.C. Unilateral fatiguing exercise and its effect on ipsilateral and contralateral resting mechanomyographic mean frequency between aerobic populations. -Accepted in *Physiological Reports* on December 23, 2016.
2. Kim, D., Loenneke, J.P., **Ye, X.**, Bembem, D.A., Beck, T.W., Larson, R.D., and Bembem, M.G. Low loads with low pressure produces muscular changes similar to high load exercise. -Accepted with minor revision in *Muscle and Nerve* on December 3, 2016.
3. Carr, J.C., Beck, T.W., **Ye, X.**, and Wages, N.P. Intensity-dependent EMG response for the biceps brachii during sustained maximal and submaximal isometric contractions. *European Journal of Applied Physiology*, 116(9), 1747-1755.
4. Beck, T.W., **Ye, X.**, Wages, N.P., and Carr, J.C. Cross spectral analysis of the force and surface electromyographic signals for examining steadiness following different exercise interventions. *Biomedical Physics and Engineering Express*, 2(4), 045013.
5. Beck, T.W., **Ye, X.**, Wages, N.P., Carr, J.C., and Tharp, H.M. (2016). Frequency-specific coherence in surface electromyographic signals from the vastus lateralis and vastus medialis. *Clinical Kinesiology*, 70(2), 16-21.
6. Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., and Miller, C.A. (2016). Examination of a neural cross-over effect using resting mechanomyographic mean frequency from the vastus lateralis muscle in different resting positions following aerobic exercise. *European Journal of Applied Physiology*, 116(5), 919-929.
7. **\*Ye, X.**, Beck, T.W., and Wages, N.P. (2016). Influence of prolonged passive stretching on motor units firing properties. *Muscle and Nerve*, 53(5), 808-817.
8. Beck, T.W., **Ye, X.**, and Wages, N.P. (2016). Differential effects of unilateral concentric versus eccentric exercise on the dominant and non-dominant forearm flexors. *Journal of Strength and Conditioning Research*, 30(3), 703-709.

9. Wages, N.P., Beck, T.W., **Ye, X.**, and Hofford, C.W. (2016). Examination of the resting mechanomyographic mean frequency responses for the postural tonus muscles following resistance exercise. *Biomedical Physics & Engineering Express*, 2(1), 015002.
10. Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., and Miller, C.A. (2015). Resting mechanomyographic amplitude from the vastus lateralis muscle in different postural resting positions following aerobic exercise. *Journal of Musculoskeletal Research*, 18(4), 150016.
11. \*†**Ye, X.**, Beck, T.W., and Wages, N.P. (2015). Prolonged passive static stretching-induced innervation zone shift in biceps brachii. *Applied Physiology, Nutrition, and Metabolism*, 40(5), 482-488.  
†Selected for 2016 American Kinesiology Association Student Writing Award
12. \***Ye, X.**, Beck, T.W., and Wages, N.P. (2015). Reduced susceptibility to eccentric exercise-induced muscle damage in resistance-trained men is not linked to resistance training-related neural adaptations. *Biology of Sport*, 32(3), 199-205.
13. \*†**Ye, X.**, Beck, T.W., DeFreitas, J.M., and Wages, N.P. (2015). Acute effects of dynamic exercises on the relationship between motor unit firing rate and recruitment threshold. *Human Movement Science* 40(4), 24-37.  
†Selected for 2015 American Kinesiology Association Student Writing Award
14. \***Ye, X.**, Beck, T.W., and Wages, N.P. (2015). Relationship between innervation zone width and mean muscle fiber conduction velocity during a sustained isometric contraction. *Journal of Musculoskeletal and Neuronal Interactions*, 15(1), 95-102.
15. \***Ye, X.**, Beck, T.W., and Wages, N.P. (2015). Acute effects of concentric versus eccentric exercise on force steadiness and electromyographic responses of the forearm flexors. *Journal of Strength and Conditioning Research* 29(3), 604-611.
16. Beck, T.W., **Ye, X.**, and Wages, N.P. (2015). Local muscle endurance is associated with fatigue-based changes in electromyographic spectral properties, but not with conduction velocity. *Journal of Electromyography and Kinesiology* 25(3), 451-456.
17. Carr, J.C., Beck, T.W., **Ye, X.**, and Wages, N.P. (2015). An examination of fatigue index and velocity-related force loss for the forearm flexors. *Journal of Strength and Conditioning Research* 29(8), 2304-2309.
18. Chen, Z., Sharma-Ghimire, P., **Ye, X.**, Kim, D., Bemben, M.G., and Bemben, D.A. (2015). Acute effects of whole-body vibration and resistance exercise on cortisol levels in young men. *International Journal of Exercise Science* 8(1), 11-20.
19. \***Ye, X.**, Beck, T.W., and Wages, N.P. (2014). Influence of dynamic exercise on force steadiness and common drive. *Journal of Musculoskeletal and Neuronal Interactions*, 14(3), 377-386.

20. \***Ye, X.**, Beck, T.W., DeFreitas, J.M., and Wages, N.P. (2014). An examination of the strength and electromyographic responses following concentric versus eccentric exercise of the forearm flexors. *Journal of Strength and Conditioning Research*, 28(4), 1072-1080.
21. \***Ye, X.**, Beck, T.W., Stock, M.S., Fahs, C.A., Kim, D., Loenneke, J.P., Thiebaud, R.S., DeFreitas, J.M., Rossow, L.M., Bembem, D.A., and Bembem, M.G. (2014). Acute effects of wearing an elastic, supportive device on bench press performance in young, resistance-trained males. *Gazzetta Medica Italiana Archivio per le Scienze Mediche*, 173(3), 91-101.
22. Thiebaud, R.S., Loenneke, J.P., Nosaka, K., Bembem, M.G., **Ye, X.**, Kim, D., Fahs, C.A. (2014). Muscle damage after low-intensity eccentric contraction with blood flow restriction. *Acta Physiologica Hungarica*, 101(2), 150-157.
23. DeFreitas J.M., Beck, T.W., **Ye, X.**, and Stock, M.S. (2014). Synchronization of low- and high-threshold motor units. *Muscle and Nerve*, 49(4), 575-583.
24. Wages, N.P., Beck, T.W., **Ye, X.**, and Hofford, C.W. (2013). Resting mechanomyographic amplitude for the erector spinae and trapezius muscles following resistance exercise. *Physiological Measurement*, 34(10), 1343-1350.
25. **Ye, X.**, Loenneke, J.P., Fahs, C.A., Rossow, L.M., Thiebaud, R.S., Kim, D., Bembem. M.G., and Abe, T. (2013). Relationship between lifting performance and skeletal muscle mass in elite powerlifters. *Journal of Sports Medicine and Physical Fitness*, 53(4), 409-414.
26. Stock, M.S., Beck, T.W., DeFreitas, J.M., and **Ye, X.** (2013). Sex comparisons for relative peak torque and electromyographic mean frequency during fatigue. *Research Quarterly for Exercise and Sport*, 84(3), 345-352.
27. Stock, M.S., Beck, T.W., DeFreitas, J.M., and **Ye, X.** (2013). Mechanomyographic responses for the biceps brachii are unable to track the declines in peak torque during 25, 50, 75, and 100 fatiguing isokinetic muscle actions. *Journal of Applied Biomechanics*, 29(6), 769-778.
28. Loenneke, J.P., Fahs, C.A., Thiebaud, R.S., Rossow, L.M., Abe, T., **Ye, X.**, Kim, D., and Bembem. M.G. (2013). The acute hemodynamic effects of blood flow restriction in the absence of exercise. *Clinical Physiology and Functional Imaging*, 33(1), 79-82.
29. Beck, T.W., Kasishke II, P.R., Stock, M.S., DeFreitas, J.M., and **Ye, X.** (2012). A comparison of the effects of concentric versus eccentric exercise on muscle activation patterns. *Clinical Kinesiology*, 66(3), 66-73.
30. Loenneke, J.P., Fahs, C.A., Thiebaud, R.S., Rossow, L.M., Abe, T., **Ye, X.**, Kim, D., and Bembem. M.G. (2012). The acute muscle swelling effects of blood flow restriction. *Acta Physiologica Hungarica*, 99(4), 400-410.

31. Xin, C., Wang, A., Hang, X., and **Ye, X.** (2006). The effects of health education on older adults in Xianfeng Community of Yancheng City. *Journal of Community Medicine*, 4(06S), 7-8. (Published in Chinese)
32. Xin, C., **Ye, X.**, and Hang, X. (2006). Participation of nursing students in the community elderly healthy education. *Journal of Nursing Science*, 21(7), 56-57. (Published in Chinese)

## **MANUSCRIPTS UNDER REVIEW**

**Ye, X.**, Beck, T.W., Wages, N.P., and Carr, J.C. An examination of non-local muscle fatigue in human elbow flexors and knee extensors. -Submitted to *Clinical Physiology and Functional Imaging* on November 15, 2016.

Wages, N.P., Beck, T.W., **Ye, X.**, and Carr, J.C. Ipsilateral and contralateral motor control strategies, using resting mechanomyographic amplitude from different aerobic populations. -Submitted to *Physiological Measurement* on September 30, 2016.

Wages, N.P., Beck, T.W., **Ye, X.**, and Carr, J.C. Does the onion-skin model of recruitment/de-recruitment versus firing rate apply to active, resting musculature following exercise? - Submitted to *Research Quarterly for Exercise and Sport* on August 22, 2016.

Wages, N.P., Beck, T.W., **Ye, X.**, and Carr, J.C. Neural cross-over effects, based off aerobic training status, and using resting mechanomyographic amplitude from the vastus lateralis muscle in different postural positions. -Submitted to *Muscle and Nerve* on May 19, 2016.

## **CONFERENCE PRESENTATIONS**

Carr, J.C., Beck T.W., **Ye X.**, Wages, N.P. Mechanomyographic response for the biceps brachii during a sustained maximal voluntary contraction. Poster Presentation at the NSCA 39<sup>th</sup> National Conference, 2016, New Orleans, LA.

Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., and Tharp, H.M. Investigation of the corollary discharge mechanism, using electromyographic signals from the first dorsal interosseous muscle, during pinching exercises in healthy young men. Poster presentation at the NSCA 39<sup>th</sup> National Conference, 2016, New Orleans, LA.

Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C. Examination of the corollary discharge mechanism using electromyographic signals from the first dorsal interosseous muscle during grasping exercises, in healthy young adults. Thematic oral poster presentation at the ACSM 63<sup>rd</sup> Annual Meeting, 2016, Boston, MA.

**Ye, X.**, Beck, T.W., Wages, N.P., Carr, J.C., and Miller, C.A. Prolonged static stretching-induced alteration in the relationship between motor unit recruitment threshold and de-recruitment threshold. Poster Presentation at the NSCA 38<sup>th</sup> National Conference, 2015, Orlando, FL.

Carr, J.C., Beck, T.W., **Ye, X.**, Wages, N.P. An electromyographic examination of task failure during a sustained submaximal contraction for the forearm flexors. Poster Presentation at the NSCA 38<sup>th</sup> National Conference, 2015, Orlando, FL.

**Ye, X.**, Beck, T.W., Wages, N.P., Carr, J.C., and Miller, C.A. Prolonged static stretching improves the steadiness of medium-intensity sustained submaximal contractions. Poster presentation at the ACSM 62<sup>nd</sup> Annual Meeting, 2015, San Diego, CA.

Carr, J.C., Beck, T.W., **Ye, X.**, and Wages, N.P. An examination of fatigue index and absolute peak torque for the forearm flexors. Poster presentation at the ACSM 62<sup>nd</sup> Annual Meeting, 2015, San Diego, CA.

Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., and Miller, C.A. Resting mechanomyographic amplitude of the vastus lateralis muscle from different postural positions following aerobic exercise. Poster presentation at the ACSM 62<sup>nd</sup> Annual Meeting, 2015, San Diego, CA.

**Ye, X.**, Beck, T.W., Wages, N.P., Carr, J.C., and Miller, C.A. Influences of training status on acute isometric force percent decline following concentric versus eccentric exercise. Oral Presentation at the NSCA 37<sup>th</sup> National Conference, 2014, Las Vegas, NV.

Carr, J.C., Beck, T.W., **Ye, X.**, and Wages, N.P. An examination of fatigue index and velocity-related force loss for the forearm flexors. Poster Presentation at the NSCA 37<sup>th</sup> National Conference, 2014, Las Vegas, NV.

**Ye, X.**, Beck, T.W., and Wages, N.P. Electromyographic responses after concentric and eccentric exercises on the forearm flexor. Poster presentation at the ACSM 61<sup>st</sup> Annual Meeting, 2014, Orlando, FL.

Kim, D., Loenneke, J.P., Thiebaud, R.S., **Ye, X.**, Mouser, G., Ramos, L., Bembem, D.A., and Bembem, M.G. Acute muscular responses to high intensity and low intensity with blood flow restriction cycling. Poster presentation at the ACSM 61<sup>st</sup> Annual Meeting, 2014, Orlando, FL.

\***Ye, X.**, Beck, T.W., and DeFreitas, J.M. A comparison of the acute effects of concentric versus eccentric exercise on strength and force steadiness. Poster presentation at the NSCA 36<sup>th</sup> National Conference, 2013, Las Vegas, NV.

**\*Awarded for Doctoral Student Outstanding Poster Presentation**

**Ye, X.**, DeFreitas, J.M., and Beck, T.W. Accuracy of a simple anthropometric method for estimating muscle cross-sectional area. Poster presentation at the ACSM 60<sup>th</sup> Annual Meeting, 2013, Indianapolis, IN.

Chen, Z., Sharma-Ghimire, P., **Ye, X.**, Keeter, T., Young, K.C., Kim, E., Poole, C., Kim, D., Bembem, M.G., and Bembem, D.A. Acute effects of whole-body vibration and resistance exercise on cortisol levels in young men. Poster presentation at the ACSM 60<sup>th</sup> Annual Meeting, 2013, Indianapolis, IN.

Young, K.C., Poole, C., Loenneke, J.P., Fahs, C.A., **Ye, X.**, Kim, D., Ferguson, S., Bembem, M.G., and Bembem, D.A. Bone turnover marker responses to 12 weeks of walking with and without blood flow restriction. Poster presentation at the ACSM 60<sup>th</sup> Annual Meeting, 2013, Indianapolis, IN.

Kim, D., Singh, H., Young, K.C., Fahs, C.A., Rossow, L.M., Loenneke, J.P., Thiebaud, R.S., Kim, E., **Ye, X.**, Bembem, M.G., and Bembem, D.A. Effects of detraining on performance measures following cycling with or without blood flow restriction. Poster presentation at the ACSM 60<sup>th</sup> Annual Meeting, 2013, Indianapolis, IN.

Thiebaud, R.S., Loenneke, J.P., Fahs, C.A., Kim, D., **Ye, X.**, Abe, T., Nosaka, K., and Bembem, M.G. Effects of low-intensity eccentric contractions with blood flow restriction on indirect markers of muscle damage. Poster presentation at the ACSM 60<sup>th</sup> Annual Meeting, 2013, Indianapolis, IN.

Sharma-Ghimire, P., Chen, Z., **Ye, X.**, Keeter, T., Young, K.C., Kim, E., Poole, C., Kim, D., Bembem, M.G., and Bembem, D.A. Whole-body vibration attenuates bone resorption marker responses to acute resistance exercise in young men. Poster presentation at the ACSM 60<sup>th</sup> Annual Meeting, 2013, Indianapolis, IN.

**Ye, X.**, Beck, T.W., Fahs, C.A., Kim, D., Loenneke, J.P., Thiebaud, R.S., Rossow, L.M., Kim, E., Stock, M.S., Bembem, D.A., and Bembem, M.G. Acute effects of an elastic device on bench press strength and prime mover muscle activation college-aged resistance trained males. Poster presentation at the NSCA 35<sup>th</sup> National Conference, 2012, Providence, RI.

Stock, M.S., Beck, T.W., DeFreitas, J.M., and **Ye, X.** Gender comparisons of relative peak torque and electromyographic mean frequency during repeated maximal concentric isokinetic muscle actions. Poster presentation at the NSCA 35<sup>th</sup> National Conference, 2012, Providence, RI.

**Ye, X.**, Kim, D., Fahs, C.A., Loenneke, J.P., Thiebaud, R.S., Kim, E., Rossow, L.M., Sherk, K., Beck, T.W., Abe, T., Bembem, D.A., and Bembem, M.G. Acute effects of an elastic device on bench press performance in young resistance trained males. Poster presentation at the ACSM 59<sup>th</sup> Annual Meeting, 2012, San Francisco, CA.

Kim, D., Singh, H., Kaelin, Y.C., A. Fahs, C.A., Rossow, L.M., Loenneke, J.P., Thiebaud, R.S., Kim, E., Sherk, K., **Ye, X.**, Bembem, D.A., and Bembem, M.G. Effects of low intensity cycling with blood flow restriction on body composition, strength, and VO<sub>2</sub>max. Poster presentation at the ACSM 59<sup>th</sup> Annual Meeting, 2012, San Francisco, CA.

Thiebaud, R.S., Loenneke, J.P., Fahs, C.A., Rossow, L.M., Kim, E., **Ye, X.**, Kim, D., Abe, T., Anderson, M.A., and Bembem, M.G. Elastic band resistance training combined with blood flow restriction in postmenopausal women. Poster presentation at the ACSM 59<sup>th</sup> Annual Meeting, 2012, San Francisco, CA.

Kim, E., Sung, H., Kim, D., Singh, H., Ferguson, S.L., **Ye, X.**, Lee, K., Bembem, D.A., and Bembem, M.G. effects of 12 weeks of circuit training on metabolic health indicators in middle-aged, obese women. Poster presentation at the ACSM 58<sup>th</sup> Annual Meeting, 2011, Denver, CO.

Fahs, C.A., Rossow, L.M., Young, K.C., Kim, E., Ferguson, S.L., Kim, D., **Ye, X.**, Seo, D., Bembem, D.A., and Bembem, M.G. The effect of different types of lower body resistance training on arterial compliance and calf blood flow. Poster presentation at the ACSM 58<sup>th</sup> Annual Meeting, 2011, Denver, CO.

## **GRANTS**

### **External Research Grants**

NSCA 2015 Minority Research Grant and Scholarship (**\$1500.00, funded**)

National Strength and Conditioning Association, July 2015

Project: Doctoral Dissertation

ACSM 2015 Tipton Research Grant (\$1000.00, not funded)

American College of Sports Medicine, February 2015

NSCA 2013 Minority Research Grant and Scholarship (**\$1500.00, funded**)

National Strength and Conditioning Association, July 2013

Project: The effects of exercise-induced fatigue and static stretching on innervation zone width and surface EMG parameters

### **Internal Research Grants**

The Eddie Carol Smith Research Grant (\$2000.00, not funded)

Graduate College, University of Oklahoma, February 2016

Project: Doctoral Dissertation

Hellen Riddle Research Grant (**\$1000.00, funded**)

Department of Health and Exercise Science, University of Oklahoma, February 2016

Project: Doctoral Dissertation

Doctoral Research Grant (**\$500.00, funded**)

Department of Health and Exercise Science, University of Oklahoma, February 2016

Project: Doctoral Dissertation

Nancy L. Mergler Dissertation Completion Grant (\$15000.00, not funded)

University of Oklahoma, May 2015

Project: Doctoral Dissertation

Graduate Student Senate Research Grant (**\$300.00, funded**)

Graduate Student Senate, University of Oklahoma, April 2014

Project: The effects of exercise-induced fatigue and static stretching on innervation zone width and surface EMG parameters

Robberson Research & Creative Endeavors Grant (**\$1000.00, funded**)

Graduate College, University of Oklahoma, March 2013

Project: A comparison of the effects of concentric versus eccentric exercise on motor unit activity

### **Travel Grants**

Total Funded Amount: \$6336.89



Funding Type: Internal (The University of Oklahoma)

Funding Agencies: Department of Health and Exercise Science, College of Arts and Sciences, Graduate College, Graduate Student Senate

Activities: Conference travelling to national conferences of American College of Sports Medicine and National Strength and Conditioning Association

## **TEACHING EXPERIENCE**

### **The University of Mississippi**

08/2016-Present

Undergraduate Course

#### ES 338 Motor Control and Learning

Class Size: 90 students

Semester/Year Taught: Fall 2016, Spring 2017

Graduate Course

#### ES 514 Applied Electromyography

Class Size: 15 students

Semester/Year Taught: Spring 2017

Mentoring Experience

#### ES 490 Independent Study

Class Size: 2 students

Semester/Year Taught: Winter 2016, Spring 2017

Undergraduate Research Advisor for: Krista Lynn, Benjamin Killen

Research Project Title: Acute effects of unilateral muscle stretching on contralateral limb flexibility

### **The University of Oklahoma**

08/2010-05/2016

Undergraduate Courses

\*\* Taught as an independent instructor

\* Taught as a teaching assistant

#### \*\*HES 1823 Scientific Principles of Health and Disease

Class Size: 50 students

Semester/Year Taught: Spring 2015, Fall 2015, Spring 2016

#### \*\*HES 3813 Principles of Health and Fitness (2 sections, overload)

Class Size: 15 students per section

Semester/Year Taught: Fall 2013

#### \*\*HES 3853 Exercise Testing and Prescription (2 sections, overload)

Class Size: 25 students per section

Semester/Year Taught: Fall 2014

\*\*HES 4833 Physiology of Exercise Lab

Class Size: 20 students

Semester/Year Taught: Spring 2012, Fall 2012, Spring 2013, Summer 2013, Spring 2014, Summer 2014, Summer 2015

\*HES 4873 Principles of Strength and Conditioning

Class Size: 25 students

Semester/Year Taught: Summer 2012

\*\*HES 1521 Beginning Swimming (3 sections)

Class Size: 20 students each section

Semester/Year Taught: Fall 2010, Spring 2011, Fall 2011

\*\*HES 1121 Beginning Weight Training (3 sections)

Class Size: 25 students each section

Semester/Year Taught: Summer 2011, Fall 2011, Spring 2012

**SUNY Buffalo**

09/2008-05/2010

Athletes Academic Service, Athletic Department

Courses Tutored

Science: Biology, Physics 1 & 2, General Chemistry 1 & 2, Nutrition

Social Science: Microeconomics, Macroeconomics

**PROFESSIONAL MEMBERSHIPS**

American Physiological Society, 2014-Present

American College of Sports Medicine, 2009-Present

International Society of Biomechanics, 2015-Present

National Strength and Conditioning Association, 2010-Present

**PROFESSIONAL AWARDS AND HONORS**

American Kinesiology Association Doctoral Scholar, 2016

American Kinesiology Association Graduate Writing Scholar Award, 2015, 2016

NSCA Foundation Minority Scholarships, 2013, 2015

NSCA National Conference Doctoral Student Outstanding Poster Presentation, 2013

Who's Who among Students in American Universities and Colleges, 2012

University of Oklahoma Department of Health and Exercise Science Michael Simms Scholarship, 2012

University of Oklahoma College of Arts and Sciences Robert E. and Mary B. Sturgis Scholarship, 2012

**PROFESSIONAL CERTIFICATIONS**

CSCS (Certified Strength and Conditioning Specialist)-National Strength and Conditioning Association

CPT (Certified Personal Trainer)-American College of Sports Medicine

First Aid, CPR & AED-American Heart Association

## **PROFESSIONAL SERVICES**

### **University of Mississippi**

Faculty Member of Neuroscience Minor

Exercise Science Graduate Program Admission Committee Member

Exercise Science Undergraduate Program Assessment Committee Member

### **Editorial Board Member**

Journal of Human Kinetics

Sports Medicine and Rehabilitation Journal

### **Journals Reviewed**

Journal of Strength and Conditioning Research, 2013-2016

Kinesiology, 2014, 2015

Biology of Sport, 2014-2016

Journal of Sports Science & Medicine, 2014

Journal of Human Kinetics, 2014-2016

Muscle & Nerve, 2015, 2016

Research in Sports Medicine, 2015

International Journal of Sports Physiology and Performance, 2015, 2016

Physical Therapy in Sport, 2015, 2016

European Journal of Sport Science, 2015

Scandinavian Journal of Medicine & Science in Sports, 2015

International Journal of Rehabilitation Research, 2015-2017

Journal of Bodywork and Movement Therapies, 2015

American Journal of Physical Medicine & Rehabilitation, 2015, 2016

Journal of Orthopaedic & Sports Physical Therapy, 2015

Strength and Conditioning Journal, 2015

Journal of Trainology, 2016

Sports Biomechanics, 2016

Journal of Sports Sciences, 2016

Clinical Physiology and Functional Imaging, 2016

## **OTHER SKILLS**

**Biological Signal Processing:** LabView, Matlab

**Languages:** English (Fluent), Chinese Mandarin (Native)